

November 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](http://www.rotarykololokampala.org)

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# FROM *THE* EDITOR

**Dear Reader,**

Welcome to our November edition! As the year begins to wind down and we start feeling that slight, pleasant chill in the Kampala air or at least a little less sun-scorching! our thoughts often turn to gratitude and the spirit of giving. Fittingly, this month, we're shining a bright spotlight on a theme that is the very heartbeat of Rotary's global impact: The Rotary Foundation.

Now, I know what some of you might be thinking: "The Foundation? That's the big, serious fund with the fancy dinners, right?"

Well, yes... but it's so much more! Think of it not as a distant, abstract entity, but as our club's global superhero partner.

Every time we contribute to The Rotary Foundation, it's like we're all planting a single seed in a giant, global garden. On its own, it might not look like much. But then, the Foundation works its magic, it nurtures that seed, multiplies its power, and partners with other gardeners (Rotarians worldwide) until that one little seed grows into a forest of change.

That "forest" is what we see all around us, it's a child in a remote village protected from polio because of our global eradication efforts, it's a mother having access to safe, clean water from a borehole we helped fund or a young leader from our community getting a scholarship to study peace and conflict resolution.

In this newsletter, we'll break down exactly how our Club turns our contributions into tangible projects, both here in Uganda and across the world. We'll show you just how far a single dollar can travel when it's powered by Rotary.

So, let's dive in and celebrate this incredible engine of good. Get ready to be inspired by stories of impact, to understand how you are already a part of it, and to see how, together, we are truly Doing Good in the World.

Here's to a month of gratitude and giant impacts from small seeds!

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.



This November, as we celebrate The Rotary Foundation, I invite you to consider not only what we give but why we give. The Foundation is more than a fund for projects. It is the beating heart of our promise that service, rooted in trust and friendship, can create lasting change.

Our Action Plan calls us to increase our impact, and the Foundation is how we make this vision real. Since 1988, Rotary and our partners have immunized nearly 3 billion children against polio. We have committed more than \$2.6 billion to this cause, and last year alone we directed \$146 million toward the final push for eradication. These numbers are significant, but the true impact is not in statistics — it is in the lives of children who will never again fear polio. It is in the hope restored to families and the peace built in communities once defined by disease.

But polio is only one story among many. Each year, Rotary Peace Centres train new generations of leaders who will transform conflict into dialogue and division into understanding. In 2023-24, nearly 100 new fellows began their studies, continuing a legacy of more than 1,800 peacebuilders from over 140 countries. When we invest in them, we are planting seeds of peace that will bear fruit for decades to come.

The Foundation also touches lives through district and global grants, supporting projects large and small. A clean water well for a rural community, scholarships for young professionals, medical care in the wake of disaster — these are not temporary gestures, but steps toward dignity, resilience, and opportunity. This is how Rotary service becomes lasting impact. And when natural disasters strike, our Foundation allows Rotary to act quickly with disaster response grants.

Our Foundation is not about what we can do alone but what we can do together. Each contribution, no matter its size, joins with others to create a collective act of faith in humanity and in the future.

The last mile of any great journey is always the hardest. We see this in our final steps toward ending polio, in our work for peace, and in every project that seeks to lift people out of despair. Yet every time we give, we declare that our work will continue regardless of the challenge.

This November, let us give with gratitude, with joy, and with hope. Through our Foundation, we Unite for Good, and in doing so, we leave behind not only projects but a legacy of peace, trust, and Service Above Self.

**Francesco Arezzo**  
President, Rotary International, 2025-26



# ROTARY INTERNATIONAL CONVENTION

TAIPEI, TAIWAN | 13-17 JUNE 2026

Rotary 

 TAIPEI  
2026

#Rotary26



# MESSAGE FROM THE DISTRICT GOVERNOR.

Fellow Rotarians, when we joined Rotary, we pledged to serve above self, and also to be people of action. One of the most powerful ways we live out that promise is by giving to **The Rotary Foundation**.

The Rotary Foundation is the engine that drives Rotary's good work across the world. It turns our compassion into clean water, our generosity into education, and our service into lasting change in communities. For us here in Uganda, giving to the Foundation is more than charity, it is an investment in our people and our communities, so that they can have a bright future.

Think about the many lives touched by Rotary projects in Uganda - children who can now drink safe water in Nakayonza; mothers receiving better healthcare in Namutumba; young ladies ravaged by the war in Northern Uganda gaining vocational skills in Gulu; and families building sustainable livelihoods because the mothers have been given baking skills. Many of these stories are made possible because Rotarians, like you and me, chose to give to the Rotary Foundation.

Every contribution, no matter how small, multiplies in impact that is why we are encouraging every Rotarian to give to the Foundation through our easy to use **Give & Impact App** ([trf.rotaryd9213.org](http://trf.rotaryd9213.org))

Through global and district grants, our giving comes back to us many times over, empowering our clubs to undertake bigger, better and more sustainable projects. When we give, we position our clubs as leaders and partners in Rotary's global network of service.

Our giving also keeps the End Polio Now campaign alive, ensuring that Uganda and the world remain free from this devastating disease. Uganda has been polio-free for years, but a continued giving ensures that surveillance, vaccination and emergency response remain strong.

Our giving funds peace fellowships at Makerere University, disaster relief and humanitarian programs that make Rotary's name synonymous with hope and help.

But beyond the numbers and programs, giving to the Rotary Foundation is personal. It is a reflection of our gratitude, our commitment and our belief that service can change the world. It is how we turn our values into action and our dreams into impact.

So, fellow Rotarians, let us give, and give so generously, joyfully and consistently. Because, every time we give to The Rotary Foundation, we are lighting a candle of hope in someone's darkness. We are building a better Uganda.

And, on 22nd November, let us get together for the TRF Dinner and celebrate our giving and the impact that we have to our communities. We shall be proving, once again, that when Rotarians come together, there is no limit to the good we can do in the world. And, that indeed, **#RotaryEyamba!**

*Geoffrey Martin Kitakule*

**District Governor, 2025 – 2026**

**Rotary International District 9213**

# November is The Rotary Foundation Month

Did you know?



**Clean Water Access** — The Rotary Foundation funds water projects that give communities safe drinking water and prevent deadly diseases.

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# MESSAGE FROM THE PRESIDENT.

