

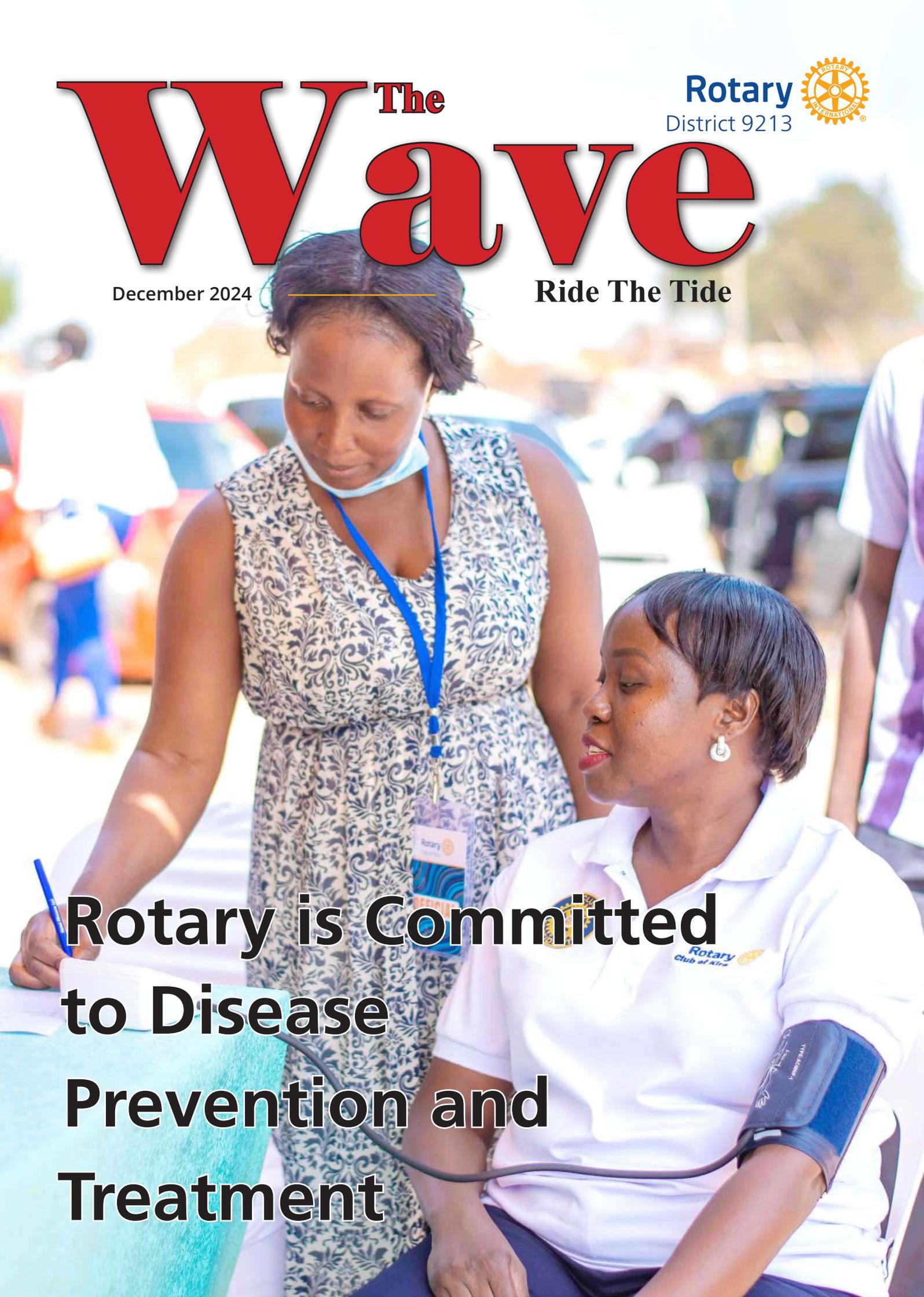
The **Wave**

Rotary
District 9213



December 2024

Ride The Tide

A photograph showing two women at an outdoor event. One woman, wearing a patterned dress and a blue lanyard, is writing in a notebook. The other woman, wearing a white polo shirt with a Rotary logo, is sitting and having her blood pressure taken by a device on her arm.

**Rotary is Committed
to Disease
Prevention and
Treatment**



In Support of the
Africa Rotary
Peace Fund
#APeaceConcert25



MEET THE RI PRESIDENT

The RI president **Stephanie Urchick** will be part of the 4th edition of the Africa Peace Concert.

 **SPEKE RESORT MUNYONYO**

 **10TH. JAN. 2025**

 **15H (GMT)
18H (EAT)**

IN PARTNERSHIP WITH:  

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EDITOR'S NOTE

Disease Prevention in and Beyond the Festive Season

Was that bull or goat whose sizzling, mouth-watering meat being served to your guests during the festive season inspected and approved by a qualified meat inspector just after slaughter? Or are you unknowingly poisoning your hapless relatives, friends and in-laws as they heap praises on your generosity?

Did the pretty, smiling waitress at the classy restaurant attending your family this season undergo the required health tests in the past three months, or are you tipping her for administering microscopic germs from her nicely painted nails into your mouth via the utensils she is handling? Remember typhoid is usually picked by indirectly ingesting somebody's digestive waste.

As you happily drive back home, are you sure the alcohol you have taken is within the safe limits, or are you exposing your passengers, yourself and other road users to untimely, but avoidable injury or death that may LOGICALLY arise from your imbibing, using money that could have been better spent on other requirements?

And after dining and wining so well in the festive season, how much of all that calorific intake are you going to burn, and hopefully make it a lifelong habit?

Remember whenever intake exceeds output,

congestion is bound to occur; and in the case of our bodies, the effect only becomes noticeable after a lot of damage has already been done.

Since the Ebola threat started looming from the direction of DR Congo, health workers in western Uganda started noticing that several major communicable diseases arising from poor sanitary practices reduced drastically due to the observation of Standard Operating Procedures (SOPs) for preventing Ebola (and later COVID-19).

And, looking back four decades, it is highly likely that promoting HIV/AIDS prevention measures drastically reduced the previously rampant sexually transmitted infections. No wonder 'STI' is now a dignified term meaning Science Technology and Innovation, unlike in the past when it referred to "unmentionable" diseases.

So, in a nutshell, the unintended consequence of SOPs for preventing highly deadly diseases has been or can be the near elimination of milder, but ultimately deadly ones.

In our quest to prevent disease, let us remember to promote the same SOPs among the communities we serve. Disease prevention should be a continuous way of life, not a seasonal campaign.

Joachim Buwembo
RC Kampala-Naalya

EDITORIAL TEAM



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PHOTO EDITOR



Sylvia Nankya
RC Kampala-Naalya

PR AND MEDIA

District Calender December 2024

- | | |
|--|--|
| <p>04 DG visit to RC Kampala Life Stars</p> <hr/> <p>DRR's visit to Mityana</p> <hr/> <p>05 DRR's visit to UMU</p> <hr/> <p>DG visit to RC Kampala Mahaba</p> <hr/> <p>06 DG visit to RC Kampala Sunshine</p> <hr/> <p>06 DRR's visit to Kitante</p> <hr/> <p>07 Singing and Dancing Competition by RC Kampala North</p> <hr/> <p>08 Malaria Family Carnival</p> <hr/> <p>DG visit to Mukono Namilyango</p> <hr/> <p>11 DG's visit to RC Nakasero Central</p> | <p>12 DG visit to Kayunga</p> <hr/> <p>13 DRR's visit Lugazi</p> <hr/> <p>DG visit to RC Manyangwa Nakwero</p> <hr/> <p>14 RLI Training Module 3: 29th/20th UnderGrad</p> <hr/> <p>DG Meeting with Magical Presidents</p> <hr/> <p>RC Sonde Fundraising</p> <hr/> <p>17 DG visit to Hoima Kitara</p> <hr/> <p>18 DG visit to RC Kigumba</p> <hr/> <p>19 DG visit to RC Kigumba</p> <hr/> <p>20 DRR's visit to Upper Kibuli</p> <hr/> <p>RC Kololo: Project Handover and End of Year Party</p> |
|--|--|

WORD FROM PRESIDENT, ROTARY INTERNATIONAL

“Talk to enough people and you might find ways that you can adapt and spark The Magic of Rotary in your club.”



Reach Out to Your Club Members and Community

To adapt, as laid out in Rotary’s Action Plan, we must occasionally step out of our comfort zone and try something new. Here are two examples of clubs that adapted — one with heart and one through critical thinking and strategy.

The Rotary Club of Chandigarh Mid Town, India, led with heart earlier this year. To engage members and grow membership, Club President Nitin Kapur personally called every former member of the club and invited them to a gathering billed as an alumni meetup.

Eight former members attended, and the results were stupendous. The visitors had a chance to connect once more — not only with current members, but with the sense of camaraderie and belonging that membership gave them. By the end of the evening, the club welcomed six of the former members back into the Rotary family.

Club President Kapur showed courage when he reached out to the alumni. Not only did he adapt and try something new, but he had the strength of character to show the club’s alumni how much they still meant to the family of Rotary. That bravery paid off.

People want to feel needed and appreciated. People want to feel that they belong. And they might never feel that way if we don’t have the courage to tell them.

Meanwhile, the Rotary Club of Seoul-Hansoo, Korea, has been experimenting with different club models to great effect. Over the past four years, Seoul-Hansoo has created and maintained four satellite clubs — a

service club, an interest-based club for musicians, a cause-based club that mentors professionals, and a club for college students.

These satellite clubs are part of a five-year plan the Seoul-Hansoo club implemented to increase membership through innovation. What’s the secret to founding and maintaining so many satellite clubs? Membership between Seoul Hansoo and its satellite clubs is fluid and synergistic. Many members of the satellite clubs attend the sponsor club’s meetings. And many of the sponsor club’s members participate in the satellite clubs.

