



NALUMUNYE TRUMPET

DISEASE PREVENTION AND TREATMENT

Issue 7 | Christmas Edition 2025



ABU DHABI 2025

\$1.9 BILLION

pledged to end polio for every child, everywhere



Rotary District 9214

TOGETHER ONE ACT AT A TIME

END POLIO NOW

10 TOP POLIO PLUS GIVERS

MONTHLY UPDATE: **NOVEMBER, 2025**

1. Muyenga	\$7,638.24
2. Entebbe Base	\$7,606.10
3. Nalumunye	\$6,863.54
4. Kigo Seven Lakes Golf	\$5,509.00
5. Kampala Munyonyo	\$5,400.64
6. Mbarara	\$3,462.75
7. Bunga	\$2,388.00
8. Kansanga	\$2,314.15
9. Kampala Muyenga Breeze	\$1,974.60
10. Kajjansi	\$1,750.48

We Thank You

rotarydistrict9214

Rotary District 9214

The Rotary Foundation

TOP TRF GIVERS

NOVEMBER, 2025

1. Tanga	\$275,025.00
2. Muyenga	\$73,048.86
3. Kigo Seven Lakes Golf	\$43,976.98
4. Kampala Munyonyo	\$20,799.08
5. Nalumunye	\$19,463.55
6. Mbarara	\$15,542.80
7. Dar-es-Salaam	\$14,400.00
8. Entebbe Base	\$12,923.47
9. Bunga	\$12,024.00
10. Garuga	\$11,065.01

THANK YOU FOR GIVING ENDLESSLY

rotarydistrict9214

WE PEDAL ON

Rtn Philemon Kirunda Mukisa (PHF+1), Chief Editor

Our dear esteemed reader, Merry Christmas! On behalf of the Editorial Team of the Nalumunye Trumpet, I deliver sincere gratitude to you for the interest you have showed in flipping through the Trumpet pages. It has been a beautiful six months full of action and quite a lot to report.

The team has worked hard to ensure that we give the most palatable to the eyes of a Rotarian, Rotaractor and Friend of Rotary. In fact, our goal is to do better, and we shall.

This December, we are excited to bring you two editions of the Nalumunye Trumpet magazine, yes, two editions! This is the Christmas Edition and later in a few days as we cross into 2026, we shall bring to you the New Year's Edition on 1st January 2026. I bet there is no other Monthly publication that will dare this!

We are committed to letting you enjoy the season with seasonal stories and structure. We want to keep the vibe high up and we hope you will enjoy it. For now, we bring you quite a bit of what has transpired during the month of Disease Prevention and Treatment and yet later, we will bring to you a forecast of what is yet to come in the months to come, in the New Year's Edition.

Enjoy the Christmas stories, but also on the delivery of completed projects, indeed as Christmas gifts to the communities we serve. Rest assured that the messages you are about to flip through are both inspirational and thrilling! Grab a glass of your favorite drink, raise



your legs in relaxation mode and start flipping.

To the Editorial Team, you are the best that any Club would ever yearn for, but as our readers flip, let's get back to work immediately. We return in a week's time, Ciao.

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Quarter page UGX **50,000**

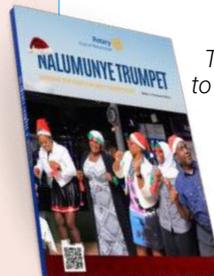
Half-page UGX **100,000**

Full-page UGX **150,000**

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ANTHEM FOR THE ROTARY CLUB OF NALUMUNYE

Chorus

Putting others first, serving with love.

Nalumunye Rotary Club, in community we trust.

With happy hearts, we make a way

Building hope for the brighter day.

Verse 1

Our hearts are one,

Together we work, under the sun.

Lifting each other, hand in hand,

To build a better land.

Verse 2

With kindness and joy, we do our best,

Serving with love, passing every test.

Helping our neighbours, spreading cheer,

And we truly care, far and near.



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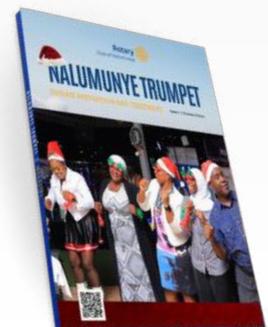
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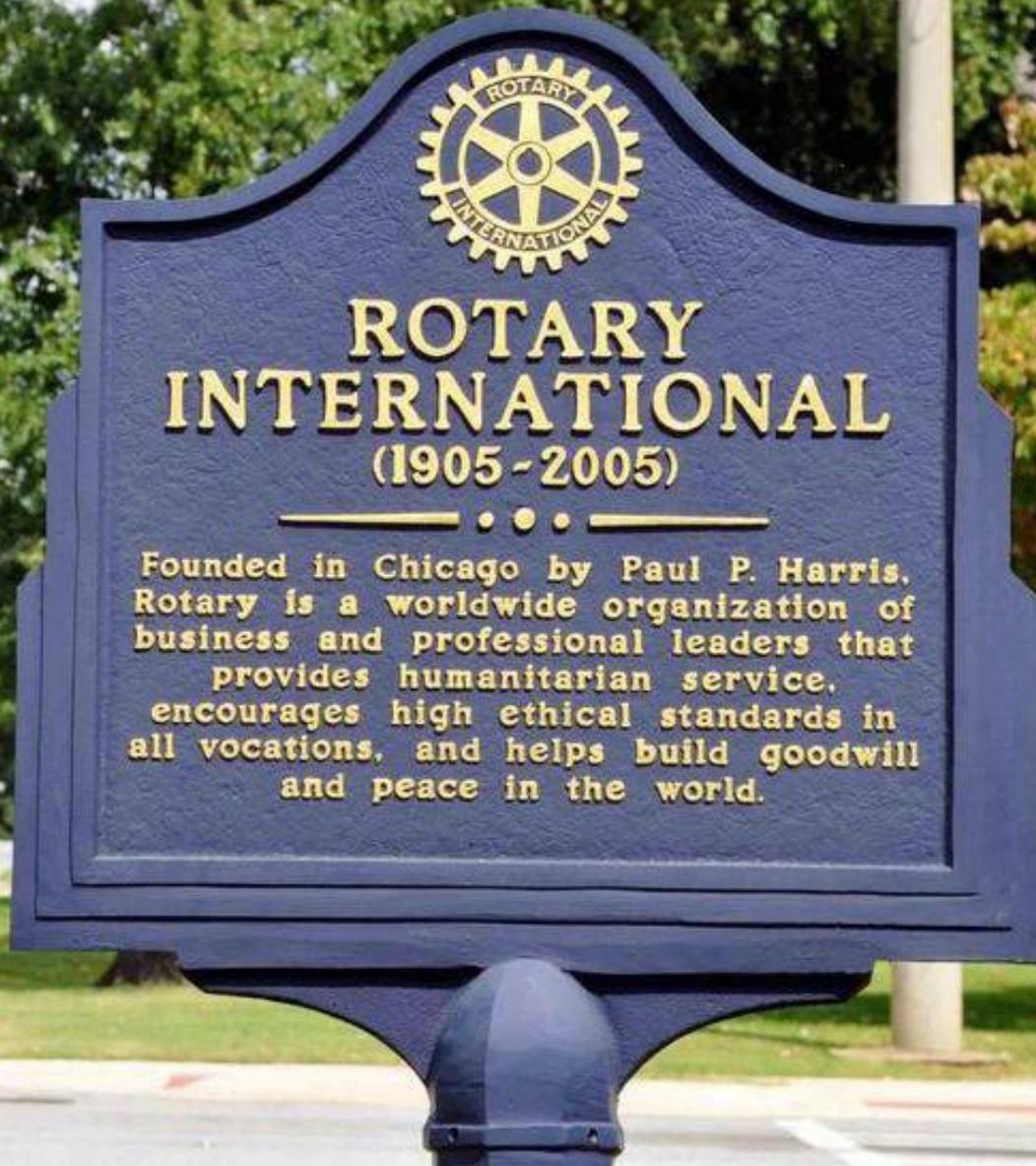
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ROTARY'S CORE VALUES



THIS IS WHAT WE ARE ALL ABOUT.