**Dear Rotarians, Partners, and Friends,**

November is traditionally associated with reflection and gratitude, it is most fitting that our focus turns to The Rotary Foundation, the enduring engine of our service and the very cornerstone of Rotary's global impact.

This year, the Foundation's theme, "**Unite for Good**" has resonated deeply with our Club's activities. We have witnessed firsthand how our support for the Foundation translates into tangible acts of service that create lasting hope within our communities.

This was exemplified by the successful handover of the kitchen project at Naguru Katali, undertaken by our dedicated baby Club. This initiative, a direct manifestation of our commitment to community service, stands as a proud symbol of the future we are building through Rotary. It is through the strategic amplification of our efforts by The Rotary Foundation that such grassroots projects gain stability and a far-reaching impact.

It is with immense pleasure that I also highlight a significant milestone in our Club's journey, the induction of four new members. The addition of these dedicated individuals is a powerful testament to the vitality and appeal of our Club's mission. Their diverse talents and fresh perspectives are not just a welcome addition but a vital investment in the future of our Club. I extend my deepest gratitude to the Membership Committee and all who supported this process, and I call upon every member to join me in warmly welcoming our new Rotarians. We look forward to working alongside them as we collectively strive to expand our service impact.

Furthermore, our Club was well-represented at the recent Rotary Foundation Dinner, a significant event that celebrates philanthropy and reinforces our collective commitment to funding these life-changing projects. Our participation underscores our Club's steadfast dedication to being a key contributor to the Foundation's noble work.

This month, our Club was also touched by profound sorrow with the passing of our dear friend and dedicated member, **Rtn. MD Stanley Mulumba**. We held a heartfelt tribute fellowship to honour his memory and recognise his outstanding service and commitment to the ideals of Rotary. His passing is a great loss, but his legacy is a powerful reminder of the "Service Above Self" we all strive for. His contributions to our Club and our community have laid a foundation of service upon which we must continue to build.

In this spirit, let us honour Rtn. Stanley's memory by renewing our own commitment to The Rotary Foundation. By contributing to the foundation, we ensure that his legacy of service, and the legacy of all those who came before us, continues to create hope and change lives in Uganda and around the world.

Let us move forward with resolve, championing the work of The Rotary Foundation as we continue to serve our community with purpose and passion.

**Yours in Rotary 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](mailto:naksharone25@gmail.com)



## **ELIMU YETU PROJECT: A MODEL SCHOOL KITCHEN TRANSFORMING NAGURU KATALI PRIMARY SCHOOL.**

**N**estled on the slopes of Naguru Hill, in one of Kampala's most vibrant suburbs, Naguru Katali Primary School stands as a beacon of hope for the surrounding community. When the Rotaract Club of Kololo first set foot on its grounds, the school had just over 900 pupils. Today that number has grown to more than 1,200 children each one deserving of a safe, healthy, and dignified learning environment. For years, however, their meals were prepared in a temporary, smoke-filled structure that strained hygiene, slowed meal preparation, and offered little safety for the kitchen staff who worked tirelessly to feed hundreds of learners daily.

When the idea of constructing a modern school kitchen was introduced, it felt ambitious. The school administration admitted that they did not believe they will ever see an improved kitchen structure. At one point, they were so excited by the progress that they wanted to begin using the building before construction had ended. But this dream, once distant, soon became a reality through what is now celebrated as one of the most determined youth-led initiatives within the Rotary family.

Although groundbreaking took place in January 2023, the journey unfolded across three Rotary years. What made the project remarkable was not only the physical construction but the commitment behind the scenes months spent pitching to partners, fundraising creatively, refining designs, engaging community leaders, and conducting endless site visits. By the time construction officially concluded, **215 active workdays** had been invested into a facility that cost a total of **UGX 73,430,420**. Much of the remaining time was spent mobilizing resources and building partnerships, a crucial part of any sustainable Rotary project.

The Elimu Yetu Project became a reflection of what can be achieved when young people embrace leadership. Through the years, the club strengthened meaningful relationships that would ultimately shape the success of the kitchen. Wispro Uganda Limited, Centenary Bank, Trade Lance Limited, Livercot Impex Limited, Centenary Bank, Trade Lance Limited, –

– Livercot Impex Limited, Trackers Safari Lodge, Macro Technics, Mother Club and several other supporters stood firmly behind the vision. CK Associates Ltd, serving as the project consultants, offered their services on a pro bono basis, guiding the technical execution with professionalism and remarkable generosity. Each of these partnerships brought something unique to the table, and their contributions are preserved in the foundations of the kitchen itself.

Upon completion, the kitchen did more than solve a problem, it set a new standard. KCCA acknowledged the facility as a model kitchen, praising its design, safety features, and compliance with sanitation standards. With proper ventilation, durable construction, a newly installed water tank, efficient workflow, and improved waste and drainage management, the facility now stands as an example for other government schools seeking to upgrade their feeding systems. Aimed at transforming changes in daily school operations, significantly reducing meal-serving time, enabling learners to return to class sooner, more energized, and better able to concentrate. The smoke-free atmosphere has restored comfort and dignity to the kitchen staff. The entire school community now enjoys the benefits of a clean, organized, and fully functional feeding environment.

In line with **Rotary's Areas of Focus**, the Elimu Yetu Project strengthens both Water, Sanitation and Hygiene, and Basic Education and Literacy. By improving hygiene in food preparation, the project protects learners from preventable illnesses.

Complementing the kitchen, the project also installed a **new water tank**, providing a reliable source of clean water for handwashing, cooking, and maintaining hygiene in the kitchen. This addition strengthens the school's sanitation standards, reduces the risk of water-related diseases, and promotes good hygiene practices among pupils.

By enabling faster, more efficient meal distribution, it increases valuable classroom hours and improves academic readiness. The kitchen has become more than a structure; it is now a foundation for better education and healthier learners.

To ensure sustainability and safety, the project also included **firefighting training and the installation of a fire extinguisher** for the school.

The **official handover on 15th November 2025** marked the culmination of three years of hard work, vision, and unwavering commitment. The ceremony was attended by officials from KCCA, the Deputy Vice-Chancellor (Academic Affairs) Makerere University, school leadership and SMC, alumni, Mother Club (The Rotary Club of Kololo) and the Rotaract community. It was a vibrant celebration that captured both Rotary tradition and youthful energy. The day was filled with pride, joy, and a unanimous sense of accomplishment as the school received a facility that will serve children for generations to come.