Additionally, the focus of each satellite club is no accident. Each one appeals to different interests of people in the sponsor club and in the community, attracting existing and potential members. This is an excellent strategy to both retain and attract members because it offers flexibility. If someone is interested in joining, but they can’t make it to the sponsor club’s meetings, they have plenty of options to choose from.

These are just two examples of how we can adapt with our hearts and minds. Every club is different, so I encourage you to reach out to members of your club and of the community around you. Ask them about the club experience and what you can do to improve.

Talk to enough people and you might find ways that you can adapt and spark The Magic of Rotary in your club.

Stephanie A. Urchick
President, Rotary International



TOGETHER, WE

CONNECT

Rotary unites problem solvers around the globe behind one goal: to do more good. Our members are driven to bring communities together to create lasting change. Connecting to make things better — that’s what people of action do. [Learn more at Rotary.org.](https://www.rotary.org)

Rotary  PEOPLE OF ACTION

DISTRICT GOVERNOR'S MESSAGE



May We Continue to Embrace Gratitude

December means different things to different people. For us in Rotary, it is the time to honor and promote disease prevention and treatment efforts worldwide. I want to extend my heartfelt thanks to all the individual Rotary members and Rotary/Rotaract/Interact clubs engaged in various disease prevention and treatment initiatives in Uganda. Whether through donating health equipment, distributing mosquito nets, upgrading health facilities, conducting medical camps, raising awareness about polio, combating pollution, planting trees, or running against cancer, we are making strides towards healthier communities and empowering individuals to lead more productive lives.

But aside from re-affirming our commitment to healthy communities, this month also provides us with an opportunity to reflect on our own health. Remember, we can only give what we have. "Health is like money. We never have a true idea of its value until we lose it." Just as people often realise the value of money when they don't have enough to meet their needs, health is similarly taken for granted, until it begins to deteriorate. Many of us may overlook our health while we feel well, much like one might take a steady income for granted, until financial struggles arise.

But we must recognise that both health and money require ongoing investment and proactive management. Financial assets grow through wise investments, just as physical health improves through regular exercise, nutritious eating, and preventive care. Neglecting either can lead to deterioration. Since July, a number of clubs have integrated physical fitness into their monthly schedules and I applaud you. Plans are underway to establish a Rotary Fitness Fellowship (Uganda Chapter), and it is my hope that this will

provide our members with more regular opportunities to enhance our physical and mental wellbeing.

But December is also that time of the year for celebration and thanksgiving. As the year draws to a close, I find myself reflecting on the myriad of blessings that have enriched my life. It has been a year filled with growth, connection, and purpose. And I am thankful for the experiences that have shaped me and for the relationships that enrich my life. I have been immensely touched by the magic, love, support and hospitality accorded to me during, and outside of my club visits.

I am thankful for the chance to make a difference in the lives of others; and the opportunity to serve alongside like-minded individuals has been profoundly rewarding. Together, we have tackled challenges, celebrated victories, and made tangible impacts in our communities.

The spirit of service that Rotary embodies has inspired me and reinforced the importance of giving back. And so, I would like to thank in a special way, all those who joined me to celebrate my birthday last month, by giving to the Rotary Foundation, in my honor. Your contributions yielded a significant amount, that will ultimately translate into the gifts of good health, education, safe water and peace for the less privileged across the world.

As we prepare for the Christmas break, I wish you and your families a blessed and joyous season. May we all continue to embrace gratitude as we move into the new year, finding joy in the blessings that surround us and the chance to make a difference in the lives of others.

Anne Nkutu,
District Governor

AFRICA PEACE CONCERT
4TH EDITION
JANUARY 2025

In Support of the
Africa Rotary Peace Fund
#APeaceConcert25

UNITING FOR SUSTAINABLE PEACE

10TH. JAN. 2025 | 15H (GMT) 18H (EAT) | SPEKE RESORT MUNYONYO

IN PARTNERSHIP WITH: **fireworks Advertising** | **J IENGO**

10:59

AFRICA PEACE CONCERT
4TH EDITION
JANUARY 2025

In Support of the
Africa Rotary Peace Fund
#APeaceConcert25

HOW TO REGISTER

- Visit: <https://www.africapeaceconcert.org>
- Enter your email address
- Type both your names
- Use the pin sent to your mail to login into the payment prompts
- Enter your phone contact

10TH. JAN. 2025 | 15H (GMT) 18H (EAT) | SPEKE RESORT MUNYONYO

IN PARTNERSHIP WITH: **fireworks Advertising** | **J IENGO**

10:59



The Road to Calgary: A Rotary Adventure

By Irene Nekyon,
Vice Chair, District 9213

Are you ready for the ultimate Rotary experience? The Rotary International Convention is just around the corner, scheduled for June 21-25, 2025, at the BMO Convention Centre at Stampede Park in Calgary, Alberta, Canada. This five-day extravaganza promises to be an unforgettable journey of connection, inspiration, and fun! Join Rotarians from far and wide as we unite in our quest for Service and Fellowship. The convention will be a whirlwind of keynote speakers, workshops and networking sessions that will leave you energised and motivated. Be amazed by the diverse projects and initiatives showcased, from eradicating polio to empowering women.

But that's not all! The House of Friendship is a must-visit, where you will discover innovative

Join Rotarians from far and wide as we unite in our quest for Service and Fellowship.

solutions, sample local cuisine, and enjoy cultural performances. And, of course, no Rotary Convention would be complete without social events!

Get ready to dance with new friends at the Meet and Greet Party, savour local flavours at the Taste of Calgary, and take a leisurely stroll along the picturesque Bow River.

Here are some important reminders to ensure you make the most of your Calgary adventure:

1. Register early to avoid higher prices!
2. Pack warm clothing for the cool summer evenings.
3. Bring enough content about your club projects to attract international partners.
4. Start your visa application and travel arrangements early to ensure a smooth trip.

If you are Calgary-bound, get ready for an adventure of a lifetime. Pack your sense of adventure and your passion for service, and the Rotary Spirit will capture yours!

Let's make this convention one to remember! See you in Calgary!

THE 2025 ROTARY INTERNATIONAL CONVENTION

The 2025 Rotary International Convention will take place in Calgary, Canada from June 21–25, 2025 at Stampede Park.

The convention will bring together Rotarians from around the world to strengthen partnerships, review project progress, and strategise for future interventions.



Turn to page 12

ON TO CALGARY



CHRISTMAS



Christmas Wishes From Rotary District 9213

“Every time we love, every time we give, it’s Christmas” – Dale Evans

Christmas triggers the joyful moments with family, special meals and special moments. When we were younger, even special dresses! As I have gained more wisdom I have come to appreciate and celebrate the Reason for the Season which is the birth of our Lord Jesus Christ, my saviour. **Flavia Nabaasa, Change Maker President, RC Kampala Central**



Christmas is food, fun and family. It’s the time to catch up, make up and plan together. It is a celebration of love and life. The hustle one goes through with costs and planning for that busy season is a testament to their commitment to being with those one calls friends and family. **Maery Mungati, Change Maker President RC Kampala-Mahab**



Maery Mungati, Change Maker President RC Kampala-Mahab

Christmas to me is about the family connection, retreating to just be with family, whether extended or not. We know that work and life happen, and at times we lose that connection, but the Christmas season gives us that opportunity to retreat and connect. So yes, Merry Christmas to all and may you use that time to connect with family and friends, or even just connect with yourself. For those who have lost loved ones and this Christmas might be a sad one, may Jesus himself come and give you a big hug. **Harriette Keke, Assistant Governor, Northern Area 1**



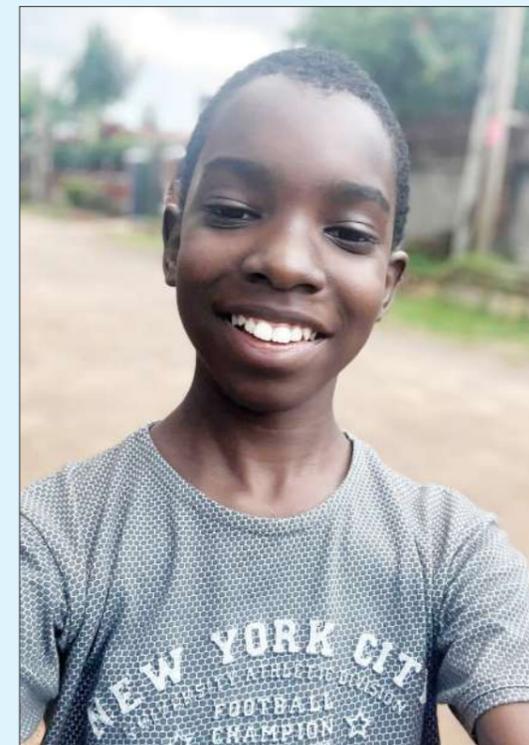
Christmas season is a time of celebration, joy, and goodwill. It’s a time to reflect on the past year, look forward to the new one, and spend time with loved ones. **Ronnie Sekiyizivu, Amazing President, RC Kiboga**



Christmas is a time to reminisce the journey travelled towards a destination, December. Setting off in January with set goals and objectives. At the end of it all as you settle in, at Destination it’s time to re-assess successes and failures and how best you could have done it. **Jasset Lubega, Amazing President, RC Ntinda-Metro**