Rotary  PEOPLE OF ACTION



5 REASONS TO JOIN ROTARY





To Health and Happiness

December marks Rotary's Disease Prevention and Treatment Month, when we highlight our members' work to promote health and wellness, including mental wellness. Globally, nearly 1 in 7 people have a mental health disorder, according to a recent World Health Organization report. Yet only 9 percent of people with depression receive adequate treatment.

We are fortunate in Rotary to have a powerful way to support emotional well-being and happiness: friendship. The connections we build in Rotary can be a powerful force for change. I know this from personal experience.

When my fellow members first proposed that I become club president, I demurred. I had a stutter. I was terrified of speaking. But having club members who supported me and surrounded me with affection enabled me to face my fear, and I found a way to stand confidently before a crowd.

Today, I regularly address audiences — some numbering in the thousands — in a language that is not native to me. The Rotary members in my life helped me create lasting change within myself.



FRANCESCO AREZZO
President, Rotary International

That fellowship gives us the courage and means to create lasting change in the world as well, and mental health services are in desperate need of improvement. The WHO reports

that governments on average devote only 2 percent of their health budgets to mental health, and only 11 percent of that funding reaches community-based services. In some countries, only one trained mental health professional is available for every 100,000 people. The WHO has called for strategic and urgent action to close the gap.

Rotary can answer that call by championing mental health awareness in our clubs, working with local health systems, funding training for community health workers, and supporting initiatives that bring care to places where none exists. Even small investments in mental health yield enormous returns in productivity, public health, and happiness.

While we are creating lasting change in the world, we cannot forget to take care of each other. Past RI President Gordon McNally wisely reminds us that we must go beyond asking, "How are you?" We owe it to each other to instead ask, "How are you really?"

As we transition to a new year filled with new possibilities, let us Unite for Good — for healing, friendship, and access to happiness.



As we transition to a new year filled with new possibilities, let us Unite for Good — for healing, friendship, and access to happiness

A MESSAGE TO EVERY ROTARIAN AND ROTARACT:



PAY YOUR DUES – PROTECT YOUR ROTARY LEGACY

Paying dues is not just an obligation. It protects your membership, history, and dignity in Rotary.

WHY PAYING DUES MATTERS

- ✓ Keeps your Rotary membership active
- ✓ Preserves your service & leadership record
- ✓ Protects your Rotary Foundation giving history
- ✓ Keeps you eligible for opportunities & recognition

WHAT HAPPENS IF YOU ARE DELETED

Being deleted from Rotary Central is not a small administrative action.

It means:

- ✗ Loss of Rotary membership status
- ✗ Loss of your Rotary journey & records
- ✗ Reinstatement as a new member
- ✗ Missed opportunities for service & leadership
- ✗ Loss of recognition, seniority, and legacy

👉 **Do not lose what you worked hard to build.**

IF YOU ARE STRUGGLING

Many members are deleted not because they cannot pay, but because they do not communicate.

What to do instead:

- ✓ Talk to your President or Treasurer early
- ✓ Request for a payment plan
- ✓ Ask for temporary support or leave
- ✓ Be honest about your situation

👉 **Rotary leaders can only help when they know.**

IF LEADERSHIP HAS ANNOYED OR HURT YOU

Withholding dues punishes YOU more than the leaders.

Forgiveness is not weakness:

- It protects your Rotary legacy
- It preserves your membership
- It opens doors for dialogue and change
- It reflects Rotary values of respect and goodwill

🌱 **Pay your dues – then address the issue.**

FINAL CALL

Pay your dues.
Protect your Rotary legacy.
Choose dialogue. Choose Rotary.





A Season of Christmas Giving and Rotary Service

December is a season filled with warmth, gratitude, and the spirit of giving. It is a time to reflect on the year behind us and to dream boldly about the possibilities ahead. Families gather, communities reconnect, and the world pauses to celebrate the beauty of humanity. For Rotary, however, these values are not seasonal, they are the very heartbeat of who we are and what we do.

As December marks the halfway point of the Rotary Year 2025–2026, let us reflect on how far we have come. In just six months, our district has demonstrated what is possible when dedicated people unite in purpose. From Uganda to Tanzania, our clubs have implemented meaningful service, touching countless lives across all seven Areas of Focus and strengthening our partnerships. Every project, every hour of service, and every contribution has been an act of love lighting the world, one community at a time and fueling our giving to The Rotary Foundation so that hope may reach even further.

December is also Disease Prevention and Treatment Month, highlighting Rotary's unwavering commitment to improving health and combating disease worldwide. This theme is especially significant as it aligns with Rotary's long-standing efforts to eradicate polio through partnerships with the World Health Organization, the Bill & Melinda Gates Foundation, and other global allies. More recently, our dedication is



Christine Kyeyune Kawooya, District Governor, Rotary District 9214 (Tanzania and Uganda)

reflected in the fight against cancer in Uganda through the Uganda Cancer Programme. This is another powerful expression of Rotary's resolve to create healthier communities.

Beyond these flagship initiatives, many of our clubs continue to stand at the frontline in the fight against the numerous diseases

that affect humanity. Your support to The Rotary Foundation fuels this life-saving work, enabling us to prevent illness, strengthen health systems, and ultimately save lives.

As we embrace this festive month, let us deepen fellowship within our clubs, strengthen our bonds as a Rotary family, and extend compassion to those who may feel forgotten or alone. Whether through holiday outreaches, acts of generosity, or simply sharing time with someone in need, let us make December a season that shines brighter because of Rotary.

Looking ahead to the second half of the Rotary year, I am filled with optimism. We have laid a strong foundation, and the impact we create between now and June 2026 will define our legacy. I encourage all clubs to continue raising the bar in service, expanding membership, elevating our visibility, and giving generously to The Rotary Foundation. Together, we can build communities that are healthier, more peaceful, and more hopeful.

As the year concludes, turn the page with gratitude, and start the next chapter with an unwavering belief in yourself. May this Christmas season bring joy to your homes, peace to your hearts, and renewed purpose to your service. May we continue to be a district that leads with compassion, acts with courage, and serves with love. Together, let us continue to light the world with love, today, tomorrow, and throughout our Rotary journey.

Warm festive wishes and a prosperous 2026.



May we continue to be a district that leads with compassion, acts with courage, and serves with love.



Wow, What an Incredible First Half of the Rotary Year 2025/26 for the Munyes!

Hello Munyes, What a fantastic way to close half one of our Rotary year 2025/26! The launch of RC Nalumunye-Katale set the pace for a fabulous landing. Amazingly, as one team prepared for RC Nalumunye Heights Charter Celebration, another team was busy setting the groundwork to launch a new second club under PoP Deborah K. Kakande's leadership.

We're thrilled to have inducted seven new members, elevating Munyes' membership to 96 members in just half a year!

Let's celebrate our achievements, including the completion of this year's MCH signature project - the Triage shade at Kitebi Health Centre III. Kudos to everyone involved! DG Christine Kyeyune Kawooya graced the hand-over ceremony, and we're grateful for her leadership. The Rhinos' WASH project and Tigers' outreach to the police station were also remarkable. You're making a difference in the community.



