

September Issue 2023

NALUMUNYE TRUMPET MAGAZINE

BASIC EDUCATION AND LITERACY (BEAL)

**Role Of
Rotary In
Enhancing
Basic
Education**

**Physical
Health For
Better Mental
Health**



Contents



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Welcome

Rtn Dr Juliet Kyayesimira, Chief Editor

Dear readers,

I feel profoundly honoured to bring to you the September issue of our magazine- “Nalumunye Trumpet”. This September issue is based on the ‘Basic Education & Literacy’ theme. Every Rotarian is called to support programs that strengthen the capacity of communities to provide basic education and literacy, provide school equipment and the children with scholastic materials, reduce gender disparity in education and provide training in teaching literacy by conducting professional development for the teachers.

On behalf of the editorial team, we pledge to continue bringing to monthly issues of this magazine. Your contributions in the form of articles, personal testimonies and stories, advice or any other form of contribution will facilitate the timely production of this e-magazine.

“Nalumunye Trumpet” will provide us with 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 putting the bits and pieces of the magazine together. I am optimistic that together, we will impact our community positively through the publications.

Allow me to salute the editorial team; Rtn Julius Batemba, Rtn Anying Josephine, Rtn Guyz Byarugaba, and Rtn Sherry Matovu. The team received a lot of support and guidance from our RC Nalumunye President- Rtn Paddy Lukwago and Director-club administration Rtn Debbie Komugisha Kakande.

I wish you a grace-filled month of October 2023 and Happy Independence to you all.

Editorial team



Rtn Dr Juliet Kyayesimira,
Chief Editor



Rtn Julius Batemba



Rtn Josephine Jean
Anying



Rtn Guyz Byarugaba



Rtn Sherry Matovu

RI Presidents Message

Dear fellow Rotary members,

The World Health Organization designates 10 October as World Mental Health Day, and with Rotary placing a special focus on mental health this year, I would like to help answer the question posed to me most often when I travel to meet members: How can my club get started?

There are some wonderful examples of Rotary members taking action already. In the Philippines, the Rotary Club of Tiaong-Hiyas held a 12-week health challenge for mothers in the community to promote some baseline health screenings and coaching on a healthier lifestyle.

By the end of the challenge, the mothers had a special bond and decided to form a Rotary Community Corps called Ilaw ng



Tahanan (“one who lights up the home”) with the goal of involving more mothers in health education and wellness support — and later youth services, teen pregnancy prevention, and help with unhealthy substance use. Almost a year later, the RCC is preparing to open its own health center where mothers can come for peer-to-peer support.

Another strong example is in Colorado. In the fall of 2021, a small group of stakeholders from the Rotary Club of Highlands Ranch formed the Rotary Clubs of Colorado Endowed Fellowship for Pediatric Mental Health, which enhances the ability of Children’s Hospital Colorado to recruit and train pediatric psychiatry providers and allows the hospital network to make additional appointments. This increases access to mental health care for children and decreases provider shortages.

Since then, the project has brought on new supporters and is now fully funded with a \$500,000 endowment. Investment income from this endowment will support a fellow — a psychologist or psychiatrist — at Children’s Hospital. A new fellow will be named every one to two years, beginning spring of 2024. Over time this will create a cohort to bolster the mental health workforce, treating kids from all 64 Colorado counties and neighboring states.

There are many more great mental health project stories on Rotary Showcase, and I invite you to share your

“
Since then, the project has brought on new supporters and is now fully funded with a \$500,000 endowment
”

experiences as you begin your own projects. Also, please reach out to mindhealth@rotary.org with any thoughts or ideas you would like to share about mental health in the Rotary world.

On 10 October, I will host a Facebook Live event when we will recognize World Mental Health Day and further explore how Rotary members can begin this journey. But I would like to leave you with one way every Rotary member can make a difference.

Right now, there is someone you know in the Rotary world — in your club, from a project you’ve worked on, in a Rotary Fellowship or Rotary Action Group — who could use a little more of your time and attention. Rotary is this great gift of global friendship, and that also means being there for each other.

Discovering the human connections that bind us is what we do through our membership every day. It’s what Rotary has always been about, and we can build on it by helping each other find peace at home.

