

NALUMUNYE TRUMPET

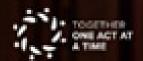
BASIC EDUCATION AND LITERACY

Issue 4 | October 2025









FRIDAY

6PM

KISUBI BROTHERS GARDENS



Dress Code: Reggea Rogga Night /Yellow / Green

Host: Rotary Club of Garuga -Supported by Entebbe Road Clubs















An Actioned Membership Month it has Been!

Rtn Philemon Kirunda Mukisa, Chief Editor

esteemed most readers of the Nalumunye Trumpet, I congratulate all of you for coming to the end of the first quarter of the Action Year. It seems like we have already spend half a year, yet it also feels like it is just the beginning. Action is the thing to think, say and do. The Rotary Club of Nalumunye led by Action President, the President of Presidents D9214 Debbie Komugisha Kakande continues to do amazingly one action after another, one at a time, to make lasting impact, not only in the community but also among the members.

The October Issue of The Nalumunye Trumpet brings you an account of the impactful activities and events that will leave you wowed with some lessons to take home. We also bring you good information for your wellbeing and self-care, as well as some information to entertain you. RC Nalumunye, PRC Nalumunye Heights and RAC Nalumunye bring you this publication right in your hands, wherever you are.

We are grateful to those who continually read our publication and encourage you to share it with all those you care about. I am sure there is a bit of a bite for everyone.

You are welcome to advertise with us as this publication reaches beyond vour imagination. You will not regret.

The Editorial Team, you have done so well, thank you very much for your services. Our readers, the Editorial Team wishes you an enjoyable catch up time with the Munyes here in the October Issue.



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THE ROTARY CLUB OF NALUMUNYE ANTHEM

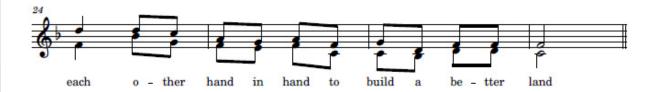
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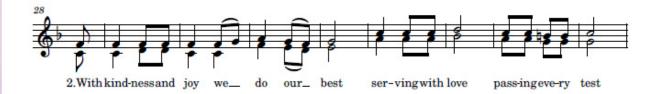


Pu-ttingothe-rs first ser-ving with love Na - lu-mu-nye ro-taryclub in co-mmu-ni - ty we trust











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What Community-led **Development Looks Like**

Francesco Arezzo President, Rotary International

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

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

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

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

This story is one example of Rotary leadership in action: local people



guiding solutions that address their community needs. Our role is not to deliver charity or to impose outside models, but to foster self-reliance by investing in leadership, skills, and sustainable enterprise.

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

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

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

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

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



This October, I invite **Rotary members** worldwide to reflect on economic leadership in their communities.

Rotary in Action: Serving Above Self, One Act at a Time

ear Rotary Family, As we step into October, I congratulate each one of us for having served through the Action month of September relentlessly. The incredible contribution and accomplishments from great Action people is clear evidence of the commitment to serve above self at every given opportunity. Our theme for the month of September that focused on Basic Education and Literacy offered an opportunity to partner with the Rotaractors in engaging with our community Interactors through a wonderful program: Professional and Leadership Development.

This community initiative has not only realized tangible impact on families and children but also amplified the visibility of Rotary in Nalumunye Community. The words of our Founder Paul Harris ring louder than ever before; "Whatever Rotary means to us, to the world it will be known by the results we achieve." Through some of these initiatives, the results therein will spread the Rotary gospel far and near.

As a club we have also continued to embrace innovation during our meetings to make it fun and easy for members to participate and enjoy proceedings. Specifically this month we chose to identify Action Friends of the Year, a mode that breeds more bonding, personal

Rtn Debbie Komugisha Kakande, President RC Nalumunye-President of Presidents, 2025/26

accountability and closeness while we serve our community.

Additionally, highlights from recent Service points include;

Community Initiatives: Our recent projects under WASH, Education, Peace Buidling and Conflict Resolution, and many others have made a tangible impact on local families and children.

Membership Growth: We've welcomed new members with different professions, bringing fresh perspectives and energy to our club.

Partnerships: Collaborations with local organizations have amplified our efforts and fostered meaningful relationships among Rotarians and with the Community.

The Rotary Foundation: As a Club we will continue to give to the Rotary Foundation in a bid to support Rotary Projects across the globe.

We look forward to a fruitful month of October where we will empower our community groups individuals to enhance Economic Development through the identified initiatives, and projects that bring meaning at the smallest unit. We also believe that as we unite for good, we will together continue to make a difference in our neighborhood.

Gratitude

I sincerely thank all our dedicated members, partners. supporters. Your efforts embody the Rotary spirit. We look forward to greater opportunities in October to serve above humanity. Enjoy reading the Nalumunye Trumpet, a space like no other.

#UNITE FOR GOOD #TOGETHER, ONE ACT AT A TIME



As a Club we will continue to give to the Rotary Foundation in a bid to support Rotary Projects across the globe.







THANK YOU RUNNERS

YOU MADE EVERY STEP COUNT

60,000 people participated and UGX3,573,499,210 collected



























Rtn. Muhwezi Godfrey **CEO Emeritus**

The future begins here—Bandwe COU Primary School's new classroom block under construction

Building Futures, One Classroom at a Time

marks September Rotary International's spotlight on Basic Education and Literacy, one of its seven Areas of Focus. With over 781 million adults unable to read and write, and millions of children still out of school, Rotary clubs internationally are stepping up to ensure that every child receives quality education and everyone has the opportunity to learn.

