



THE SIREN

MONTHLY Bulletin

ISSUE II
AUG
2023

A photograph of two women, likely members of the Rotary Club of Bwebajja, standing outdoors. They are both wearing blue short-sleeved polo shirts with the Rotary logo on the left chest. The woman on the left is also wearing a blue baseball cap. They are both smiling and looking towards the camera. The background shows a dirt path and some buildings.

Membership & New Club Development



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Discovering Rotary's Vibrant Community

Dear Friends,

Greetings on behalf of the entire editorial team.

As we embark on another exciting Rotary month, I invite you to explore the captivating content of this month's bulletin.

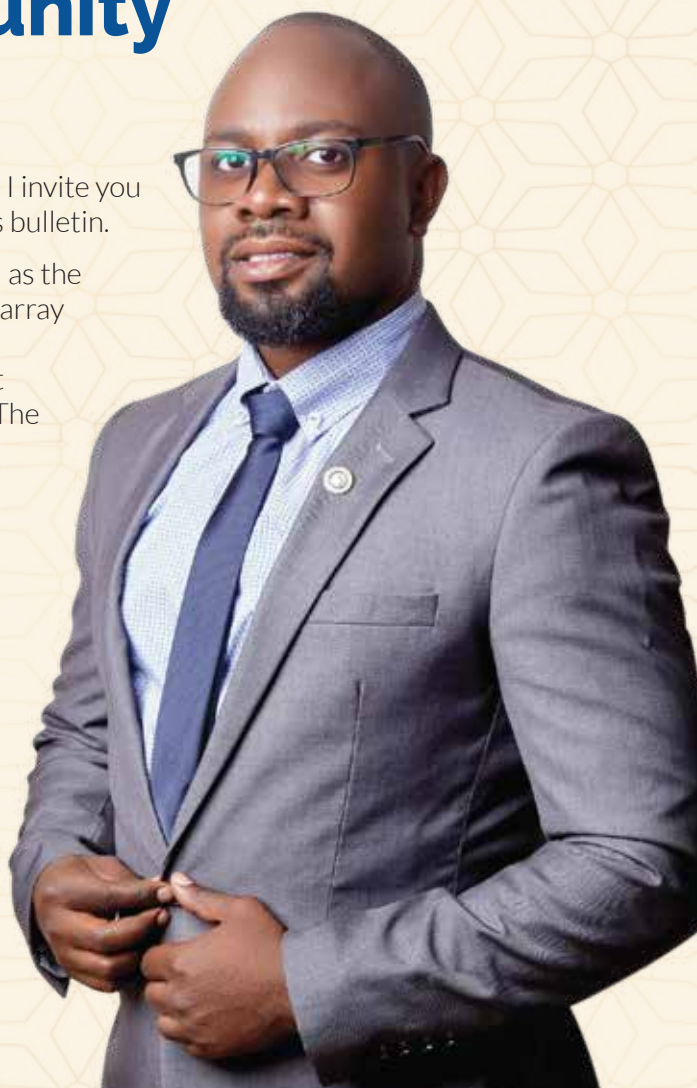
With "Membership and New Club Development" as the Rotary theme for the month, we have curated an array of messages and articles closely aligned with this central topic. Our aim is to cultivate a culture that attracts members through our service offerings. The pages of this edition vividly bring this message to life.

We express our gratitude to all the contributors and partners whose valuable efforts made this publication possible. Your dedication and support are truly appreciated, and we recognize that such contributions cannot be taken for granted.

Friends, it is a privilege for us to continue serving each and every one of you, and we remain committed to delivering a bulletin that informs and inspires.

#Vive le Rotary
#Wangala Bwebajja

Rtn. Joseph Ssuuna
Editor in Chief



Editorial TEAM



Rtn. Barbra Nekesa



Rtn. Juliet Nasimolo



Rtn. Belinda Akampurira



Rtr. JB Ssengooba



Rtr. Atim Mercy



In the spirit of caring

Gordon R. McNally

RI President 2023 - 2024



At the 2023 Rotary International Convention in Melbourne, I asked all Rotary members to become champions in our effort to illuminate mental health needs near and far. This includes helping one another feel more supported, advocating for mental health services, and building bridges with experts in the field to expand access to treatment.

It's an important task and a big ask. But it's also something that should feel familiar to every Rotary member — because everything we do is in the spirit of caring, giving, friendship, and compassion, and has been from the beginning of our organization.

We've grown into an amazing global network of 1.4 million interconnected community leaders — leaders who share a deep commitment to doing good in the world. But what makes Rotary powerful isn't just what we do for the communities we serve. We also support and empower each other, by creating a



We must prioritize building social connection the same way we have prioritized other critical public health issues such as tobacco, obesity, and substance use disorders."

safe space for our members to bring their whole, authentic selves. We show each other comfort and care.

These connections are deeply meaningful. The U.S. surgeon general recently declared loneliness a public health epidemic. Dr. Vivek Murthy said, "We must prioritize building social connection the same way we have prioritized other critical public health issues such as tobacco, obesity, and substance use disorders." I am proud of what Rotary has done across generations to build those kinds of social connections — and this magazine focused on loneliness and what Rotary can do about it in its January 2023 issue.

Our worldwide community and our foundational value prioritizing Service Above Self makes Rotary a powerful global advocate for mental health. A recently published study by Ohio State University found performing acts of kindness was the only one of three mental health interventions tested that helped people feel more connected to others. Study co-author David Cregg said, "Performing acts of kindness seems to be one of the best ways to promote those connections."

This research suggests what we've known all along — that doing good helps transform not just the communities we serve, but it also transforms us. As we put a greater focus on mental health, let's not think of this effort as something new to Rotary, but rather as something we can do better and as a result have a greater impact on ourselves and the people we serve.