We need to learn how to ask not just “How are you?” but also “How are you really?” By doing so, Rotary can continue to *Create Hope in the World*.

R. GORDON R. MCNALLY *President, Rotary International*

District Governor's Message

Fellow Rotarians, Rotaractors and Friends of Rotary, please receive my salutations. I continue to thank you for your selflessness and service to Humanity. As we end the month of August of expanding our Reach, I thank all those Rotarians that have so far invited guests to join our great Organisation. Some have been inducted and others are still undergoing mentorship. There are also several Clubs in formation and Provisionally status both in Uganda and Tanzania. It is my prayer that we continue these conversations throughout the Rotary Year because we indeed need more Helping Hands on the Job. I am excited to report to you that as at 30th of August, 2023, our Net growth in membership was at 127 members. This is so encouraging!!

The month of September in Rotary is dedicated to Basic Education and Literacy. This Rotary Year, our District flagship Project is on this theme. As your team leader, I requested all of you to do whatever it takes to promote Education.

I am so delighted that I have so far visited 25 projects by

different Rotary Clubs all geared towards promoting Basic Education and Literacy and I am looking forward to visiting more projects in this area. But this does not mean that we shouldn't do projects in other areas of focus because the Needs in our Communities are so enormous.

Please join me to thank our Flagship Project Chair PAG. Juliet Kyokunda and the entire committee for their tireless efforts. As we talk now, we are finalizing a District Global Grant processing of about USD 160, 000 to Implement the first phase of Equipping Needy Rural Schools with Computers, Solar, Projectors and training teachers in a bid to enhance the New Lower Secondary Curriculum in Uganda.

I finally congratulate our District 9214 upon the Successful Launch of Our District Conference and Assembly on 21st of August, 2023 which fellowship was hosted by the Rotary Club of Kampala Munyonyo. I greatly thank our DCA Chair DGN Christine Kawooya and the entire DCA Committee for a job well done. I am also deeply indebted to our Past District Governors for this District for the great Support and advice they rendered and continue to render to us. Thank you so much the Rotary Club of Kampala Munyonyo for successfully hosting this event. I am looking forward to a very wonderful, exciting and Memorable District Conference and Assembly between the 24th

- 27th of April, 2024 at the Speke Resort Munyonyo.

Dear friends, I want to state that every day, I get energized to Serve relentlessly as Governor in this Rotary Year by your selflessness and determination to serve Humanity. You are wonderful people and Let us keep up the spirit.

I am so confident that we are going to Create a lot of Hope in our Communities.

God Bless you all!!

**Yours in Serving Humanity,
Francisco Ssemwanga
District Governor 9214
(Uganda &
Tanzania)
2023/24**



Please join me to thank our Flagship Project Chair PAG. Juliet Kyokunda and the entire committee for their tireless efforts

Rtn Paddy Lukwago -President, RC- Nalumunye

This September issue is dedicated to Basic education and literacy (BEL) and has been defined by some scholars as the “ability to read and write” however of recent a new term called *comprehension or Understanding* has been added to the definition. This therefore means that for you to be regarded as educated and literate you must possess the three traits.

As a club we are keen to add a block in the advancement of quality basic education and literacy through supporting the BEL program for the district and supporting our own community through building a decent storied classroom block for Bandwe Church of Uganda Primary school. This project will ensure that all early learners in the school have good shelter to enable them access good education.

The new classroom block will ultimately decongest the current school structures hence good aeration. We are currently looking for partners to join us to realize this dream that will cost us not less than UGX 400,000,000/=

“
A well-educated individual is a valuable asset to society, contributing to its social and economic development.
”

Four hundred Million Shillings when complete inclusive of furnishing. We therefore call upon all Rotarians, friends of Rotary and Organizations interested in advancing basic education and literacy to join us in this cause.

As we read this issue let’s all reflect on how we can help to advance Basic Education and Literacy in communities that we serve. Let’s not wait to support tomorrow let’s start now because A well-educated individual is a valuable asset to society, contributing to its social and economic development. Such a person is always willing to assist society and the country. It is true to say that education is a stairway to a person’s and a nation’s achievement.