**LEGACY FOR THE CLUB**

The Elimu Yetu Project stands as a lasting legacy of the Rotaract Club of Kololo, reflecting its commitment to Basic Education and Literacy and Water, Sanitation and Hygiene (WASH). The Project represents more than a completed construction. It is a declaration of what is possible when young leaders decide to act. It is a testament to the partnerships built, the hours invested, and the resilience that carried the project through three Rotary years. Most of all, it is a legacy, an award-winning effort that reflects the heart of Rotary service and the boundless potential of youth when given the space to unite and lead.

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THE NEW YORK TIMES BESTSELLER

# THE GLASS CASTLE



JEANNETTE  
WALLS

"Walls has joined the company of writers such as Mary Karr  
and Frank McCourt who have been able to  
transform their sad memories into fine art." —*People*

A MEMOIR

## THE GLASS CASTLE.

The Glass Castle is not just a memoir; it is a haunting and beautifully written testament to the resilience of the human spirit. Jeannette Walls recounts her turbulent and nomadic childhood with a voice that is both unflinchingly honest and remarkably free of bitterness, leaving readers with a story that is impossible to forget.

The book opens with a powerful, symbolic scene: the adult Jeannette, a successful journalist in New York, spotting her mother rooting through a dumpster. This moment perfectly sets the stage for the central tension of her life, the chasm between the present she has built for herself and the past she has tried to outrun.

Walls grows up in a family perpetually on the run from what her charismatic but deeply dysfunctional parents call "the FBI" and "skedaddle." Her father, Rex, is a brilliant, alcoholic dreamer who promises to build his children a magnificent "Glass Castle" but can scarcely put food on the table. Her mother, Rose Mary, is an eccentric artist who values her painting above her children's welfare, often claiming that being homeless is an "adventure."

The narrative is structured around a series of vignettes that are by turns shocking, hilarious, and heart-wrenching. From cooking hotdogs as a three-year-old and setting herself on fire, to sleeping in a cardboard box and fighting off predators in a West Virginian mining town, Jeannette's childhood is a masterclass in survival. The beauty of her writing lies in her ability to portray these events through the lens of a child who, despite everything, loves her parents and believes in her father's grand, empty promises.

Walls refuses to paint her parents as simple villains. Rex is portrayed with a deep, aching complexity, he is both the man who teaches her physics and the constellations, and the one who steals her hard-saved money for booze. This duality makes the story profoundly moving rather than merely tragic.

At its heart, The Glass Castle is about the enduring bond between siblings and their collective will to survive. It's a story about grappling with a legacy of poverty and neglect, and the difficult, ongoing process of understanding and forgiving one's family.

Walls' prose is clear, direct, and powerful. She doesn't ask for our pity; she simply tells her story, and in doing so, earns our utmost respect and empathy.

The Glass Castle is a breathtaking read that will make you angry, sad, and ultimately, profoundly hopeful. It is a powerful exploration of the meaning of family and the strength it takes to build a life of your own from the fragments of a broken one. It's a book that stays with you long after you've turned the final page, challenging your perceptions of poverty, love, and responsibility.

Sharone Kirabo Nakimera  
**SIMBA BUDDY GROUP**

Author of *Wellmania*

BRIGID DELANEY



# Reasons Not to Worry

How to Be Stoic in Chaotic Times

# 10 PRACTICAL LESSONS FROM REASONS NOT TO WORRY BY BRIGID DELANEY.



- 1 Understand the Nature of Worry:** Recognize that worrying is a common human experience. By understanding that worry often stems from uncertainty, you can begin to detach yourself from it and approach it more rationally.
- 2 Focus on What You Can Control:** Shift your attention away from things beyond your control. Concentrate on your actions and responses, which can lead to a greater sense of empowerment and reduce anxiety.
- 3 Practice Mindfulness:** Engage in mindfulness practices to stay present. Techniques such as meditation, deep breathing or yoga can help you manage worry and reduce stress by anchoring you in the moment.
- 4 Challenge Negative Thoughts:** Learn to identify and challenge negative or irrational thoughts that fuel worry. Replacing them with positive affirmations or realistic assessments can help change your mind set.
- 5 Limit Information Intake:** Be mindful of your information consumption. Reducing exposure to negative news or social media can minimize anxiety and help maintain a more balanced perspective.
- 6 Create a Worry Time:** Designate a specific time each day for worrying. This technique allows you to contain your worries rather than letting them seep into every aspect of your day.
- 7 Practice Gratitude:** Cultivate a habit of gratitude by regularly reflecting on positive aspects of your life. This practice can shift your focus away from worries and foster a more optimistic outlook.
- 8 Build a Support Network:** Surround yourself with supportive friends and family. Sharing your concerns with others can provide relief and perspective, helping you feel less isolated in your worries.
- 9 Embrace Imperfection:** Accept that perfection is unattainable and that it is okay to make mistakes. Embracing imperfection can alleviate the pressure that fuels worry and anxiety.
- 10 Take Action:** When worry arises, consider taking small, actionable steps towards addressing the underlying issue. Taking proactive measures can help you feel more in control and reduce feelings of helplessness.

**These practical lessons encourage a proactive and mindful approach to managing worry, promoting emotional well-being and resilience.**

ADAPTED BY  
**Isaac Kiberu**

# **November is The Rotary Foundation Month**

Did you know?

**Education for All – The Foundation supports schools, scholarships, and literacy programs that change the future of children worldwide.**

# SERVING WITH EXCELLENCE AND



# CREATING A LEGACY THAT INSPIRES.



**By Kazoora Seth.**

"Service is the rent we pay for living on earth". However, creating a brand/impact that becomes a legacy is a collective effort of 'a people' united by the ideal of service to create lasting change in our communities and in ourselves.

Bearing in mind that people/ volunteers are "creatures of emotion rather than logic", creating effective value chains inspired by co-operate vision is a prerequisite for manifestation of an excellent result in the arena of service.

In the arena of service, the value/ contribution we bring to the table is entirely determined by the calibre/standard of our members. On most occasions, most of the people we recruit, are at; "a raw material state/condition" in regards to; mental upgrade, zeal for service, loyalty to cause and purpose for rotary, capacity for giving and perhaps, most of them have a deficient leadership acumen! so, to aspire for excellence in service, mentorship and empowerment is a must.

