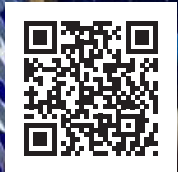


January Issue 2024

# NALUMUNYE TRUMPET MAGAZINE

'DISEASE PREVENTION AND TREATMENT' AND 'VOCATIONAL SERVICE'



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## Magazine Production

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# Welcome

Rtn Dr Juliet Kyayesimira, Chief Editor

Dear Reader,

One more year loaded with sweet recollections and cheerful times has passed. To all you Rotarians, you made the year 2023 exceptionally beautiful, and I wish this continues forever. I wish you to have a year as incredible as you are.

May this new year 2024 bring new happiness, new goals, new achievements, and a lot of new inspirations on your life. Wishing you all our dear readers a year fully loaded with happiness.

With pleasure, we bring you this month's publication of our e-magazine "Nalumunye Trumpet".

The January 2024 issue of RC-Nalumunye (Call it a blended) because it covers themes for December 2023 and January 2024 'and **'Disease Prevention and Treatment' and 'Vocational Service'** respectively. The December 2023 theme calls for Rotarians to help us stop the spread of life-threatening diseases around the world like polio, HIV/AIDS, and malaria. Rotary believes good health care is everyone's right. For our theme of January 2024, Rotarians are encouraged to serve others through their vocations and to practice high ethical standards.

On behalf of the editorial team, I would like to thank those who have contributed to this magazine and more so those who have shared articles. We pledge to continue bringing to monthly issues of this e-magazine. The editorial team calls upon each rotarian to support this magazine through contributions in the form of articles, personal testimonies and stories, advice or any other form of contribution that will facilitate the timely production of this e-magazine.

"Nalumunye Trumpet" continues to provide information about what is happening in the club, district, and important news and updates from RI headquarters.

As I conclude, I would like to thank the editorial team for their valuable support in the production of the January 2024 issue.

Wishing every day of the new year to be filled with success, happiness, and prosperity for you. Happy New Year 2024.

Thank you all for your great support and thanks for reading.

## Editorial Team



Rtn Dr Juliet Kyayesimira,  
Chief Editor



Rtn Sherifah  
Namatovu



Rtn Guyz  
Byarugaba



Rtn Josephine  
Jean Anying



Rtn Julius Batemba

# RI President's Message

R. Gordon R. McInally- President, Rotary International



In difficult times like these, it's impossible to avoid feeling heartbroken over the devastation and loss of life caused by war and destruction.

Rotary always stands against harming and displacing civilian populations and using armed aggression instead of pursuing peaceful solutions. We advocate for the observance and respect of international law. We believe in strong action to defend and promote peace, even in the darkest of times.

But we also take our position as an international, nonpolitical, nonreligious organization seriously. To respect the global

perspectives and experiences of our members, and to work most effectively in our peacebuilding efforts, we do not choose sides in conflicts.

Rotary is made up of 1.4 million people in communities all over the globe who are united in our commitment to building a peaceful world. We strive to ensure that our words and actions prioritize the health and safety of our global membership and the communities where we live and serve.

Our members seek to offer humanitarian assistance to those affected by conflict, and our global reach requires that we promote peacebuilding and conflict prevention with cross-cultural, cross-border connections and friendship through Rotary.

For decades, Rotary has harnessed these connections to carry out service projects, support peace fellowships and scholarships, and establish programs like Rotary Peace Centers to help build lasting peace. Our members also take action to promote Positive Peace, addressing the underlying causes of conflict, including poverty, discrimination, ethnic tension, lack of access to education, and unequal distribution of resources.

Rotary members who wish to wage peace can use district grants and Rotary Foundation global grants to support projects with other Rotary members that help refugees and displaced people, provide medical support, and more worldwide. Members can also work with

Global peace is fragile, and the stakes are getting higher

or join peace-focused Rotary Action Groups, Friendship Exchanges, Fellowships, and intercountry committees. And District Designated Funds or district cash can support our peacebuilding and conflict prevention efforts.