We are not starting this effort from scratch. The Rotary Action Group on Mental Health Initiatives has been focused on these kinds of issues for several years, and we will be looking to members of that group for leadership as we continue to build awareness.

Mental health care fits comfortably within several of our areas of focus. As of May, there are 41 global grant-supported projects with a mental health focus. Many of them have tremendous promise, and we will be highlighting them in the months ahead.

So, let's work together to erase the stigma associated with emotional well-being, raise awareness of mental health needs, and improve access to preventive and interventional mental health services.

Together, we will Create Hope in the World.

Celebrating Education and Membership:

A Promising Rotary Year Ahead

Francisco Ssemwanga
District Governor 2023 - 2024



As you delve into the pages of this inaugural edition, prepare to be captivated and enlightened. Every article, feature, and story serve as a portal into the radiant Rotary future that awaits us."

Assistant Governor Juliet Kyokunda for the job well done. I also thank the Director Basic and Secondary Education in the Ministry of Education and Sports Mr. Ismael Mulindwa for officiating at the Project Launch and attending our fellowship.

I greatly appreciate Our Clubs for adhering to my call for Promoting Basic Education and Literacy. So far, I have visited three school projects of Kitale Secondary School by the Rotary Clubs of Bwebajja and Garuga, Cevic School for the Blind in Buwama by the Rotary Club of Buziga and St. Andrew Bbagwa Primary School in Semuto by the Rotary Club of Rubaga. I am looking forward to visiting more Projects in the Education Sector.

The month of August is designated to Membership Retention, growth and Extension by Rotary International. It is where

Rotary International's strategic area of focus of EXPANDING OUR REACH falls. As we are all aware, Membership growth is Rotary International's great priority. This Rotary Year, I have put Membership Experience, Retention, growth and Extension at our fore Front. We need to Intentionally grow our Numbers because we need More Helping Hands on this big job of serving Humanity.

I am so thrilled that in this first month of the year, many Rotary Clubs have inducted members especially during their Installation functions of Presidents.

So far, we have six Rotary Clubs in Uganda and four in Tanzania under formation. I greatly thank our District Membership team headed by Past President Ronald Ssenyondwa, the Country Membership Chairs in Uganda and Tanzania, Charter President Bob Nsereko and Past Assistant Governor Marryanne Mugo respectively.

I encourage clubs to carry on Membership Satisfaction Surveys to find out the real needs and interests of their members in order to Ensure Membership Retention. Most Importantly, I call upon Clubs to enter each and every member Inducted into the Rotary Club Central to enable us track our progress.

I once again congratulate ourselves, upon starting this Rotary Year with a lot of Enthusiasm. As the team leader, I feel energized by your great determination and selflessness to Serve Humanity and I am so sure that we are going to Create A lot of Hope in the World.

My Rotary family and friends of Rotary, I greet you in the name of our Lord God and I thank you for the great service to Humanity. I am so happy and Energised on how we have started strong on this journey of Creating Hope in the World.

We started this Rotary Year with the Launch of Our Signature Project of Basic Education and Literacy at Kitale Secondary School where a six-classroom block is being constructed by the Rotary Clubs of Garuga and Bwebajja. We then had a District Fellowship to welcome the new Year later in the evening at Kisubi University Garden. I greatly thank the organizing committee led by the District Flagship Project Chair Past



Embracing a New Chapter

Dear Rotarians, Rotaractors and Friends,

As we enter the second month of my presidency, I am filled with joy and gratitude for the trust you have placed in me. It is an honor and a privilege to serve alongside such a dedicated team of individuals who share a similar vision of making a positive impact in our communities and beyond.

Since assuming office, I have witnessed the incredible energy and enthusiasm each one of you brings to our club. Your commitment to Rotary's ideals of service, fellowship, and ethical leadership is truly inspiring. Together, we have already accomplished so much including leading the District to launch the flagship project and the Rotary year, designing & launching the Club website, restoration of the Siren, TRF giving, collaboration with Entebbe Road corridor Clubs to launch the 2023 Cancer Run and many other achievements. I am confident that we will continue to achieve even greater milestones in the months ahead.

This August, we embark on the next phase of our club's journey. We are focusing on community engagement and expanding our humanitarian efforts. It is an opportunity for all of us to make a difference, bring about positive change and create hope in the world. Working together and leveraging our collective skills and resources, we can create lasting solutions to the most pressing challenges faced by our communities.

In the spirit of Rotary's motto, "Service Above Self," let us renew our commitment to serve those in need, uplift the underprivileged, and foster goodwill and peace. By aligning our efforts with Rotary's areas of focus, we can maximize our impact and leave a lasting legacy in the lives of those we touch.

I invite you all to actively participate in our upcoming events and projects. These events provide wonderful opportunities to serve and connect with one another. Let us continue to foster strong relationships and friendships within our club, as it is through unity and collaboration that we can truly make a difference.

Finally, I want to express my profound appreciation to each and every member of our club, our dedicated board members, and committee chairs. Your unwavering support and commitment are the driving force behind our success. Together, we will take our club to cruising altitude and transform it to an Iconic Club.

Yours in Rotary service,

Rtn. Annie Ninyesiga (MD)
President, Rotary Club of Bwebajja 2023-24.



Empower, Engage, Excel

Dear Rotaractors and Friends,

It is with immense pleasure and enthusiasm that I address you as the President of this incredible organization. As we embark on a new year of service, friendship, and personal growth, I feel honored to lead a group of passionate individuals dedicated to making a positive impact in our community.

Rotaract is a platform that empowers young leaders like us to create change and foster a spirit of service. Together, we have the power to transform lives, uplift communities, and build a better future. Our club stands as a testament to the energy, passion, and commitment of young people who believe in the power of collective action.