In District 9214. clubs are responding with bold, compassionate initiatives- from building classrooms, equipping libraries to training teachers and promoting menstrual hygiene. RC Nalumunye under the able leadership of Action President Deborah Komugisha Kakande is among the most active clubs, and has a huge focus in the area of basic education and literacy and its work is transforming lives in Nalumunye and its surrounding community in tangible, lasting ways.

One of RC Nalumunye's flagship projects is the construction of a two-storey (four-classroom) block at Bandwe Church of Uganda Primary School. Initiated in the 2023/2024 Rotary year under the leadership of **HCP** Paddy Lukwago and his Board, the project is scheduled for completion in 2026/2027. Once completed, this transformative initiative will:

- Expand learning space for hundreds of pupils
- Reduce overcrowding and enhance learning conditions
- Provide spacious learning facilities for the pupils
- Serve as a model for communitydriven educational development

This project stands as a testament to our club's commitment to longterm impact and sustainable service.

Understanding the challenges girls face during menstruation, RC Nalumunye launched a" keep her in school" project at Mutundwe young Christian High school. The **Program** aims to:

Provide reusable pads and hygiene education



Understanding the challenges girls face during menstruation. RC Nalumunye launched a" keep her in school" project at **Mutundwe young Christian** High school.



This initiative aligns with Rotary's global push for gender equity in education and has already reached dozens of girls in our community.

As we celebrate **Basic Education** and Literacy Month, let us remember that education is the foundation of peace, prosperity, and progress. RC Nalumunye is proud to be part of this global movement- building not just classrooms, but futures.

"Literacy is a bridge from misery to hope."- Kofi Annan

The action President, and POP Deborah Kakande and her Board warmly invite all members and partners to support our ongoing efforts at Bandwe COU Primary School and beyond. Whether through donations, mentorship, or advocacy- your contribution matters.











Rtn Sherifah Namatovu, Rtr Rashid Kizito & Rtr Dennis Mbuga, RC Nalumunye & Rac Nalumunye

Uplifting and Empowering the Community Child for a Better Future

s the holiday season approaches, do we as parents ever think of a holiday plan for our children? Or we let them go through the holiday without a plan?

The reality is that many of us usually continue with our busy routines, often missing the chance to truly connect with their children. Yet, these breaks (holidays) offer golden opportunities to spend quality time, listen, and nurture the young ones who spend most of the year in school. Too often after a while, we realize we barely know them-until they surprise us with who they are becoming.

Recognizing this need, and inspired by one of Rotary's core focus areas - Youth Empowerment, the Rotary Club of Nalumunye partnered with the Rotaract Club of Nalumunye and the Provisional Rotary Club of Nalumunye Heights to host a Professional and Leadership

project **Development** (PLD) themed "Uplifting a Community Child for a Better Future."

The project brought together enthusiastic teenagers aged 10-18, along with younger children who eagerly joined in, creating a vibrant and inclusive space of learning, inspiration, and growth.

Building Leaders, One Child at a Time

The program was designed to with empower vouth life skills essential leadership. public speaking, mental health awareness, first creativity, and teamwork. Each activity focused on helping them realize their potential and understand how they can make meaningful contributions to their communities.

Public Speaking -Children practiced standing in front of a group, speaking clearly and persuasively. By the end of the session, more than 70% of participants volunteered to present, a powerful sign of their boosted confidence.

Self-Esteem **Building** Activities helped children identify their strengths and talents, with many expressing pride in themselves for the very first time.

About 80% of the club members attended the run in **Kololo and RC Nalumunye was** very visible, with our usual vybe that we are commonly known for.

Mental Health Awareness - Facilitators created a safe space for children to talk openly about emotions, reducing stigma around

mental health conversations.

First Aid Skills - Practical demonstrations ensured each child left knowing how to handle basic emergencies, a skill that could save lives in their homes and community.

One of the most inspiring moments came during a confidencesession building participants practiced personal presentation and public speaking before their peers. They also worked in groups to appreciate the value of teamwork - a vital skill emphasized in Uganda's new school curriculum. At the end of the session, each child proudly shared how they could contribute to creating harmony and progress in their community.

The transformation was visiblesmiles, laughter, and the courage to take on new challenges filled the room. Several children shared that they had never spoken in front of a group before but left feeling ready to lead.

"I am so grateful to the Rotary Clubs and Rotaract Club of Nalumunye for organizing this great program. I have been able to improve my confidence and give a speech in public for the first time, something I used to be very afraid to do!" - Matovu Arafat, one of the participants of the programme.

For the younger children, the focus was on personal hygiene and responsibility. Through interactive sessions. thev learned importance of cleanliness - both





of the body and their surroundings, and were encouraged to take pride in helping with chores at home. The joy and excitement they displayed was a clear reminder that learning, when nurtured in the right environment, can be both fun and transformative.

Outcome of the Session

100% of participants were 0 actively engaged in group activities and discussions.

- Over 70% overcame stage fright and spoke confidently in front of peers.
- Close to 90% reported improved self-esteem and a stronger belief in their abilities.
- 100% left with a renewed commitment to share their skills and inspire others in their community.