Members and non-members alike can learn more about peacebuilding through the Rotary Positive Peace Academy, a free online course available to anyone with an internet connection. You can find it at [positivepeaceacademy/rotary](https://positivepeaceacademy/rotary).

There is no denying that incidents of violence and atrocities being perpetuated around the world seem to be escalating. Global peace is fragile, and the stakes are getting higher.

Still, we know that it is possible to bring all people together to work toward a shared goal. Rotary members do so every day in every part of the world. May our ability to unify in common purpose be a spark that helps light the path out of these dark days.

**Together, let's Create Hope in the World.**

# District Governor's Message

Francisco Ssemwanga, District Governor 9214 (Uganda & Tanzania) 2023/24

**M**y Rotary family and friends of Rotary, Happy New Year 2024! Indeed, God is Good All the time. I thank the Almighty God for the gift of life to all of us and for enabling us to enter the new calendar year 2024 as we celebrate successful completion of the first half of the Rotary Year 2023/2024, Congratulations to all of us!!

As we commence the second half of Our Rotary year 2023/2024, I would like to remind you of our four Major areas of focus for District 9214 and these are;

- ▶ Promoting Basic Education and Literacy alongside doing other projects in the other areas of focus.
- ▶ Increasing our membership as well as ensuring a good membership experience to our members.
- ▶ Effective Participation in the Rotary Foundation Activities through increased giving to the Polio, Annual and Endowment Funds as well

I was so thrilled with Happiness to see Rotarians doing a lot of Charity during the festive season



as Utilisation from the Foundation through Global Grants.

- ▶ Working closely and in good partnership with Our Youth i.e. the Rotaractors and Interactors.

I would like to thank all Clubs that have gone out of their way to achieve in the above areas of focus in our District in this Rotary year. I am so confident that we are going to achieve all our goals we set and even surpass them.

One of the biggest task we have in this second half of Our year is to Consolidate Achievements which we have registered so far. Let us remain focused and keep our Clubs vibrant, Care for Our members, follow up on the pledges from Rotarians towards the Foundation among others.

Allow me congratulate all of you who have so far fully registered for our Forth Coming District Conference and Assembly scheduled for the 24th - 27th April, 2024 at the Speke Resort Munyonyo. Special thanks go to Our Chairperson, District Governor Nominee Christine Kyeyune Kawooya, the Registration Committee led by PP Joseph Rwevuzze and the Mobilisation team led by PAG Samuel Mwanje plus the Branding and Public Relations Committee for their effort in Ensuring that we all attend this big Celebration.

I wish to continue to extend my invitation to all of you fellow Rotarians and Rotaractors to register for Our Conference and Assembly where we shall Celebrate Our Achievements and effort of Service to Humanity.

I was so thrilled with Happiness to see Rotarians doing a lot of Charity during the festive season. Thank you so much for reaching out to many less fortunate people and ensuring that they enjoy the festive season too.

Finally, I welcome everyone of you to 2024 and I pray that the Almighty God Continue Blessing us with Resources and good Health so that we Create more Hope in Our Communities.

**I wish you a fruitful and Prosperous New Year.**

# President's Message

**Rtn Paddy Lukwago - President, RC-Nalumunye**



Dear Rotarians and Friends of Rotary,  
Happy New Year to you all. We are reminded of the goodness of the Lord, as we embrace the gift of life, that allows us to read these words. Let us give glory and honor to Him.

As we close the door on the first six months, and open yet another door for the final half of our Rotary year, I would like to extend my heartfelt gratitude to the district leadership, my Assistant Governor Simon James Sentaba, my Area Support Officer Henry Kyebambe and the entire team with whom I have served during the first half of the year. The journey thus far has been truly remarkable.

During my State of the Club Address on 31<sup>st</sup> January 2024, I highlighted our progress in our core areas of focus i.e. Enhancing Participant Engagement, Increasing Impact, Expanding our Reach, and Increasing our Ability to Adapt.