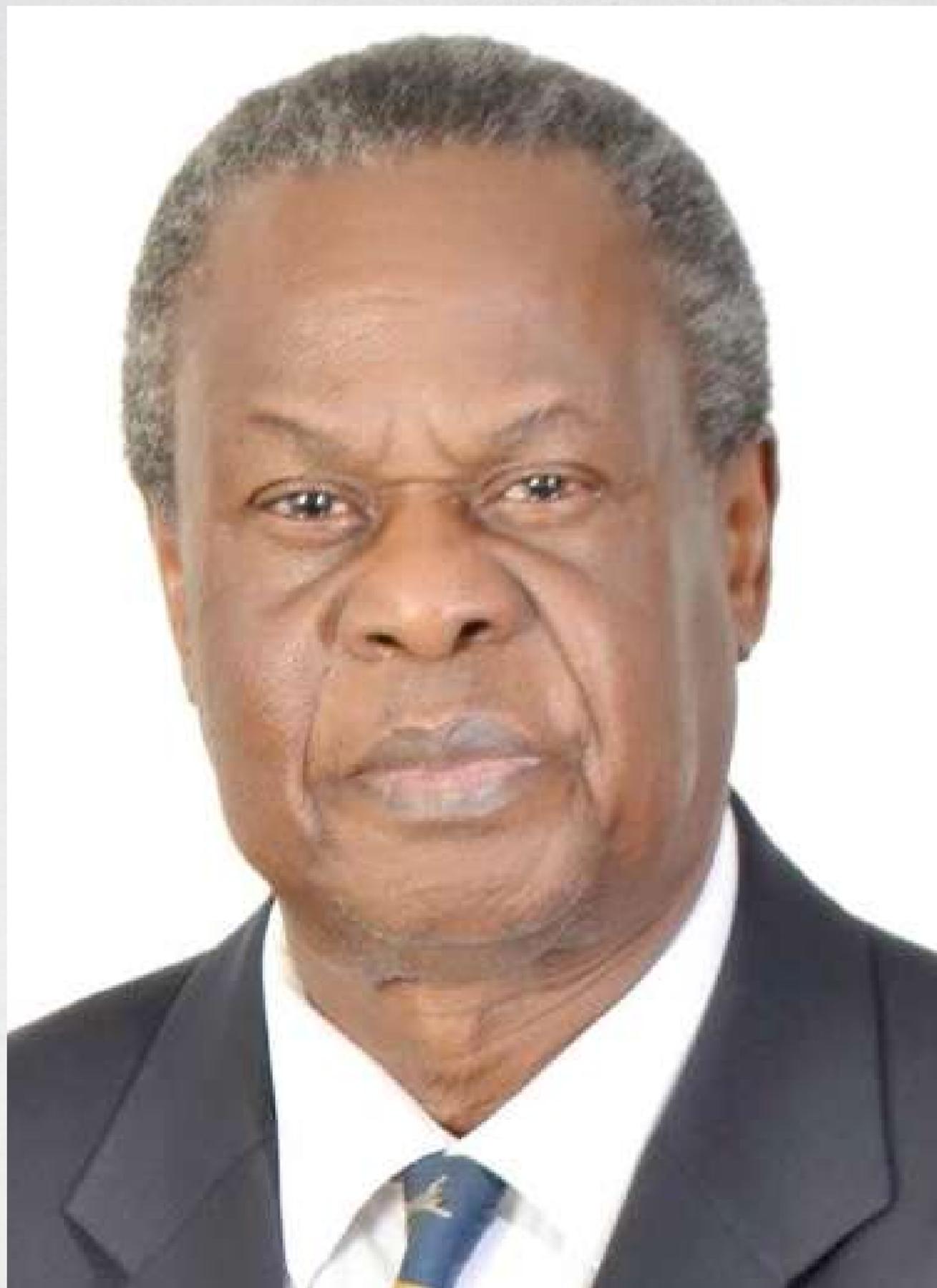
Christmas is a special time of the year that symbolises: Family and togetherness, a time to reunite with loved ones, create new memories, and strengthen bonds. Reflection and gratitude. A time to reflect on the past year, express gratitude for blessings and look forward to the new year with optimism. Joy and festivity: A season of merriment, feasting, and gift-giving, filling hearts with happiness and cheer. Love and kindness: A season to show compassion, empathy, and generosity to those around us. **Mable Abigaba Amazing President, RC Makindye**



Christmas is about the 4 Fs: Food, Family, Friends and Fun! **Benjamin Sekitolekko**



Christmas is a time to reflect on the birth of our Lord Jesus and the reason he was sent to us as a saviour. Lets celebrate his birth with family and where we can, reach out to the needy in or communities. **Maureen Kawombe Tumwebaze, Charter President, RC Naalya States**



Trailblazer of the Month: Professor Francis Omaswa

This month, as we focus on Disease Prevention and Treatment, we spotlight Prof. Francis Omaswa, an esteemed Rotarian, visionary health leader and Past President of the Rotary Club of Kampala. Prof. Omaswa has made remarkable strides in global health, shaping the fight against diseases through his work in healthcare systems and workforce development.

A LEGACY OF LEADERSHIP IN MEDICINE AND ROTARY

Prof. Omaswa's journey in medicine began as a surgeon and grew into a mission to address systemic health challenges in Africa. As the former Director General for Health Services in Uganda, he spearheaded initiatives to improve healthcare quality, decentralise health services, and tackle preventable diseases. His leadership extended to the global stage when he served as the Founding Executive Director of the Global Health Workforce Alliance (GHWA) at the World Health Organisation.

In this role, Prof. Omaswa tackled the global health worker crisis by convening the first Global Forum on Human Resources for Health in Kampala in 2008, resulting in the Kampala Declaration and Agenda for Global Action.

This document remains a cornerstone in addressing health worker shortages worldwide, directly impacting disease prevention and treatment efforts.

Prof. Omaswa also championed the launch as founding President of the College of Surgeons of East Central and Southern Africa (COSECSA), which is now the biggest surgical training college in Africa operating in 22 countries and has trained over 1,000 surgeons serving in their respective countries.

LEADERSHIP IN ROTARY

As a Past President of the Rotary Club of Kampala, Prof. Omaswa exemplifies Rotary's ethos of service

**Under his
guidance, the
club executed
impactful
projects in
healthcare and
education.**

above self. His leadership within Rotary underscores his dedication to building healthier communities, addressing disease prevention, and enhancing access to care for vulnerable populations.

With the Rotary Club of Muyenga and Kampala, he managed a 3H Rotary grant that facilitated the development of the successful Uganda Heart Institute, where he served as founding director. He is also the chairperson of the Gift of Life Heart Foundation in Uganda.

During his tenure as president of the Rotary Club of Kampala in the Rotary year 2022-2023, Prof. Omaswa led initiatives that demonstrated Rotary's commitment to sustainable development and service above self.

Under his guidance, the club executed impactful projects in healthcare and education, focusing on improving access to essential services for underprivileged communities. This included the charter of the new Rotary Club of Ngora in eastern Uganda.

Among his various achievements, he spearheaded partnerships with health organisations to enhance healthcare delivery and awareness in local communities. These projects emphasised capacity building and community engagement, ensuring that interventions addressed systemic challenges.

Prof. Omaswa's background in global health enriched the club's service, aligning Rotary's goals with innovative approaches to problem-solving

INNOVATIONS IN DISEASE PREVENTION

Prof. Omaswa's efforts extend beyond his Rotary leadership. Through the African Centre for Global Health and Social Transformation (ACHEST), he promotes sustainable health systems aligned with the UN's Health for All initiative.

This has included programmes addressing the global health workforce crisis and strengthening community health systems, such as the Community Engagement Strategy (CES) for COVID-19 response in which he chaired the sub-committee of the National COVID Task Force.

ACCOLADES AND RECOGNITION

Prof. Omaswa's contributions have been recognised globally, including receiving the prestigious Hideyo Noguchi Africa Prize for Medical Services.

This award acknowledges his efforts to strengthen health systems and address the health workforce crisis, which are vital for combating infectious and non-communicable diseases alike.

He is the current Chancellor of Soroti University and previously served as the founding Chancellor of Busitema University. He also serves on several international committees.

INSPIRATION FOR ROTARIANS

Prof. Omaswa's work resonates deeply with Rotary's commitment to making sustainable, impactful change. As we continue our projects this month, let us draw inspiration from his exemplary service to humanity, ensuring our disease prevention initiatives are guided by compassion, innovation, integrity and dedication.



Counting My Blessings

There is a saying that: “If you treat life like a blessing, it will start to feel like one.” In December 2014, I was invited to a Christmas party at the Missionaries of the Poor (MoP) orphanage in Busega. MoP is one of RC Kampala Naalya’s projects and the kids there are close to our hearts. But the invitation could not have come at a worse time. It was the last day of work and there were tonnes of things to be done. And yet as Club President at the time – my attendance was not optional, and especially not after several reminders by the Brothers who manage the orphanage.

And so, I grudgingly drove to Busega – wanting everything to be over the moment I arrived. But the mood there was different. Although it was six days away, Christmas had clearly arrived in Busega. The place was all spruced up and abuzz – what with twinkling Christmas lights, bouncing castles and face painting for the younger kids, DJs setting up machines and crates of soda being ferried in. The arrival of the girls from a ‘sister’ orphanage only raised the tempo several notches higher.

The celebrations were preceded by Mass which somehow took longer to start; as it was evidently taking the caretakers much longer than usual to get the kids to settle down. The sermon and songs were beautiful but as I kept looking at my watch, I silently wished that they could end there and then. All that was until the kids started singing this song whose lyrics went like: “What the Lord has done for me....I cannot tell it all. So I will sing Hallelujah.. I will shout Hallelujah. I will praise... I will praise the

Lord.” I was momentarily stunned. The song was not that familiar – but it was the ‘oohs’, great joy and sheer abandonment with which they sang that struck me!

Many of the kids around me had disabilities and are at MoP because they were abandoned by their biological parents and families. And yet here they were - joyful and thankful for what had become home and family. What a contrast to what was going on in my mind. Here I was - with so much going for me and instead of counting my blessings, all I felt was stress and irritation! I was rushing back to the office because I have a job; stressed about pending deadlines – because I have clients; worried about the queues in the bank – because I had some money kept away; and stressed about packing for a trip the following day that was going to enable me to spend some quality time with my family. And all I could feel was stress???

In a flash, I realized who should be singing even louder and before long, I was clapping away. I did not look at my watch again and even stayed an extra 30 minutes after the Mass – just to take in the exuberance and Christmas cheer around me.

That moment with the orphans taught me more about gratitude than anything else had ever done. I have carried that spirit of gratitude through the years and will often catch myself singing that same song whenever something good happens. And it doesn’t matter how big or small it is. I still have my ‘moments’ but I feel truly blessed. And I am thankful.