A Community Effort, A **Brighter Tomorrow**

According to Mark Buwembo who is the Charter President of the Rotaract Club of Nalumunye, the programme is designed to enhance confidence building in our children, improve talents and impart valuable skills, as well as creating an opportunity to have children interact with one another and share valuable experiences for better growth.

We are deeply grateful to our partners at Brain Buttons School Nalumunye, for providing a safe and supportive environment, and to all the facilitators who guided the sessions with passion and dedication.

This initiative is not just a one-off project - it's a commitment to building empowered, confident, and responsible youth. Each



year, children who successfully complete the program will be recognized with certificates of participation, a lasting reminder of their growth and achievements.

As we look ahead to the next holiday season, we envision even greater participation, stronger partnerships, and a ripple effect of positive change throughout community. Together, we are nurturing tomorrow's leaders, ensuring that every child in Nalumunye has the tools, confidence, and inspiration to shape a better future.

Official Hand-over of Bunamwaya Community Police Station Project 6th September 2025



Signature Project at Kitebi HC III. Trans. orming the Triage area under MCH Area of focus

Let's Break the Silence and Prioritize Mental Wellness - TOGETHER!

n Wednesday. September 10th 2025, Rotarians and guests gathered at Genteel Rootftop for what can only be described as a mind-blowing fellowship on mental health, led by Jennifer Male, a seasoned clinical psychologist and wellness expert. The session was not only eyeopening but also deeply practical, leaving participants with insights they could apply in their daily lives and communities.

Jennifer struck a chord with many when she warned:

"The worst thing you can do to a teenager is to give them freedom to a phone with unlimited access to internet. At their age, they are not ready for this. If you must give them, be there, guide them, monitor them!" Jennifer said.

She explained that while technology has many benefits, teenagers are often not mature enough to handle the freedom of these gadgets without proper guidance and boundaries. Misuse of phones, she emphasized, is emerging as one of the silent but dangerous contributors to mental health struggles among children, teenagers, and even adults later in life.

Key Takeaways from the Session

What is Mental Health?

According to the World Health Organisation, mental health is more than the absence of illness-it is a state of well-being where individuals can realize their potential, cope with everyday stresses, work productively, and contribute positively to their communities.



Josephine J. Anying, Public Image Director

What Shapes Our Mental Health?

Our environment plays a huge role. Factors such as security, leisure, physical health, financial stability, relationships, and social participation all influence mental well-being.

The Hormonal Connection

Jennifer highlighted that hormonal changes-during adolescence, pregnancy, menopause, and other life transitions—can affect mood, emotions, and overall mental health. Recognizing these changes can help us respond with compassion rather than judgment.

The Power of Self-Care & Support

The fellowship underscored the importance of self-care routines-from exercise. mindfulness, and healthy

social interactions, to simply giving ourselves permission to rest. Equally crucial is breaking the stigma around mental health by creating safe spaces for open conversations and seeking professional help when needed.

Why This Matters

Jennifer noted that mental health is not just a personal issue-it is a community issue. "When one person suffers silently, the ripple effects touch families, workplaces, and society at large." She said. During the fellowship Jennifer reminded everyone that supporting one another, especially the vulnerable, is not an option—it is a responsibility.

The fellowship session was more than a talk: it was a wakeup call. As participants walked away, there was a shared sense of commitment to apply these lessons-protecting children from premature digital exposure, prioritizina wellness, becoming advocates for healthier, more resilient communities.



While technology has many benefits, teenagers are often not mature enough to handle the freedom of these gadgets without proper guidance and boundaries.





Barbara Matovu Kimaite **TRF** Director

Some of the new PHFs in the Action Year

Planting Seeds of Hope: Why Giving to The Rotary Foundation Matters

t is only three months into the Action Year, and already your generosity has been nothing short of extraordinary! With 8 new Paul Harris Fellows (PHFs) and over 23 members stepping up to answer the District Governor's call to give \$100 by December 2025, we are only grateful to God for the opportunity to impact lives as a Club.

I extend my heartfelt gratitude to each of you who has given to the Rotary Foundation. Your contribution is far more than a donation-it is an investment in hope, in communities, and in the transformation of lives across the world. Because of your support, Rotary continues to fund life-changing projects, deliver essential resources where they are needed most, and uphold the values that make us who we are: Service Above Self.

For those who have not yet had the chance to give to the Rotary Foundation (TRF), I warmly encourage you to join in. Remember, no amount is too small - every single contribution matters. Together, our collective giving creates ripples of change that reach far beyond what we can see today.

When you choose to support the Rotary Foundation, you are not just giving - you are helping write stories of impact: children stepping into classrooms. families accessing clean water, communities finding healing, and peace taking root in places once broken by conflict.

As TRF Director of the club I appreciate you Rotarians for your generosity, your dedication, and your unwavering belief in Rotary's mission. Let us keep moving forward together, knowing that every gift we make today plants seeds of hope and builds a brighter tomorrow-for our communities, and for the world.