AG Bob Nseroko, Lake Victoria Cluster 6

Thank you for participating in the corridor Christmas carols at RC Lubowa and celebrating the festive season with loved ones at Genteel. Your presence at RC Bwerenga's District Governor visit was overwhelming. We thank you very much.

Congratulations on crowning half one with RC Nalumunye Heights' Charter celebration - a historic moment. Thanks to the NCA, CP Christine Namanda, Charter President Lydia Walusimbi Lukwago, and PoP Deborah Komugisha Kakande for their strategic thinking.

As we break off for the festive season, please pay up for the DCA before the early bird deadline (December 31, 2025). Visit Rotary Club Central for courses and reflect on our achievements. Let's re-energize for an amazing second half.

Remember, \$100 for TRF and new member sponsorship as our goal.

Wishing you a fabulous festive season. Let's relax, reflect, and recharge!



As we break off for the festive season, please pay up for the DCA before the early bird deadline (December 31, 2025).



Half Time Mark; Foot on Pedal

What an Action-packed first half of the Rotary Action Year 2025/26.

Greetings to you all friends in service and friends of Rotary.

I applaud us all for the great milestones during the first six months of the Action Year with zeal and impact, a segment where dreams and plans came to reality, where each act of service has had impact on humanity in our communities.

A special thank you to the awesome members of the Rotary Club of Nalumunye who have selflessly served with passion and ultimately made it possible for us to live by our promise of Service Above Self. The Gallant Munyes You Rock!

As we hit our half year mark, it is only right to look back and celebrate the achievements that have gone down in history! Am humbled to say that as team Nalumunye we are excited at the progress we have made since the 1st of July 2025. The first phase of this service journey has not only been fruitful but has also been delivered through team cohesion iced with the Grace of God. I must say everything falls on leadership and to this, our fountain of honor District Governor has inspired us to do great at every touch point.

For the month of December, we have been honoured to participate and make meaning of the



Action President Debbie Komugisha Kakande

Rotary theme month; Disease Prevention and Treatment. With joy, we saw one of our WASH Projects come to reality through a commitment of building a well in our community to bring safe and clean water closer. Humbled to say, we ably delivered on this promise! A healthy Community is a wealthy community. My sincere

Appreciation to the Rhinos Buddy Group who in a timely way built the well to respond to the call on Disease Prevention and Treatment in the month of December.

Similarly, we delivered on our Maternal and Child Health MCH Signature Project of the Action Year; The Triage Centre at Kitebi Health Centre III under Kampala Capital City Authority. We were honoured by our District Governor Christine Kyeyune Kawoya who commissioned this Triage on 17th December 2025. This will be an answer in Disease Treatment where patients will have a well-furnished Triage as the first point of contact with dignity. Thank you again the Munyes for the selfless service in our community. Special recognition to the Buffaloes and Tigers Buddy groups that have furnished our Traige and maternity place at Kitebi Health Centre III.

December has also been a beautiful month under membership extension where we not only met our first born of the Action Year, the Rotary Club of Nalumunye Heights but also launched the birth of our second born Rotary Club of Nalumunye-Katale Information. We envisage success and growth in the second half of the Rotary Action Year.

As we wind down the year, I consider it the best time to plan ahead as we reenergize for even a greater second half of the Rotary Year. To this, I invite all our Club members to keep the 'Foot on the Pedal' a phrase that simply implies that no stopping



As we wind down the year, I consider it the best time to plan ahead as we reenergize for even a greater second half of the Rotary Year.

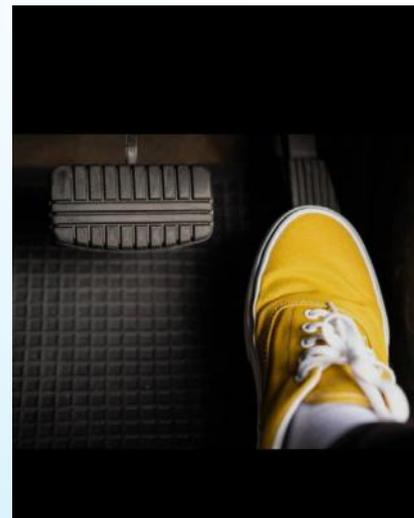
doing good but rather accelerate the action impact in all spheres. We will indeed keep our Foot on the Pedal in creating a lasting change, creating impact, while celebrating great acts of service in our beautiful community.

Friends, as we take off time this festive season to celebrate the year's achievements, may we also take time to reconnect with our purpose in service. May we be encouraged by the visible and tangible change we have caused to impact in our communities and in ourselves.

May we refresh and become a new!

Friends in Service, Here's to a blessed and peaceful festive season as we look forward to a bountiful and great 2026.

Dear Munyes, 'Foot on Pedal'.



Which Buddy Group will win, in which category



1ST 6 MONTHS OF THE ACTION YEAR BUDDY GROUP AWARDS

- Most Impactful Project Completed
- Number of Projects Completed
- Highest Elearning Courses Completed in RCC
- Highest Number of DCA Delegates fully paid
- Highest Number of Fellowship Attendees
- Highest Number of New PHFs
- Most Compassionate Team
- Most Innovative Buddy Group
- Most Engaged Buddy Group

31 DEC
2025
5PM



AP Deborah K. Kakande launches the well reconstructed by Rhinos Buddy Group



Rtn Josephine J. Anying,
RC Nalumunye

From Scarcity to Sustainability: RC Nalumunye Restores Dignity Through Clean Water to Residents of Nalumunye

Access to clean and safe water is a fundamental human right, and a foundation for good health, education, and economic development. Yet, as of 2022, an estimated **2.2 billion people worldwide** still lack access to safely managed drinking water services – water that is accessible on premises, available when needed, and free from contamination.

Recognizing this urgent reality, the Rotary Club of Nalumunye took decisive action during this month of December to address persistent water access challenges within the

Nalumunye community which has over 500 households.

While a significant number of residents rely on piped water, many households continue to depend on wells, rainwater, and other unsafe sources for their daily needs. In recent months, frequent disruptions in piped water supply, caused by various challenges,

leaving many homes without reliable access to clean water.

In such moments, community WELLS became one of the alternatives. Unfortunately, several of these wells were in poor condition, exposing residents to unsafe water and increased health risks.

Driven by a strong commitment to create lasting community impact, RC Nalumunye, through the generosity of its Rhinos Buddy Group, mobilized resources to rehabilitate and upgrade one such community WELL. The result was a more modern, safer WELL, constructed to a



During the official commissioning of the well on Saturday, December 13th, the LC1 Chairperson, Milly Namuli Lubega thanked the Rotary Club of Nalumunye for consistently supporting community-led initiatives.



L.C 1 Chairperson, Ms Milly Namuli launches the well

much higher standard capable of providing clean and reliable water to the surrounding households.

Mzee Lwanga, on whose land the WELL is located, shared that the WELL serves a large number of residents daily. He expressed heartfelt gratitude to RC Nalumunye, noting that the improved structure has significantly enhanced both safety and water quality for the community.

Speaking on the project, President Deborah Komugisha Kakande of RC Nalumunye emphasized that disease prevention remains a core focus of the club's service agenda. "Ensuring access to clean and safe water is one of the most effective ways to prevent disease and protect our community," she said. She also encouraged the community to take good care of the WELL going forward, since the Rotary Club has handed it over to them.

The initiative also received praise from the Chairman of the Nalumunye Community Initiative – Mr. Simon Katongole, who applauded the Rotary Club members for their humanitarian spirit and dedication to improving the lives of residents.