CLUBS WITH HIGHEST GIVING TO TRF TODATE

Source: Rotary Club Central

01	RC KAMPALA CENTRAL \$ 38,009	06	RC BWEYOGERERE NAMBOOLE \$ 17,722
02	RC UPPER KOLOLO \$ 26,304	07	RC KAMPALA \$ 14,704
03	RC LUGOGO MANGO TREE \$ 18,305	08	RC NTINDA \$ 12,757
04	RC KAMPALA DAY BREAK \$ 18,162	09	RC KIWATULE \$ 11,582
05	RC KIRA \$ 18,161	10	RC KAMPALA NAALYA \$ 11,367

CLUBS WITH HIGHEST GIVING TO POLIO FUND TODATE

Source: Rotary Club Central

01	RC KIRA \$ 6,001	06	RC GAYAZA \$ 2,256
02	RC E CLUB NAGURU \$ 4,262	07	RC BULINDO \$ 2,157
03	RC UPPER KOLOLO \$ 3,063	08	RC KAMPALA SOUTH \$ 1,885
04	RC KITANTE \$ 2,911	09	RC MANYANGWA NAKWERO \$ 1,876
05	RC KAMPALA \$ 2,349	10	RC KIWATULE \$ 1,856

CLUBS WITH HIGHEST % OF MEMBERS CONTRIBUTING TO TRF

CLUB	PERCENTAGE
RC Manyangwa Nakwero	100%
RC Bweyogerere Central	100%
RC Kampala West	83%
RC Lugogo Mango Tree	81%
RC Kampala 7 Hills	79%
RC Kira	60%
RC Bweyogere Namboole	58%
RC Kampala Mahaba	50%
RC Kampala Life Stars	48%
RC Kampala Naalya	48%
RC Ntinda Metropolitan	45%

GOVERNORS AWARDS



Rotary Foundation Trustee Martha Oeak Helman hands out an award at the 2023 Peace Concert

District Governor's Awards For The Rotary Year 2024-2025

The District Governor's Awards motivate clubs to be effective, engage their members, stay relevant in their communities, and run more efficiently. Clubs can earn awards for achieving goals that strengthen Rotary and the club.

Goals include increasing club membership, developing and delivering sustainable service projects, giving to The Rotary Foundation and building awareness of Rotary in the community and beyond.

The proposed awards have been based on the District 9213 Goals for Rotary Year 2024-2025 and have been aligned with and grouped according to, Rotary International's high-level strategic priorities, namely:

1. Increase our impact.
2. Expand our reach.
3. Enhance participant engagement.
4. Increase our ability to adapt.

INCREASE OUR IMPACT

A. The Rotary Foundation (TRF)
These awards recognise Rotary clubs for supporting the Rotary Foundation.

i)The Rotary Foundation (TRF) Award

To the club with the highest contribution to all TRF funds added

together, including the Annual Programmes Fund, Endowment Fund, Polio Plus fund and Global Grants funding during this Rotary Year.

ii)Every Rotarian Giving Award

To the club with the highest percentage of members, each giving a total of not less than US\$ 100 to any TRF fund this Rotary Year.

iii)Polio Plus Award

To the club with the highest contribution to the Polio Plus Fund remitted to TRF.

iv)Paul Harris Fellows (PHF) Award

To the club with the largest percentage of members that have made a financial contribution to TRF and received a new PHF pin (also includes multiple PHFs, Paul Harris Society (PHS) and Benefactors).

v)Major Gifts Award

To the club with the largest number of new major donors, bequest society and other higher giving.

B. SERVICE PROJECTS

These awards recognise Rotary Clubs with projects that impacted the community and are utilising the Foundation's resources to bring lasting change in communities.

i)Global Grant (GG) Projects Award

To the club with the most impactful GG projects being implemented/ or completed this Rotary Year.

Parameters to consider: Number of GGs, value of GGs, number of beneficiaries, number of Rotary areas of focus

ii)New Global Grants Award

To the club with the largest number of New Global Grants Applications that have been cleared by the District Grants Committee this Rotary Year.

iii)Non-Global Grants Project Award

A club that has the most impactful Non-Global Grant projects.

Parameters to consider: Number of projects, value of projects, number of beneficiaries, number of rotary areas of focus.

iv)Consolidation, Sustainability And Impact Award

To clubs that have demonstrated continuous development of their projects. Parameters to consider: Number of beneficiaries to date, number of projects conducted

v)Special Environment Award

To clubs that have planted their balance. Parameters to consider: Number of trees planted

vi)Joint Collaboration Award

To the club that has partnered with other Rotary or Rotaract clubs and other entities outside Rotary (e.g. corporates, government agencies, non-government organisations,) to accomplish service projects.

Parameters to consider: Number of clubs participating in the partnership, number of other not-rotary entities participating, project size.

v)Innovation Award

To the club that has demonstrated imagination, ingenuity, creativity and inventiveness to make their projects come to life. Parameters to consider: Extent of the innovation of a project and its impact.

EXPAND OUR REACH

A. Membership

These awards recognise membership development and growth.

i) Highest Growth During Rotary Year

To the club with the highest numbers of NET GROWTH from June 30, 2024 to March 31, 2025.

ii)Membership Diversity Award

To the club with the most diverse membership. Parameters to consider: Age, gender, classification, nationality, People With Disabilities

iii) Membership Extension Award

To the club that has made the greatest contribution to membership extension through the formation of new Rotary Clubs, Rotaract clubs, and Interact Clubs.

Parameters to consider: Rotary clubs, Rotaract clubs, Interact clubs, Satellite clubs.

iv)Membership Retention

To the club, which has not lost any members since the close of last Rotary year.

B. Public Image

These awards recognise clubs for building awareness of Rotary work and the Rotary brand in the community.

i)Club Bulletin Award

To the club that has published a regular bulletin that is informative and widely circulated using different channels and with Rotary compliant branding.

Parameters to consider: Regular Bulletin (minimum monthly), informative content, good design and branding conforming to RI guidelines, evidence of wide circulation

ii)Public Image Award

To the club that has promoted Rotary's visibility the best. Evidence will include press clippings from newspapers, video clips from TV coverage and audio records from radios. Parameters to consider: Corporate partnership fundraisings, number of media coverage through Club Events & projects, visibility of Rotary brand at events/ project sites

iii)Social Media Award

To the club that has fully utilised social media to promote Rotary visibility/work. Parameters to consider: Number of platforms, number of followers, frequency of posts (minimum weekly)

ENHANCE PARTICIPANT ENGAGEMENT

A. Member Engagement

These awards recognise clubs that engage their members in rotary service and fellowship.

i)Member Participation and Engagement Award

To the club with the largest average % of members attending key club activities. Parameters to consider: service projects (field assessments, supervision & monitoring), other club activities (assemblies, retreats and social activities)

ii)Youth Mentorship And Engagement Award

To the club, which has undertaken service projects and other initiatives that improve youth personal development. Parameters to consider: Joint GG projects (developed, funded and implemented together), joint non-GG projects (prepared, funded and implemented together), number of

youth sponsored to and attended mentorship series under Rotary Youth Leadership Awards(RYLA)

iii)DISCON Attendance Award

To the club that has the largest number of members and guests fully registered and paid for the 100th District Conference (DISCON) by March 31, 2025.

iv)DISCON Long Distance Award

To the Club with the longest geographical distance travelled to the 100th DISCON.

v)Club Governance Award

To the club that has demonstrated very high levels of good governance.

INCREASE OUR ABILITY TO ADAPT

A. Technology And Innovation

Rotary excels at finding new ways to lead the world to lasting change. This award recognises clubs that have encouraged members to be well-informed about Rotary and embraced and implemented new best practices to help their clubs be more efficient, transparent and effective.

i)Learning And Innovation Award

Parameters: Learning - Number of members that complete at least five courses on the learning centre, innovation - club with best innovations for efficient club administration and member engagement, innovation in service projects (project design and delivery)

ii)Governor's Special Awards Category

The Special Awards Category includes those awards given at the discretion of the District Governor for special recognition. The Special Awards will be announced by the District Governor.

iii)Rotary Vijana Poa Award

This award recognises Rotary and Rotaract Clubs that have excelled in getting youth into work. Nominations will be made by the Rotary Vijana Poa secretariat, which will also communicate the criteria to the clubs.



We All Have a Role to Play in Improving Rotary's Public Image

By Peter G. Mwesige, District Public Image Chair and a Past President of the Rotary Club of Lugogo-Mango Tree

What do you tell people when they ask you 'who is a Rotarian' or 'what is Rotary?' a participant at the March Club Officers' Training Seminar (COTS) in Kampala asked.

The answer to that seemingly simple question is the heart of Rotary's public image.

To borrow from our online learning materials, Rotary's public image is not just what we as Rotarians think of ourselves. "It is also what people outside of Rotary think about us."

For all the good that we are doing in our communities and around the

Rotary unites leaders from all continents, cultures and occupations to exchange ideas.

world, many people still don't know the animal called Rotary.

A 2018 Rotary public image survey, asked respondents: "What do you think of when you hear the term Rotary or Rotary Club?"

Some of the responses were as hilarious as they were shocking: "It's like a secret society." "A bunch of guys meeting, having lunch, and singing."

"A meeting of company presidents."

The more recent District 9213 public image survey conducted in the Greater Kampala Metropolitan Area asked the same question and many of the responses suggested many people still don't know (enough) about Rotary.

Although a majority of respondents (51%) were aware of Rotary and associated it with helping those in need and supporting communities, a significant number had misperceptions, such as Rotary being about entertainment, "drinking

alcohol and dancing overnight" or "a place where rich people enjoy their money".

We still have work to do to promote Rotary's public image.

Back to the question, 'What is Rotary?' We can start by borrowing from the Rotary Brand Centre's definition.

"Rotary unites leaders from all continents, cultures and occupations to exchange ideas and take action for communities around the world."