Paddy Lukwago

Hope Creator President



Role Of Rotary In Enhancing Basic Education



By Rtn Sheri Namatovu, RC-Nalumunye

Basic literacy education is developing foundational competency including reading, writing, maths, job application assistance and overall life skill development. Basic literacy skills include reading, writing, listening and speaking. Literacy plays a significant role in reducing gender, race, nationality and religion inequality that favors one group over another in access to education.

More than 775 million people over the age of 15 are illiterate. This is equivalent to 17% of the world's adult population. Rotary has a goal to strengthen the capacity of communities to support basic education and literacy, reduce gender disparity in education and also increase adult literacy.

Basic literacy has several challenges that deter its achievement and success which include learning disabilities, having English language skills, limited access to books and a school's ability to meet each student's reading challenges.

The main goal of basic education programs is to provide learning opportunities for the development of students' intellectual, moral, physical and cultural aspects and acquisitions of skills and value,

which will help them become better and productive members of society.

Rotary supports education for all children and literacy for children and adults through empowering educators, teachers and instructors by facilitating them with resources that inspire learning at all ages.

“Teaching Somebody How To Read Is A Lifetime Skill That Ripples Through The Community”

Rotary also provides scholarships and donations of scholarstics for the education sector and encouraging clubs have service projects around the world that improve on basic education.

Rotary makes amazing things happen like opening schools, building classroom blocks, providing safe and clean water to schools, sanitary towels for the girls which enable and provide proper learning environment promoting basic education.

Rotary also provides Rotary Youth Exchange programs every year where they pay tuition fees for a year and provide host families in host countries. This gives opportunity to improve on basic literacy.



Children get basic education amidst challenges circumstances



Pupils of Mother Care display their certificates after Elocution Champion

Basic Education and Literacy (Beal)



Diana Serukenya Luboyera, School Principal Mother Care Schools Bunamwaya/Nalumunye

‘If you think education is expensive, wait until you see how much ignorance costs.’

This is a famous quotation from one of the former presidents of United States of America, Barack Obama. Education is the process and transmission of knowledge and skills while basic literacy are the skills considered as very essential for an individual to possess. These are summed up in the 3R’s which include Reading, Writing and Arithmetic. One would assume that

all the words would begin with ‘R’ but the sound ‘r’ remains dominant.

Education is the doorway to literacy. One cannot do without the other. Basic education and literacy program focuses on the ability of reading, writing, comprehension and counting skills.

I encountered an experience in a bank where a well kempt man stood next to me while I filled in some banking details. He looked quite baffled probably because most of the bank attendants were overwhelmingly engaged. He

“
If you think education is expensive, wait until you see how much ignorance costs
”



Elocution Champion- Suubi Precious alongside her ecstatic mother on the left, Christine Kiganda (Guest of Honour) and Mrs Edith Serukenya (Director Mother Care Bunamwaya/Nalumunye) far right.

approached me clearly with a lot of discomfort and asked me to help him copy some details from an old worn carefully wrapped banking slip. It dawned on me that he could neither read nor write. I obliged without causing him any embarrassment but picked a great lesson on the importance of basic education and literacy to our children.

Reading is one of the necessary skills that an individual should acquire because it plays a significant role in an individuals' participation in education, social and economic life or in their success in participating in society (Asser & Poom-Valickis 2002; N'Namdi 2005)

Basic education and literacy has the underlying importances;

- ▶ Access to basic education enables children to develop and flourish.
- ▶ Educated children have more confidence in themselves and their abilities.
- ▶ Literacy plays a significant role in reducing gender, race, nationality, and religious inequality that favors one group over

another in access to education, property, employment, health care, legal, and civic participation.

In an effort to strengthen the literacy levels and public speaking, as Mothercare Preparatory Schools Nalumunye/ Bunamwaya we organise Annual Elocution Competitions (A.E.C) specifically for top class (Pre-primary) and Primary five.

In 2022, we were honoured to have the Rotary Club of Nalumunye alongside our guest of Honour Mrs Christine Kiganda a reknown English Curriculum Specialist for our Primary five Elocution competition. The R.C Nalumunye took an extra mile and partnered with our teachers in helping us to conduct our DEAR day (Drop Everything and Read Day) for the entire school. This is a national program that is designed to remind schools to make reading a priority activity in the life of a school.