I am proud to share that we have welcomed four new members to the Rotary Club of Nalumunye, we have raised over USD 6,740 for

TRF, completed eight meaningful service projects, and maintained a strong online presence through Twitter (X), our website, the Trumpet online Magazine and Zoom.

The club has diligently engaged its members, resulting in over 28% members registering for the District Conference and Assembly, and three members registering for the RI Convention. Such exceptional results are a testament to the dedication and support of the club members, and a dedicated club leadership.

Our club is uniquely positioned as a community club, hence fostering collaborations and partnerships within the community and other entities. We are grateful for the goodwill received from the Kwagalana Community, the Buganda government leadership, Genteel Gardens Management, Ministry of Gender, Rocket Health, Wakiso District Health office, St John Ambulance as well as other organizations. We invite other groups to join us in this noble endeavor through sponsorship.

As we embark on the next six months, we have a fundraising dinner on 9th March 2024, in support of our signature project at Bandwe Church of Uganda Primary School. The funds raised will contribute towards the ground floor slab. We welcome all well-wishers to join us for an evening of entertainment, as we create hope for the children. Individual tickets will be at 100,000/= and a table at

1,000,000/= Please feel free to contact our club treasurer, Rtn. Didas Kumwesiga on 0776281163, for further information. We are relying on your generosity to make this worthy cause a success.

Additionally, RC Nalumunye club is working closely with the Ministry of Gender, Labour and Social Development to support the elderly community through basic economic empowerment programmes and improved livelihoods. Although this is a work in progress, we are optimistic that we shall, together, make a difference in our community.

Finally, I extend an open invitation to you all, to our weekly fellowships every Wednesday 7:00 pm to 8:00 pm at Genteel Gardens Nalumunye. Join us as we build a better world for all through our commitment to Service to humanity.

**Yours in Service**

We have a fundraising dinner on 9th March 2024, in support of our signature project at Bandwe Church of Uganda Primary School



# Diseases Prevention and Treatment: What do you need to know?

By Rtn Moses Oteng

**D**isease prevention and treatment play a pivotal role in public health by reducing illness, mortality rates, and healthcare costs. According to the World Health Organization (WHO), preventive measures save lives and contribute significantly to a healthier population. The Centre for Disease Control (CDC) emphasizes that prevention not only enhances the quality of life but also reduces the burden on health care systems and economies. Effective treatment not only alleviates suffering but also helps in preventing the spread of infectious diseases. These efforts collectively contribute to healthier communities and better overall well-being.

## Common diseases that significantly impact global health include:

- A. Cardiovascular Diseases:** According to the World Health Organisation (WHO), cardiovascular diseases are the leading cause of death globally, causing around 17.9million deaths per year. These include heart attacks, strokes, and other related conditions.
- B. Respiratory Infections:** Diseases like pneumonia, tuberculosis, and influenza contribute to substantial morbidity and mortality. The Global Burden of Disease Study indicates respiratory infections as a significant health concern worldwide.



## Preventive Measures are Crucial in Averting Diseases

Here are some strategies below;

- C. HIV/AIDS:** The Joint United Nations Programme on HIV/AIDS (UNAIDS) reports that approximately 38million people worldwide are living with HIV/AIDS. This disease has had a profound impact on global health over several decades.
  - D. Cancer:** The International Agency for Research on Cancer (IARC) highlights cancer as a major health challenge, with millions of new cases diagnosed each year globally, Cancer significantly affects mortality rates across the world.
  - E. Diabetes:** The International Diabetes Foundation (IDF) estimates that hundreds of millions of people live with diabetes, with numbers continually rising. Complications from diabetes significantly impact health and quality of life.
  - F. Infectious Diseases:** Diseases like malaria, dengue fever, and cholera continue to affect populations in various regions, contributing to a substantial disease burden.
- A. Hygiene Practices:** Regular handwashing with soap and water helps prevent the spread of infections. The Centre for Disease Control and Prevention (CDC) emphasizes the significance of hand hygiene in disease prevention.
  - B. Vaccinations:** Immunizations are key in preventing infectious diseases. Sources such as the World Health Organization (WHO) and the CDC provide extensive information on recommended vaccines for various age groups and regions.
  - C. Healthy Eating Habits:** A balanced diet rich in fruits, vegetables, whole grains, lean proteins, and limited in processed foods helps maintain overall health and boosts the immune system. The American Heart Association and the WHO provide dietary guidelines for disease prevention.
  - D. Regular Exercise:** Physical activity plays a vital role in disease prevention by improving cardiovascular health, reducing obesity, and enhancing overall well-being. The American College of Sports Medicine (ACSM) and the CDC offer guidance on the recommended level of physical activity for different age groups.
  - E. Avoiding Harmful Substances:** Limiting alcohol consumption and avoiding tobacco products significantly contribute to preventing various diseases, including cancer, heart disease, and respiratory issues. CDC and World Cancer Research Fund provide information on the risks associated with these substances.