In particular, we need to emphasise that we are people of action. As we are reminded in the Rotary Learning Centre, 'the people of action narrative provides a simple, consistent answer to the question, What is Rotary? It rallies us around a single idea: telling — and showing — the world that we are people of action.'

To help people understand Rotary and inspire them to join or support us, we must clearly explain what we do and the impact we make in our communities.

We should explain the community challenges that our clubs help to solve, such as improving access

to clean water, fighting disease, addressing environmental degradation, or promoting economic empowerment.

We need to show that we work with other people, including local leaders and corporate partners, to get results.

We should also talk about the bigger projects that we are implementing at the national level. For example, we have the Rotary Blood Bank at Mengo Hospital, which has contributed significantly to addressing the challenge of blood shortage in the country.

The Cancer Run, which has been held annually for more than a dozen years, has not only raised awareness about the killer disease but also supported the construction of two bunkers at Nsambya Hospital housing testing and treatment machines.

We also have the Rotary Family Health Days, a massive annual 1-3-day nationwide health campaign that provides comprehensive free healthcare services and referrals to citizens across communities in Uganda.

The programme, which had served

nearly a million Ugandans by the time the COVID-19 pandemic struck in 2020, was a response to inadequate medical facilities and insufficient numbers of health workers in many communities.

Uganda also hosts a Rotary Peace Centre, the first in Africa, at Makerere University. These Centres train change-makers devoted to peace-building and conflict resolution.

At the global level, Rotary has been instrumental in the fight to eliminate polio.

In short, there are countless stories to tell about Rotary's impact.

And every one of us has a major contribution to make in this regard. We can share these and our club-specific people of action stories with our families, neighbours, and workmates.

Today, social media offers all of us the opportunity to share such stories directly with our networks. We can also repost and like stories shared by other Rotarians and clubs, thereby expanding our reach.

The traditional news media of radio, television, and newspapers are also still important avenues for us to show Rotarians as achievers: "Leaders who work together in communities to inspire, transform, connect and celebrate what's possible."

Beyond storytelling, we all need to jealously guard Rotary's visual identity in our club communications. The Brand Centre has guidelines and templates to support the consistent use of Rotary's visual identity when designing logos, brochures and other promotional materials.

When we strengthen Rotary's public image, we shall not only inspire more people to join us either as members, volunteers or partners but also retain current members.

Note: This article has been re-purposed from a version that was first published in the Mango Tree Times.



Medical camps are an essential part of Rotary's disease prevention and treatment

Rotary's Commitment to Disease Prevention and Treatment

By Dr Richard Kalungi, Area of Focus Ambassador, Disease Prevention and Treatment

Disease prevention and treatment is a cornerstone of Rotary's mission, representing one of its seven areas of focus. It accounts for over 40% of project funding from The Rotary Foundation, underscoring its importance in improving global health. For over 30 years, Rotary has led the charge in eradicating polio, with clubs worldwide, including those in Uganda, conducting awareness and vaccination campaigns to protect vulnerable populations.

Despite these successes, access to healthcare remains a significant challenge. Globally,



Vaccination is an important part of disease prevention

400 million people lack access to basic healthcare, with this burden most pronounced in lower-income regions such as sub-Saharan Africa. In Uganda, the statistics are grim: 60%

of patients seek treatment late, less than 5% of the population has health insurance, and many rely on out-of-pocket payments, making healthcare unaffordable.

This has compounded Uganda's double burden of disease — both communicable and non-communicable.

THE DOUBLE BURDEN OF DISEASE

Communicable diseases, such as malaria, HIV/AIDS, and tuberculosis have been major targets for intervention. However, illnesses like pneumonia and diarrheal diseases continue to claim many lives, especially in rural and underprivileged communities. Complicated malaria remains the leading cause of death among children under five and pregnant mothers, causing complications such as kidney failure and cerebral malaria. Government initiatives, such as distributing mosquito nets, applying larvicides, and providing malaria-preventive medications to pregnant mothers, have made a difference but need reinforcement.

Non-communicable diseases (NCDs) like cancer, diabetes, and hypertension are also on the rise, exacerbated by a lack of awareness, diagnostic services, and treatment options. Other health issues, including malnutrition, mental illness, skin diseases, and congenital illnesses, continue to cause immense suffering. Road traffic accidents further strain Uganda's health systems, killing an estimated 12–14 people daily, most of them boda-boda riders, creating financial hardships for families and the healthcare system.

Rotary's Role in Disease Prevention and Treatment Rotary has risen to the challenge, making a measurable impact through projects that target these health concerns. A recent survey by District 9213's service committee ranked disease prevention and treatment as the second most active area of focus, with over 45 of 95 clubs engaged in health interventions. These include:

MEDICAL CAMPS

Representing 60.5% of all interventions, these camps provide

A CALL TO ACTION

The District Community Service Committee encourages all Rotary clubs to undertake at least one project aligned with an area of focus, incorporating multiple areas, where possible.

Regular reporting of project outcomes, outputs and community impact is essential for tracking progress and sharing insights.

For support in project initiation, implementation, or evaluation, clubs are encouraged to contact the committee.

Together, Rotary can continue transforming lives through innovative, impactful, and sustainable health interventions.

health education, drug distribution, screening, and treatment.

CONSTRUCTION OF HEALTH FACILITIES

About 3% of interventions focus on infrastructure, ensuring sustained healthcare delivery.

Rotary initiatives have reached over 20,000 individuals across 18 districts in Uganda. Examples of projects include:

- The Rotary Blood Bank at Mengo Hospital, which addresses blood shortages critical for accident victims, pregnant mothers, and cancer patients.
- The Rotary Cancer Programme, including the Rotary Cancer Run, which promotes awareness, screening, and treatment while supporting HPV vaccinations for girls aged 9–12 to prevent cervical cancer.

EXAMPLES OF PROJECTS UNDERTAKEN

- Rotary Club of Kampala

constructed a hospital in Mukono.

- Rotary Club of Kololo Kampala donated an ambulance to St. Stephen's Hospital, Mpererwe.
- Rotary Club of Kampala South constructed a health facility in Kikandwa and later established a dialysis centre at Mengo Hospital.
- Rotaract Club of Kampala City built a health block in Hoima.
- Rotary Club of Kampala Ssesse Islands has conducted disease prevention activities in Kalangala for years.

During the COVID-19 pandemic, Rotary and Rotaract clubs mobilised resources for food relief, vaccinations, hygiene equipment, and patient transportation. Clubs also raised awareness and donated supplies to protect communities.

TIPS FOR SUCCESSFUL HEALTH PROJECTS

- To maximise impact, Rotary clubs should: Conduct Community Needs Assessments and identify specific health challenges to address.
- Engage Communities: Partner with local leaders and residents to ensure participation and ownership.
- Integrate Rotary Areas of Focus: Combine health projects with education, water, and economic empowerment for holistic impact.
- Collaborate with partners: Work with local and international organisations, including Rotary Fellowships and Action Groups.
- Focus on Prevention: Prioritise health education and early diagnosis to reduce treatment costs and complications.
- Build Local Capacity: Train health workers to sustain interventions and empower communities.
- Advocate for insurance: Promote health and social insurance to mitigate catastrophic healthcare costs.
- Organise medical missions: Collaborate with experts to provide specialised care and vocational training.



A Rotarian's Cycling Journey for a Healthier World

By Rtn Emmanuel Caleb Ndoli, RC Seeta

I'm a fitness trainer and an avid endurance cyclist. For me, cycling isn't just a sport or a hobby – it is a journey of self-discovery, mental liberation, and physical endurance. It is about breaking free from mental and physical confines and exploring the vast landscapes of life with nothing but a bike, the open road, and a purpose.

DISCOVERING THE POWER OF CYCLING

The freedom I experience while cycling transforms my mind, body, and spirit. This sense of liberation is what I wish to share with the world. After all, health is not just a state of body, but a state of mind, and cycling is a powerful tool that bridges both.

I have always been fascinated by the human body's potential – something I explored deeply as a student of Human Kinetics. This led me to fitness training, but I wanted to do more.

I wanted to inspire others, not just in a gym setting, but on a larger scale.

So, I turned to content creation, using platforms like YouTube to communicate my journey and inspire others to live healthier lives.

FROM ROTARY CANCER RUN TO CANCER RIDE

In Uganda, Rotary has been at the forefront of cancer awareness through its annual project, the Rotary Cancer Run. As a Rotarian, I felt a deep connection to this cause. It was clear to me that I needed to combine my love for cycling with Rotary's mission to

The freedom I experience while cycling transforms my mind, body, and spirit. This sense of liberation is what I wish to share with the world.

make a difference.

In August 2024, I decided to take the Rotary Cancer Run to the next level. I planned a 400km cycling expedition to raise awareness about cancer across various districts of Uganda.

DAY 1: SEETA TO KASSANDA (140KM)

On the morning of August 19, 2024, I bid farewell to my family and gathered with fellow Rotarians at Ridar Hotel in Seeta.

The energy was electric as my Rotary Club of Seeta members and supporters gathered to flag me off.

With Centenary Bank as a proud sponsor of the Cancer Run, they had mobilised their branches along my route for support. I set off at 8:30 am, heading towards my first stop, Mityana.

After 90km of cycling, I was warmly welcomed by Centenary Bank staff with a nutritious lunch

and refreshments. The support I received along the way, from both Rotarians and the online community, was truly motivating.

DAY 2: OVERCOMING CHALLENGES FROM KASSANDA TO KYEGEGWA (92KM)

Day two came with its own challenges. Leaving Kassanda at 7:00am, I faced a mechanical issue with my bicycle, which slowed me down. But nothing could break my spirit.

Along the way, I met some of my online followers in Mubende, reminding me of the power of social media in bringing people together for a cause. By 9:00am, I was in Mubende at Centenary Bank, where I shared more about the Cancer Run.

After a brief stop, I pushed on to Kyegegwa, arriving by 2:00pm. The support I received from both online and local communities fuelled my determination.