Overtime, the performance of the school (MotherCare Nalumunye) has improved from the time we emphasised on the literacy programs as illustrated below:-



Top class Elocution Competition

PLE Performance Progress

| YEAR | No | DIV 1 | DIV 2 | DIV 3 | DIV 4 | ABS | % |
|------|----------|-------|-------|-------|-------|-----|-------|
| 2019 | 20 | 13 | 07 | 00 | 00 | 00 | 65 |
| 2020 | 28 | 22 | 06 | 00 | 00 | 00 | 79 |
| 2021 | COVID-19 | | | | | | |
| 2022 | 51 | 49 | 02 | 00 | 00 | 00 | 96.1% |

Meadow Gale International School Champions Basic Education And Literacy In Nalumunye

By Mrs Tugume Esther



We at Meadow Gale do encourage and support children to reach their highest potential in all areas of life

Literacy simply means the ability to read and write. Basic Education means the beginning concepts in Education.

Choosing a school for a child's education is an important decision a parent must make.

We at Meadow Gale do encourage and support

children to reach their highest potential in all areas of life.

We keep learning interesting by using play-way method, child centered approach and Jolly Phonics to enable our learners read and love it at an early stage.

We teach children to be independent, competitive, and resilient.

A Community United for a Cleaner & Sustainable Environment

Rotary Club of Nalumunye and Kwagalana Group's Environmental Cleaning Initiative

By Rtn Sophie Kange



Left- Hope President-Rtn Paddy Lukwago join the environmental clean up and Right- Nalumunye Kwagalana group participate in the clean up exercise.

On a bright Saturday morning, the 16th of September 2023, the Rotary Club of Nalumunye, in collaboration with the Kwagalana group and Home Helper Services, orchestrated a remarkable environmental cleaning exercise at the bustling Nalumunye Kidomole market. This collaborative effort was a testament to the power of community engagement and a shared commitment to environmental responsibility.

The day began with a sense of purpose and dedication as volunteers gathered at the Nalumunye Kidomole market promptly at 8 a.m. Eager to make a tangible difference in their community, they prepared themselves for a few hours of hard work and positive impact. The air was filled with anticipation and a genuine desire to create a cleaner, healthier environment for all.

The clean-up initiative was well-organized and efficiently executed, thanks to the joint efforts of the Rotary Club of Nalumunye, the Kwagalana group and Home Helper

“The air was filled with anticipation and a genuine desire to create a cleaner, healthier environment for all”



Rotarians of RC-Nalumunye clean up the environment

Services. Members from both organizations were present in full force, ready to lead by example and inspire others to embrace the importance of environmental cleanliness.

As the clock struck 8:30 a.m., the cleaning exercise officially commenced. Armed with gloves, bins, brooms, and a genuine desire to contribute to their community, volunteers dove into the task at hand. The market, typically teeming with shoppers and vendors, had transformed into a buzzing hub of purposeful cleaning.

The team worked diligently, focusing on collecting litter, disposing of waste, and emphasizing the significance of proper waste management. Every piece of rubbish picked up was a step closer to a cleaner and more sustainable environment. The volunteers showed exemplary dedication and teamwork, working together seamlessly to tackle the various cleaning tasks.

During the clean-up, the members of the community observed and interacted with the volunteers. The presence of the LC2 Chairman, along with the president of the Rotary Club of Nalumunye and the Chairperson of the Kwagalana group, added weight to the event and underscored the importance of community involvement in such initiatives. Their active participation sent a strong message of unity and collaboration to all present.

By 11 a.m., the clean-up had concluded, and the transformation was evident. The once cluttered and

littered marketplace had been rejuvenated. A sense of accomplishment and pride enveloped the volunteers as they surveyed the now-clean surroundings.

However, the impact of this initiative extended beyond the physical transformation. The primary objective of this environmental cleaning exercise was to sensitize the community about the importance of responsible waste disposal and the role individuals play in maintaining a clean and tidy environment. This mission was undoubtedly achieved, with the community engaging in meaningful conversations about environmental stewardship.