# Check on Our Mental Health

By Rtn sherifah Namatovu

**M**y mind has been itching to know more about mental health and share. We often say am stressed, am low, am less motivated to work, am depressed but how much do we know about our mental health. October was mental awareness month and for many Ugandans when the Ministry of Health published in the monitor paper in November statistics of 30% Ugandans having mental disorders majority of Ugandans just made fun of it. This study was

conducted by Makerere university school of public health and Butabika hospital. This means that 1 in 3 Ugandans is most likely grappling with poor mental health. Many people when one says mental disorder the major thing that comes to mind is one is mad. This is not the seek and every individual needs to understand what mental health entails.

Mental health is a state of wellbeing that enables people to cope with the stresses of life, realize their abilities, learn well, work well and contribute to the community. Mental wellbeing describes your mental state how you are feeling and how well you can cope with day-to-day life. One's mental wellbeing is dynamic as it changes from moment to moment, day to day, month to month or year to year. With good mental well being one will be able to do a lot of things like recognizing the good in oneself such as positive attributes and achievements, feel and express a range of

“  
Mental wellbeing describes your mental state how you are feeling and how well you can cope with day-to-day life  
”



emotions, feel engaged with the world around, live and work productively as well as cope with stress of daily life and manage times of change and uncertainty.

Mental health problems can affect any of us irrespective of age, personality and background. Mental health disorders include anxiety, depression, eating problems, schizophrenia, phobias, obsessive compulsive disorder, bipolar disorder, personality disorders, post-traumatic stress disorder (PTSD), sleeping disorder. People have failed to get proper treatment due to pervasive social stigma and taboos associated with accessing mental health services. These disorders cause people to turn to damaging behaviour like crime, reckless, sexual acts, violence, domestic abuse and many others.

### Let's always find time to take care of our mental health and some of the things we can do to keep mentally safe include

- ▶ Regular exercising improves overall mood and fights anxiety, depression by releasing the feel-good hormones serotonin and dopamine.
- ▶ Eat healthy, take regular meals by taking foods with vital nutrients and stay hydrated as this increase overall wellbeing and decreases anxiety and stress.
- ▶ Make sleep a priority
- ▶ Try out relaxing activities like talk about your feelings, spend time in nature, spending time with family and friends.
- ▶ Focus on positivity like using daily positive affirmations, believing in yourself that you can do it.
- ▶ Find ways of learning new things and be creative
- ▶ Avoid using drugs prescribed in wrong ways or self-medicating oneself with some drugs like those that help people with sleep.



# Why Vocational Service is Important to Rotarians?

Rtn Josephine Jean Anying

Vocational service is the essence of Rotary and serves as the foundation from which we serve our communities around the world

**A** vocation is a calling. It is more than a job, or a career. It is something you do passionately in order to impact another person's life.