DAY 3: FROM KYEGEGWA TO FORT PORTAL (105KM)

On August 21, 2024, I set off at dawn. The early morning chill was no match for the warmth of cycling, generating body heat as I pedalled through the stunning scenery of Uganda's countryside.

Passing through Kibale National Park, I was greeted by baboons along the roadside – an unexpected yet delightful experience.

I reached Fort Portal by early afternoon, where I was embraced by fellow Rotarians at the Rotary Club of Kabarole. It was a moment of fellowship and sharing, emphasising the unity and

Turn to page 28

ROTARY MOMENT: RIDE FOR HOPE



From page 27

purpose that Rotary brings to our lives.

DAY 4: THE FINAL STRETCH TO KASESE (75 KM)

On August 22, I was joined by members of Funcycling Uganda, who rode alongside me to Kasese.

The journey was tough, with the rugged terrain and intense heat, but reaching Kasese was a

milestone that filled me with pride.

This was not just the culmination of a four-day expedition but a testament to the power of community, resilience, and purpose.

The visibility of our cause was evident in the curiosity and support from people along the route, all inspired by the Rotary Cancer Run vest I wore proudly throughout the journey.

A NEW CHAPTER: THE

MENTAL HEALTH RIDE TO RWANDA

The journey to Kasese was only the beginning. Inspired by the impact of this ride, I am now preparing for a new adventure — The Mental Health Ride from Uganda to Rwanda.

Starting on December 26, 2024, and concluding on January 1, 2025, this one-week bike-packing expedition aims to raise awareness about mental health.

The goal is to showcase how

cycling and physical activity can significantly boost mental well-being. I believe that cycling across borders, connecting communities, and sharing stories can inspire a movement of mental health awareness and positive change.

THE ROTARY SPIRIT: A COMMITMENT TO COMMUNITY AND HEALTH

Being a Rotarian has shown me the beauty of community and the

strength of collective action. Rotary is more than just a club — it's a family that unites people from all walks of life with a shared mission of service above self.

The Rotary Cancer Run and my recent cycling expeditions have reaffirmed my belief in the power of community. Together, we can achieve more, inspire change and make the world a better place.

As I embark on the next chapter of my journey, I invite you all to

join me, whether in spirit, online, or on the road. Let's ride not just for ourselves but for a healthier, united world. Follow my adventures on [YouTube @ndoliranman](#), and let's continue to inspire each other to break boundaries, support each other, and embrace the beauty of life.

This is my story, but it's also a story about us — a story of hope, resilience, and the power of community. Let's ride together and make a difference, one pedal stroke at a time.



The Rotary E-Club of Naguru planting trees in Moroto

Embracing Inclusivity and Flexibility Online



RTN MARK ASHIMWE
District E-Club Coordinator

Rotary E-Clubs embody a commitment to Diversity, Equity, and Inclusion (DEI) to effectively cater for members, who face constraints attending regular meetings due to geographic, travel or scheduling

challenges. By leveraging technology, Rotary E-Clubs bridge gaps, thus enabling global connectivity and inclusivity.

The first Rotary E-Club, Rotary E-Club One, was chartered in January 2002, led by John Minter and a committee from District 5450.

This marked the beginning of a new era for Rotary International; embracing technology for inclusivity.

In 2004, Rotary International initiated a pilot project with 14 clubs to evaluate the E-Club concept. By 2010, the success of this pilot led to the permanent approval of E-Clubs, removing the initial restriction of two E-Clubs per district in 2013. This decision reinforced Rotary's commitment

to adaptability, allowing members to join clubs fitting their schedules and lifestyles.

Allowing members to participate from anywhere breaks down geographic barriers and fosters a diverse membership base. E-Clubs are cost-effective, avoiding the expenses associated with physical meeting spaces.

They leverage technology to engage members through webinars, virtual projects and online fellowship activities, ensuring a dynamic Rotary experience.

Members can connect globally, fostering international understanding and collaboration. A case in point was the recent E-Club of Naguru holding a Virtual District Governor's Visit, which

was so engaging, as it has also been the case of E Uganda Global.

Uganda hosts several active Rotary E-Clubs, which include: E-Club of Uganda Global (the first E-Club in Uganda) also hosting a Rotaract E-Club of Uganda Global, E-Club of Naguru, E-Club of Ntinda, Saturday E-Jazz, Rotaract E-Club of Kampala 7 Hills, Rotaract E-Club of Kampala North (In formation), and E-Club Diaspora (In formation).

Rotary E-Clubs naturally champion DEI by transcending geographic and physical barriers. They attract members from various backgrounds, enriching the club with diverse perspectives and experiences.

The online format ensures equal access to meetings and activities, regardless of physical location

or mobility challenges. E-Clubs often feature diverse leadership teams, reflecting their varied membership demographics.

Rotary E-Clubs are not meant to replace traditional clubs, but to offer an alternative space for Rotarians to positively impact their communities.

They participate in global projects and initiatives, demonstrating virtual collaboration power.

The E-Club of Uganda Global has undertaken several community projects, including education programmes and health initiatives in Butiiti.

For Rotarians interested in starting E-Clubs within our district, identifying a niche or unique model that resonates with prospective members is essential.

Whether focusing on professional development, specific service areas, or fellowship, the flexibility of E-Clubs allows for a tailored approach to Rotary membership.

The abolition of location-based restrictions underscores that being a Rotarian is no longer confined by geography.

The Rotary E-Clubs represent a significant evolution in engaging with Rotary's mission and values.

By leveraging technology, we ensure inclusivity, foster global connections and uphold our commitment to service above self.

We invite all Rotarians to explore and support the growth of E-Clubs within our district, paving the way for a more adaptable and connected Rotary community.

Message from Rotary eClub One, the world's first e-club

Greetings friends,
When you read anywhere: "Thinking Above Self", think of members of Rotary eClub One. Our Rotary eClub One is the first eClub in the world of Rotary chartered in January 2002. As of date, we have 75+ members from 23 countries.

This is something we are proud of.

All members are actively involved in various activities for the benefit of the communities in their respective countries. This makes our club one of the most active and vibrant clubs in RID 5450.

Our projects are not restricted to the activities covered under Seven Avenues of Rotary, but much beyond that.

Our members try their level best to fulfill the needs of the community, which are many times seasonal as per the geographical and climatic conditions.

Needless to say, we are prompt to respond to the appeals from Rotary International in case of natural calamities like earthquakes, floods, hurricanes, tornadoes etc.

Given the same and our presence in all continents



from the Americas to Australia, our members are always ready to help needy people.

Thanks,
Yours in Rotary,
Makarand Pundalik
Club President, Rotary Year 2024-2025

The Silent Mental Health Crisis Among Men in Uganda



RTN EMMANUEL MWAKA
RC SONDE

In Uganda, a silent mental health crisis among men remains largely unnoticed and unaddressed. Cultural norms and societal expectations place immense pressure on men to embody strength, resilience, and stoicism, discouraging them from openly expressing emotions or seeking help when struggling with mental health challenges. This creates a hidden crisis, where many men silently endure stress, anxiety and depression, with little access to the care and support they need.

Uganda's societal expectations often promote the idea that men should suppress their emotions, equating vulnerability with weakness. This deeply ingrained notion not only hinders men from discussing their mental health struggles but also prevents them from accessing necessary treatment. As a result, many men suffer in silence, navigating emotional burdens on their own.

Unfortunately, the lack of awareness and understanding surrounding mental health issues amplifies this challenge. Stigma

remains a significant barrier, as mental health disorders are often misunderstood or dismissed in Ugandan communities.

The availability of mental health services in Uganda is another critical issue. With limited infrastructure and a scarcity of mental health professionals, access to care is often restricted, especially in rural areas.

Men who are already hesitant to seek help due to cultural expectations face further obstacles when trying to access professional support. This combination of social stigma and inadequate healthcare services leaves men vulnerable, with many unable to cope effectively with their mental health struggles.

Addressing this crisis requires breaking down the stigma

Mental health should be a priority for all, and by promoting open dialogue and providing accessible care.