Rtn Robert receiving the DG's pin for his contribution of \$100 to TRF

SEPTEMBER GIVERS

Rtn Hadija Basemera- PHF



Rtn Maureen Natuhwera- PHF



Rtn Justine Mutesi- PHF



Rtn Mark Mwanje- PHF



Rtn Grace Serukenya- DG's \$100 Ask



Rtn Said Twine DG's \$100 Ask



Rtn Joan Nabukalu **DG's \$100 Ask**



Rtn Harouna Mukiibi DG's \$100 Ask



MEMBERSHIP SPOTLIGHT

Rtn Christopher Asiimwe

Classification: Business

Chris is a Charter Member who loves traveling, networking and reading

Quote: Just one small positive thought in the morning can change your whole day.

Rtn Eng. Frank Rutebarika

Engineering services

Role in the Club: Presidential Advisor

Hobbies: Socializing, investing, networking and traveling

Quote: A man's strength is not in building things, but in building people, ideas and a future that outlives him.

Rtn Hadija Basemera

Rtn Collins Tulikuno

Classification: Surveying services

Role in the Club: Sergeant at Arms and Chair Rhinos buddy group.

Hobbies: Loves adventuring, service above self and enjoys football

Quote: It is better to conquer oneself than to win a thousand battles.



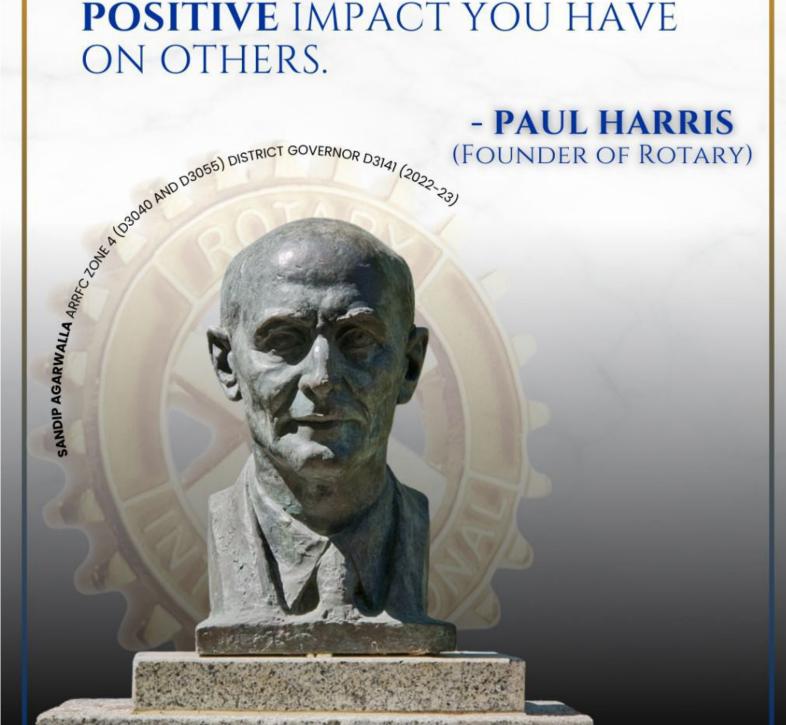








SUCCESS IS NOT MEASURED BY WEALTH, BUT BY THE POSITIVE IMPACT YOU HAVE ON OTHERS.







Josephine J. Anying, Public Image Director, **RC Nalumunye**

SEPTEMBER WAVE OF ENGAGEMNET

Friendship, Fun & Fellowship: Rotary Club of Nalumunye holds its First ACTION YEAR Home Hospitality in Style

aturday September 6th, 2025 marked a milestone in our Rotary journey as President of Presidents, Rotarian Debbie K. Kakande, hosted the FIRST ACTION Home Hospitality—a vibrant event that injected energy, camaraderie, and purpose into the Rotary spirit across Districts 9213 and 9214, resonating with the Governor's call to make Rotary fun!

The atmosphere was electric! Rotarians from the Rotary Club of Nalumunve, along with friends and distinguished guests, gathered for an action-packed day filled with dazzling talent showcases, team-building feats, and spirited competitions. From expressive miming and energetic dancing to karaoke battles and stimulating guizzes, the event was a true celebration of fellowship and Rotary camaraderie.

Lively music set the tone, thanks to a top-notch DJ, while an abundance of delicious food, refreshing drinks, and joyful laughter filled the day. It was more than just an event-it was a spectacular display of unity. passion, and the relentless Rotary spirit.

Leading the charge, our own Dean of Assistant Governors, Rtn Benjamin Bwanika Nalumunye's Assistant Governor, Bob Nsereko; District Officials; and Action Presidents; were involved every step of the way, engaging wholeheartedly with everyone. The energy was contagious, and the friendship palpable. AG Bob summed it up perfectly: "I am a proud AG! The Munyes truly rocked..."

Reflecting on the incredible evening, it was evident that the bonds forged and the vibes experienced mirror our collective performance this year. The sense of togetherness was inspiring, fueling our collective drive for greater impact.

Special thanks to the renowned Kakande Family, alias KK family who were our gracious & generous hosts, whose warm hospitality made everything possible. May God bless you abundantly!

"As we look ahead, let's continue to unite for good-taking one act at a time, and building on this momentum" said President Debbie.

The ACTION Home Hospitality was more than an event; it was a call to action, a celebration of Rotary values, and a reminder that together, we can achieve extraordinary things.

Here's to many more memorable gatherings!



