In this August edition of our club's newsletter, I would like to extend my gratitude to all members who have been actively involved in our various projects. Your unwavering dedication and tireless efforts have brought about remarkable results, leaving a lasting impact on those we serve. I am proud to be a part of a club that consistently demonstrates Rotary values and embodies the spirit of service above self.

As we move forward, let us build upon the strong foundation laid by our predecessors and continue to make a difference in our community. Our driving motto for this year is "Empower, Engage, and Excel," and it is my sincere belief that together, we can empower individuals, engage communities, and excel in our pursuit of creating sustainable change.

As we work towards our goals, it is crucial to remember that our impact extends far beyond our immediate community. The projects we undertake, the partnerships we form, and the lives we touch have the potential to inspire others and create a ripple effect of positive change. Together, we can be catalysts for a brighter future, both locally and globally.

It is exciting to see what lies ahead for the Rotaract Club of Bwebajja. Let us embrace this year with open hearts, open minds, and a shared commitment to service. Let us inspire, innovate, and make a meaningful difference in the lives of those we serve.

Thank you for your dedication and continued support.

Yours in Rotaract,

Rtr. Hope Tushemerirwe
President, Rotaract Club of Bwebajja

“

Rotaract is a platform that empowers young leaders like us to create change and foster a spirit of service. Together, we have the power to transform lives, uplift communities, and build a better future.”



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Building Stronger Connections:

The Value of Networking in Rotary

Rtn. Andrew Ssennabulya
PE RC Bwebajja



Networking in Rotary opens doors to collaborative projects and partnerships. By connecting with fellow Rotarians, we have the opportunity to join forces, pooling resources and expertise to tackle larger, more impactful initiatives."

Networking is a powerful tool that enables individuals to connect, collaborate, and create meaningful relationships. In Rotary, networking takes on a unique dimension, offering members a wealth of opportunities for personal and professional growth. By exploring the value of networking in Rotary, we can understand its benefits and how it strengthens our club and individual journeys as Rotarians.

Rotary brings together a diverse group of professionals, entrepreneurs, and community leaders. By networking within Rotary, members gain access to a vast pool of knowledge, expertise, and resources. Whether seeking advice on a specific project or expanding one's professional network, Rotary provides a platform for members to learn from and connect with individuals who share a passion for service and success.

Networking in Rotary offers invaluable mentorship opportunities. Seasoned Rotarians, with their wealth of experience and wisdom, can guide new members, helping them navigate their Rotary journey and achieve their personal and professional goals. By

forging mentor-mentee relationships within our club, we create a nurturing environment that fosters growth and development for all members.

Networking in Rotary opens doors to collaborative projects and partnerships. By connecting with fellow Rotarians, we have the opportunity to join forces, pooling resources and expertise to tackle larger, more impactful initiatives. From organizing community service projects to undertaking global grants, networking enables us to amplify our impact, reach broader audiences, and effect lasting change in our communities.

Rotary is not just about service; it is about forming deep and meaningful friendships. Networking events, social gatherings, and Rotary

conferences provide opportunities for members to forge lasting bonds beyond the confines of club meetings. By building strong connections through networking, we create a sense of camaraderie and fellowship that enhances the Rotary experience and strengthens our commitment to service.

Networking in Rotary nurtures personal growth and leadership development. Through networking, members can explore leadership positions within the club, district, or even internationally. By connecting with Rotarians from different backgrounds and cultures, we broaden our perspectives, enhance our interpersonal skills, and become effective leaders who can create positive change in the world.

Networking in Rotary extends beyond exchanging business cards; it is about fostering relationships that transcend professional boundaries and forging friendships based on shared values and service. By embracing networking, we open ourselves up to a world of possibilities for personal and professional growth, collaborative projects, mentorship, and lifelong friendships. Let us seize the opportunities Rotary networking offers, building stronger connections within our club and with Rotarians around the world. Together, we can create a powerful network of individuals united by a common purpose: making a positive difference in others' lives.

Impact Starts with Our Members



Rtn. Brother Innocent
Membership Director

Our members are not mere attendees; they are the heart and soul of our club. Actively participating in projects and initiatives, they dedicate their time, energy, and resources to make a difference in the lives of those we serve."

At the Rotary Club of Bwebajja, we believe that lasting impact begins with our members. Their passion, dedication, and commitment enable us to create positive change in our community and beyond. With diverse professional backgrounds, cultures, and age groups, our members enrich our discussions and tackle complex challenges with innovative solutions.

Our members are not mere attendees; they are the heart and soul of our club. Actively participating in projects and initiatives, they dedicate their time, energy, and resources to make a difference in the lives of those we serve. Their impact extends beyond projects, fostering relationships, demonstrating empathy, and creating ripple effects that leave a lasting mark.

Inspiring one another through actions and dedication, our members encourage excellence, continuous learning, and growth.

They foster a supportive environment that empowers everyone to reach their full potential. We recognize that impact is measured not only by project scale but also by the long-term sustainability of our efforts. Our members prioritize building relationships, collaborating with stakeholders, and addressing root causes, creating transformative solutions.

Moving forward, we remain committed to nurturing and empowering our members. We provide opportunities for personal and professional development, encouraging them to enhance their skills, embrace leadership roles, and become catalysts for change. Our members' dedication, passion, and unwavering commitment form the foundation upon which our club thrives.

It is with deep gratitude that we express our deepest gratitude to each and every member of our club. Through your efforts, compassion, and belief in Rotary's values, we create a lasting impact.





Rtn. Annie Nambatya
Buzzi Buddy Group Chair

Enhancing Diversity & Inclusion:

Welcoming All into Rotary

Rotary is committed to diversity and inclusion, embracing individuals from all walks of life to create a space where everyone feels valued and respected. In this article, we explore the importance of enhancing diversity and inclusion in Rotary, highlighting the value it brings to our club and the communities we serve.

