

October 2025.



THE ROTARY CLUB OF KOLOLO-KAMPALA NEWSLETTER





COLOUR YOUR WORLD

OUR STRENGTH
IS HINGED ON
OUR DIVERSITY



WORLD DAY OF CULTURAL DIVERSITY

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ABOUT OUR CLUB

The Rotary Club of Kololo-Kampala meets every Tuesday, 6-7 p.m at Hotel Africana.

Visit our socials to keep up to date with our activities and events:

 www.rotarykololokampala.org

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FROM *THE* EDITOR

Dear Reader,

Well, here we are, plunging headfirst into October. The year is sprinting away from us like a boda-boda down a clear stretch of Jinja Road, and Rotary, in its infinite wisdom, has handed us our thematic marching orders. Welcome to Community and Economic Development Month!

What we're really talking about is the very heart and soul of why we're here. It's about turning our "Service Above Self" into Success All Around. It's about being the good-natured, slightly stubborn gardeners of our community, planting seeds of opportunity and then patiently watering them with our sweat, our shillings, and our sometimes-questionable singing voices during fellowship.

We may not have magic wands, but we have something far more powerful, our collective will. We're the ones granting wishes for a cleaner children's playground at the local school. We're the ones helping a talented local artisan figure out how to get their products online so they can sell to more than just their Auntie and the surprisingly loyal neighbour. We're the mentors showing a young person how to write a CV among others.

The point is, our work is serious, but it doesn't always have to be solemn. The laughter we share while painting a classroom wall or the Naguru Reception Centre to make it more habitable for the children is as vital as the paint itself. The camaraderie over a planning meeting, fueled by a few cups of tea is the glue that holds our ambitions together.

In this very newsletter, you'll find shining examples of this spirit in action. We'll highlight the ongoing projects that are the muscles and bones of our development goals. We'll celebrate the small activities and events we're supporting, which might just be the next big success story. We'll introduce you to the people whose lives are being tangibly improved because this club decided to show up and do the work.

So, let's lean into October with our characteristic Kololo-Kampala zeal. Let's make this month so productive that our local economy is amazed. Let's build, support, mentor, and empower until we can look around our community and see not just needs, but solutions; not just challenges, but opportunities. Let's be the reason someone in our neighbourhood says, business is booming or the future is looking better.

Thank you for your unwavering support, partnership, and dedication to service.

Happy reading!

Sharome Kirabo Nakimera
Editor-in-Chief/ Public Image Director
Rotary Club of Kololo-Kampala



Message from the Rotary International President.



October is Rotary's Community Economic Development Month, a time to spotlight our efforts to help communities build thriving, sustainable futures. This month's observance aligns perfectly with the Rotary core value of leadership.

Leadership means empowering people to guide their own progress. That is precisely what Rotary's economic development projects aim to achieve.

Take, for example, a recent initiative in southern India in which Rotary members unlocked the power of women of the Adivasi tribal groups through sewing training to earn a living and regain social inclusion. Historically, widows and abandoned women in this region lose social standing and are shunned by society or blamed for their misfortunes. Opportunities to support themselves or obtain training are minimal.

This year, the Rotary Club of Windsor Roseland, Ontario, partnered with clubs in Districts 3203 and 3234 in India — and with the Indian organization Sevalaya Trust — to provide sewing machines and training to 80 Adivasi women. They learned to stitch saree blouses, kurta tunics, and salwar suits, enabling them to support themselves and their families. Each woman received a certificate for completing the program, and the sewing-machine provider offered free long-term maintenance for the machines. The project offered vital income and dignity to women ostracized by society after widowhood.

This story is one example of Rotary leadership in action: local people guiding solutions that address their community needs. Our role is not to deliver charity or to impose outside models, but to foster self-reliance by investing in leadership, skills, and sustainable enterprise.

This October, I invite Rotary members worldwide to reflect on economic leadership in their communities. Who is stepping forward to lead local economic initiatives? Where is there untapped talent that could be supported with training or mentorship? How can your club catalyze opportunity through partnerships with local businesses, vocational schools, or savings groups?

Leadership is not always about being visible. Sometimes it means listening, working collaboratively, and amplifying the voices of others. That approach lies at the heart of Rotary's philosophy and our lasting impact on economic development.

By building capacity — whether through microcredit groups, vocational training workshops, or entrepreneurship programs — we enable communities to lead their own transformation. When people take ownership of their progress, change becomes sustainable.