Rtn. Dr. Juliet Kyayesimira

L-R: Before and after paintings. Rtn Angel engrossed in her piece while painting

Colours, Creativity & Connection: A Fellowship to Remember!

heartfelt reflection perfectly captures spirit of our memorable fellowship held on 24th September 2025. It was an evening unlike any other-one that combined creativity, friendship, and the joy of discovering hidden talents.

For many, the last time they picked up a paintbrush was back in kindergarten. But on this day, every Rotarian was welcomed by canvases and colors waiting at their tables, inviting them to reconnect with their playful, imaginative side.

As the session began, each member was tasked with painting the picture before them. Soon, laughter and excitement filled the room. Some realized they had been carrying hidden artistic talent all along, while others found

painting to be a soothing way to relax and reflect.

The process of choosing colors, blending shades, and bringing images to life was more than art-it was a powerful exercise in creativity, problem-solving, and critical thinking. In every brushstroke, we saw the essence of Rotary: vision, action, and impact.

The FOY Reveal: **Building Friendships Beyond Fellowship**

While brushes moved across canvases, our Club Fred Administrator Rtn Nyanzi added another splash of color to the evening, the introduction of new Friends of the Year (FOY). It was time to select our FOYs for

the Action year, after bonding with our previous FOYs for the whole magical year.

Amidst mix reactions from a cross section of Rotarians, selections were made through a fun, random "secret box" draw, pairing each Rotarian with a FOY. The joy and cheering that followed spoke volumes about how much we value friendship in Rotary.



Amidst mix reactions from a cross section of Rotarians, selections were made through a fun, random "secret box" draw, pairing each Rotarian with a FOY







Why FOYs?

Because Rotary is about more than meetings. FOYs create an avenue for Rotarians to:

- Check in on each other regularly
- Celebrate milestones and special days
- Sit together during fellowship once in a while
- Encourage and inspire one another
- Above all, have fun and grow lasting friendships!

The FOY initiative is a gentle reminder that Rotary is not just an organization—it is a family.

More Than Just Paintings

As the evening unfolded, members found themselves deeply engaged-eyes focused, hands steady, and hearts light. The room buzzed with conversation, laughter, and encouragement, especially as new FOYs connected with their partners.

When the session came to a close, each Rotarian proudly took home their art piece. For some, it was a source of personal pride; for others, it was décor destined for their living rooms. A few even joked about turning this newfound talent into a side hustle!

But beyond the paintings, what everyone carried home was a sense of accomplishment, joy, and connection. Many requested that such fellowships be repeated because of how deeply relaxing and refreshing the experience was.

This gathering was more than colors on a canvas. It was about renewing the spirit, building friendships, and reminding ourselves of the vibrant community we are privileged to be part of in Rotary.

With brushes in hand and hearts connected, we painted not just pictures, but also new memories and stronger bonds.

Here's to many more fellowships that combine fun, creativity, and the true essence of Rotary: Service Above Self, enriched by friendship and joy.

Happy FOYs after the painting exercise



But beyond the paintings, what everyone carried home was a sense of accomplishment, joy, and connection.

Deeper Connection Lives on the Kimeeza Genteel **Rooftop Vibes**



Rtn Ronnie Lubwama, Cancer Rtn Maureen Natuhwera K, Family of Rotary Officer-**Action Year Run Officer**

very Wednesday evening, after the official Rotary meeting, a second equally anticipated gathering quietly comes to life: the Kimeeza. A Set against a relaxed and friendly atmosphere of the Genteel Gardens (Rooftop), Kimeeza isn't just an after-party. It's where the heart of Rotary fellowship truly continues to beat. Members gather around round tables, no microphones, no formalities but just good vibes, hearty laughter, and genuine connection.

The Kimeeza is a space where Rotarians loosen the ties, kick off the heels, and dive into conversations that go beyond service projects and membership engagement. New friendships are forged, stories are shared, ideas exchanged, and plenty of jokes cracked, while sharing drinks, delicious bites including chicken and kigere or whatever is served by the cheerful waiters and waitresses affectionately referred to as ("workers / employees") and this gives a great company.

Music usually fills the air. sometimes classic, Lingala or favorite oldies, but always setting the right mood and the tone for the night. Before long, it's not unusual to find members on their feet dancing, singing along, or even starting an unplanned dance moment. It's all part of the kimeeza magic.

This is a Rotary connection, outside the formal setting. It's raw, it's real, and it's where the bonds that make great service teams are quietly but powerfully built. Sometimes we use it to fundraise for our projects informally and people do it willingly with love. People stay late, sometimes long after the rooftop has emptied, not because they have to, but because they want to.

We're proud to have Rtn Isaac Sentongo, a devoted member of the Lions Buddy Group, serving as our kimeeza Chair for this action year. Under his guidance, kimeeza has remained organized, vibrant, and inclusive, ensuring

everyone, from first-timers to longtimers, feels at home. Thanks to the generosity of the proprietors of Genteel Gardens, Frank and Doreen Rutebarika, we enjoy a free and welcoming space to continue our kimeeza fellowship. We do not take it for granted. So if you haven't yet experienced kimeeza, you're missing out on a big part of our Rotary culture. Come for the fellowship, stay for the vibe, and leave feeling a little more connected.

Ekimeeza isn't scripted, it just flows

District Governor Christine Kyeyune often asks, "Is Rotary fun?" It truly is and anyone who has been to Kimeeza would agree without hesitation.