During the official commissioning of the well on Saturday, December 13th, the LC1 Chairperson, Milly Namuli Lubega thanked the Rotary Club of Nalumunye for consistently supporting community-led initiatives. She highlighted the water project as one that touches every household and encouraged community members to take collective responsibility for maintaining and protecting the well.

Building on this success, RC Nalumunye has committed to constructing two more community WELLS within the estate, further strengthening access to clean water and uplifting living standards across Nalumunye. This project stands as a powerful reminder that when communities and partners come together with purpose, every drop of clean water becomes a source of life, dignity, and hope. Let's continue to create change in the world – Together, One Act At a Time!



The newly constructed WELL in Nalumunye by the Rotary Club of Nalumunye



Rtn Harriet Karen Mukajambo, Malaria Officer RC Nalumunye

Rotarians Didas and Angel during one of our Fun Fellowships, we decided to have a sports fellowship

Non-Communicable Diseases (NCDs) in Uganda: Critical Attention Needed – What Rotarians Can Act On

The burden of non-communicable diseases (NCDs) in Uganda, as in other low- and middle-income countries (LMICs) and across sub-Saharan Africa, is accelerating. With health systems already stretched by communicable diseases, Uganda faces a “double burden” of disease that challenges both resources and capacity.

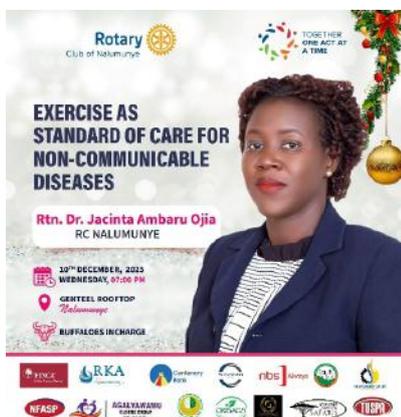
At the RC Nalumunye Fellowship on 10th December 2025, Rtn Dr. Jacinta Ambaru delivered a compelling presentation on Exercise as a Standard of Care for Non-Communicable Diseases. She highlighted that both individuals and the country as a whole are spending heavily on treating preventable diseases, conditions whose primary antidote is simply sufficient physical activity, whether at home or in community settings.

CDs disproportionately affect people in their prime working years, amplifying both social and economic impacts.

Why fighting NCDs starts with moving your body

The benefits of exercise extend far beyond general wellness, offering significant preventative and therapeutic effects. In fact, regular exercise may soon become an integral part of cancer care, meaning that prescriptions for exercise could join medications as standard components of treatment. Studies indicate that colon cancer patients who incorporated a structured exercise program into their recovery reduced their risk of disease recurrence by 28% and their risk of death by 37%.

Data from the Uganda Initiative for Integrated Management of NCDs (UINCD) underscores the scale of the problem: chronic NCDs are responsible for the majority of global morbidity and mortality. Over the next 15 years, global financial losses due to NCDs are projected to reach a staggering 7 trillion US dollars. This economic burden is particularly acute in LMICs, where





Despite the Ministry of Health's (MoH) long-standing commitment to NCD prevention and control through primary and integrated healthcare since 2006, recent assessments highlight critical gaps. A nationwide NCD-focused needs assessment, sampling 54 health facilities, revealed that healthcare workers in Uganda are often undertrained and ill-prepared to diagnose and manage NCDs, while the health system itself struggles to meet patients' needs.

Furthermore, a recent analysis shows that the national NCD Programme receives just 0.011% of the MoH budget and relies heavily on external grants. These findings underscore the urgent need for person-centred and community-focused strategies to prevent and manage non-communicable diseases effectively.

Like Polio, Rotarians can kick out NCDs too!

As Rotarians, we uphold the belief that good health is a fundamental human right. Yet, globally, 400 million people cannot afford or access basic healthcare, leaving families and communities vulnerable to the devastating consequences of disease. Rotarians around the world are leading efforts both large and small by prioritizing the prevention and treatment of illnesses. These initiatives include

setting up temporary clinics, establishing regional and national blood donation centres, and implementing other life-saving interventions.

Beyond tackling diseases such as malaria, HIV/AIDS, diabetes, and polio, Rotary also emphasizes health education and providing routine hearing, vision, and dental care.

For RC Nalumunye, the recent commissioning of three community projects under the Maternal and Child Health (MCH) and Water, Sanitation, and Hygiene (WASH) initiatives reflects a clear commitment to disease prevention. These projects expand access to care in a community where hygiene, sanitation and access to water and health is a privilege rather than a right.

It is often said that prevention is better than cure. Most non-communicable diseases (NCDs)

including cancers, hypertension, diabetes, lipid disorders, and stroke share common risk factors. These conditions can be largely prevented by addressing the following:

- ▶ Tobacco use
- ▶ Excessive alcohol consumption
- ▶ Unhealthy diets
- ▶ Physical inactivity
- ▶ Socio-economic determinants of health, such as poverty, limited education, and rapid urbanization

By targeting these risk factors, individuals and communities can significantly reduce the burden of NCDs and improve overall health outcomes.

**Vive le Rotary,
For God and My Country**

L-R: Club Members planting mosquito repellent at Kitebi Health Centre 3, Club Members during a Fun Fellowship football match





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- >> High-impact learning and leadership sessions
- >> Powerful networking and fellowship
- >> Theme nights and unforgettable moments



Not an expense; An investment in your Rotary journey
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Rotaractors - USD 100
dca101.rotaryd9214.org

Venue
Speke Resort
Munyonyo
23rd to 25th
April 2026

101st
DCA

Together
one act at
a time





Rotaractors of Nalumunye during the Christmas Carols



**Rtn Maureen Natuhwera
K, Family of Rotary Officer**

A Joyful Finale: Christmas Carols with the Rotary Family

The Rotary Club of Nalumunye wrapped up the year on a truly joyful and heart-warming note with a vibrant Christmas Carols Fellowship – a celebration that beautifully captured the magic of Christmas, the power of fellowship, and the spirit of service.

Held as a joint celebration with the Rotary Club of Nalumunye Heights and the Rotaract Club of Nalumunye, the evening was made even more special by the presence of our children, the Rota Kids – a living, smiling reminder that the Family of Rotary is strongest when generations come together in love and purpose.

The night came alive with soul-stirring Christmas carols led

by our energetic buddy groups – The Rhinos, The Buffaloes, The Tigers, and The Lions. Each group brought its own rhythm, creativity, and festive flair, filling the air with melodies of hope, joy, and thanksgiving. Our partners from RC Nalumunye Heights, the Rotaractors, and the Rota Kids joined in wholeheartedly, turning the fellowship into a beautiful chorus of unity and shared celebration.

Adding to the merriment was a lively band that kept the atmosphere bright and joyful throughout the evening, ensuring smiles, laughter, and a true Christmas vibe all around. Beyond the music and carols, the fellowship offered a precious moment to pause, reflect on the year gone by,

celebrate friendships formed, and appreciate the collective impact made through service.

We extend our heartfelt appreciation to our President, also President of Presidents for the Action Year, Rtn Debroh Komugisha Kakande, for her inspiring and dedicated leadership, and to all club members for their unwavering commitment, fellowship, and service throughout the year.

As the final fellowship of 2025, the Christmas Carols celebration was a fitting and meaningful way to close the year—united, grateful, filled with cheer, and hopeful as we look forward to another year of Service Above Self.



Lions Buddy Group took it to another level – y even got costumes



Rotarians from RC Nalumunye Heights during the Carols



Rotarians from RC Nalumunye





Happy Holidays

This Christmas, I commend your service and commitment. Wishing you peace, renewed energy, and success in the year ahead.