Rotary's commitment to diversity goes beyond representation; it involves embracing a variety of backgrounds, perspectives, and experiences. By welcoming individuals from diverse ethnic, cultural, and socioeconomic backgrounds, Rotary becomes a rich tapestry of ideas, knowledge, and creativity. This diversity enriches our club's discussions, projects, and decision-making processes, fostering innovation and ensuring a well-rounded approach to our service efforts.

Creating an inclusive environment is crucial for making every member feel valued and respected. When individuals feel included, they are more likely to engage actively, contribute their unique talents, and form deep connections within the Rotary family. It is essential to foster an atmosphere where all voices are heard and each member feels empowered to bring their authentic selves to Rotary.

Welcoming individuals with diverse perspectives strengthen our ability to address the unique needs of the communities we serve. By embracing different viewpoints, we gain a deeper understanding of the challenges faced by various groups and can design more effective service projects that make a meaningful impact. Inclusivity ensures that our initiatives are relevant, sustainable, and responsive to the diverse needs of the populations we aim to support.



To enhance diversity and inclusion, Rotary clubs should actively reach out to underrepresented communities and build bridges with organizations that serve them. By collaborating with community-based organizations, schools, and universities, we can create pathways for individuals from diverse backgrounds to join Rotary and contribute to our collective mission of service above self.

Let us welcome individuals from all backgrounds. Let us celebrate and embrace the diverse talents, experiences, and voices that each member brings. This will result in Rotary remaining an inclusive space where everyone has the opportunity to thrive and contribute towards making a positive difference in the world.



Rotary's commitment to diversity goes beyond representation; it involves embracing a variety of backgrounds, perspectives, and experiences. By welcoming individuals from diverse ethnic, cultural, and socioeconomic backgrounds, Rotary becomes a rich tapestry of ideas, knowledge, and creativity."



Unlocking a World of Benefits: The Joy of Joining Rotary

Rtn. Miriam Kyeyune
Past President - RC Bwebajja



Joining Rotary unlocks a world of benefits, where service, fellowship, and personal growth converge. Embrace the opportunity to discuss community needs, connect with inspiring leaders, and expand your skills."

Joining Rotary offers a world of incredible benefits and opportunities. As a member, you connect with professionals who share your drive to make a meaningful impact. Let's explore the advantages of Rotary.

Dynamic Community: Rotary provides a platform for like-minded individuals to come together, share ideas, and collaborate on projects addressing local needs. By participating actively, you contribute to creative solutions and make a tangible difference.

Global Connections: With members in 130+ countries, Rotary is a worldwide organization. International conventions allow you to connect with diverse leaders, celebrate successes, and plan for the future. You build a global network for partnerships and collaboration.

Leadership and Professional Development: Rotary offers avenues to enhance your skills. Engaging in club activities sharpens organizational, public speaking, and project management abilities. Take on leadership roles at various levels and expand your horizons.

Meaningful Connections: Rotary fosters a vibrant community where lifelong friendships are forged. Attend meetings, events, and fellowship gatherings to connect with like-minded individuals who share your values and commitment to service. This strengthens your personal and professional network.

Rotary International Convention: This annual event brings Rotarians worldwide together. They exchange ideas, expand knowledge, and forge lifelong connections. Here, you immerse yourself in an inspiring atmosphere of camaraderie and innovation.

Rotary Fellowships: Connect with individuals who share your interests, hobbies, or vocations. These fellowships make a positive difference in the world. Deepen your involvement in areas that resonate with your passions.

Joining Rotary unlocks a world of benefits, where service, fellowship, and personal growth converge. Embrace the opportunity to discuss community needs, connect with inspiring leaders, and expand your skills. Celebrate the joys of good friends and making new ones. The Rotary International Convention and Fellowships open doors to global connections and positive change.

I conclude by welcoming you to Rotary, where service and friendship thrive, and where membership brings countless benefits beyond imagination.



A Night of Celebration, Inspiration, and Unity.

Thursday, 6th July 2023 marked a significant milestone for the Rotary Club of Bwebajja as President Annie Ninyesiga hosted her inaugural fellowship at Emperor Heights Kisubi. Rotarians and Rotaractors from Districts 9213 and 9214 gathered for a hybrid event that blended physical and virtual presence. Radiant smiles and a strong sense of camaraderie filled the air, as the indomitable spirit of Rotary embraced every corner.

Esteemed Past District Governors Xavier Sentamu, Ken Mugisha, and Peace Taremwa graced the occasion, adding wisdom and experience to the evening. Their inspirational messages resonated deeply with every Rotarian, as they shared stories of their own Rotary journeys and highlighted the transformative power of service.

President Annie took centre stage, radiating enthusiasm and passion as she presented the club's ambitious roadmap for the year. Her vision and dedication were palpable as she outlined projects, fellowships, fundraisers, and initiatives that would shape the club's impact. Members eagerly pledged their support and commitment to turning these plans into reality.

The club's Public Image Committee unveiled the club's monthly newsletter and website, showcasing the club's commitment to transparency, communication, and community engagement. These platforms will celebrate achievements, share impactful stories, and

foster closer connections within the Rotary family and beyond.

The pinnacle of the evening arrived with a moment of immense pride and admiration as President Annie was recognized as a Major Donor to the Rotary Foundation. The sound of the African drum erupted, accompanying a breathtaking cultural dance performance. The vibrant rhythms and graceful movements elevated the tempo, prompting Rotarians and guests to get on their feet and shake whatever was shakable on their bodies. Most noteworthy was Rtn. Peggy Pollard (RC Santa Cruz Sunshine), who had just jetted into the country from Santa Cruz, California-USA for scheduled project tours. She was overjoyed, and her electric dance moves illuminated the evening.