CPD MD Lydia Walusimbi, **Charter President** Designate - PRCNH

UPDATES FROM PRCNH

Provisional Rotary Club of Nalumunye Heights on a Steady Rise

he journey of the Provisional Rotary Club of Nalumunye Heights (PRCNH) has been nothing short of inspiring. In just a short span of time, the club has grown remarkably in numbers, vibrancy, and unity a living proof that together, we can achieve more.

One of our most significant milestones has been reaching 25 committed Aspiring Charter Members. Each of them has made the noble decision to embrace Rotary's mission of Service Above Self. Their passion continues to breathe life into our club, and their dedication demonstrates that Nalumunye Heights is truly ready to serve, connect, and transform lives.

Another highlight of our journey been the successful submission of our Charter application documents to Rotary International This milestone would not have been possible without the steadfast support and guidance of our District and Country leadership. We extend heartfelt appreciation to District Membership Chair MD Ann, whose mentorship has been invaluable. We are equally grateful to NCA CP Christine, together with the leaders and Rotarians from our Mother Club, the Rotary Club of Nalumunye (RCN), for their consistent encouragement and nurturing spirit.

We also recognize with gratitude the unwavering

support of our partners in service the young, vibrant, and energetic team from the Rotaract Club of Nalumunye (RAC Nalumunye). presence, energy, commitment continue to inspire us to keep the Rotary spirit alive. From joint projects to fellowships and their active participation in our



Another highlight of our journey has been the successful submission of our Charter application documents to Rotary International.







been nothing short of remarkable.

Consistency in weekly fellowships has been another cornerstone of our strength. These gatherings are not only moments for learning and service but also opportunities to build deep connections and lasting friendships. Our trademark Fun Fellowships held every end of month have further distinguished PRCNH, adding vibrancy, joy, and camaraderie to our Rotary journey. We continue to encourage our actively members to participate in club visits. which broaden horizons, strengthen bonds, enrich our collective Rotary experience.

At this stage of our journey, I sincerely thank all our Aspiring Charter Members for choosing to walk this noble path. I also extend my deepest gratitude to





the Board of Directors of PRCNH for their excellent leadership in steering the club toward growth, service, and impact.

The Provisional Rotary Club of Nalumunye Heights is indeed on a steady rise, vibrant, growing, and determined to make a difference.

Together, one act at a time.

UNITY FOR GOOD.



Consistency in weekly fellowships has been another cornerstone of our strength.





Rtn Freddie Nyanzi, PN/ Club Administrator. **RC Nalumunye**

Buddy Grouping and Regrouping: The Heartbeat of Club Engagement

f Rotary fellowship is the soul of our movement, then buddy groups are the heartbeat that keeps it alive. In clubs across the world, buddy grouping has become an effective way to connect members, foster engagement, and ensure that no Rotarian is left. hehind

But buddy grouping isn't a "set it and forget it" system, it requires regrouping and refreshing to remain meaningful. Here's why this practice matters for a vibrant, healthy Rotary club.

Strengthens Connections and Belonging

Buddy groups are small, friendly circles within the larger club. They make it easier for new members to integrate and for everyone to feel seen and heard. Over time, regrouping brings fresh faces together, sparking new friendships and strengthening the web of relationships that makes Rotary so special.

Boosts Participation and Attendance

When members are grouped together, there's a natural sense of mutual encouragement to attend fellowship, participate in service projects, and share ideas. Regrouping periodically avoids stagnation and keeps participation lively, ensuring no group becomes disengaged or overburdened.

Builds Leadership and Mentorship

Buddy groups are a leadership laboratory. Each group has a chairperson or coordinator who practices leading in a smaller, more personal setting. Rotarians discover their leadership potential and gain confidence before taking



Buddy groups create a sense of belonging and accountability. They remind members that they are part of a family, not just a weekly meeting.









on larger club roles. Regrouping rotates opportunities so that more members get to step up.

Encourages Healthy Competition

From happy dollar collections to organizing fellowships, buddy groups often compete in a spirit of fun. Regrouping introduces new dynamics, keeping competition fair and energizing the club with fresh enthusiasm.

Supports Member Care

A well-structured buddy system ensures that members aren't lost when life gets busy. Each group watches over its members, celebrating milestones, checking in during absences, and offering support during challenges. Regrouping helps balance this responsibility prevents and burnout in any single group.

When & How to Regroup

Most clubs regroup annually or bi-annually, aligning with the start of the Rotary year. Best practices include:

0 Balancing diversity; mix newer and senior members. professions, and genders.



- 0 Keeping size manageable; groups of 6-10 work well.
- Rotating leadership; give different members the chance to serve as buddy chair.
- Celebrating the transition; host a fun handover event to mark the new groupings.

A Tool for Membership Growth

As Rotary continues to attract new members, buddy grouping and regrouping helps ensure retention. A member who feels welcomed, engaged, and cared for is more likely to stay active and invite others. "People join Rotary for service, but also stay because of friendship, connection and buddy groups make that connection real.

Buddy grouping and regrouping are not just administrative exercises; they are strategic investments in fellowship, participation, and leadership development. A vibrant buddy system builds a vibrant club where every member matters and has a sense of belongs.