In conclusion, the collaborative effort between the Rotary Club of Nalumunye, the Kwagalana group and home helper services in organizing and executing this environmental cleaning exercise exemplifies the power of collective action in fostering positive

“The volunteers showed exemplary dedication and teamwork, working together seamlessly to tackle the various cleaning tasks”

change. In his closing remarks, RC Nalumunye emphasized the need for community vigilance to maintain a clean environment and reaffirmed RC Nalumunye's dedicated service to the community. The Chairman Kwagalana group emphasized the role of the family in nurturing responsible citizenship and called on all to involve their families in such joint efforts. By taking the initiative to

create a cleaner environment and educating the community about their environmental responsibilities, this Endeavor serves as a stepping stone towards a more sustainable and environmentally conscious future. Through such efforts, we can truly make a difference and inspire others to follow suit, creating a ripple effect of positive change throughout our communities.



Print media article about the environmental clean up by RC-Nalumunye



**THE WELLNESS
CORNER**



Physical Health for Better Mental Health: The New Wealth

By Rtn Debbie Komugisha Kakande

A healthy and fit body promotes good mental health. This is because being physically active boosts our energy levels, moods, concentration skills, and self-image. Exercise also releases endorphins, which make us feel happier by activating the reward system in our brains that gives us pleasure and lessens pain.

Keeping Up With the Wellness Dimensions: Physical Wellness

Out of the six dimensions of wellness; social, physical,

spiritual, vocational, emotional and intellectual, physical wellness is the dimension that comes to mind first when thinking about overall wellness.

Regular physical activity can relieve stress, anxiety, depression and anger. You know that “feel good sensation” you get after doing something physical? Think of it as a happy pill with no side effects!

It’s about cultivating daily habits that nourish, energize, and sustain you.

You ought to realise that Wellness is not a destination

but rather a way of life! It is part of your daily recipe to a fun filled life, it evidently breeds from internal to the external realm.

Let’s walk with Tyler Lowe- a Health & Wellbeing Speaker as he details ways of improving our physical well-being;

1. Stay Active

Physical activity is the secret sauce to maintaining and improving your overall health.

Engaging in regular exercise can work wonders, from burning



calories to enhancing your mood, and boosting brain function.

It contributes to improved heart health, better sleep, increased energy levels, and decreased risk for chronic diseases.

The beauty of exercise is that it doesn't need to be overly complex or intense.



How to get started: Start with simple activities.

Aim for 15 minutes of moderate-intensity activity a few times a week.

Start with something simple like walking.

As you build stamina, gradually incorporate more rigorous activities such as weight lifting, high-intensity interval training, or sports.

Dabble in different fitness activities – from yoga classes to hiking trails – to discover what you enjoy.

The key is to make exercise enjoyable, turning it into a regular habit rather than a chore. Consistency is vital in reaping the benefits of physical activity.

2. Eat a Balanced Diet

Feeding your body with the right nutrients is essential for good health.

A balanced diet ensures that your body gets a variety of nutrients it needs to function optimally.

Eating a range of fruits, vegetables, lean proteins, and healthy fats can reduce your risk of chronic diseases, improve longevity, and enhance your mood and energy levels.

How to get started: Begin with educating yourself about different food groups and their nutritional value.

WHY IS GETTING ENOUGH SLEEP IMPORTANT.



- Reduce stress and improve your mood.
- Stay at a healthy weight.
- Lower your risk for serious health problems.
- Think more clearly and do better at work.
- Get along better with people.
- Live well.

Aim to balance your meals by including portions from each food group.

Contrary to popular belief, a balanced diet doesn't mean completely eliminating 'bad' foods.

It's about practicing moderation. Indulge in your favourite treats occasionally, but make sure that most of your dietary choices are nutrient-dense.

Meal planning and preparation can go a long way in maintaining a balanced diet.

It allows you to control ingredients, portion sizes, and ensures you always have a healthy meal on hand.

3. Stay Hydrated

Staying well-hydrated is an essential part of good health.

Water plays a key role in your body's vital functions, from the digestion and absorption of nutrients to maintaining your body's temperature and flushing out waste and toxins.

Additionally, it contributes to mental clarity, healthy skin, and aids in weight management.

Dehydration can lead to headaches, fatigue, dry skin, and in severe cases, heat stroke.



How to get started: Start with the general recommendation of 2 litres of water per day.