Vocational Service is therefore very important in the life of a Rotarian. It is rooted in the Second Object of Rotary. This particular object focusses on encouraging and fostering;

- ▶ High ethical standards in business and professions, for example fair treatment of employees, employers, and other people.
- ▶ The recognition of the worthiness of all useful occupations , not just your own or those pursued by Rotarians
- ▶ The dignifying of each Rotarian's occupation as an opportunity to serve society

## How can a Rotarian put the Object into action?

As a Rotarian, you can put these ideals into action through;

- ▶ Talking about your profession in your club, and taking time to learn about fellow members' occupations.
- ▶ Using your skills and expertise to serve a community.
- ▶ Practicing your profession with integrity, and inspiring others to behave ethically through your words and actions.
- ▶ Helping young people achieve their career goals.
- ▶ Guiding and encouraging others in their professional development.

By undertaking these activities, you bring vocational service to life. Vocational service is the essence of Rotary and serves as the foundation from which we serve our communities around the world.

Therefore when someone makes a decision to join a Rotary club, they do so as a representative of their particular business or profession. This gives a Rotarian the dual responsibility of representing their vocation within the club and of exemplifying the ideals of Rotary within the workplace. Hence contributing to solving challenges in the world.

By undertaking these activities, you bring vocational service to life



# Rotary

## OBJECT OF ROTARY

**The Object of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster:**

### FIRST:

**The development of acquaintance as an opportunity for service;**

### SECOND:

**High ethical standards in business and professions; the recognition of the worthiness of all useful occupations; and the dignifying of each Rotarian's occupation as an opportunity to serve society;**

### THIRD:

**The application of the ideal of service in each Rotarian's personal, business, and community life;**

### FOURTH:

**The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service.**



# Telemedicine and Health Information Systems

By Rtn Moses Oteng

**T**echnology plays a pivotal role in disease prevention and treatment globally. Here are examples of how technology aids the efforts of health care access;

**In the United States:** Telemedicine Advancements: The American Telemedicine Association showcases how telehealth services allow remote access to healthcare, enabling consultations, monitoring, and advice, especially in rural or underserved areas.

**In Africa:** mHealth Initiatives: The World Health Organization's Regional Office for Africa highlights mobile health (mHealth) initiatives leveraging cell phones for disease surveillance, patient care, and health education in various African countries.

**In Uganda:** Mobile Applications: Ugandan initiatives, such as mTrac and mHealth Uganda, utilize mobile technology for disease reporting, tracking medication stock, and enhancing communication between healthcare workers and communities.

## Diagnostic Advancements

**In United States:** Innovative Diagnostics: The National Institutes of Health (NIH) in the U.S. funds research on cutting-edge diagnostic tools, such as point-of-care testing, to improve disease detection and treatment monitoring.

**In Africa:** Point-of-Care Testing: Various initiatives in Africa leverage portable diagnostic tools for rapid disease diagnosis, enabling timely treatment and reducing transmission rates.



**In Uganda:** Healthcare Infrastructure: Uganda's Ministry of Health recognizes infrastructure gaps, including inadequate facilities and shortages of healthcare workers, affecting disease prevention and treatment delivery.

**In Uganda:** Laboratory Information Systems: Uganda's Ministry of Health has implemented laboratory information systems (LIS) to enhance diagnostic capabilities, streamline data management, and improve healthcare delivery.

## Health Education and Awareness

**In United States:** Online Health Education Platforms: Credible sources like the Mayo Clinic and WebMD provide digital resources, empowering individuals with accurate health information and promoting disease prevention measures.

**In Africa:** E-Learning Platforms: Several African countries utilize e-learning platforms and mobile apps to disseminate health information, educating

Last but not the least, I would like to address current obstacles and potential future advancements in disease prevention and treatment as below;

## Challenges to Health care services

**In the United States:** Healthcare Disparities: The CDC acknowledges disparities in healthcare access and outcomes, affecting marginalized communities and hindering equitable disease prevention and treatment.

**In Africa:** Limited Access to Healthcare: The African Health Observatory identifies limited access to healthcare services, infrastructure, and skilled personnel as major challenges impacting disease management in Africa.