Let us lead with good intention and provide support with heart. By nurturing local leadership, we can create opportunities that ripple through communities, empowering individuals, families, and societies.

Together, we can support economies that work for everyone and enact community development projects that last.

Francesco Arezzo
President, Rotary International, 2025-26



ROTARY INTERNATIONAL CONVENTION

TAIPEI, TAIWAN | 13-17 JUNE 2026



#Rotary26

Message from the District Governor.

At the heart of Rotary's global mission lies a fundamental commitment to building a better world. As Rotarians, we are bound by the belief that lasting peace and prosperity cannot be built **without dignity, opportunity, and hope**. Economic empowerment is not just about financial stability; it is about unlocking human potential, restoring dignity, and creating pathways for self-reliance. Rotary's motto, **Service Above Self**, is lived out every time we equip a young person with skills, every time we support a small entrepreneur, and every time we open doors for women and vulnerable groups to participate fully in economic life.

In many of our communities, poverty is not just the absence of money; it is the absence of **opportunity**. Unemployment among youth, limited access to credit, and a lack of vocational skills often trap families in cycles of poverty.

But where others see obstacles, Rotarians see **possibilities**. Economic empowerment is one of Rotary's seven areas of focus because it addresses the root causes of poverty and lays a foundation for sustainable development.

Rotary plays a significant role in economic development in Uganda. This has been through skills training, infrastructure, empowerment of marginalized groups, health interventions that reduce economic burdens, and partnership-driven community projects. These interventions support Uganda's 3rd National Development Plan, particularly in boosting economic inclusion, infrastructure, human development, and agriculture and rural development. Our interventions also align with the global Sustainable Development Goals such as SDG 1 (No Poverty), SDG 2 (Zero Hunger), SDG 4 (Quality Education), SDG 5 (Gender Equality), SDG 6 (Clean Water & Sanitation), SDG 8 (Decent Work and Economic Growth), among others.

Through our economic empowerment projects, we have seen an increase in **incomes and job creation**. Small enterprises and vocational training enable people to earn livelihoods rather than depending solely on subsistence or informal labor. Improved sanitation, clean water, and hygiene reduce incidences of disease. This reduces medical expenses and time lost to illness. The empowerment of women and youth helps reduce inequality and promotes inclusive growth.

Behind every project is a human story:

- A young mother who once struggled to feed her children but now runs a tailoring business.
- A school leaver who, through vocational training, now earns a living in carpentry.
- A community that once lacked clean water but now thrives because time once spent fetching water is now spent in productive work.

These are the lives Rotary touches, and they remind us why we serve. When we empower one person economically, we empower a family. When we empower a family, we strengthen a community. And when we strengthen communities, we create the foundation for peace and prosperity in our nation and our world.

That is the true power of Rotary. Indeed, Rotary cares for our communities. **#RotaryEyamba**

Geoffrey Martin Kitakule

District Governor, 2025 – 2026

Rotary International District 9213



October is Economic & Community Development Month

Did you know?

Supporting Entrepreneurs –
Rotary clubs provide training,
mentorship, and seed funding
to local business owners,
helping communities prosper.

Message from the President.

Dear Rotarians, Partners, and Friends,

As we embrace the heart of the final quarter of the year, it is with a profound sense of pride and optimism that I address you. October, designated by Rotary International as Community and Economic Development Month, calls us to reflect on the very foundation of our service: building resilient, self-sustaining, and thriving communities. This focus aligns perfectly with our club's enduring commitment to creating lasting, positive change right here in Kololo-Kampala and beyond.

It is a great pleasure to report that our Club has continued its momentum of active and meaningful service. I am delighted to highlight some of our recent achievements that exemplify the breadth of our work.

This month, we are executing a significant project in the critical area of Disease Prevention and Treatment. Through the collective effort and generosity of our members, we have been able to raise money for a patient who suffered burns and requires surgery. This initiative stands as a powerful testament to our commitment to improving the health and well-being of our community, a fundamental pillar upon which all economic development is built.

Furthermore, our club continues to grow not only in impact but also in fellowship. We were honoured to welcome a number of guests and have fostered meaningful relationships with community leaders and partner organizations. These connections are the lifeblood of our service, expanding our reach and strengthening our ability to make a difference.