Mentorship simply offers a mentee a superior reference/ model to simulate thereby inculcating the quality standards, beliefs and values into a mentee but also marking the parameters that made that model. These belief systems then become a pattern/ routine that shape our character as proud volunteers/ Rotarians.

## **SERVING WITH EXCELLENCE AND CREATING A LEGACY THAT INSPIRES.**

About empowerment, please note that besides shaping both character and mental construct of our mentees, as leaders it is important to acknowledge that; " Nobody was designed to camp indefinitely around an entity without tangible growth, transformation or result". so, our deliberate effort to showcase support and shared growth by being each brother's/sister's keeper is paramount.

Upon mentorship and empowerment, innovation is imperative for attainment of excellence. This is possible through investing in research. Investment in research is a chief enabler of innovation because it gives an opportunity to reassess, validate and replenish outdated ideas from captivating ideas which makes us future ready and fore armed to face tomorrow in triumph.

However, efficacy in the area of research is made manifest by engaging in an authentic on ground field work aimed at gathering cumulative feedback from the direct consumers who are the beneficiaries. This can be summed up as a needs assessment report. However, research to understand the dynamics of our beneficiaries is in itself not enough! We must deliberately seek to engage our members politely and with precision understand their strengths, struggles, fears and motivations which in the end predetermine their character.

Our current role as leaders is to prescribe the possible remedies, lasting solutions or nevertheless manage the proliferation of the negative consequences in a situation where possible solutions are beyond reach! so, an interplay of innovation to serve the interests of the beneficiaries and the interests of our members creates a harmonious unstoppable force grounded in resilience, and purpose driven service that is inclusive both to the demands of our beneficiaries and to the gratification of our members. so, this catapult of harmony, motivation, gratification and shared growth enhances our productivity as a team, effectively solves our communities' problems, inculcates a sense of ownership and pride among the beneficiaries and definitely makes us an unstoppable force of victory to humanity at large.

Upon stupendous winning, our role as leaders is to create systems that replicate every result that made us champions in the arena of service. This is possible through formation of various committees, verification of the strength of the people viable for those committees and ensuring adherence to values, virtues and commitments that sponsor/guarantee our expectations.

Finally, but not least, as a leader, get out of the way of the system! Please note that, as a leader you must pray for the grace to adhere and obey the reforms and the modus operandi as per proposals from research findings which was the basis for the systems created. Most leaders especially pioneers and founder members, find this hard because they have their emotions attached to the co-operate entity they founded. so, their sleepless nights and a lot of hard work they invested tempts them to "step out of the box" in order to foster certain decisions out of insecurity in case some body incompetent or with ill motive tries to take advantage of the system. it is advisable that in such a scenario, tread cautiously and avoid impunity nonetheless emerge victorious in the best interest of the co-operate entity. This is only possible by exercising some level of patience!

Lastly, appraise the system and reward performance to foster motivation. Repeat!!

**By Kazoora Seth.**

# A TRIBUTE TO RTN. STANLEY MULUMBA (MD)

MD Stanley was not only a treasure to humanity, but a Hero of a century.

His laughter was therapeutic; His camaraderie was an Arsenal.

His Laughter sprang from the lecture rooms across the globe, to the prestigious architectural halls of fame, to sacred corridors of power but amusingly, & ultimately to the vulnerable poor and middle class in the most wanting dilapidated communities.

He not only preached hope to a dispensation but rather walked every mile sweating tonnes and sneezing jerry cans in a bid to create heaven out of hell.

Because of MD Stanley, the hell of ignorance across East Africa transformed to an avalanche of stupendous enviable architectural expertise.

The murky waters of failure & defeat across a generation transformed into a battalion of a formidable force of agility & resilience in the arena of socio-economics of our region.

He was a cup of wisdom that never went dry, due to the grace from above as a Gift to our generation.

He was the brightest shining light that drove out darkness of ignorance and defeat.

He was a reservoir of grace to mankind,  
He was a river that flows mercy and love to humanity.

Service was his language, transforming humanity was his business.

His foot stamps wrote stories in our hearts & mind that; "To give and transform is our true calling on earth.

He taught us that while on earth, we can create heaven as we await the "prepared heaven" in glory.

As RC Kololo-Kampala, we are pretty sure that where you are in heaven, you occupy a front seat.



# LESSONS FROM MD STANLEY'S LIFE AND LEGACY.

The demise of MD Stanley Mulumba is a polite reminder that, "from dust we come and from dust we shall return". Our chief consolation and pride are that, while we still have an opportunity to live, we ought to live our lives effectively serving the purposes of God and being a blessing to humanity! given the fact that we are trustees and custodians to the life we live and we owe accountability to our maker in due time!! That's why, when the time is right, we are asked to account to what parameters/degrees we have lived our lives serving the purposes of God and being a blessing to humanity. so, the gravest mistake we make is thinking that; "we are here by sheer luck and therefore owe no one an apology to how we live here on earth."



This bankruptcy of thought causes us to live life chasing gratification from material things forgetting that nothing physical/material in itself is the ultimate guarantor of peace and fulfilment!! but remember, a point in life reaches when you are successful with everything you ever wanted for yourself but you still fail to get peace and fulfilment. However, when it's all over and it's your time to depart and account for your life to the father, "you want people to walk up at your funeral and say he had this and that, but also the world was a better place simply because your life was a blessing to the lives of many!!

So, from MD Stanley's life and legacy, we learn that at the end of your life, there are two things you will be remembered for; "the problems you solved or the pain you caused for people". However, we learn that the fact that you stretched yourself and did your very best to bless humanity and make the world a better place is not only incredibly amazing but also an ultimate guarantor of peace and fulfilment!! Please note that you might not do everything but at least you did something!

Finally, another lesson is that; "nothing is worth dying for!" because in the end, it's not material possession that matters. For example; that you were not recognised at an occasion and now you are sick because your ego was torn is uncalled for. or, that you tramped on everybody to attain wealth is a vain pursuit, because money in itself doesn't give you peace and fulfilment. it only gives you an environment that creates sufficiency and redeems time!

Lastly, from MD Stanley's life and legacy, we gain an understanding that as you strive for success, you must still acknowledge that there is something bigger than success and therefore you won't postpone joy till the day you build a mansion. This is because, the real assets you have are; God, your peace and your fulfilment which is derived from living your life effectively serving the purposes of God and blessing humanity.