AG Robert Nsereko
Assistant Governor, Lake Victoria Zone 6





PoP Deborah K. Kakande in a light moment with the host AP Peter Ssamula at the Entebbe Road Corridor Christmas Carols Fellowship



Rtn Apollo Munghinda,
Editor, Nalumunye
Trumpet

The Munyes Shine at the Entebbe Road Corridor Christmas Carols

The Rotary Club of Nalumunye joined other Entebbe Road Corridor Rotary Clubs for the Annual Christmas Carols at Grace Restaurant, Lubowa at the invitation of the Presidents of Entebbe Road Clubs.

This fellowship hosted by the Rotary Club of Lubowa was a perfect opportunity to set the mood for the festive season and celebrate the achievements during the year 2025.

Known for their vibrancy, the Munyes did not disappoint. A big number of club members led by the Club President and also the President of Presidents

(PoP) Deborah Komugisha Kakande aka DKK exhibited a powerful display of talent by singing the famous Feliz Navidad, and wishing Merry Christmas to the Rotary family.

All the Entebbe Road corridor clubs presented their favorite Christmas Carols at the fun filled fellowship characterized by display

of love for one another, sharing of experiences, eating and drinking.

There is no doubt that this fellowship rekindled the love and unity of the Rotary fraternity and for the Munyes, this celebration marked a long week of celebrations to mark the first half of the Action year and end of 2025.

In fact, this even also came off as a 'kasiki' for the grand finale of the Christmas carols at home on 17th December 2025 at the last fellowship of the calendar year 2025 and in the first half of the Rotary Action Year 2025/26.

Come next year, the Munye bus will surely show up again to participate in festivities. Together, one act at a time.

Come next year, the Munye bus will surely show up again to participate in festivities. Together, one act at a time.



Top: The Munyes doing Felis Navidad, led by PoP/AP Deborah K. Kakande
Bottom: Photo moment with the host President of RC Lubowa, AP Peter Ssamula





Rtn. Freddie Nyanzi,
Club Administrator/PN

A Warmly Successful District Governor's Visit

Building Momentum: A Mid- Year Review, Growth, Service and Fellowship

Celebrating a Vibrant and Impactful First Half of the Action Year

The first half of our action year has been marked by growth, innovation, fellowship, and meaningful service. From strengthening administrative systems to enhancing member engagement and launching impactful community initiatives, our club continues to thrive with unity and purpose.

A major highlight of this period was the well-organized official visit of District Governor Christine Kyeyune Kawooya. Her engagement with club leadership and members reassured us of our progress and inspired us to continue striving toward excellence in service and club administration.

Modernizing Club Administration – Sergeant-at-Arms

Introduction of Online Registration

To improve efficiency and professionalism, the club successfully introduced online registration for club members, visiting Rotarians, and guests. This innovation has streamlined attendance tracking, improved event management, and strengthened our administrative systems.



Strengthening Leadership: Retreat at Oguzulu

The club retreat held at Oguzulu provided an enriching environment for strategic planning, reflection, and team bonding. Members engaged in productive discussions and returned with renewed enthusiasm and clarity toward achieving the year's goals.



Come next year, the Munye bus will surely show up again to participate in festivities. Together, one act at a time.



RC Nalumunye members at the Club Retreat

Welcoming New Rotarians

The club proudly conducted an inspiring Induction Fellowship, formally welcoming new members into Rotary. Their diverse skills, passion, and commitment have already begun to add great value to our club's work and culture.



Rtn Grace Bayiga being inducted into Rotary family

Fellowship with Creativity and Fun

This half-year was filled with vibrant fellowship activities that enhanced member engagement and strengthened camaraderie. Highlights included:

- ▶ Silent Disco Fellowship
- ▶ Quiz Night

- ▶ Paint & Sip Experience
- ▶ Out-of-Venue Fellowships

These events brought energy, innovation, and joy to our club life.

Happy Dollars: Supporting Club Operations

The consistent collection of Happy Dollars has played a vital role in supporting the club's weekly and monthly activities. This cheerful culture of giving has ensured smooth operations and strengthened our collective commitment to sustaining club initiatives. In so doing, the Treasury also secured a MoMo ID to ease the process of contributing to Club Financial resources.



RC Nalumunye MoMo ID

Launching "Raising Parents": A New Community Initiative

A cornerstone achievement of this half-year was the successful launch of Raising Parents, a community awareness initiative aimed at empowering parents and caregivers. This flagship program is gaining momentum and is expected to create lasting positive impact within our communities. This project is implemented in partnership with the International Center for Mental health and Family Care (ICFC).

INTERNATIONAL CENTER FOR MENTAL HEALTH AND FAMILY CARE (ICFC)

Strong Families, Strong Teams, Strong Minds.

- Life Coaching
- Parenting Education
- Counselling Services
- Staff Wellness Services

Tel: +256-772-425-449, +256-752-726-889 | Email: info@icfcl.org | Website: www.icfcl.org

Buddy Groups: Collaboration, Competition, and Community Impact



Buddy Groups have remained a powerful engine of engagement, leadership, and service within the club. The club currently has four active Buddy Groups: Buffaloes, Lions, Rhinos, and Tigers. Throughout the first half of the action year, there has been commendable collaboration and healthy competition among these groups.

Each Buddy Group committed to undertaking a service project during the action year, with notable progress achieved:

Buffaloes Buddy Group successfully raised funds to procure world-class furniture for the Triage at Kitebi Health Centre and was delivered on 17th December 2025 on the day of the commissioning.

Tigers Buddy Group also procured partition curtains/screens for Kitebi Health Centre, enhancing patient privacy and dignity.

Rhinos Buddy Group renovated a spring well near LeBron Supermarket and it was commissioned and handed over to the community through the LC 1 Chairperson on 13th December 2025, improving access to clean water for the surrounding community.



The well reconstructed by Rhinos Buddy Group

Lions Buddy Group undertook the renovation of Rtn Alice Zalwango's clinic, contributing to improved healthcare delivery and its work still in progress.

In addition, Buddy Groups have effectively organized and taken charge of fellowships whenever assigned by the Club Administrator, further strengthening teamwork and ownership within the club.

On this note, the club extends sincere appreciation to the Buddy Group Chairpersons for their exemplary leadership and dedication. Keep up the great work!

Family of Rotary: Strengthening Our Bonds and Celebrating Each Other

The Family of Rotary pillar has remained central to nurturing a supportive, warm, and connected membership experience.



Buddy Groups have effectively organized and taken charge of fellowships whenever assigned by the Club Administrator, further strengthening teamwork and ownership within the club.

Home Hospitality Experiences

The Buffaloes Buddy Group hosted a Home Hospitality at the welcoming home of MD Jane Kabugo, fostering warmth and connection.

The club also held its first Home Hospitality at President Deborah K. Kakande's residence, which was well attended and beautifully hosted. These gatherings deepened fellowship beyond the meeting room.



Buffaloes Home Hospitality at MD Jane Kabugo's residence (Top left); Home Hospitality at AP Deborah K. Kakande at their residence (Top right); and Lions Home Hospitality at Rtn Mark Mwanje's residence (Bottom left).

The Lions too recently held a home hospitality hosted by Rtn Mark Mwanje and invited friends of the Lions.

Monthly Celebrations

The club continues to celebrate members through monthly cake-cutting ceremonies, recognizing birthdays, milestones, and achievements. These moments strengthen our sense of belonging and joy.



Caring for Each Other

In the true spirit of Rotary compassion, members continue to visit and support fellow Rotarians facing illness or personal challenges, reflecting the strong family spirit that defines our club.

Star of the Month Recognition

Each month, the club honors a Star of the Month—a Rotarian who has demonstrated exceptional dedication, leadership, or service. This recognition has significantly boosted motivation and fostered a culture of appreciation.