In a particularly proud moment, we had the distinct honour of recognizing the exceptional dedication of two of our members by presenting them with the Paul Harris Fellow (PHF) award. This recognition is a reflection of their substantial personal commitment to the ideals of Rotary and serves as an inspiration to us all. Their contributions remind us that "Service Above Self" is a living, breathing principle within our club.

I extend my deepest gratitude to every member for your unwavering commitment, your time, and your resources. Your dedication is the engine of our success.

Let us continue this vital work together.

Sincerely in Service,

MD James Africa Byekwaso
President, Rotary Club of Kololo-Kampala, 2025-26





CALL FOR ARTICLES.

Be a part of the
Rotary club of
Kololo-Kampala's
Monthly
Newsletter.



Submit To: naksharone25@gmail.com



EMPOWERMENT BEGINS WITH OPPORTUNITY AND OPPORTUNITY BEGINS WITH US.

Every October, we are reminded that Rotary's work is not only about service, it is about empowerment. True empowerment does not come from handouts, but from opportunities that allow people to discover their own strength, dignity, and potential. When communities are given the right tools, skills, and voice, they rise. And when they rise, they carry everyone along. At the Rotary Club of Kololo-Kampala, we have seen this truth come alive in many of our projects. Our work over the years has shown that empowerment truly begins with opportunity.



Skills that Transform Lives – The Makindye Youth Empowerment Project: RC Kololo-Kampala, RC Brighton and RC Celle in partnership with Yimba Uganda reached out to young people who were struggling to find purpose and employment. Instead of giving temporary relief, we offered something lasting – skills. Through the Makindye Youth Empowerment Project, youth received training in tailoring, fashion design, and music mentorship. Young women were taught how to make reusable sanitary pads, and teachers were trained on menstrual health and reproductive rights.

What started as a training initiative became a movement of hope. Today, several of those youth are running their own small businesses, earning income, and mentoring others. Empowerment begins the moment a person realizes, "I can do this on my own." That is the power of opportunity.

As one of the young women who benefitted says: "I now earn an income from my tailoring skills and can pay my own rent," What began as a training program has become a chain of transformation – proof that when people gain skills, they gain independence and pride.

Inclusion as Empowerment – The Hearing Project in Memory of Dr Irwin Stewart.

RC Kololo-Kampala and RC New Westminster in partnership with Hear His Voice Uganda and Makerere University Hospital joined hands to implement the Dr Irwin Stewart Hearing Project. This initiative provides audiology services and early intervention for children with hearing loss. It trains local health workers and raises awareness to fight the stigma that often isolates children with disabilities. For families who once felt forgotten, this project brings dignity and inclusion. Empowerment here is not just about economics; it is about access – ensuring every child can learn, communicate, and belong. When we make room for everyone in the circle of opportunity, we create communities that are compassionate, equitable, and whole. **Empowerment here is not only economic; it is about access, dignity, and inclusion.**

Women Rising – The Namalemba Savings and Loan Initiative:

In Namalemba, a group of determined women, supported by our club and its partners formed a community savings and loan group called Namalemba Abakazi Tusituke, Tweyambe – "Let the women of Namalemba rise up to help themselves." With guidance from Rotarians and local leaders, they are now pooling resources and lending to one another to start small businesses. What started as a financial group has become a platform for solidarity, confidence, and leadership. The women have gained economic power and entire families and the community are benefitting. This is empowerment that multiplies. When women rise, families and communities rise with them.



Rotary creates opportunity, and opportunity creates empowerment. Whether it's a young person mastering a skill, a child hearing again, or a woman managing her own finances, empowerment begins when we invest in people's potential. As we celebrate Community Economic Development Month, let us keep creating spaces where others can thrive, and keep believing that the best gift we can give is an opportunity to grow.

Anne Gamuhorwa
Rotary Club of Kololo-Kampala, 2025-26

Rotary
District 9213



Rotaract
District 9213



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FOR ROTARIANS

FOR ROTARACTORS

\$149

\$99

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DATE

VENUE

16-18
APRIL 2026

Imperial Resort
Beach Hotel,
Entebbe



Scan to register.
**Registration
is now open**



100thDISCON

Smart Girls Uganda: Equipping Girls. Restoring Dignity. Transforming Communities.

In many parts of Uganda, girls continue to face barriers that limit their potential from early marriage and gender-based violence to limited access to education and economic opportunities. But in the heart of these challenges stands Smart Girls Uganda, a vibrant initiative redefining what empowerment looks like for girls and young women.