**BY KAZOORA SETH**





# PICTORIAL AND PICTURES FROM THE MEMORIAL FELLOWSHIP.





# **November is The Rotary Foundation Month**

**Did you know?**

**Fighting Disease – The  
Foundation supports  
treatment and prevention of  
malaria, HIV/AIDS, TB, and  
other deadly diseases**

# WORK-RELATED STRESS AND MENTAL HEALTH



Have you ever questioned whether you are in the right job? Wondered if you should leave, or simply hold on until the “right” opportunity appears? Work-related stress often creates uncertainty, anxiety, and a lingering sense of pressure that follows us long after working hours end.

Many employees know the feeling all too well:

“If I don't finish this, I'll get fired.”

“It's already 8 pm, but I must complete this task.”

“I must be early or else my supervisor will be furious.”

“Why is the traffic so bad today? Why is it raining now? Kampala is flooded, but I still have to get to work.”

“I'll cross the floods; I'll change when I get there.”

“Janet, what are you doing? Find something useful to do.”

“Jasper, drop everything and finish this immediately with no excuses.”

# WORK-RELATED STRESS AND MENTAL HEALTH

These experiences are more common than we admit.

Work-related stress occurs when job demands exceed an individual's capacity to cope. While ordinary pressure can motivate productivity, chronic stress drains mental energy, reduces performance, and harms overall well-being. Many people wake up already exhausted, emotionally depleted, and mentally unprepared for the day ahead.

## Common Causes of Work-Related Stress.

- Job insecurity.
- Workplace conflicts or harassment.
- Poor communication or unclear expectations.
- Heavy workloads and tight deadlines.
- Delayed salary payments
- Poor work-life balance

When left unaddressed, these stress factors accumulate and manifest as emotional, mental, and physical strain.

## How Work-Related Stress Affects Mental Health;

- **Emotional Exhaustion:** Feeling drained, overwhelmed, and unable to cope with daily tasks.
- **Reduced Concentration:** Memory difficulties, poor decision-making, and slow problem-solving.
- **Mood Disturbances:** Irritability, hopelessness, and persistent sadness.
- **Physical Symptoms:** Headaches, insomnia, hypertension, weakened immunity, and fatigue.
- Declining performance and increased absenteeism.

## Strategies for Workers: How to Manage Work-Related Stress;

- Prioritize tasks and avoid unnecessary multitasking.
- Set boundaries to protect personal time.
- Take short breaks to reset your mind.
- Practice relaxation techniques such as deep breathing, stretching, or yoga.
- Speak to someone, a colleague, a supervisor, or a professional counsellor.
- Know when it is time to move on from a toxic environment.

## What Employers Can Do to Reduce Workplace Stress;

- Clearly define roles, expectations, and responsibilities.

- Ensure fair and realistic workload distribution.
- Provide mental health resources and access to counselling.
- Offer flexibility where possible.
- Recognize and reward employees' efforts.
- Ensure salaries are paid on time.




## The State of Stress in Uganda's Workforce.

Work-related stress contributes to 20% of mental health problems worldwide. According to the 2023 State of the Global Workforce Report, Uganda has the second most stressed workforce in Africa, with 57% of employees reporting high levels of stress, second only to Chad at 58% in Sub-Saharan Africa.

A PubMed study by Ahmed M. Sarki et al. further highlights the severity of the issue among frontline health workers in Uganda: 17.5% experience depression, 11.1% live with anxiety, 30.3% suffer from PTSD. These figures underscore the urgent need to address workplace mental health.

Work-related stress is a significant challenge that affects mental health, productivity, and quality of life. By recognising the causes, understanding the impacts, and implementing supportive strategies, both employers and employees can contribute to a healthier, more positive working environment. Promoting mental wellness is not only beneficial for individuals, it strengthens organisations and supports national development.

BY ANDREW LUBUULWA  
ROTARACT CLUB OF KOLOLO

Rotary   
District 9213

THE FAMILY OF ROTARY PRESENTS

JOINT TUESDAY CLUBS

# CHRISTMAS CAROLS

WITH

**DISTRICT GOVERNOR**  
GEOFFREY MARTIN KITAKULE



16TH  
DEC  
2025

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RC ACACIA  
SUNSET




HOTEL  
PROTEA






5PM

*Till Late*

FREE ENTRY

#UniteForGood  
#RotaryEyamba

<https://rotaryd9213.org> 

Rotary District 9213     

# A NEW CHAPTER BEGINS: KOLOLO-KAMPALA USHERS IN A FRESH ERA WITH FOUR DYNAMIC INDUCTIONS.



There is a unique energy that accompanies growth. It's a palpable, crackling current of anticipation, a sense of new beginnings mingled with the steady assurance of enduring legacy. This November, that energy was the guest of honour at the Rotary Club of Kololo-Kampala, as we gathered not just for a weekly meeting, but for a milestone event: the formal induction of four exceptional individuals into our Rotary family. In a ceremony brimming with warmth and promise, we proudly welcomed Senfuka Joshua, Aubrey Muzoora, Seth Kazoora, and Patience into our fold.

This isn't merely an addition of four names to our roster. It is a strategic infusion of talent, passion, and perspective. It is a reaffirmation that our Club's mission, to serve the community, advance integrity, and promote goodwill. As our President aptly stated during the ceremony, "A tree is known by its fruit, and a club by its members. Today, we are planting four strong, new saplings that will deepen our roots and help our canopy of service grow wider and stronger for years to come."

Let's get to know the remarkable individuals who have chosen to embark on this rewarding journey of "Service Above Self."

The induction of these four distinct individuals is more than a numbers game. It represents a strategic strengthening of our Club's core capabilities: Joshua brings structural integrity, Aubrey brings ethical clarity, Seth brings narrative power, and Patience brings empathetic connection. Together, they form a formidable quartet that complements our existing membership perfectly.

This growth comes at a pivotal time. As we focus on the enduring legacy of The Rotary Foundation this November, we are reminded that the Foundation's global work is powered by the fuel of individual members. Every new Rotarian represents more hands to build, more minds to innovate, and more hearts to care. The contributions of our new members through their time, talents, and treasures will directly amplify our ability to fund and execute life-changing projects, both here in Kampala and across the globe.