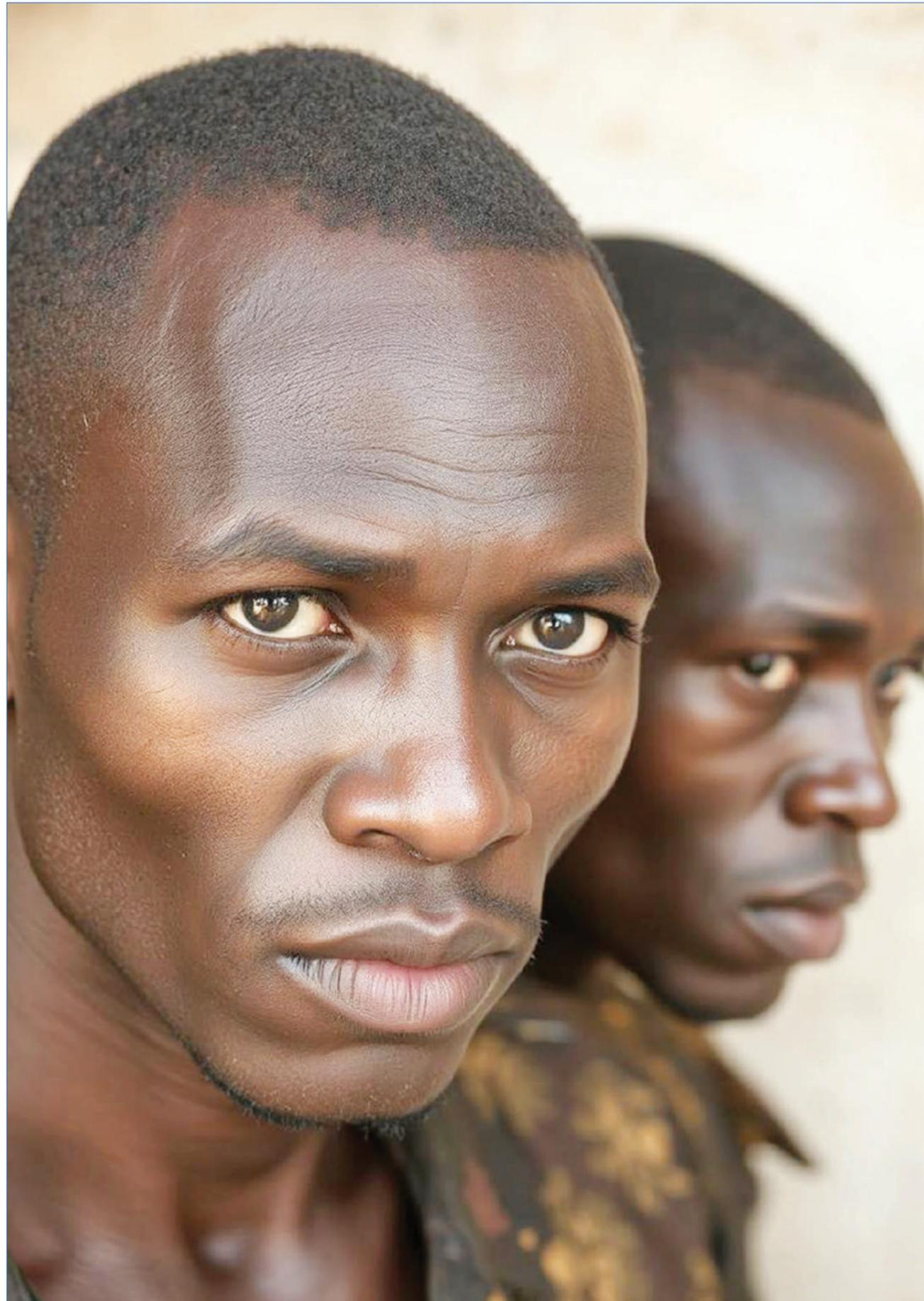
surrounding mental health in Uganda. Encouraging open conversations about mental well-being is essential for fostering a supportive environment where men feel safe to share their experiences. Public awareness campaigns that educate communities about mental health, its challenges, and the importance of seeking help can play a transformative role in shifting perceptions. By normalizing discussions about mental health, we can dismantle the harmful stereotypes that prevent men from seeking support.

Equally important is the need for increased investment in mental health resources. Expanding access to mental health services, especially in underserved areas, can provide men with the professional help they require.

Additionally, training healthcare workers to recognize and address mental health issues sensitively can improve the overall quality of care. Creating community-based support systems, such as peer counselling and support groups, can also provide men with accessible and relatable ways to manage their mental health.

In conclusion, the mental health crisis among men in Uganda is an urgent issue that must be addressed. By breaking the silence, reducing stigma, and investing in mental health resources, Uganda can create a more supportive environment for men to seek help and live healthier, emotionally balanced lives.

Mental health should be a priority for all, and by promoting open dialogue and providing accessible care, we can begin to uplift the well-being of men across the country.





Empowering Tomorrow's Leaders Today

By CP Maureen Tumwebaze Kawombe, Chair RYLA

The Rotary Youth Leadership Awards (RYLA) have always stood out as a transformative programme, nurturing young minds and equipping them with the skills needed to lead their communities with confidence and purpose.

This year's District RYLA team embarked on an ambitious journey to spread the message of youth empowerment across the District's landscape, reaching over 50 clubs with one shared mission: To encourage clubs to build the leaders of tomorrow, today.

A SHARED VISION: TODAY IS YESTERDAY'S TOMORROW

Among the numerous memorable moments, one that stood out was a talk by our Communications Director, Charter President Mark Asimwe, at the Rotary Club of Kampala — Day Break, who eloquently titled his presentation, *Today is Yesterday's Tomorrow*.

His message was clear and urgent, the future is no longer a distant concept. The leaders we envision for tomorrow must be equipped now, as they are already shaping the world around us. Mark's words resonated deeply with audiences, reinforcing the need for proactive investment in

youth development.

A DISTRICT-WIDE EFFORT

The drive to promote RYLA was a collective effort. Rotarian Noah Ntensibe, our dedicated Programmes Director, and Rotaractor Stephen Beyanga, the diligent secretary, joined the chair, Charter President Maureen Kawombe, in visiting over 50 clubs across the district.

Each encounter brought new energy, insights and encouragement. The out-of-town clubs, such as the Rotary Club of Kiboga, went above and beyond in their hospitality, exemplifying Rotary's ethos of service above self. The reception from these clubs

The leaders we envision for tomorrow must be equipped now.

underscored the importance of RYLA. While some clubs had significant exposure to Rotary's initiatives, many others, including those we assumed were well-versed, expressed gratitude for the in-depth insights we provided. The hunger for knowledge and the genuine interest in supporting youth leadership reaffirmed our mission.

OUR FLAG: A SYMBOL OF UNITY AND PURPOSE

To cement the shared vision of RYLA, our team proudly carried a flag — a symbol of unity, hope, and purpose.

After each session, we took group pictures with this flag, a moment that not only commemorated our visits, but also became a symbol of commitment to youth development.

The sight of Rotarians and young leaders gathered around the flag spoke volumes about the strength of Rotary's collective effort. Many Rotarians will fondly recall standing beside the flag, re-affirming their support for this vital cause.

CONNECTING WITH YOUTH: THE BWEYOGERERE-NAMBOOLE EXPERIENCE

One of the highlights of our journey was engaging directly with young Interactors during a visit to the Rotary Club of Bweyogerere-Namboole on World Interact Day.

With three Interact clubs represented, this was an unparalleled opportunity to speak to the youth about self-discovery, goal-setting, resilience and hard work. Their enthusiasm was palpable, their questions thought-provoking, and their appreciation immense.

Witnessing their eagerness to learn and grow was both humbling and inspiring.

PROMOTING YOUTH PROTECTION AND COMMUNITY SPONSORSHIP

In all our discussions, we emphasised the critical issue of youth protection. The safety and security of our participants remain paramount, and we assured Rotarians that stringent measures were in place to uphold these values.

Furthermore, we encouraged clubs to sponsor youths from their communities, extending RYLA's reach beyond Rotary circles. This initiative not only broadens the

programme's impact, but also aligns with Rotary's commitment to inclusivity and community service.

HUMOUR AND REFLECTION

Interestingly, our discussions sparked light-hearted queries from Rotarians above the age limit, who expressed interest in similar programmes tailored for their age group. It was heartening to see their curiosity and enthusiasm for leadership development, reinforcing that the quest for growth knows no age limits.

A MEMORABLE CAMPAIGN

The culmination of our efforts will be seen from January 10 to 12, 2025, when RYLA participants gather for an enriching three-day experience under the theme 'Passion, Action, Reaction'.

With registration having closed on November 30, last month, meticulous preparations are underway to ensure a seamless and impactful programme. This year's RYLA promises workshops, mentorship sessions, and team-building activities designed to inspire and empower.

Our district's RYLA campaign has been a remarkable journey of collaboration, learning, and growth.

It has demonstrated the power of collective action in achieving a shared vision.

From the Rotarians, who supported us to the youths, who eagerly embraced our message, each interaction has added value to this leadership development initiative.

RYLA is more than a programme, it is a movement, a testament to Rotary's belief in the potential of young leaders.

As we prepare for the event, we celebrate the partnerships, lessons, and memories that have shaped this journey.

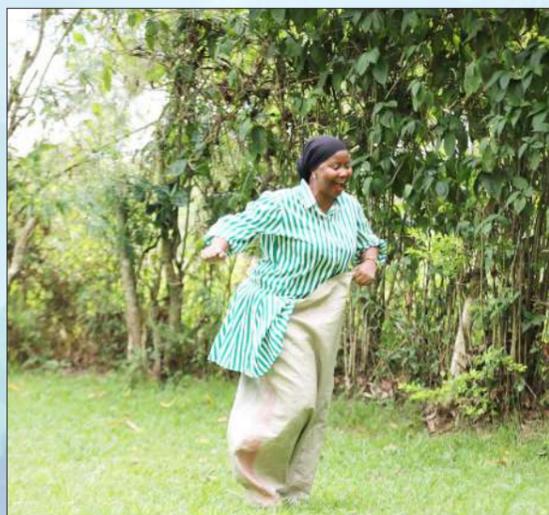
Together, we are building a future led by capable, ethical and passionate individuals, who will carry Rotary's legacy forward.

CLUB ACTIVITIES

MAGICAL PRESIDENTS' RETREAT

A Day of Fun and Fellowship: The 'Magical Presidents' of Rotary District 9213 held their maiden get-together at the scenic Lakeside Adventure Park in Mukono on Saturday 28, September, 2024.

The event brought together Rotary Club Presidents for a day of camaraderie and team-building. They participated in a range of activities including races and treasure hunts as part of the team-building exercise. It was an excellent day spent strengthening their bonds and sharing ideas for furthering Rotary's mission in the community.



CLUB ACTIVITIES: RC GOMBA



Rotarians Keeping Gomba Healthy

It was a day to remember for the people of Kanoni Town Council, Bukandula, Kabulasoke in Gomba district as they lined up to receive free treatment and drugs for various ailments on Saturday September 12, 2024.

The Rotary Club of Kabulasoke Gomba organised a health camp at Kanoni Umea playground, where over 420 people were given free medical services. The services included HIV testing and counselling; eye treatment and provision of free eyeglasses; testing, screening and treatment of non-communicable diseases like High blood pressure, diabetes, ulcers, and cancer. The people also got free treatment for malaria, abdominal pains, toothaches, and other simple ailments.

Rotarians also provided career guidance and counselling sessions for pupils of Gomba Parents Primary School who were excited about this free service.

The club President of RC Kabulasoke Gomba Rtn Margret Nabanoba Lubega was humbled and



grateful for the people who supported the health camp's successful arrangement.

These included the Uganda Protestant Medical Bureau, which donated drugs and funds for the health camp.