Founded on the belief that every girl has the right to learn, create, and lead, Smart Girls Uganda merges hands-on skills training with mentorship, mental health support, and community dialogue to help girls build both livelihoods and lasting confidence. Through their initiatives:

The Girls with Tools: Shaping a New Future.

Through its flagship program, The Girls with Tools, Smart Girls Uganda challenges gender stereotypes by equipping girls with technical and vocational skills from mechanics electrical installation and plumbing to tailoring. These are not just lessons in craftsmanship; they are lessons in courage, self-reliance, and breaking boundaries. Many graduates have gone on to be employed in good places, start small enterprises, employ others, and become role models in their communities

Girls in Tech: Bridging the Digital Divide.

In a world increasingly driven by technology, Girls in Tech gives girls and boys the digital tools and confidence to compete in modern industries. From computer literacy to digital entrepreneurship, participants explore how technology can solve community challenges and open new career paths. Beyond technical skills, mentorship sessions connect them with women professionals in the tech space sparking inspiration, resilience, and ambition.

Ecojua Smart Bag: Where Innovation Meets Sustainability.

Innovating for dignity: the Ecojua Smart Bag helps fight period poverty and keep girls in school. The Ecojua Smart Bag is an innovative solution to period poverty in rural areas. Each bag is designed to include reusable sanitary pads, Menstrual hygiene management booklet and sewing kit to make more pads, giving girls the confidence to attend school even during their menstrual periods. By addressing the stigma and challenges of menstruation, the Ecojua Smart Bag helps reduce absenteeism, restore dignity, and empower girls to take pride in their education all while promoting environmental sustainability through reusable materials

Beyond Skills: Healing Minds and Ending GBV.

Smart Girls Uganda understands that empowerment must also mean emotional healing and safety. Every program integrates mental health sessions where girls share, heal, and learn coping mechanisms through group therapy, peer mentorship, and psychosocial support. In addition, the organization hosts community sessions on ending Gender-Based Violence (GBV) bringing together beneficiaries, parents, and local leaders to challenge harmful norms, support survivors, and create safer homes and schools for girls.

A Movement Led by the Girls Themselves.

What makes Smart Girls Uganda truly special is its participatory spirit. Beneficiaries take part in shaping programs, leading peer talks, and mentoring others. Their voices guide the direction of every initiative ensuring that the change is not just for them, but led by them.

Changing Lives, One Girl at a Time.

From workshops in rural schools to community dialogues under mango trees, Smart Girls Uganda continues to light the path for hundreds of young women across the country.

Every skill taught, every bag sewn, every story shared adds up to a ripple of transformation, proving that when girls are given the tools and support they need, they don't just build a future; they build a movement.



Smart Girls Uganda: Equipping Girls. Restoring Dignity. Transforming Communities.



Raising Teenagers in a Changing World: A Call for Mentorship and Moral Reawakening.

Parenting has always been a balancing act, but raising teenagers in today's fast-paced, digital world is perhaps one of the greatest challenges of our time. Many parents find themselves caught in the web of work demands and social obligations, leaving little time to truly connect with their children. The result is a generation that is growing up without consistent parental guidance at a time when they need it most.

"To be in your children's memories tomorrow, you have to be in their lives today."

Barbara Johnson

When Presence Fades.

Too often, parents miss the small yet powerful cues that communicate what their teenagers are going through: a change in tone, a withdrawn silence, or an unusual outburst. These signs can signal anxiety, depression, or peer pressure. Without intentional observation and open communication, many young people face their struggles alone, often seeking solace in the wrong places.

"Your children need your presence more than your presents."

Jesse Jackson.

Parenting by Proxy.

Some parents, consciously or not, live vicariously through their children, pushing them to achieve dreams they once held. Others attempt to compensate for their absence by giving their children everything they ask for. This overindulgence, though well-meant, breeds entitlement and impatience. Many teenagers now expect instant gratification, lacking the resilience that comes from working hard for what they desire.

"If you want your children to turn out well, spend twice as much time with them and half as much money."

Abigail Van Buren

The Digital Monster.

One of the greatest threats to today's youth is the unfiltered content that floods their devices. Social media has become a virtual parent, shaping their morals, opinions, and sense of self-worth. Unfortunately, much of what they consume glorifies vanity, disrespect, and selfishness. The result is a slow erosion of the moral fibre that once defined our communities.