President's Message

Rotarians. ello dear Rotaractors and friends of Rotary. Congratulations upon completing the first guarter of the Action Year. It has been nothing but full of action. The fire keeps burning, and it will not cease as long as we serve voluntarily and selflessly, and that's the beauty of Rotary.

Upon completion of the basic education and literacy month, allow me give you a little insight of how it has been in RAC Nalumunye. We kick started the month with thel of our Annual PLD Program, which is also in line with the month's theme of basic education and literacy. The program started on the 6th September 2025 with a training camp of over 30 students between the age of 10-18 years, receiving different training skills that will help them through their delicate years and shape them into better citizens.

RAC Nalumunye also participated in a REI Caravan, where our contribution was second highest, to help in the organizing for REI Kenya. We have also continued to fellowship with our Interact Club at Mutundwe Young Christian Secondary School. They had their first fellowship this school term and the District Interact Chair was the guest speaker. She invited them to participate in the Interact RYLA

We officially hosted the ADRR who commended RAC Nalumunye for



the great work done so far, this action year. We continued to visit other clubs, do makeups and had two joint fellowships, with RAC Bwebajja and RAC Kyengera Town.

Central zone 5, to which RAC Nalumunye belongs, executed a joint zonal project at Kigo prisons, to give hope to the prisoners and to promote peace and conflict resolution. We are proud to be part of the team. We wrapped up the month with a trip to Budaka, to do a Needs Assessment for our Signature project, at Namengo Boys Primary School- Budaka. And vou are yet to see the results as we prepare to go back and execute.

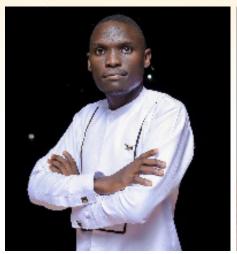
As I wind up, our DRR's visit is on the 7th October 2025, so this also serves as an open invitation to all of you, Rotarians, Rotaractors and friends of Rotary to attend and make it memorable, as we Unite For Good, Together One Act at a Time!



Upon completion of the basic education and literacy month, allow me give you a little insight of how it has been in **RAC Nalumunye**

Professional Leadership Development (PLD) Program: Uplifting the Community Child for a Better Future







Denis Mbuga – PLD Chair | Mark Buwembo – Charter President | Rashid Kizito – Club Advisor

Background

The Professional Leadership Development (PLD) Program is a flagship initiative of the Rotaract Club of Nalumunye, in collaboration with the Rotary Club of Nalumunye and the Provisional Rotary Club of Nalumunye Heights. It was developed to address the need to equip children and young people with leadership, life, and emotional skills that complement formal education. Through practical training in public speaking, mental health awareness, first aid, and financial literacy, the program transformed participants into more confident and engaged young citizens, ready to positively influence their schools and communities.

Objectives

The PLD Program will achieve its objectives through a hands-on, interactive format that encourages active participation. Specifically, it will:

- Build confidence and leadership skills - by having children practice public speaking, group discussions, and presentations, encouraging even shy participants to take the stage.
- Raise awareness of mental health - through open conversations led by facilitators, allowing participants to ask questions and normalize emotional wellbeing discussions.

- Teach practical life skills - through demonstrations in first aid, role-plays of emergency scenarios, and exercises on financial literacy and personal branding.
- Foster self-esteem and purpose - with personal reflection activities and recognition moments that highlight each child's strengths.
- Nurture future leaders by introducing leadership principles and Rotary values, and assigning leadership roles during group activities.

Target Group

The program targets children and youth aged 10-18 years, including:

- Students from local schools and Interact Clubs
- Young members of the Nalumunye community
- Vulnerable children who need mentorship and leadership exposure

Approach & **Implementation Format**

The PLD Program is delivered as a structured, multi-phase initiative during the School Term holidays. It includes:

Phase 1 - Awareness & **Recruitment:** Outreach campaigns in schools and communities to mobilize participants.

Phase 2 - Training & Skills **Development:** Half-day sessions covering public speaking, leadership, mental health awareness, first aid, and personal branding.

Phase 3 – Practical Application & Mentorship: Peer projects and mentorship from Rotarians and facilitators.

Phase 4 - Evaluation & **Celebration:** Presentations and recognition sessions to celebrate participants' achievements.

Key Implementers & Proponents

- Rotaract Club of Nalumunye - Will coordinate the program and mobilize volunteers
- Rotary Club of Nalumunye - Provide mentorship, technical guidance, and financial support
- Provisional Rotary Club of Nalumunye Heights -

Support facilitation and resources

- 0 Partner Schools & Teachers Assist in participant mobilization and follow-up
- 0 **Professional Trainers** & Facilitators - Deliver interactive and impactful sessions

Intended Outcomes

By the end of the program, trainees are expected to:

- Demonstrate greater confidence in public speaking
- Exhibit improved teamwork 0 and leadership skills
- 0 Demonstrate mental health awareness and openness
- Have the capacity to share their knowledge, creating a ripple effect in their schools and homes



The PLD Program is delivered as a structured. multi-phase initiative during the School Term holidays.

Next Steps

The PLD Program will be held every Third Term holiday, strengthening the impact, year after year. Future editions will include hands-on skilling workshops in entrepreneurship, creativity, and financial management, as well as peer-led community projects and follow-up mentorship to track progress and sustain growth. Together, we are transforming lives, one child at a time.