JULY 2025	AUGUST 2025	SEPTEMBER 2025	OCTOBER 2025
 Rtn. COLLINS TUI WUNGU	 Rtn. BONNIE I. UMWANI	 Rtn. MALINDI KARIUKI	 Rtn. MOSES OJWA
 Rtn. ANGEL NAMBODOI			
NOVEMBER 2025	DECEMBER 2025	JANUARY 2026	FEBRUARY 2026
MARCH 2026	APRIL 2026	MAY 2026	JUNE 2026

Rotary Club of Nalumunye

STAR OF THE MONTH 2025/26

Paul P. Harris.....
"The only way to find yourself is to lose yourself in the service of others"

Special Appreciation to Our President

Special thanks to our President, Rtn. Deborah Komugisha Kakande. Thank you for always leading from the front. Your visionary leadership, commitment, and unwavering support continue to inspire excellence, unity, and purpose within the club.

Appreciation to the Club Administration Committee

To my wonderful Club Administration Committee, I cannot thank you enough. Your consistent dedication ensures that the business of the club runs smoothly and efficiently at all times.

Though much of our work happens behind the scenes, the impact is clearly visible through the excellence, organization, and consistency of our club activities. Your commitment, teamwork, and attention to detail

continue to provide a strong foundation upon which our club thrives.

Thank you for your outstanding service and unwavering support.

Looking Ahead

With a strong and successful first half behind us, the club is energized to pursue even greater milestones in the months ahead. Guided by unity, creativity, and commitment to Service Above Self, we look forward to an even more impactful second half of the Action Year.

Thank you Rotarians of Rotary Club of Nalumunye for keeping the bar high.

Here's to continued growth, fellowship, and service above self!



*Future leaders of
RC Nalumunye*

PE Moses Ronald Oteng (PHF)
PN Freddie Nyanzi (PHF)
PND Didas Kumwesiga (PHF)

Wish you a

M E R R Y

Christmas
AND HAPPY NEW YEAR

At the hardest of times, Rotary was there for me: This is my story



Rtr Racheal Kisaakye, Patron, Interact Club of Mutundwe Young Christian Secondary School In-Formation

I joined the Rotaract Club of Lukaya during my Form Six vacation. At the time, Rotary felt exciting and refreshing. I enjoyed the service activities, the friendships, and the sense of purpose that came with being part of something bigger than myself. For the first time, I felt confident in a space where people genuinely cared about one another. Rotary quickly became more than a club-it became a place where I belonged.

Later, I moved to Kampala to pursue my university studies. Determined to stay connected to Rotary, I searched for a club near where I stayed and found the Rotaract Club of Mengo–Mutundwe. However, campus life came with its own pressures. Academic demands, responsibilities, and the general chaos of adulthood slowly took over. Though I remained a member, my commitment faded. I felt lost, disconnected, and overwhelmed, and Rotary quietly shifted to the background of my life.

During this period, my mother back home was battling breast cancer. As I prepared to sit for my final university examinations, my heart was heavy, though I tried to remain strong. On the day I wrote my last paper, I walked out of the

examination room relieved and happy- it had been an easy paper, and I felt I had done well. But my friends were waiting for me outside, unusually quiet and visibly distressed. They refused to speak to me.

Moments later, I received a phone call from a relative. That call shattered my world, my mother had passed on. I broke down completely and ran all over campus until stronger men restrained me and took me to the university library to help me calm down. Once I was composed, we immediately proceeded to Lukaya, my home village, where my father was waiting.

The first words my father said to me when he saw me, changed my life forever: “Your fellow Rotarians are already here, and they have helped us financially.”

I looked around and saw five Rotarians and a good number of Rotaractors from the Rotary Club of Lukaya and the Rotaract Clubs of Mengo–Mutundwe, Lukaya, and Masaka. They had come without hesitation. Rotaractors were busy

doing the hard, unseen work- what we often call “donkey work.”

They slept in the cold and sacrificed their comfort, all because I was one of them. In that moment, I truly understood what Rotary means. This was not obligation; it was not convenience. This was love, service, and family in action. I felt deeply honored, humbled, and proud to belong to such a caring community. As the proverb goes, “A friend in need is a friend indeed,” and Rotary proved this to me in the most painful yet powerful way.

From that day on, I made a vow to myself, to God, and to my family- that I would never betray this family of Rotary. My commitment is rooted not just in meetings or projects, but in values: compassion, selflessness, unity, and genuine care for one another.

I proudly belong here. Rotary is not just where I serve- it is where I am seen, supported, and loved.



From that day on, I made a vow to myself, to God, and to my family- that I would never betray this family of Rotary.



Rtn Dr Juliet Kyayesimira

Hobbies: Travelling, Nature walk, Bird watching, Aerobics and community engagement.

Quote: "A dream doesn't become reality through magic; it takes sweat, determination, and hard work." Colin Powell.



Rtn Hadijah Namuddu

Hobbies: Traveling, Reading

Quote: "So be patient with gracious patience"



Rtn Isaac Herman Ssentongo

Hobbies: Football, Travelling, Dancing and hiking

Quote: "If u can't measure it then you cannot manage it"



Rtn Freddie Nyanzi

Hobbies: Reading and research; Community engagement and volunteering; Leadership and teamwork activities; Creative writing and content development; Technology and digital skills development; Sports: Football, walking; Gardening or caring for plants; Collecting items (stamps, coins, figurines)

Quote: "Do not go where the path may lead, go instead where there is no path and leave a trail."



Rtn Apollo Munghinda

Hobbies: Traveling, Reading, Jogging

Quote: Life isn't about waiting for the storm to pass; it's about learning to dance in the rain."- Vivian Greene



Rtn Milly Kabasinga

Hobbies: Traveling, listening to music and working hard

Quote: With God everything is possible



Rtn Sherifah Namatovu

Hobbies: Making friends, baking, reading, writing, travelling

Quote: So which of the favours of your Lord would you deny? (Ar-Rahman 13)



Rtn Mirhona Nagawa Bogere

Hobbies: Travelling, Music, Dancing and making life simple.

Quote: Psalm 23, "The Lord is my Shepard, I shall not want".



Season's Greetings

**The Club Administration Committee
wishes the Rotary Club of Nalumunye
a Merry Christmas and a Joyful,
Prosperous New Year 2026**





Rtn Bonitah Eunice Asimwe, Chairperson Buffaloes Buddy Group

BUFFALOES: The Half-Year was Worth it!

The action year began with an important leadership transition. I was elected as the new Chairperson, taking over from Rtn Josephine J. Anying, who now serves as the Action Public Image Director.

Warm and Fun Home Hospitality

The Buffaloes organized a warm and enjoyable Home Hospitality at MD Jane Kabugo's home in Mbuya. Members had the opportunity to get to know one another better on a personal level, fostering stronger bonds within the group.

Thank you, MD Jane, for hosting us so graciously.

New Members Join the Buffaloes

Our Buddy Group has continued to grow. We welcomed several new members who were inducted during the District Governor's Visit and the Induction Fellowship. Their presence has brought new energy and enthusiasm to the Buffaloes.

Consistent Happy Dollar Contributions

I would like to extend heartfelt appreciation to all members who have continuously contributed Happy Dollars on a weekly basis. Your generosity has supported the club activities and strengthened our ability to serve. Please don't tire- we come to serve.

Buddy Group Project: Furniture for the Triage Shade at Kitebi HC III

The Buffaloes have successfully raised funds to procure furniture for the Triage shade for Kitebi Health Centre III, marking it as our official Buddy Group project for the Action year. This initiative demonstrates our commitment to improving maternal health and supporting our community.