However, remember that your needs can vary based on your physical activity level, age, and other factors.

Make it a habit to carry a water bottle with you wherever you go.

If you find plain water unappealing, you can enhance its flavour by infusing it with a lemon, lime, or other fruit.

4. Get Adequate Sleep

Adequate, quality sleep is a cornerstone of health that's as important as nutritious food and regular exercise.

Good sleep enhances mood, boosts the immune system, sharpens brain function, and can even help control weight.

Chronic lack of sleep can lead to serious health conditions like heart disease, obesity, and diabetes, and negatively impact mental health.



How to get started: Prioritise sleep by setting a regular sleep schedule, aiming for 7-9 hours each night, and try to stick to it, even on weekends.

Ensure your sleeping environment is conducive to good sleep: dark, quiet, and cool.

Establish relaxing bedtime routines like reading a book, listening to calming music, or taking a warm bath.

Limit exposure to screens before bedtime as the blue light emitted can interfere with your sleep cycle.

5. Limit Alcohol and Avoid Smoking

Limiting alcohol and avoiding smoking are critical steps towards better health.

Excessive alcohol can lead to liver damage, certain cancers, and can negatively impact mental health.

Smoking increases the risk of various diseases, including lung cancer and heart disease.

How to get started: If you choose to drink alcohol, do so in moderation.

Aim to drink less than weekly recommendation of 14 units.

For smoking, the best choice is to quit completely.

Reach out to health professionals or local support groups to help with the quitting process, which can be challenging but immensely beneficial to your health.

6. Regular Health Check-ups

Regular health check-ups are key to preventing diseases and catching potential issues early.

They can provide a comprehensive overview of your current health status and help you make informed decisions.



How to get started: Schedule regular visits with your primary care physician.

This should include standard blood tests, blood pressure monitoring, and other preventative screenings as recommended based on your age, sex, and family history.

Proactive engagement with your health is far better than reactive healthcare.

7. Manage Stress

Chronic stress can wreak havoc on your body and mind.

It can lead to various health issues, such as heart disease, diabetes, anxiety, and depression.

Learning how to effectively manage stress can improve your overall wellbeing and boost your physical health.

How to get started: Incorporate stress-management techniques into your daily routine.

This could include meditation, yoga, deep breathing exercises, or simply taking time out for hobbies and activities you enjoy.

Regular physical activity and maintaining a healthy diet can also help manage stress levels

8. Maintain a Healthy Weight

Maintaining a healthy weight is crucial for your overall health.

Being overweight or obese can lead to various health issues, such as heart disease, diabetes, and certain cancers.

A healthy weight can increase longevity, improve your energy levels, and enhance your overall quality of life.

How to get started: Achieving and maintaining a healthy weight involves a combination of balanced nutrition and regular physical activity.

Seek professional help if necessary.

A dietitian can provide personalised advice on healthy eating habits, and a fitness trainer can create an exercise plan that suits your needs and preferences.

9. Prioritise Mental Health

Physical health is tightly linked with mental health.

Chronic stress, anxiety, and depression can not only decrease your quality of life but also lead to physical health problems such as heart disease, high blood pressure, and a weakened immune system.

How to get started: Practice mindfulness and relaxation exercises, like meditation or yoga, to alleviate stress and promote mental wellbeing.

Connect with others.

Social interactions can greatly improve your mood and outlook.

Don't hesitate to seek professional help if you're feeling overwhelmed.

Therapists and mental health professionals can provide strategies and treatments to improve your mental health, which in turn, will positively impact your physical health.

10. Get Regular Sunlight

Sunlight is a natural source of vitamin D, which is essential for many body functions, including maintaining healthy bones and teeth, supporting the immune system, and aiding in the absorption of calcium and phosphorus.

Even when it's cloudy, the sun can still send out special light (called UV rays) that helps our body make vitamin D.

How to get started: Aim for 10 to 30 minutes of sunlight, several times per week.

The exact time will depend on your skin type, location, and the time of year.

Always remember to protect your skin with sunscreen if you plan on being outside for extended periods to reduce the risk of skin damage and skin cancer.

A year from now, you will wish you started today. Press the Start Button NOW.