The Café: Empowering Minds

white, letters form a path in literacy. With practice, hand and eye begin to trace The coded thoughts that time

The page, patient field of

and space erase. We read to gather, write to

We question, analyze, evaluate and dig down deep For every "why" and "how" we

Is a critical thought that make us unique as we reflect.

With communication flowing, we express with care Articulating thoughts, with clarity, ease and intent, We write the script, and speak the part like a river from the mind Share the truths that you alone can find. for speaking turns a private thought to light. To argue, to explain, to make a case. Is the art that communications grace, To link your world to someone else's mind

No great thing was ever built alone, One mind on its own, No! Creativity sparks, as we think outside the box with innovation and collaboration unlocks To hear the gaps between the words they say, And build a stronger structure every day. Is a complete cycle of the 21st century skills we all need And then to work as one. with hearts and minds our

With every voice, a new story's told. To think, to speak, to share, and work as one, Is the key to unlocking what's yet to be done. With empowered minds, we rise above, And build a future, where all can thrive and love. With every step, a new path's designed, And our collective dreams become a reality's shrine.

potentials unfold.



Rebecca Asio Guest

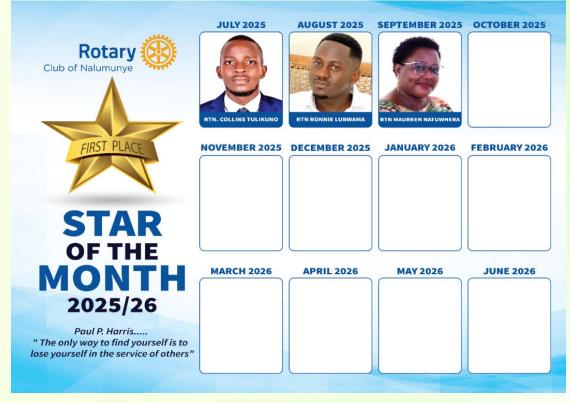
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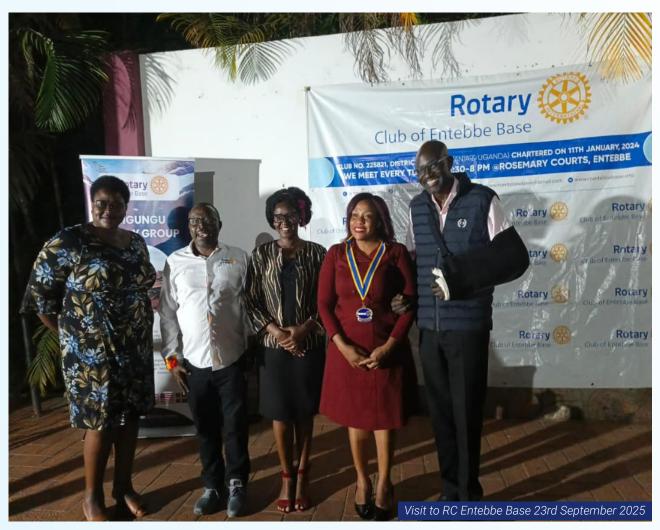


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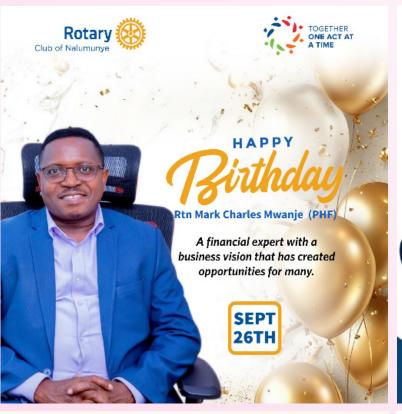


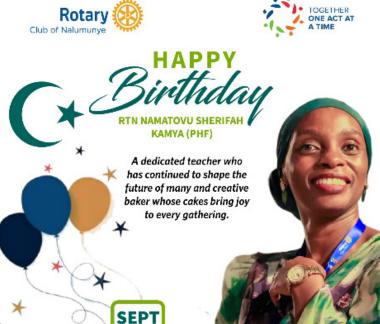






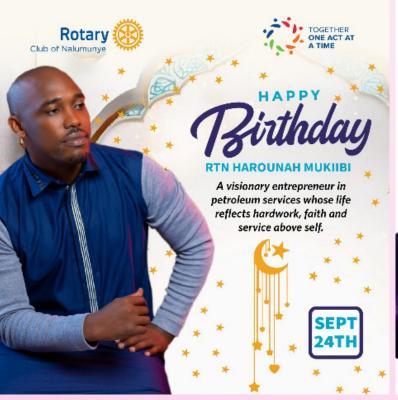
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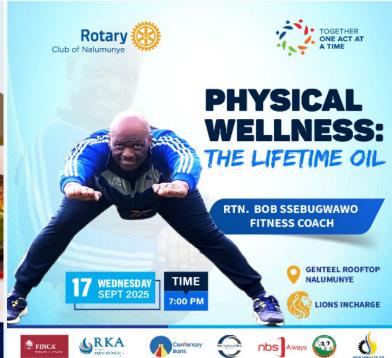
Rotary





CLIUB ACTIVITIES OF SEPTEMBER













UPCOMING EVENTS















Venue and dress code to be communicated