To our newest members, we say: Welcome! Your journey is just beginning. Be prepared to be challenged, inspired, and transformed. You will discover hidden strengths, forge friendships that will last a lifetime, and experience the profound satisfaction that comes from making a tangible difference. Do not be afraid to speak up, to share your ideas, and to lean into the vast network of experience within our club.

To our longstanding members, our challenge is to be exemplary guides. Let us open our circles, share our wisdom, and, most importantly, learn from the fresh perspectives our new members bring. Let us ensure they feel not just welcomed, but truly integrated, valued, and empowered.

The story of the Rotary Club of Kololo-Kampala is still being written. With the induction of Senfuka Joshua, Aubrey Muzoora, Seth Kazoora, and Patience, we have just penned one of our most exciting chapters yet. The future is bright, and it is filled with service.

**WELCOME ABOARD**

# PICTORIAL OF THE INDUCTION.



# GIVE AND YOU WILL RECEIVE

## When Rotary's Light Found My Family.

By Anne Barabogoza Gamurorwa



### A Personal Reflection for Rotary Foundation Month:

November is the month we celebrate the Rotary Foundation — a reminder that giving is the heartbeat of Rotary. Every contribution becomes a lifeline, a seed of hope, a bridge to a better tomorrow. This year, that truth became deeply personal.

### A Season of Loss and an Unexpected Gift:

This November, my family faced an emotional storm. We lost our lovely and dearly loved niece, Sharon, after she spent over a week in the Intensive Care Unit on life support in the Mbarara Regional Referral Hospital.

Standing by her bedside one afternoon, my eyes drifted to the machine that was helping sustain her — an IV infusion pump. And there, on its label, were the words: “Funded by Rotary Clubs of Calgary at Stampede Park...” Stampede Park — the very venue where, just months earlier, we had danced and celebrated during the Rotary International Convention!

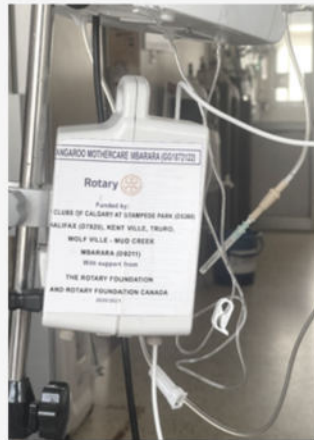


Figure 1: the Rotary Donated IV pump that supported Sharon during her time in ICU

At that moment, grief and gratitude intertwined. I realised something profound: “While we give to Rotary, Rotary gives back to us — often in ways we never expect.”

### The Circle of Giving:

People say, “What goes around comes around.” But Rotary offers a deeper truth: When you give from the heart, you receive from the heart. For years I have proudly given to the Rotary Foundation, believing in its impact — safe deliveries for mothers, clean.

Water for communities, economic empowerment for women and youth, disease prevention, literacy programmes, and the promise of peace. But I never imagined that one day, in our family's darkest hour, Rotary's hand would be right there — steady, quiet, supporting our Sharon through equipment funded by Rotarians thousands of miles away.

That is the power of the Foundation. That is the beauty of giving.

### Service Above Self: A Legacy in Motion:

The Rotary Club of Kololo–Kampala, a 100% Paul Harris Fellow Club, has always embraced the culture of giving — and transformed it into action. Our legacy includes: maternal and child health support, clean and safe water systems, skilling and economic empowerment programmes, community health outreaches, polio prevention work and education and literacy projects. Each project touches lives. Each contribution plants hope. Each act of service strengthens the circle. And sometimes... that circle finds its way back to our own homes.

### In Honour of Sharon:

Though Sharon is gone, her story now carries a message that will stay with me forever: Giving is never lost. It flows. It returns. It heals. As we honour the Rotary Foundation, let us renew our commitment to give generously — knowing that giving creates a world where kindness circles back when we need it most. I pledge to donate another \$1,000 to this cause this Rotary year.

Because truly... “Give, and you will receive.”

# RC Kololo Hands Over Namutumba HCIII Project and Rice Processing Machines to Namalemba Women.

By Sam Farouk Mukasa



**Namutumba, Uganda – 29 November 2025:** In a landmark milestone for community transformation, the Rotary Club of Kololo (RC Kololo) officially handed over the renovated Namutumba HCIII facility and a modern rice-processing unit to the women of Namalemba. The celebration showcased Rotary's commitment to strengthening healthcare services and expanding economic opportunities for rural women.

**Transforming Maternal & Child Health: Goretti Captures Rotary's Impact:** The Namutumba HCIII project focused on improving maternal and child health through infrastructural renovation, upgraded medical equipment, improved sanitation and water systems, and comprehensive capacity-building for health workers.

The impact was eloquently captured by Senior Clinical Officer Ms. Goretti Kyabajje, whose evidence-based presentation demonstrated a deep understanding of how Rotary's interventions directly uplift both the facility and the wider community. Drawing from real clinical data, she highlighted:

- Increased antenatal visits
- Higher skilled delivery rates
- Reduced maternal and neonatal complications
- Enhanced patient satisfaction
- Greater staff morale, confidence, and competence

With heartfelt conviction, she affirmed: "The impact has been overwhelming." Her presentation underscored not only the medical improvements but also the restored trust, dignity, and hope Rotary has brought to families in Namutumba. Her appreciation revealed how well she understood Rotary's mission and the far-reaching ripple effects of their humanitarian work.

**Empowering Namalemba Women Through Modern Rice Processing:** RC Kololo also handed over a modern rice-processing unit, comprising a rice mill, huller, cleaning and drying equipment, and operator training. This initiative has already begun transforming economic life for the Namalemba women.

Representing the group, Nalongo Rose Khayinza shared a powerful testimony detailing how the machines have:

- Increased household incomes
- Reduced strenuous manual labor
- Improved workplace safety and efficiency
- Strengthened women's independence and decision-making power
- Enhanced family dignity and well-being

Her proud words— "We can now gladly say we are developed"—captured the depth of transformation.

**Rotary Presence and Shared Commitment:** The ceremony was graced by Rotarians Deo Mutebi, Betty Kyaddondo (representing the Club President), MD Fred Mubiru, Rahab

Mumbi, Kazoora Seth, Joshua Senfuka, Sharon Kirabo, Abert Babihuga, and Sam Farouk. Rotaractors from the Rotaract Club of Kololo included President Silvia Ntongo, Liza, Robnert, Kazungu Gerald, and Nancy—demonstrating unity across Rotary family generations.