The minds of many teenagers have been conditioned to think without empathy or consideration for others. Behind the screens, risky behaviours thrive: substance misuse, early sexual activity, gang involvement, and petty crime. By the time parents realise the gravity of these issues, it is often too late.

The minds of many teenagers have been conditioned to think without empathy or consideration for others. Behind the screens, risky behaviours thrive: substance misuse, early sexual activity, gang involvement, and petty crime. By the time parents realise the gravity of these issues, it is often too late.



Losing the Basics.

Even basic social skills such as greeting elders, showing respect, or expressing kindness are fading. Values like honesty, humility, and care for others, once cornerstones of family and community life, are being replaced by individualism and moral apathy.

"The way we talk to our children becomes their inner voice."

Peggy O'Mara

Rotary's Role: Building the Next Generation.

As Rotarians, we cannot stand by. Through **Interact and Rotaract**, we have a unique platform to nurture and mentor young people. These programmes help instil integrity, professionalism, creativity, innovation, teamwork, and community spirit. They remind the youth that success does not come on a silver platter; it is earned through effort, service, and discipline.

Rotary also plays a crucial role in reconnecting young people with their culture, traditions, and national identity. When the youth understand where they come from, they develop pride, purpose, and a sense of responsibility towards building their nation.

"Do not educate your children to be rich, educate them to be happy, so they know the value of things, not the price."

Anonymous

A Shared Responsibility.

Parenting is not a solo act; it is a community endeavour. Families, schools, and organisations like Rotary must work together to raise a generation that is emotionally intelligent, morally upright, and socially responsible.

If we fail to mentor and model the right values today, we risk losing tomorrow's leaders. But if we invest in them with time, attention, and compassion, we secure a brighter, more humane future for all.

"There is no such thing as a perfect parent, so just be a real one."

Sue Atkins

By Rtn. Moses Mayanja Kawuma
Rotary Club of Kololo-Kampala, 2025-26

October is Economic & Community Development Month

Did you know?

Skills for Life — From vocational training to financial literacy programs, Rotary equips young people and adults with tools for economic independence.

THE FAMILY BUSINESS.



By Rt. Hon. Odeon N. Tmwelaze
Family Businessman for over 25 years

By simple definition, it's a business organisation where decision making and running is influenced by family members, and they have stake in the ownership of the business. This can be family by blood, marriage or even adoption.

The goal is mostly to be multi generation and spread skills and wealth vertically and horizontally. Family enterprise could be the oldest form of business organization. By character, the business is owned mostly by family members. Their shares of ownership can be moved both horizontally and vertically to descendants and dependants.

The business will usually be found at 3 levels: Founder, Sibling partnership, and family dynasty. **Founder;** here the original proprietor, usually the family head but can also be or include sibling run establishment.

Sibling partnership: at this point, business has usually moved on from the first-generation proprietors most commonly to their descendants. At this point, ownership usually widens.

Dynasty: this is the point where the business has gone beyond first descendants to the next. Ownership spreads further to include cousins and relations by marriage. At dynasty level, whilst ownership remains family, running and management usually will be passed on or includes more hired labour. A good board for direction and leadership becomes very important at this point. Crucial. The board would/could have both hired and family labour.

Family businesses are global leaders in both service and industry over the years. Resilience has perhaps been most evident in Asia where they're leaders in most sectors over multiple generations. About 80% of the biggest companies there are of this nature. We will perhaps in consequent write ups dig into why Asia leads the world in this. Walmart, Ford Motor Company, Exor, Berkshire, Ferrari, Tata, Scharz group, Mercedes Benz, Samsung, and Huawei are some of such. Commonly known family-owned businesses.

With some understanding of what family businesses are, next we will look at their Pros and Cons, why some succeed, and others fail, and why some cultures have done better with them than others. My hope is that at the end of the series we will see that families, and their businesses can be at the centre of community economic development.

CYBER RESILIENCE.

Dear Rotarians! As technology continues to transform our daily lives and club operations, cyber resilience is no longer just a concern for IT professionals, it's a collective responsibility. I'm Bernard Arinaitwe, a compliance, cybersecurity, and digital forensics professional, and I'd like to share some practical habits that can help you and your Rotary clubs stay cyber-safe and resilient.

Why Cyber Resilience Matters for Rotarians.

Rotary clubs handle sensitive personal and club information, organize digital meetings, and raise funds online. A single cyber incident can disrupt activities, compromise member privacy, and damage trust. Building cyber resilience means preparing to prevent, respond to, and recover from cyber threats while ensuring continuity in club operations.