As the fellowship came to a close, a sense of unity and purpose-filled the air. The bonds of fellowship grew stronger, and a shared commitment to serve echoed within each Rotarian's heart. President Annie's inaugural fellowship set the stage for a year of service, friendship, and transformative experiences.

The night will be remembered as a celebration, an inspiration, and a symbol of unity. It ignited a flame of passion and determination within each Rotarian, reinforcing the shared mission to make a positive impact.

In the words of Helen Keller, "Alone we can do so little; together we can do so much." And together, the Rotary Club of Bwebajja will achieve greatness!



Rtn. Julie Nasimolo
Club Admin



The pinnacle of the evening arrived with a moment of immense pride and admiration as President Annie was recognized as a Major Donor to the Rotary Foundation. The sound of the African drum erupted, accompanying a breathtaking cultural dance performance."

President Annie Ninyesiga's Inaugural Fellowship



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Embracing Hope for Salama School for the Blind



Rtr. Akampulira Berlanda

In the quiet town of Mukono, just 25 kilometers away from Uganda's bustling capital city, Kampala, lies Salama School for the Blind. This humble institution has been a beacon of light for visually impaired children and young adults since its establishment in April 1999. However, tragedy struck the school when a devastating fire broke out in its dormitory on Oct. 25, 2022 leaving the entire community reeling from grief and despair. But amidst the darkness, a glimmer of hope emerged as the Rotaract club of Bwebajja, in collaboration with Indo Africa, Nytil, and the Rotary club of Bwebajja, united to make a lasting impact on the lives of these brave students.

When news of the fire at Salama

School reached the ears of the Rotaract Club of Bwebajja, it sparked an unyielding desire to extend a helping hand. Recognizing the urgency of the situation, they swiftly joined forces with their partners to initiate a support project that would touch the lives of these young souls.

On a warm and hopeful day, the project came to fruition, as the team arrived at Salama School with hearts full of empathy and determination. Generous donations from supporters near and far enabled the provision of essential supplies: warm blankets, comfortable mattresses, soft bedsheets, and clothing. The joy on the faces of the students, as they received these simple yet invaluable items, was indescribable.

Beyond the physical provisions, the project sought to heal emotional wounds and reignite hope. The team organized engaging activities and spent quality time with the students, reminding them that they are valued and cherished. As smiles gradually replaced tear-stained faces, it became evident that the project had left an indelible mark on their hearts.

A tree planting initiative became the symbol of growth and resilience. Together, they nurtured young saplings and gently placed them in the earth, as if sowing the seeds of a

brighter future. Each tree represented a life reclaimed, a spirit revived, and a commitment to environmental stewardship. The students, with their heightened senses, appreciated the significance of this act, knowing that they too were part of a thriving ecosystem.

The impact of the Rotaract Club's project extended far beyond the school's boundaries. It sparked a sense of solidarity within the community, uniting people from diverse backgrounds under a common cause. Strangers became friends, and supporters became advocates, amplifying the message of hope and inclusivity.

As the sun set on the day of the project, leaving behind a sky adorned with hues of orange and pink, a transformation had taken place at Salama School for the Blind. The tragedy that once cast a shadow over the institution was now eclipsed by the resilience and compassion of those who rallied to its aid.

The Rotaract Club of Bwebajja, together with their partners, had accomplished more than providing physical support – they had ignited a flame of hope that would continue to burn brightly in the hearts of the students and staff. Through their unwavering dedication and empathy, they had touched lives and proven that, in the face of adversity, humanity can rise above, embracing hope and creating a better world for all.

Rotary



RotaryCancerRun



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27
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RUN FOR HOPE

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Registration Fees
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MAVD McCANN

You Matter

Prudence N. Asobola

District Rotaract Representative 2023 – 2024

Every day, over 300 Rotaractors in our district wake up with a planned Rotaract activity on their to-do list. They sacrifice their time and resources to bring hope in the world. They go over and beyond to make sure that this world is a better place for not just them but the future generations too. Those people, the Rotaractors are the most valuable players and they matter; you matter.

We often spend time planning, implementing or monitoring service projects and we forget ourselves. We forget to refill our cups and sometimes we even burn out! This month, I would like to call upon all Rotaractors to take off time to focus on themselves.

Rotaract as a member type of Rotary can only grow if the current Rotaractors are well motivated. Happy Rotaractors will attract more Rotaractors to Rotary because they are not only passionate about serving their communities, but also love the organization they subscribe to. Rotaractors are a pillar of Rotary's future since they comprise of future Rotarians and therefore their wellbeing should be given high importance.

Rotaract club leaders should adopt the role of a parent to their members. Just like a parent takes care of his/her children by feeding, teaching and exposing them to different life lessons, and making sure that they grow up to have comfortable life, so should our leaders. Through our weekly meetings, let us bring insightful guest speakers, and also make sure to have fun moments after.

Let us celebrate every member's personal achievement ranging from graduations, child birth, marriage, birthdays, buying plot of land to "simple wins" like finishing an exam. Let's be our brother's keeper by looking out for each other and being mindful that our actions do not affect another person's mental health.

With all this done, we shall have happy volunteers who will feel at home in our clubs, and as a result, they will invite other people to Rotaract hence boosting our membership.

In everything we do as Rotaractors, let's be accommodative to each other. Let us always remember that each Rotaractor plays a critical role in bringing hope to the world. Therefore, they matter; YOU MATTER.



Let us celebrate every member's personal achievement ranging from graduations, child birth, marriage, birthdays, buying plot of land to "simple wins" like finishing an exam."





Building a Brighter Future

DRRE JB Ssengooba
Rotaract PIME Chair

As a new Rotary year begins, we are presented with a fresh opportunity to make a profound impact on our communities. Guided by our District Rotaract Representative (DRR), this year's focus revolves around three essential pillars: peace, polio eradication, and professional development. These pillars hold the key to transforming lives and creating a better world for all.