A September To Remember At Rc Nalumunye By The Rhino Buddy Group: A Month Of Fellowship And Celebration!

By Rtn Sophie Kange



“
Modelling the
Desirous and
Passionate Rotarian
”

Members of Rhino Buddy-RC-Nalumunye trumpet before the start of fellowship.

As the summer sun began to wane, Rhino Buddy Rotary Club of Nalumunye ushered in the month of September with open arms, embracing a whirlwind of activities, fellowships, and a heart

warming celebration of a new addition to the Rhino family and new opportunities.

The month kicked off with an exciting event – the Closed Assembly on September 6th 2023. This closed-door gathering provided an opportunity for members to discuss club matters, strategies, and future initiatives in an atmosphere of trust and



camaraderie. It set the tone for the month. It was a time for reflection and collaboration, setting the stage for a productive month ahead filled with engagement, unity and purpose of service.

One of the highlights of the month was the enlightening fellowship led by Past District Governor Ken Mugisha on September 13th 2023, titled **“Modelling the Desirous and Passionate Rotarian,”** a topic that inspired members to embody the true spirit of Rotary and enhance their commitment to service and fellowship. PDG Ken Mugisha shared his experiences and insights, igniting the passion within every Rotarian to make a difference in their community and the world. He challenged all Rotarians to serve with Love, dedication and commitment.

On September 20th, the spotlight shifted to the outdoors as Past President Irene Luweesi shared

her expertise in a fellowship titled **“Creating Camping Great Achievements.”** Members were treated to valuable tips and tricks for planning and executing successful camping experiences, reinforcing the importance of bonding and adventure within the club. She emphasized that as Rotarians we can have fun with what we are passionate about while making contributions to bring a smile in the face of those most vulnerable.

Towards the end of the month, a unique and fun-filled fellowship took centre stage. On September 27th, the Cheza Fellowship provided a light hearted break from the routine. Members let loose and enjoyed a playful evening filled with dance, laughter, and good company, fostering stronger bonds and friendships among the Rhino Buddy family and the entire RC Nalumunye.



Rotarians of Rc-Nalumunye Participate in Cheza Fellowship



RC-Nalumunye support youth with Jessey

But the month of September wasn't just about Rotary activities; it also brought exciting news from the wildlife sanctuary front. At Ziwa Sanctuary, a place close to the hearts of many Rhino Buddy members and the world at large, a baby Rhino was born. This heartwarming addition to the Rhino family filled us with joy and reminded us of the importance of conservation efforts. Rhino Buddy group celebrated this significant event, symbolizing hope for the endangered Rhino population,

growth, and a continuation of the efforts towards conservation and protection of these magnificent creatures.

As the month of September draws to a close, we reflect on the incredible moments, learning experiences, and the sense of togetherness that defined this period. Rhino Buddy group of Rotary Club of Nalumunye continues to thrive not only as a community of service but as a family of individuals committed to making a positive impact.

Special appreciation to the following Rotary clubs that joined us during the month of September



Tigers Buddy Group with the Assistant Governor

With fellowship topics ranging from personal growth and leadership to outdoor adventures and fun-filled gatherings, September was a month to remember. We look forward to the challenges and opportunities that the coming months will bring as we continue our journey of service, learning, and fellowship.

As we bid farewell to September, we carry forward the spirit of unity, passion, and dedication that defines Rhino Buddy team. A special thanks to all the buddy group members that offered the incredible service. Together, we can achieve great things, just as we celebrate the birth of a new generation of Rhinos at Ziwa Sanctuary, reminding us that even in challenging times, hope and growth prevail.

Special appreciation to the following Rotary clubs that joined us during the month of September (Please refer to the registration book to get the names- am away and cant access the book) I think its always important to acknowledge all those that join us in the month.



Rotarians of RC- Nalumunye pose for a picture after club assembly 4th October 2023



Tigers Buddy Group at your service this month of October 2023. The Slogan for Tigers Buddy group: Willing, Available and Ready



CLUB VIBRANCE LED BY BUDDY CHAIRS



RTN SOPHIE KANGE
BUDDY CHAIR OF THE RHINOS



CP CHRISTINE NAMANDA
BUDDY CHAIR OF THE LIONS



RTN JOSEPHINE A. OTENG
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