A Call for Unity

Lastly, I encourage all members- both active and inactive- to work together for the betterment of our club. Our strength lies in our unity, participation, and shared purpose. God bless you all.



The Rhinos handover the reconstructed well to the LC 1 Chairperson of Nalumunye Village



**Rtn Collins Tulikuno,
Chairperson, Rhinos
Buddy Group and Club
Sergeant-at-Arms**

RHINOS: Action Year Highlights (July–December)

July

The action year began on a joyful note. On 2nd July, the Rhinos surprised our Chair, Rtn Collins Tulikuno, with a birthday celebration and thoughtful gifts from fellow members, a heartfelt expression of appreciation for his leadership. The gathering also doubled as an informal welcome for new members, who had the opportunity to meet and connect over a light meal and warm conversation.

Later in the month, on 26th July, the club held a medical camp. Continuing their proud tradition of service, the Rhinos once again recorded the highest number of volunteers, demonstrating their strong commitment and active participation.

August

August's highlight was the Rotary Cancer Run, where the Rhinos truly stood out. The team purchased the highest number of kits and recorded the largest turnout, capped by an impressive 21 km run by our Chair.





PND Didas- Second left, AP Debbie- Second Right and PE Moses (All Rhinos), with PN Freddie- a Buffalo

In the same month, MD Rosemary Bareebe a stalwart Rhino, received well-deserved recognition. She was awarded honorary membership by RC Mutundwe and honoured with a Lifetime Achievement Award from Radical New Bar for her pioneering contributions to digital transformation and innovative approaches to justice in Uganda.

The month concluded on a high note, with the club recognising our Chair as Rotarian of the Month.

September

September proved to be a highly productive month. The Rhinos selected a Buddy Group project to undertake during the action year, alongside their continued contribution to the club's signature project. On 6th September, we hosted our first home hospitality at the Club President's residence, a lively day filled with games, fellowship, and warm camaraderie. The Rhinos also organised the club's inaugural painting fellowship, during which our new Friends of the Year (FOY) were selected by ballot. The event was colourful and convivial, revealing

hidden talents and strengthening the bonds of fellowship within the club.

October

On 15th October, the Rhinos were named the best buddy group at the "Growing Your Money" fellowship, hosted by the Lions Buddy Group. PE Moses accepted a bottle of Four Cousins on behalf of the team, a modest token marking a significant win.

November

We often discover future leaders at the club retreat (8th – 9th November), which continues to be a hallmark of our calendar. Over the years, both historically and in recent times, the Rhinos have produced several club presidents, including IPP George, AP Debbie, PE Moses, and now PND Didas. This year the Rhinos also fielded the largest delegation to the retreat. Our numbers enhanced the fellowship, which intensified the competition in some games. In conjunction with the club administration, we organised what

many described as the best fellowship in RC Nalumunye's history.

Led by quiz wizard Myles, all four buddy groups competed fiercely in a nostalgic, laughter-filled contest that the Rhinos ultimately won, though every participant went home with a gift. The month closed with an induction ceremony on 26th November, welcoming three new members into our fold: Rtn Dr Jacinta Ojia Ambru, Rtn Jonathan Mungenyi Rwabwogo, and Rtn Venantius Zulu Kihika.

December

MEGA MILESTONE: We successfully completed our Action Year project ahead of schedule. A new community well along Valeria Lane was officially handed over on behalf of RC Nalumunye to LC1 Chairperson Madam Milly Lubega. The well now provides clean water to the Nalumunye community, which has often faced water shortages from NWSC.

The coming 6 months (January-June)

Inspired by AP Debbie, the Rhinos remain committed to pressing forward, foot on pedal.

December Reflection: Service, Growth, and Hope

Dear Fellow Rotaractors, Partners, and Friends,
As we bring another inspiring month to a close, I extend my heartfelt appreciation to each of you for your unwavering commitment, passion, and service. December is more than the close of a year, it is a moment to pause, reflect, and celebrate our journey. This year the month of December has reminded us why we chose Rotaract, not merely to belong to a club, but to serve a purpose greater than ourselves.

Guided by Rotary's theme for the month, Disease Prevention and Treatment, we were called to look beyond statistics and focus on people, their struggles, their hopes, and their right to health. Even as young leaders, we saw how our actions can save lives, restore dignity, and make a real difference.

Allow me to reflect on the key moments and milestones that defined our journey, and to highlight the experiences that made December a month marked by purpose, growth, and meaningful impact.

The RYLA Experience: Leadership That Transforms

One of the most defining moments of December was our participation in the RYLA Bootcamp. For many of us, RYLA was more than a training, it was a turning point. In rooms filled with passionate young leaders, we



Mutaawe Jamirah, President, Rotaract Club of Nalumunye

found our voices strengthened, our confidence renewed, and our sense of responsibility sharpened.

Through powerful sessions on leadership, mentorship, teamwork, public speaking, and service, we were reminded that leadership is not about titles, but about influence, empathy, and action. RYLA challenged us to look inward, to confront our fears, and to step boldly into the leaders we are becoming. We returned not just inspired, but transformed.

Save a Soul Project: Service That Touched Hearts

December also gave us one of the most humbling experiences of the year through the Save a Soul Project at Toruwu Centre, Kikajjo. Standing among young souls

whose resilience spoke louder than words, we were reminded of the true meaning of service.

Through the donation of wheelchairs, crutches, diapers, clothes, foodstuffs, and other essential items, we offered more than material support. We offered hope, comfort, and reassurance that they are seen, valued, and loved. In their smiles, in their silent strength, we were reminded that service is not about how much we give, but how deeply we care.

A Season of Reflection and Renewal

December, being a festive month, invited us to pause and reflect on our journey, our growth, and our shared responsibilities as Rotaractors. While it is a season of celebration and rest, it is equally a season of gratitude and giving. This month, we have lived the theme, learned from our experiences, and strengthened our commitment to building healthier communities and fostering stronger bonds of friendship.

As we look toward a new year, we do so with renewed energy, fresh ideas, and an even deeper commitment to serving humanity—a year in which we will continue to lead with compassion, serve with integrity, and stand firmly in the belief that young people can, and do, change the world.

May this festive season bring you peace, joy, and renewed purpose. Here's to good health, meaningful service, and a future filled with lasting impact.

STOP USING FEEDBACK AS A WEAPON

Infographic by agrassoblog.org for educational e motivational purposes

1

TRUST BEFORE CRITIQUE

Criticism without care breaks trust.



2

BUILD, DO NOT WOUND

Words can build or wound — choose to build.

3

NURTURE GROWTH

Support helps people grow; fear shuts them down.



4

GUIDE, DO NOT BLAME

Blame isolates, guidance connects.



5

PRIVATE CORRECTION, PUBLIC PRAISE

Correct in private, appreciate in public.



6

RESPECTFUL HONESTY

Honest feedback respects, it does not shame.



7

KEEP IT PROFESSIONAL

When feedback turns personal, progress stops.



8

EMPATHY FUELS GROWTH

Growth needs empathy as much as truth.

The Present Stitch: POEM



Rebecca Asio, Guest

A whisper grows into a mighty call,
A single purpose to unite us all.
A fight we face beneath the sun's same
light
To turn the tide, to choose to end the night.

"A stitch in time saves nine," they say,
But where does that first stitch begin?
We are not the future. We are Now.
The present is the skin we're in.

It is the stranger's steady courage,
Letting a stranger's heartbeat live
The lifesaving river of a blood donation.
That is the present stitch.

In the rally of a cancer run,
We race as one till every battle's won.
See medical camps rise on common ground;
More than just a tent and tray,
it's a harbor where the fearful stay,
Where whispered fears are met
with calm, skilled hands.