1. Embracing Peace:

Peace goes beyond the absence of conflict; it signifies harmony, understanding, and collaboration. In a world grappling with various challenges, fostering peace within ourselves and our communities becomes crucial. Rotaractors are dedicated to being agents of peace by cultivating empathy, promoting dialogue, and bridging gaps that divide us. Through projects centered around conflict resolution, diversity and inclusion, and addressing social injustices, Rotaractors aim to create peaceful environments that empower individuals and communities.

2. Polio Eradication:

The fight against polio has long been a mission of Rotary International, and Rotaractors play a vital role in achieving this ambitious goal. Although significant progress has been made, our work is not yet complete. By partnering with Rotarians and organizations dedicated to eradicating polio, Rotaractors can contribute to the final push that will eliminate this debilitating disease. Through fundraising, awareness campaigns, vaccination drives, and advocating for global cooperation, we can pave the way for a polio-free world, sparing future generations from this preventable illness.

3. Professional Development:

Rotaract provides a platform for young professionals to develop their skills, expand their horizons, and grow into effective leaders. This Rotary year, the focus is on fostering professional development among Rotaractors. By offering mentorship programs, organizing workshops, and facilitating networking opportunities,

Rotaractors can enhance their expertise, gain valuable insights, and refine their leadership capabilities. By nurturing their talents and empowering them to excel in their respective fields, Rotary helps create a generation of dynamic leaders who can drive positive change and contribute meaningfully to society.

Conclusion:

As we embark on this transformative Rotary year, it is vital to embrace the core principles of peace, polio eradication, and professional development. By championing these causes, Rotaractors can leave an indelible mark on their communities and make a lasting difference in countless lives. Together, we have the power to create a world where peace prevails, where no child suffers from the devastating effects of polio, and where young leaders thrive, equipped with the skills and knowledge to shape a brighter future. Let us unite, collaborate, and strive towards these shared goals, for it is through collective action that we can truly transform the world.



Engaging the Next Generation: Rotary and Youth Programs

Rtn. Carol Kirama – Youth Service Chair



Engaging the next generation through Rotary's youth programs is an investment in our future and a testament to our commitment to empowering young individuals."

The future of Rotary lies in the hands of the next generation—passionate, energetic individuals committed to making a difference. This article emphasizes the importance of engaging the next generation through Rotary's youth programs, such as Interact, Rotaract, and Rotary Youth Exchange, which offer unique opportunities for young people to develop leadership skills, engage in service projects, and foster international understanding. By highlighting these programs, we aim to inspire current members and attract enthusiastic young individuals to join the Rotary family.

1. Interact: Inspiring Young Leaders

Interact clubs empower students aged 12 to 18, enabling them to take action in their communities. Through service projects, leadership development, and international connections, interact members gain valuable skills and learn the importance of service above self.

2. Rotaract: Fostering Professional and Personal Growth

Rotaract clubs, designed for young adults aged 18 and above, bridge the gap between Interact and Rotary. Rotaractors engage in service projects, professional development opportunities, and networking events.

3. Rotary Youth Exchange: Cultivating Global Citizenship

Rotary Youth Exchange allows young individuals to experience cultural immersion, build international friendships, and develop a global perspective.

4. Collaborating with Youth: Partnerships for Success

Engaging the next generation involves collaboration between Rotary clubs and local schools, universities, and community organizations. Our club has partnered with local high schools to establish Interact clubs, providing mentorship and support for young leaders. Nurturing these partnerships ensures a sustainable path for youth

involvement and a strong future for Rotary.

Conclusion:

Engaging the next generation through Rotary's youth programs is an investment in our future and a testament to our commitment to empowering young individuals. By providing opportunities for leadership development, service, and international understanding, we shape the leaders of tomorrow. Let us champion these youth programs, inspire our members, and attract passionate young individuals to join our Rotary family. Together, we can create a world where the next generation leads with compassion, resilience, and a commitment to service.



Joint Movie Fundraiser

for adopting Bufumira Island Project





Unleashing the Power Within:

My Journey of Transformation as a Rotaractor

Rtr. Edrine Male - RAC Bwebajja Club Admin

My journey in Rotaract has been a whirlwind of growth, excitement, and unforgettable experiences. As I reflect on my membership in the Rotaract Club of Bwebajja, I feel compelled to share my story, aiming to inspire fellow Rotaractors to unlock their potential and create a lasting impact.

When I joined the club, I had a burning desire to serve and make a difference. Little did I know that Rotaract would be more than just a club. It became a catalyst for personal growth and lifelong friendships.

From my first club meeting, I felt a sense of belonging. The warm smiles and camaraderie of the members made me realize I had found my tribe. I joined a community of like-minded individuals who shared my passion for service and collective action.

Taking on leadership roles within the club revealed the transformative power of leading with purpose. It challenged me to push my boundaries, overcome fears, and empower others. I learned that true leadership goes beyond titles; it inspires change and helps us become our best selves.

Throughout my journey, I encountered obstacles and setbacks that tested my resolve. In those moments of doubt, my fellow Rotaractors and mentors became

my pillars of support. Their unwavering belief in me and their words of encouragement reminded me of the impact I was making, pushing me to keep moving forward.

Engaging in service projects, I witnessed firsthand the transformative power of our collective actions. Together, we provided clean water to schools and empowered youth through skill-building programs. These experiences reinforced my belief that even small acts of kindness create a ripple effect of positive change, leaving a lasting impact on lives.

Yet, it was not just about the projects; it was about the friendships forged along the way. The bonds I formed with fellow Rotaractors transcended boundaries. We laughed, learned, and supported each other. In their company, I found inspiration, motivation, and a sense of belonging. They became my family, and our shared experiences created memories that

will endure.