7 Simple Cyber Habits for Rotarians.

1 Strengthen Your Passwords.

- Use unique, complex passwords for each account.
- Consider using a password manager to store and generate secure passwords.
- Avoid sharing passwords, even with fellow Rotarians.

2 Enable Multi-Factor Authentication (MFA).

- Add an extra layer of security to your email, Rotary portals, and social media accounts.
- MFA makes it much harder for cybercriminals to access your accounts, even if your password is compromised.

3 Stay Cautious with Emails.

- Be wary of unexpected messages, even if they appear to come from Rotary members or trusted sources.
- Avoid clicking on suspicious links or downloading unexpected attachments.
- If in doubt, verify the sender by contacting them directly.

4 Keep Devices and Software Updated.

- Regularly update your computer, smartphone, and apps to patch security vulnerabilities.
- Enable automatic updates where possible.

5 Backup Important Data.

- Store club records, minutes, and contacts in secure, backed-up locations—preferably in the cloud and on a physical device.
- Regular backups help you recover quickly in case of data loss or ransomware attacks.

6 Limit Public Wi-Fi Use.

- Avoid accessing club emails or sensitive documents over public Wi-Fi without a VPN (Virtual Private Network).
- Public networks are often insecure and can be exploited by cyber criminals.



7 Promote Cyber Awareness.

- Regularly discuss cyber safety in club meetings and share best practices.
- Encourage members to report suspicious activity and support each other in staying vigilant.

Practical Steps for Club Administrators.

As Club administrators, you play a pivotal role in setting the tone for cyber resilience. Here's how you can lead by example: - Organize regular cyber awareness sessions for members. - Establish clear policies for handling digital information and club funds. Review and update your digital platforms' privacy settings frequently.

Conclusion.

By adopting these simple habits, Rotarians can build a culture of cyber resilience that protects members, sustains club operations, and upholds the Rotary values of trust and service. Remember, cybersecurity starts with you!

Let's work together to make our digital Rotary community safer and more resilient.

Yours in Service and Security,
Bernard Arinaitwe

Compliance & Cybersecurity Professional
Rotary Club of Kololo-Kampala



Attitude — IS YOUR — Superpower

*How to Create Incredible
Life-Changing Success*



15 LESSONS FROM ATTITUDE IS YOUR SUPERPOWER BY EDUARDO CLEMENTE.

- 1 Attitude shapes perception:** Your attitude colours how you see yourself and the world, impacting your experiences and opportunities.
- 2 Confidence as the core superpower:** Confidence, fuelled by a positive attitude, empowers you to take action and achieve your goals.
- 3 Positivity unlocks potential:** A positive outlook fosters optimism, resilience and the ability to overcome challenges.
- 4 Challenge negative thoughts:** Identify and replace unhelpful self-talk with positive affirmations and empowering beliefs.
- 5 Embrace a growth mind set:** Believe in your ability to learn and grow, seeing challenges as opportunities for improvement.
- 6 Practice gratitude:** Appreciate the good things in your life, even small blessings, to cultivate a more positive outlook.
- 7 Self-awareness is key:** Understand your emotions and their impact on your behaviour and communication.
- 8 Develop empathy and emotional intelligence:** Connect with others on an emotional level to build stronger relationships and navigate conflicts effectively.
- 9 Manage stress and negativity:** Learn healthy coping mechanisms to deal with negative emotions and maintain a positive attitude.
- 10 Set clear goals and visualise success:** Define your aspirations and use your positive attitude to fuel your pursuit.
- 11 Develop unwavering persistence:** Embrace challenges as stepping stones and never give up on your dreams.
- 12 Celebrate small wins:** Acknowledge your progress and milestones to maintain motivation and momentum.
- 13 Surround yourself with positivity:** Choose friends and mentors who inspire and support your positive outlook.
- 14 Take care of your wellbeing:** Prioritize physical and mental health to maintain a positive energy flow.
- 15 Remember, attitude is choice:** Make a conscious effort every day to choose a positive and empowered mind set.

Note: Elemente emphasises that cultivating a positive attitude is an ongoing process. Applying these lessons consistently can help you unlock your potential, achieve incredible success and create a more fulfilling life.



Adapted By
Isaac Kiberu

October is Economic & Community Development Month

Did you know?