## Future Prospects in Health care:

**In the United States:** Precision Medicine and Genomics: The National Human Genome Research Institute (NHGRI) in the U.S. explores personalized treatment approaches through genomics, potentially revolutionizing disease management.

**In Africa:** Expanded Health Infrastructure: Initiatives like the Africa Health Agenda International Conference highlight efforts to strengthen healthcare systems, improve infrastructure, and enhance healthcare access across the continent.

**In Uganda:** Investment in Healthcare Technology: Uganda's Vision 2040 outlines plans to invest in healthcare technology and innovation, aiming to improve disease surveillance, diagnosis, and treatment.

Disease prevention and effective treatment are pillars of public health, vital for individual well-being and societal prosperity. Prevention through hygiene, vaccinations, and healthy habits reduces illness, mortality rates, and healthcare costs, promoting a better quality of life. Effective treatment not only alleviates suffering but also prevents disease transmission and complications, ensuring healthier communities.

Ongoing research is indispensable, driving innovations in diagnostics, treatments, and preventive measures. It fuels advancements in precision medicine, genomics, and healthcare technology, offering hope for more personalized and efficient approaches to disease management. Investing in research sustains progress, fosters resilience against emerging threats, and paves the way for a healthier, more equitable future for all.

# Quick Highlights of December 2023

## Moment with Rotary kids



*Rc Nalumunye held an event called 'A Moment with Rotary kids' on 6th December 2023*











# Quick Highlights of January 2024 Activities and Celebrations



*Rtn Bariho Davis and wife celebrate 14 years of marriage on 27th January 2024*





*This RC Nalumunye at the joint Wednesday Club fellowships at Hotel Africana*



*The visit to RC Makindye West*



*President RC Nalumunye at the joint Wednesday clubs fellowships*



*DG Francisco with a team from RC- Nalumunye*



*Recipients of awards of vocational service pose for a group photo at Hotel Africana*



*President of Rc Nalumunye with Mrs Bariho Rusia who received the vocational service award*



*L-R HCP Paddy Lukwago, HCP Joseph Sengavudemu RC Seguku , PE George W Semanda RC Nalumunye , PE Francis RC Kigo, PE RC Seguku at one of the fellowships with RC Seguku*