Reflecting on my three-year Rotaract adventure fills me with gratitude for its transformative impact. I have grown as a leader, friend, and compassionate individual. I have learned the true meaning of service and the incredible power within each of us to create change.

To my fellow Rotaractors, I have one message: Embrace the journey. Embrace the challenges, friendships, and growth opportunities. Believe in your ability to make a difference and never underestimate the impact of your actions. Together, we have the power to create a brighter future, one act of service at a time.

I hope my words inspire you to unlock your potential and unleash the power within you. Let us continue to serve, lead, and make a lasting impact in our community and beyond. The journey ahead is filled with endless possibilities, and together, we can write a story that will inspire generations to come.



A portrait of MD Daniel Ssettuba, a Black man with short hair, wearing a light blue short-sleeved button-down shirt. He has his arms crossed and is looking directly at the camera with a slight smile. The background is a light, textured grey. On the left side of the image, there is a vertical red bar. On the right side of his chest, there is a yellow Rotary logo with the text "Rotary Club of Bwebajje Bawonga Buddy Group" below it.

OUR LEADERS

An Inspirational Leader Making a Difference

MD Daniel Ssettuba:



Daniel Ssettuba is a Finance Manager at Kids of Africa School, and holds a Bachelor's Degree in Commerce (Accounting), a Master's Degree in Management (Msc. Mgt), and is a member of Certified Public Accountants of Uganda as well as the Association of Chartered Certified Accountants (UK). He is married with children, and also runs a real estate, farming, and education services business.

Daniel's Rotary journey began in 2015, when he was invited by his cousin Cathy Mugerwa to join Rotary Club of Bwebajja. He was fully mentored by PAG MO into Rotary, and was inducted into Rotary and pinned by IPDG Peace Taremwa in 2015.

In 2016/2017, Daniel was installed as the 2nd club president, taking the mantle from CP Gordians Ahaisibwe on June 18, 2016. The theme for that year was "Rotary Serving Humanity," and the club's Assistant Governor was PAG James Nkooka (RC Bweyogere Namboole). The District Governor was Jayesh Asher from Tanzania.

His leadership inspired others, leading to an increase of five new members in the Rotary Club of Bwebajja. But Daniel's contributions didn't end there. He initiated vital projects, such as installing two 10,000-liter water tanks at two schools in Nakawuka, ensuring access to clean water for students. Additionally, his "Keep Kawuku Clean" project became an annual club activity, making a lasting impact on the environment and promoting sanitation awareness.

Daniel's dedication to Rotary's ideals goes beyond the club, as he served as a Country Fund Coordinator D9214 and now a Major Donor Level 1.

An inspiring role model for fellow Rotarians, Daniel's commitment to serving humanity is awe-inspiring. His leadership has not only transformed the Rotary Club of Bwebajja but has also left a profound legacy within the community.

Thank you, Daniel, for your service to Rotary!



A touch of perfection

OUR SERVICES

Air Ticketing | Visa Consultation | Travel Insurance | Safaris |
Hotel Bookings | Honeymoon Packages | School Tours & Team Building Packages
Individual & Group Tours

WORKING HOURS

Monday - Friday | 9:00am - 5:00pm
Saturday | 9:00am - 1:00pm

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SPINA BIFIDA

The recommended dose of Folic acid is usually 400 to 800 mcg for women planning to conceive or during early weeks of pregnancy. However, women with certain risk factors like previous history of babies with neural tube defects or diabetes may need to consult a health care provider to determine an appropriate dosage for them.

THE CRUCIAL ROLE OF FOLIC ACID IN EARLY PREGNANCY



**LOURILET
PHARMACY**

Folic acid also known as vitamin B9 is a vital nutrient that the body can't produce on its own thus must be obtained through supplements or dietary sources like leafy green vegetables, citrus fruits, legumes and liver.

However, due to its significance during early weeks of pregnancy, supplementation of Folic acid to ensure adequate intake is recommended.

Taking Folic acid during early pregnancy is a simple yet powerful step that can significantly impact the wellbeing of both mother and growing foetus in the following ways;

Preventing Anaemia

Folic acid aids in the production and maturation of red blood cells, helping prevent anaemia and ensuring adequate oxygen supply to both the cells of the foetus and mother.

Cell division and DNA synthesis.

Folic acid is essential for cell division and DNA synthesis, which are fundamental processes required for rapid fetal growth and development.

Proper cell division ensures the formation of tissues and organs, contributing to the overall health of the baby.

Prevention of neural tube defects at birth.

One of the most critical functions of Folic acid is its role in the early development of the neural tube in a foetus. The neural tube eventually develops into the baby's brain and spinal cord.

Major birth defects of the brain or spine occur very early in pregnancy (3 to 4 weeks after conception), before most women know they are pregnant hence the need to take Folic acid one month before conception if a woman is planning to get pregnant.

Consuming sufficient Folic acid during the first weeks of pregnancy drastically reduces the risk of neural tube defects such as spina bifida and anencephaly, where parts of the brain or spinal cord do not develop properly.