Thanks also to Rapha Medical Centre and Kanoni Health Centre, whose medical personnel powered

the camp. We can't thank the hardworking Rotarians of RC Kabulasoke enough, particularly Rtn Dr Kigongo Francis, who headed the health camp; Rtn Eva Gakumba who was the chief coordinator and all the Rotarians of Kabulasoke Gomba who attended physically and those who contributed selflessly to see that the camp was successfully concluded.





Blood donation drive

A medical camp for Rotarians

By CP Maureen Kawombe Tumwebaze, RC Naalya States

The district Governor Anne Nkutu visited RC Kira, in Kira municipality Wakiso district, on 13 November 2024

The Rotary Club organised a Health Check Camp specifically targeting the ever-busy Rotarians and Rotaractors and their families as well as the surrounding communities we work with, the Kira Police Division and the Kira Primary and Secondary schools. The District Governor toured the Health camp and appreciated the services offered.

The purpose of the Health Check Camp was to improve our member experience by giving

SERVICES PROVIDED

- Heart health
- Blood sugar
- Hypertension
- Cancer tests
- Dental checks
- Eye tests
- Blood sugar
- General Medical/lab tests
- Nutrition
- Health Education
- Blood donation

back to Rotarians, allowing them to check their health as well as attend a Rotary meeting, making it convenient and time-saving. As the Rotary Club of Kira, we think this is one way of ensuring that we have

healthy Rotarians and thus the continuity of Rotary service.

A total of 316 Rotarians volunteered to check their health status. One PE confessed “I came early and I have done all the Tests, I’m glad I came;” while a member of RC Kira said she has never donated blood and this was an opportunity to do so.

A President of another club retorted, “I can’t believe my vitals are this bad, I need to double-check.”

The DG also commissioned a global grant WASH project at Kira Primary School, which includes a water-borne toilet and the renovation of a library. Kira Primary School has been in existence for 100 years and has never had a waterborne toilet. The



Measuring a Rotarian’s true height

Rotary Club of Kira is therefore excited to Bring Magic to Kira primary school which is just meters away from where the club meets.

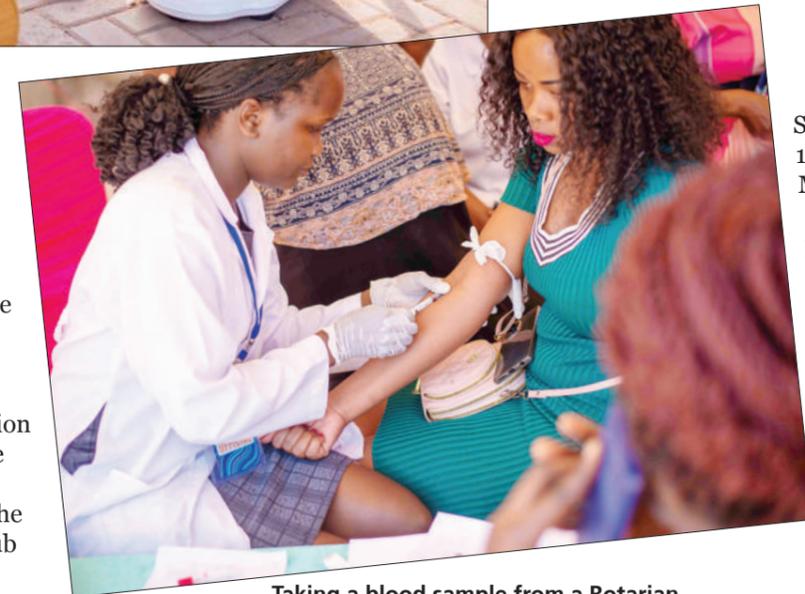
The club also celebrated giving to the Rotary Foundation over the years to the tune of US\$78,000 and US\$17,000 in the Magic Year. The Club has 10 Paul Harris



XXX



Rotarian donating blood



Taking a blood sample from a Rotarian

Society members, 16 PHFS and a Major Donor.

RC Kira is Five years old and is steadily growing with 44 members at charter, 62 members in the magical year and has now added nine new members bringing membership to 71 members.

CLUB ACTIVITIES: RC MBALE

The Rotary Club of Mbale City celebrated the World Polio Day in style



CLUB ACTIVITIES: INTERACT CLUB OF NAALYA SS



Handing over dustbins to the school patron

The Inspiring Journey of Interact Club of Naalya SS, Namugongo



**BY PRISCILLA NAMUGERWA
SERGEANT-AT-ARMS,
INTERACT CLUB OF NAALYA SS,
NAMUGONGO CAMPUS**

On behalf of the Interact Club of Naalya SS, Namugongo, I am honoured to share our story. A story that began amidst uncertainty but blossomed into a journey filled with growth, learning, and the joy of service. Our club's path, though initially obscure, gave



Getting inspiration from a Rotarian

us a reason to come together, and this thrilling experience is one I am proud to retell to every reader.

Our inauguration was nothing short of a blessing, marked by the immense support of the Rotary Club

of Bweyogerere-Namboole. Led by their esteemed President, Michael Nuwagaba, the club graced our handover ceremony, a day etched deeply in our memories due to the overwhelming joy and inspiration it



Planting a tree

brought us. On that day, they made a heartfelt promise to guide us every step of the way and help us elevate our club to greater heights.

True to their word, the Rotary Club of Bweyogerere-Namboole has supported us in remarkable ways. First, they invited us to one of their Tuesday fellowships. This opportunity allowed us, as Interactors, to learn so much about their club and the Rotaract Club of Bweyogerere-Namboole. It was an eye-opening experience, especially as we gained valuable insights into Rotary programs such as the Rotary Youth Leadership Awards (RYLA), a program we previously knew little about but now deeply appreciate.

Second, the Rotary Club of Bweyogerere-Namboole demonstrated immense generosity by donating dustbins to our school, significantly improving waste management on campus. This memorable ceremony, attended by our Deputy Head Teacher, Director of Studies, our club patron, and several Rotarians and Rotaractors from Bweyogere-Namboole and Seeta, was truly inspiring.

The event was made even more special by the presence of the Guest of Honour, District Interact Chair



Club signage

Ms Agatha from Seeta. The day was crowned by a tree-planting activity and the unveiling of our new Interact Club signpost—a proud symbol of our club's identity.

Furthermore, we were honoured to visit the Rotary Club's project at Don Bosco Nursery and Primary School. The experience brought nostalgia and awe as we explored their impactful projects, including a milking parlour, an environmentally friendly kitchen (eco-kitchen), a fully stocked library, and a state-of-the-art computer laboratory. These

projects demonstrated the incredible impact of Rotary, leaving us inspired and motivated to do more.

Our journey as Interactors has been enriched by these fruitful interactions with Rotarians and Rotaractors. The guidance, encouragement, and opportunities we have received continue to shape our club's growth and strengthen our resolve to serve.

As we look forward to the future, we are committed to upholding the Rotary motto, "Service Above Self." It is the highest honour and the greatest call to action.

DISTRICT OFFICERS RETREAT



DG'S VISITS TO CLUBS

RC Kampala-Naalya



DG'S VISITS TO CLUBS

RC Bugiri

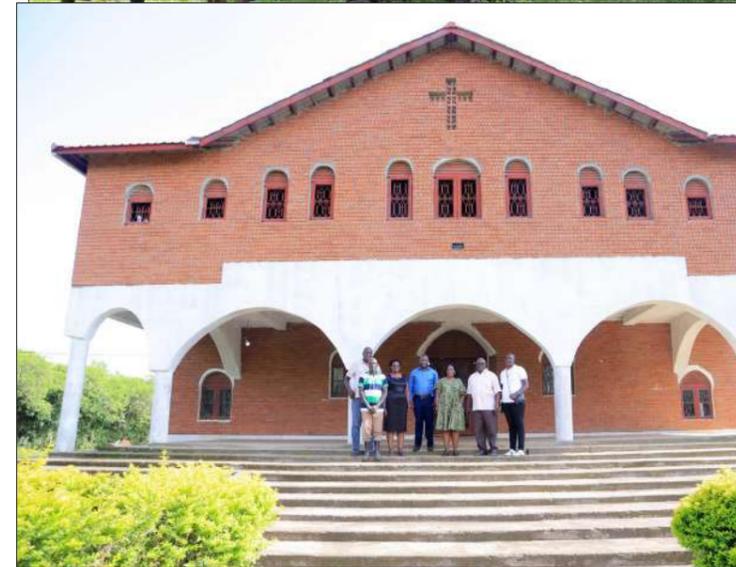


RC Kira



DG'S VISITS TO CLUBS

RC Tororo Sam Owori



ROTARACT AFRICA SUMMIT

A Resounding Success

By Aloysie Tumukunde
RAC Nansana PR and
Mobilisation Chair, Rotaract
Africa Summit

The Rotaract Africa Summit (RAS) Uganda Edition came to a close, leaving an indelible mark on the continent's youth leadership landscape. Held in Kampala, Uganda, the summit brought together over 300 participants from 19 African countries, representing both Anglophone and Francophone nations.

KEY HIGHLIGHTS

- **Inspiring Speakers:** Renowned keynote speaker PDG Bob Wagwa Nsibirwa and distinguished guest of honour Deputy Speaker Thomas Tayebwa of the Parliament of Uganda addressed the gathering.
- **Cultural Exchange:** The summit's Culture Day showcased Africa's rich diversity, with attendees proudly donning traditional attire.
- **Community Service:** A free medical camp and blood donation drive in Gabba benefited hundreds, thanks to partners C Care IHK and Nakasero Blood Bank.

SUCCESS FACTORS

Dedicated sponsors, partners, and an exceptional team made the summit's triumph possible. As PR and Mobilisation Chair, navigating challenges was rewarding, culminating in an unforgettable experience.

LOOKING AHEAD

Benin will host the next Rotaract Africa Summit. We extend our gratitude to all stakeholders and look forward to continued collaboration, empowering Africa's youth.



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ROTARACT AFRICA SUMMIT

From page 49





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