# Upcoming Events of 2024



**SHARING HOPE WITH THE WORLD**  
SINGAPORE  
25-29 MAY 2024

#Rotary24

Rotary  

Rotary  District 9213

Rotaract  District 9213

 **99TH DISTRICT CONFERENCE**  
**KEEPING HOPE ALIVE**

**MUNYONVO SPEKE RESORT** | **18-20 APRIL 2024**

**SAVE TIME. PAY FROM WHEREVER**

 • GO TO THE REGISTRATION LINK AND REGISTER  
• INITIATE PAYMENT BY MOBILE MONEY  
• THEN FOLLOW THE PROMPTS

 • GO TO THE REGISTRATION LINK AND REGISTER  
 • INITIATE PAYMENT USING VISA/MASTERCARD  
• THEN FOLLOW THE PROMPTS



Rotary  
Club of Nalumunye



CREATE HOPE  
in the WORLD

# Fundraising Dinner

for Bandwe Church of Uganda Primary School



Ticket price  
Table 100,000ugx  
1,000,000ugx

MM Payments: Treasurer Didas Kumwesiga 0776281163

Bank Account: Rotary Club of Nalumunye 3203021174

Date: 9th March 2024 Time: 4:00pm Venue: Genteel Gardens Nalumunye

RSVP HCP Paddy Lukwago 0776690999 / 0751122192

Rotary  
Club of Nalumunye



## 5<sup>th</sup> Presidential Installation

**Voice Mall Hotel Bwebajja**  
The Grand York Conference Hall

**3:00 pm**  
**Friday 10th, May 2024**

FEE  
**UG.SHS. 100,000**

**Dress code:**  
Elegant in Magic Colours



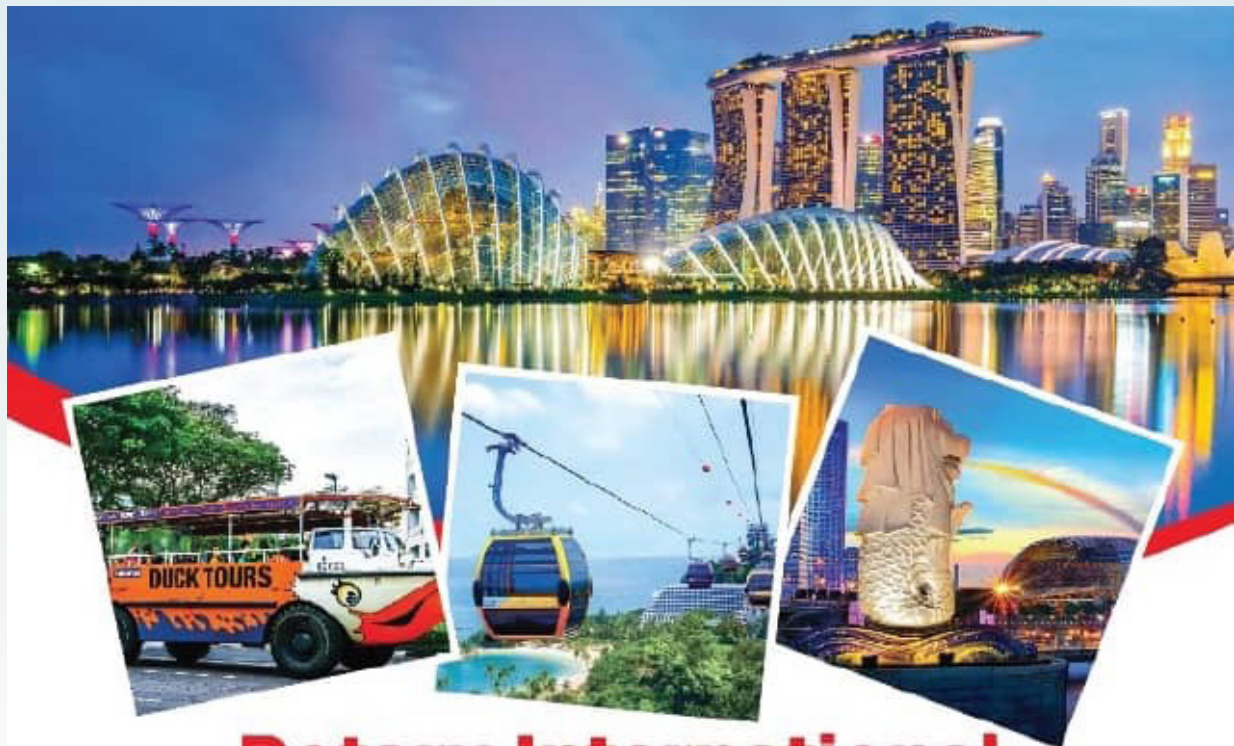
President 2024/2025  
**Rtn. George William Ssemanda**

*PN*

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## Rotary International Convention Singapore

**V Hotel Lavender**

*Travel On Qatar Airways*

**24 May  
to  
31 May**

Ticket Alone **1350**

Ticket Hotel Transfer & Sight Seeing From **Usd 2500**

Fares Subject To Seat Availability  
50% Deposit by 15th Feb 2023



- Inclusions*
- B&b
  - Airport Transfers
  - Sight Seeing
  - City Tour
  - Cable Cars
  - Duck Tour

📞 0772 411991 / 0701 411992    ✉️ [josiahtours2@gmail.com](mailto:josiahtours2@gmail.com)

Rotary  
District 9214



# PETS

Presidents Elect, Treasurers Elect and  
**Secretaries Elect Trainings**

**NICAN RESORT LWEZA**

**80K** | INDIVIDUAL CONTRIBUTION

**23/3/2024**

*Saturday*  
TIME: 8AM

**Payments:** Apollo Ampumwize (VCCE)  
+256 701 900 661