**Full Acknowledgement of Rotary Partners:** The success of this project reflects the generosity and collaboration of numerous Rotary partners, including: District 9213 – Host District, Rotary Club of Kololo-Kampala – Host Club, Evanston Lighthouse Rotary Club – International Primary Contact Special appreciation to Rotarian Maribeth Clearly, District 6440, District 5170, Rotary Club of St. Charles Breakfast, Rotary Club of Wheaton, Rotary Club of Schaumburg-Hoffman Estates, Rotary Club of Bartlett, Rotary Club of Los Altos, Rotary Club of Delta Township (Lansing-Waverly), Rotary Club of Arlington Heights, Rotary Club of Batavia, Rotary Club of Chicago, Rotary Club of Glenview.

Their financial, advisory, and moral contributions made this transformation possible, showcasing Rotary's global power to create lasting change.

**A Heartfelt Conclusion:** The event concluded with a warm luncheon hosted by Ann Agatha Mukasa of the Inner Wheel Club of Kampala. Her family's generous donation of the four-room building that now houses the rice huller ensures a dignified, permanent space for the women's enterprise.

**A Legacy of Service Above Self:** The handover stands as a shining example of Rotary's impact—strengthened health systems, empowered women, and communities rising with confidence. Through visionary leadership, dedicated partners, and champions like Ms. Goretti Kyabajje, and the women of Namalemba, RC Kololo continues to embody the Rotary ideal of Service Above Self.

# RC Kololo Hands Over Namutumba HCIII Project and Rice Processing Machines to Namalemba Women.



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# NAMUTUMBA HEALTH CENTRE III STATUS REPORT

## INTRODUCTION.

Namutumba Health Centre III is a government aided health Centre located in Namutumba Town Council, Namutumba district. It is supposed to serve a catchment population of 17395 from three parishes; that is Namutumba Central Ward, South Ward and North Ward. However, because of its central location and being along the highway, we serve a population that is twice our capacity.

We offer both preventive and curative health services that include; antenatal health services, deliveries, postnatal care, emergency obstetric care, immunization, community and school health education, sexual and reproductive health services, inpatient care services, TB diagnosis and treatment, HIV/ HAART chronic care, diagnosis and treatment of non-communicable diseases like hypertension, diabetes mellitus, management of malnourished children, HIV counselling and testing and other laboratory tests, etc.

**The table below summarizes our staffing:**

CARDER	NUMBER	PAYING BODY
Senior Clinical Officer	02	GOVT
Clinical Officer	01	MJAP
Midwives	04	GOVT
Health Inspector	01	GOVT
Nurses	07	GOVT
Data Clerks	01	GOVT
	01	MJAP
Counsellors	01	MJAP
Linkages	05	MJAP
	05	VOLUNATARY
Cleaners	02	GOVT
	02	PHC
Tricycle Ambulance Driver	01	PHC

The facility is managed by a senior clinical officer under direct supervision by the Health Sub-district In-charge.

### STATUS OF EQUIPMENT RECEIVED FROM ROTARY CLUB KOLOLO - KAMPALA.

During the previous years, the facility received a range of items from rotary clubs. The table below summarizes the status of equipment received.

ITEM	QTY	DONOR	STATUS	IMPACT MADE
Public address system	1	Rotary Club of Kololo	Functional, used for giving health talks at the different service points and during community outreaches sensitizations.	Health workers communicate with ease to clients and to the community.
100-seater Tent	1	Rotary Club of Kololo	Functional, used as OPD waiting shade.	Currently solved waiting space challenges for outpatients department.
50-seater tent	1	Rotary Club of Kololo	Currently used as laboratory waiting area.	Clients waiting for laboratory services can comfortably wait under a shade even during rainy seasons.
Plastic chairs	150	Rotary Club of Kololo	In use, 25 chairs were given to DHOs office for use during meetings and trainings.	Solved siting difficulties in waiting areas especially pregnant mothers.
Delivery Coaches	3	Rotary Club of Kololo	In use, one was taken to Kagulu H/C III, one of the facilities that was referring mothers to deliver at this site as a way of functionalizing the delivery unit.	Very good and in use.
Examination Coaches	4	Rotary Club of Kololo	In use	Solved examination challenges especially during our heavy antenatal clinics.
Metallic Medicine Trolley	1	Rotary Club of Kololo	In use	Our medicine is safely kept with easy retrieval even during emergencies.
Doppler	2	Rotary Club of Kololo	In use	Fetal monitoring made easier

ITEM	QTY	DONOR	STATUS	IMPACT MADE
Water Tanks	2	Rotary Club of Kololo	Functional, in use	1. Water available all the time, with less expenditure on national water bill payments. 2. In the dry spells, we channel water from the main grid into the tank for storage due to its irregularity. This may however function better if t facility acquires a water pump.
Citizen Blood Pressure Machines	4	Rotary Club of Kololo	Functional	Improved patient care through making appropriate diagnoses of hypertension. One machine was given to Kagulu HC III.
Neonatal warmers	2	Rotary Club of Kololo	One was given to Nsinze H/C IV because there was demand in the Neonatal Intensive Care Unit and it is our district referral health facility.	Neonatal hypothermia solved and eases resuscitation.
Stretcher	2	Rotary Club of Kololo	One was taken to Kagulu H/C III due to need.	Easier transportation of accident cases.
Solar system	1	Rotary Club of Kololo	Functional	Facility lighting challenges solved with the curet irregularities of power supply by UEDCL.

Our heartfelt gratitude extended to the President and the entire Rotary team.

### PERFORMANCE SUMMARY.

The donations given to the facility have continuously helped to improve patient care, which is evidenced in the steadily increasing number of clients served.

Our performance for most indicators surpasses the targets just because there is good accessibility and utilization of our services.