But stitches grow far stronger in unity

A tensile, human, lasting certainty.
They weave a net below the fearful fall
The strongest science: people heeding calls.

So let your awe become a thread.
Take up the needle. Do not dread
The simple, sacred, saving art.
The Rotary Club of Nalumunye sews
The fabric where true hope now grows.

Come, add your hand and stitch.
The present needs you. Now. Right here!



CONGRATULATIONS

Rotary
Club of Nalumunye



STAR OF THE MONTH 2025/26

Paul P. Harris.....

"The only way to find yourself is to
lose yourself in the service of others"

JULY 2025



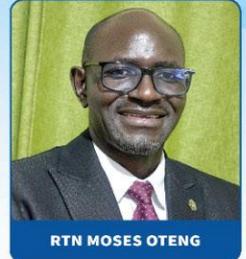
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SEPTEMBER 2025



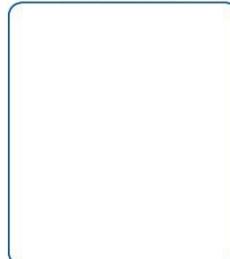
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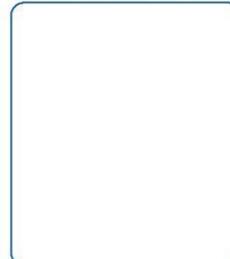
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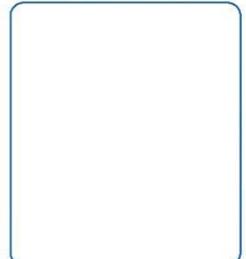
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JANUARY 2026



FEBRUARY 2026



MARCH 2026



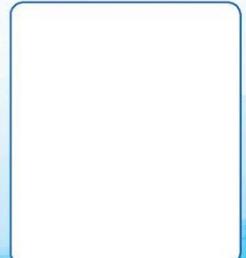
APRIL 2026



MAY 2026



JUNE 2026



AMBASSADORIAL REPORTS



At RC Acacia Sunset Kampala, 2nd December



PE Moses and PND Didas at RC Seguku, 6th December



AP Debbie at RC Konge Lukuli-DG's Visist, 8th December



Rtn Alice and Rtn Karen at RC Kitebi In-Formation, 8th December



PE Moses at RC Kampala Wandegeya, 10th December



At the New Club Launch, RC Nalumunye-Katale In-Formation, 11th December



At RC Bwerenga, 19th December



PE Moses, PoP Debbie and PN Freddie with CP Lydia, at RC Bunamwaya Charter Night, 20th December

Topic

Secure Your Spot!

An Experience to Remember

Panelists



PAG Elizabeth Baguma
DCA Chair



PAG Peter Kagwa
DCA Vice Chair



Moderator
PAG Debbie Komugisha
Kikanda

TIME
06 OCTOBER 2025
7AM - 8AM

Debbie Hosted by
The Morning Crew



Free Will -
Rotarians - USD 500
Non-Rotarians - USD 100
dca2025rotary9214.org

Venue
Spirits Retreat,
Munyonyo
200 to 500th
April 2025

101st DCA

**Together
one act at
a time**

PoP Debbie Moderates a high powered conversation, 10th December

Birthdays

Rotary Club of Nalumuye

TOGETHER ONE ACT AT A TIME



HAPPY BIRTHDAY

A nurse and a honorary member whose kindness touches people far beyond what words can express.

Honorary Member Alice Zalwango

04TH DEC

Rotary Club of Nalumuye

TOGETHER ONE ACT AT A TIME



Happy Birthday

Rtn Kakumba Edward Kiwanuka

A gentleman whose leadership in business reflects a heart that serves with a purpose.

DEC 10TH

Rotary Club of Nalumuye

TOGETHER ONE ACT AT A TIME



HAPPY Birthday

MD. FAROUK BUSUULWA

A Honorary Member whose commitment to service and contribution to the tourism industry brings people together to create lasting memories.

13TH DEC

Rotary Club of Nalumuye

TOGETHER ONE ACT AT A TIME



Happy Birthday!

Rtn. JAMES KATURAMU

A visionary Businessman whose commitment to enhancing safety through security solutions speaks volumes.

23RD DEC



Rotary Club of Nalumuye

TOGETHER ONE ACT AT A TIME



HAPPY Birthday

Rtn. Josephine Musisi Naiga

A lady whose integrity and dedication in financial services reflect true stewardship and service above self

24TH DEC



CLUB ACTIVITIES OF DECEMBER

Rotary
Acacia Sunset-Kampala

STRONGER TOGETHER

A Reunion Of Our Rotary Generations

RC Sunrise Kampala RC Nalumunye
RC Bulindo RC eClub Uganda Global
RC Kansanga Rtc Acacia sunset
RC Nakawa Rtc UCU Kampala

2ND DECEMBER 2025
6:30PM

PROTEA HOTEL



Rotary
Club of Nalumunye

MUNYES FIREPLACE

ONE ON ONE WITH OUR NEWEST JOINERS

The Fiery Mark Mwanje
Moderator

WED 03rd Dec, 2025 7:00PM
Genteel Gardens



Rotary
Club of Nalumunye
Club of Mutundwe
Club of Bwerenga

TOGETHER ONE ACT AT A TIME

ROTARY CLUB OF NALUMUNYE-KATALE (IN FORMATION)

TOPIC
BENEFITS OF JOINING ROTARY: WHAT'S IN IT FOR ME

GUEST SPEAKER
RTN. RHONA NAMBO KAMUKAMA
IMMEDIATE PAST PRESIDENT, RC LUBOWA

4TH DEC 2025 THURSDAY
7P.M.

Hotel La Vena
Ssepeku, Katala

Sponsors: Hotel La Vena

Rotary
Club of Nalumunye

EXERCISE AS STANDARD OF CARE FOR NON-COMMUNICABLE DISEASES

Rtn. Dr. Jacinta Ambaru Ojia
RC NALUMUNYE

10TH DECEMBER, 2025
WEDNESDAY, 07:00 PM

GENTEEL ROOFTOP
Nalumunye

BUFFALOES INCHARGE

Rotary
Club of Nalumunye
Club of Mutundwe
Club of Bwerenga

TOGETHER ONE ACT AT A TIME

ROTARY CLUB OF NALUMUNYE-KATALE (IN FORMATION)

CLUB LAUNCH

THURSDAY
11TH DEC, 2025.
TIME: 7:00 P.M.

Hotel La Vena
Ssepeku, Katala

PDG KEN W. MUGISHA
RC MUYENGA

Sponsors: Hotel La Vena

Rotary
Club of Nalumunye

Nalumunye Community Well Wash Project Handover

BEFORE AFTER

13TH DECEMBER 2025
SATURDAY, 12 NOON

VALERIA LANE
NALUMUNYE

RHINOS INCHARGE

Providing Clean Water and Good Ambiance

Rotary
Club of Nalumunye



TOGETHER
ONE ACT AT
A TIME

ACTION YEAR SIGNATURE PROJECT: MCH & WASH

TRIAGE AT KITEBI HEALTH CENTRE III UNDER KCCA
PROJECT COMMISSIONING



Chief Guest
DG. CHRISTINE KYEYUNE
KAWOoya

WED
17TH
DEC. 3PM

Rotary
Club of Nalumunye
Club of Nalumunye Heights



Rotaract
Club of Nalumunye



NALUMUNYE FAMILY
Christmas
TREE LIGHTING CEREMONY

Xmas Carols & Lots of Gifts



17TH DECEMBER, 2025
WEDNESDAY, 07:00 PM



GENTEEL ROOFTOP
Nalumunye