Agriculture & Innovation –
Rotary projects support
farmers with modern
techniques, equipment, and
market access to strengthen
rural livelihoods.

Project Update. *Restoring Beatrice To Life.*

Nabakooza Beatrice is a young girl who was burnt by milk and the effects are scars that not only deformed her but diminished her confidence as well. Her family wasn't in position to meet her medical bills although she sought medical attention from various health facilities but with little or no hope of her living a descent life as she did before.



At one Mr Semei met Beatrice and after having a conversation with her he took a picture of her and shared her photo with Rtn Moses Turyatamba who in turn shared it with the membership of the Rotary Club of Kololo-Kampala. Beatrice was invited to address the membership during our fellowship on 20th October 2025, her ordeal was so touching that a fundraising campaign was started and a tune of UGX 3,500,000/= (Uganda Shillings Three Million Five Hundred only) was collected and over UGX 1,200,000/= (Uganda Shillings One Million Two Hundred Thousand only) in pledges.

On Monday 27th October 2025, Beatrice, Semei and her father were able to show up at Mulago National Specialised Hospital we met with the Executive Director Dr. Rosemary Byanyima, plastic surgeons Joel and Irene, nurses, President James Byekwaso, PP Moses Turyatamba and Deo Mutebi (Dir. Service Projects) so as to officially hand Beatrice over to the surgeons for assessment and follow up.

The meeting begun at 08:30 am with introductions and Rtn. Rosemary stated that she has the experts and that the facility can take on her case and she proposed that a partnership between RC Kololo-Kampala and Mulago National Specialised Hospital should be forged going forward. A proposal that was gladly welcomed by members of RC Kololo-Kampala.

Dr. Irene stated that when she saw the picture of Beatrice, she knew that it was a case that her and her team can handle. She further noted that they have dealt with similar cases before.

Rtn. Rosemary stated that we need to create more awareness so that such similar cases are captured and dealt so as to minimise deformities



President Byekwaso stated that as Rotary Club of Kololo-Kampala we felt that we should take the task of helping Beatrice to regain a descent state of life. He reiterated that we have some funds allocated to meeting the accommodation, feeding and transport bills of Beatrice and her care taker, but if there's any other financial need, the surgeons shouldn't hesitate to reach out to the Rotary Club of Kololo-Kampala for additional assistance. He further urged Dr. Irene to become a Rotarian and officially invited her to our weekly fellowship as his guest.

Rtn Moses thanked Semei for bringing Beatrice's case to him and urged him to become a Rotarian as well. He further thanked Executive Director Dr. Rosemary Byanyima for being a Rotarian at heart.



The meeting ended at 9:00 am with the President and members of the Rotary Club of Kololo-Kampala officially handing over Beatrice to the surgeons of Mulago National Specialised Hospital for further assessment and reconstructive plastic surgery.

Prepared By;
Deo Mutebi

Director - Service Projects
Rotary Club of Kololo-Kampala

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BEING THANKFUL

A grateful thought for any good received is in itself a prayer from the heart that blesses you. A man with a grateful heart is a happy man and a wealthy man. Shakespeare said; "O Lord, who lends me life, lend me a heart replete with thankfulness.

Henry Thoreau, said that, 'We should give thanks that we were born. "Just consider for a moment if you had not been born. You would never have seen the glorious sunset or a beautiful sunrise. You would never have seen the lovely eyes of your child. You would never have seen he beauties of nature and the daily bread of the soul.

You would never have felt the embrace of the loved ones. You would never have seen all the riches around you or been able to smell the sweet fragrance of the flowers.

Be thankful and grateful for the new morning. Be grateful you have the eyes to see God's beauty, Ears to hear the music and the songs of the birds, the voice enabling you to speak words of comfort, courage, and love to others.

Be grateful for your home, your loved ones, your relatives, your work, and your business associates. Say frequently, 'I bless and pray for every member of my family, I give thanks, I am grateful, I praise and I exalt God in my husband, my wife, and my children. I bless everything they are doing. I bless all the gifts I make. I know it is more blessed to give than to receive. I bless my business, I bless my coworkers, customers, and all people. My work grows, expands, multiplies, increases, and returns to me a thousand-fold.

Judith Murwonge

Moments That Mattered – October in Pictures



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THE ROTARY CLUB OF KOLOLO-KAMPALA NEWSLETTER

This newsletter is a monthly publication by the Rotary Club of Kololo-Kampala.