### TABLE SHOWING CONTRIBUTING FACTORS TO THE INCEASING SERVICE UPTAKE.

INDICATOR	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	COMMENT
Total OPD Attendances	1518	1616	1348	1684	1712	1789	1701	1845	Attributed to tent, -

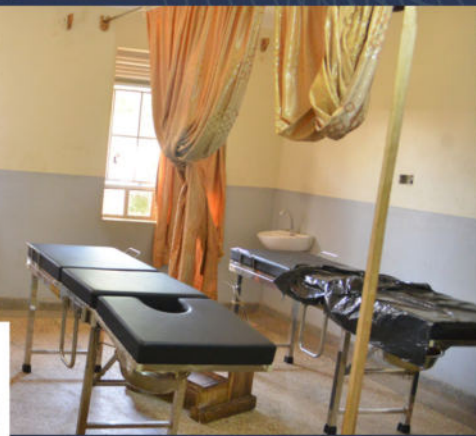
## NAMUTUMBA HEALTH CENTRE III STATUS REPORT

INDICATOR	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	COMMENT
Total OPD Attendances									- seats and blood pressure monitors.
Total antenatal attendances	751	672	817	639	820	901	873	899	Seats, BP machine, examination coaches
Percentage of antenatal clients with a blood pressure measurement	100	100	100	100	100	100	100	100	
Total deliveries at the unit	113	120	126	155	162	169	179	171	Delivery beds and infant warmer
No of perinatal deaths registered	2	1	1	0	0	0	0	0	Infant warmer
Total attendance for community immunization outreaches.	-	-	-	159	172	204	291	311	Public address system
Water bill payment analysis	15,000	15,000	15,000	15,000	15,000	15,000	20,000	40,000	Water tanks
Quarterly Electric bill payment analysis		100,000			100,000				Solar system

We attribute all the above achievements to **THE ROTARIANS OF KAMPALA** who consider putting aside a portion of their sweat for the benefit of the less privileged. **MAY GOD RICHLY BLESS YOU.**

We pledge to take full responsibility of every equipment or infrastructure entrusted to us on behalf of the community.

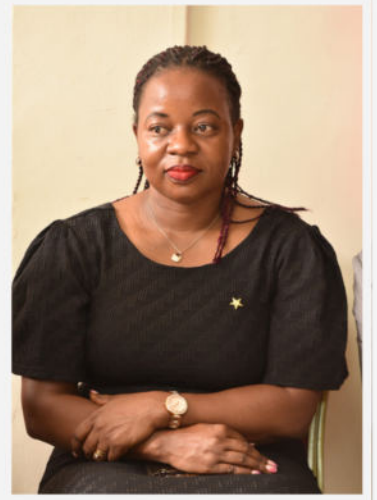
Prepared By,  
**Kyebajja Gorret**



# Moments That Mattered – November in Pictures



# Moments That Mattered – November in Pictures



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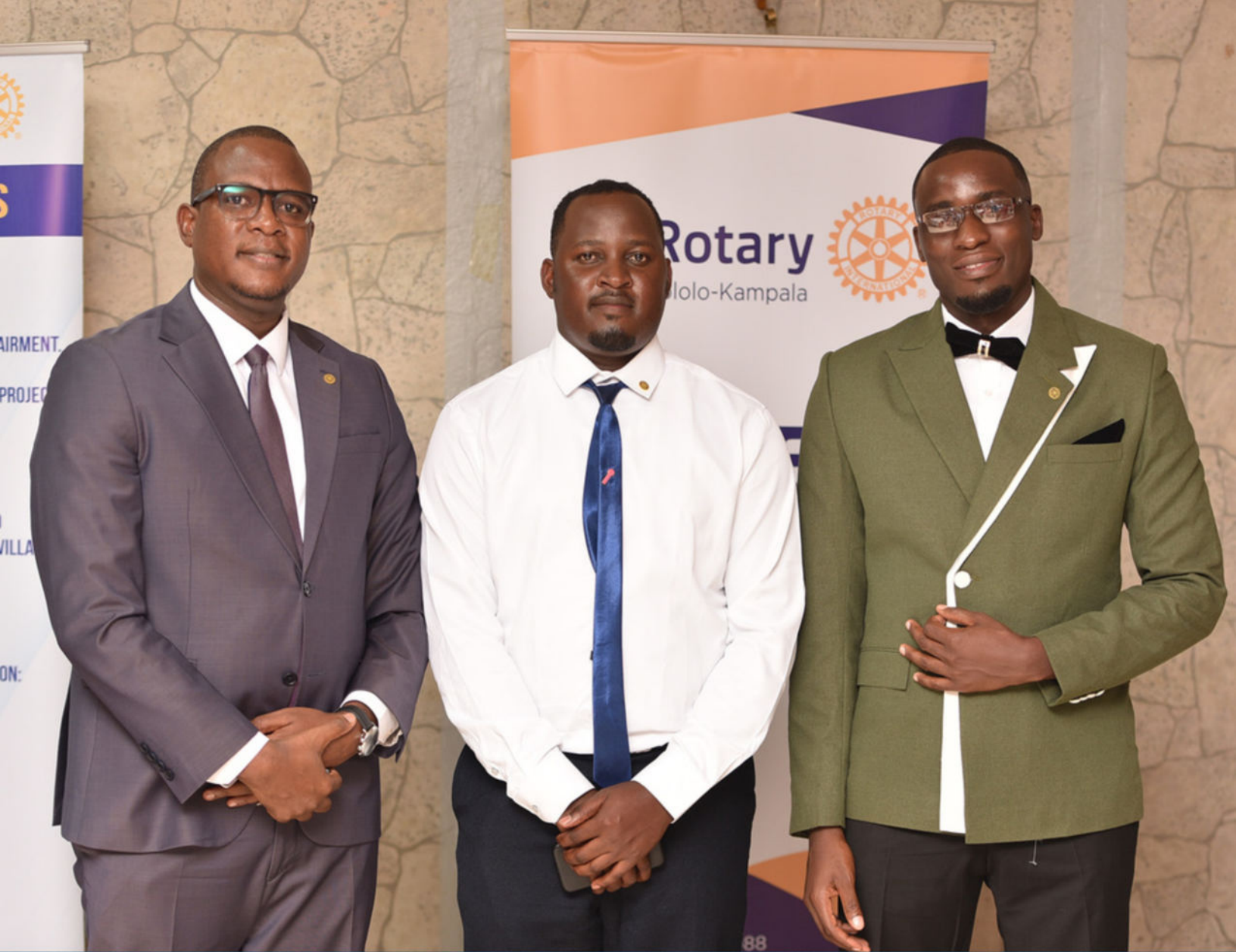
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# THE ROTARY CLUB OF KOLOLO-KAMPALA NEWSLETTER

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