ANENCEPHALY

(A baby born with an under developed brain and skull)

THE AUGUST 2023 ACTIVITY CALENDAR

RC Bwebajja's Weekly Fellowships

Date	Topic
Thursday, 03, Aug 2023	Fitness - Cancer Run Fellowship
Thursday, 10, Aug 2023	PDG TUSU - Membership
Thursday, 17, Aug 2023	AG Augustine Nuwagaba - The Art of Member Attraction
Thursday, 24, Aug 2023	MD Jane Kabugo - Membership Engagemnet
Thursday, 31, Aug 2023	PAG Julie Kyokunda - DISCON Awards; All you need to know

RAC Bwebajja's Weekly Fellowships

Date	Topic
Tuesday, 1st, Aug 2023	Celebrity Tuesday
Tuesday, 8th, Aug 2023	Adopt Bufumira Activation
Tuesday, 15th, Aug 2023	ADRR's Visit
Tuesday, 22nd, Aug 2023	Youth Mental Wellness Summit Launch
Tuesday, 29th, Aug 2023	Joint Entebbe Corridor - Old School Fellowship

Community Service

Date	Project
11th - 13th Aug 2023	Adopt Bufumira Island - Phase Two
Saturday 19th Aug 2023	DRR's Visit Project - End Polio
Sunday, 27th Aug 2023	Rotary Cancer Run 2023
Tuesday, 15th Aug 2023	Official Launch of the Youth Mental Wellness Summit

Other Club Activities

Date	Activity
Tuesday, 1st Aug 2023	RC Bwebajja's Board Meeting
Monday, 14th Aug 2023	RAC Bwebajja's Board Meeting with the DRR
Saturday, 19th Aug 2023	RAC Bwebajja's DRR's Visit



HAPPY
**Birth
day**

ONE
TODAY

**Kisitu Morgan
Charles**

BLESSINGS | GOOD HEALTH
GREATNESS



Happy
Birthday

Ddumba Denis

Happy Birthday to a great buddy!
we hope you have a good one.

PLUS ONE
TODAY

19TH
AUG
2023



HAPPY
BIRTHDAY

SSUUNA JOSEPH

Grace, Long Life, Blessings
& Good Health

ONE
TODAY



HAPPY
*Birth
day*

HASSAN NYENJE

PLUS ONE
TODAY

29TH
AUG
2023



HAPPY
BIRTHDAY

Kiganga Ha

ONE
TODAY



Happy Birthday! We Love you lots and can't wait to
celebrate your birthday with you today.
Thanks for being such a great friend!



Rotary Club of Bwebajja

CREATE HOPE in the WORLD

PRESIDENT ANNIE NINYESIGA'S

Inaugural Fellowship

6TH JULY 2023 7:00 - 8:00PM

VENUE: EMPEROR HEIGHTS KISUMU

Activities

1. Road map for 2023/24
2. Inspirational wisdom nuggets from seasoned Rotarians

FOR: People's Social Services FOR: DGN Mbagala

CD eurofoam Letshego LOUISLET PHARMACY

Rotary Club of Bwebajja

CREATE HOPE in the WORLD

FINDING YOUR VOICE & INSPIRING OTHERS TO FIND THEIRS

Rtn. Pepe Minambo
HR Consultant, Motivational Speaker

13TH JULY 2023 7:00 - 8:00PM

VENUE: EMPEROR HEIGHTS KISUMU

CD eurofoam Letshego LOUISLET PHARMACY

Rotary Club of Bwebajja

CREATE HOPE in the WORLD

My Role as a Rotarian in improving Maternal & Child Health

Guest Speaker
DGN Christine Kyeyune Kanwoya

VENUE: EMPEROR HEIGHTS KISUMU

Date: 20th July - 2023 Thursday, 7pm

CD eurofoam Letshego LOUISLET PHARMACY

Rotary Club of Bwebajja

Rotaract Club of Bwebajja

CREATE HOPE in the WORLD

Just MOVIE NIGHT

FUNDRAISER FELLOWSHIP

All proceeds go towards the Adopt Bwebajja Island Project

MOVIE STARTS 7:00PM TICKETS 20,000/=

27 THURSDAY JULY

LOCATION: NIMAX CINEMA, VICTORIA MALL ENTERBE

CD eurofoam Letshego LOUISLET PHARMACY

Rotaract Club of Bwebajja

Rotaract Club of Bwebajja

CREATE HOPE in the WORLD

DISTRICT FLAGSHIP PROJECT

RTR. MAWANDA DERICK
RAC Bwebajja

Date: Tuesday 18th July, 2023

Time: 07:00pm - 08:00pm

@ THE VOICE MALL BWEBAJJA

@RotaractBwebajja | rotaract_bwebajja | @RAC_Bwebajja

Rotaract Club of Bwebajja

CREATE HOPE in the WORLD

ACTIVATING THE 1ST GOAL OF ROTARACT

Guest speaker
OKWI SIMON
PP RAC Bwebajja's Namboole VC Boy Child Uplifting Program, D9213

11 JULY 2023 Time: 07:00pm-08:00pm

THE VOICE MALL BWEBAJJA

@RotaractBwebajja | rotaract_bwebajja | @RAC_Bwebajja

Rotary Club of Bwebajja

Rotaract Club of Bwebajja

CREATE HOPE in the WORLD

PRESIDENT'S INAUGURAL FELLOWSHIP

EFFECTIVE GOAL SETTING AND PLANNING

HCP. ANNIE NINYESIGA President RC Bwebajja

HCP. TUSHEMERERWE HOPE President RAC Bwebajja

Tuesday 04th July, 2023 7:00pm - 8:00pm

@The Voice Mall Bwebajja

Rotary Club of Bwebajja | Rotaract Club of Bwebajja

Rotaract Club of Bwebajja

CREATE HOPE in the WORLD

PERSONAL AND PROFESSIONAL GROWTH

Speaker
RTN. SAMUEL NGAMBWAKI
Managing Partner - PEI Consult

TUE 25 JULY 2023 Time: 07:00pm - 08:00pm

@THE VOICE MALL BWEBAJJA

@RotaractBwebajja | rotaract_bwebajja | @RAC_Bwebajja

JULY FLASHBACK

OUR PARTNERS



**LOURILET
PHARMACY**

Your Health is our priority



THE 2024 ROTARY INTERNATIONAL CONVENTION

SINGAPORE | 25-29 MAY 2024

**REGISTER BY 15 DECEMBER 2023
BEFORE PRICES INCREASE**

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