



NALUMUNYE TRUMPET

PEACE AND CONFLICT RESOLUTION

Issue 10 | March 2026



Rotary
Clubs of Uganda



**WOMEN
IN ROTARY**

AWARDS

"Honoring Leadership & Service"



**SATURDAY ,
MARCH 7 2026,
4.00P.M**



NDERE CENTRE

**HOSTED BY: Rotary Club of Kampala Naalya in collaboration with District 9213 & D9214
Family of Rotary Committee**



Proceeds go towards skilling Teenage mothers in Acholi Quarters-Kampala and Kamuli District

#RotaryEyamba #GiveToGain #WomenInRotary

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The Gains are a Bounty!

Rtn Philemon Kirunda Mukisa, Chief Editor

Dear our readers, The Nalumunye Trumpet brings to your PC, tablet and phone, a myriad of stories in a bounty. After the Christmas holidays, it has been a month and a half of activities and, we have you covered with narratives on the same. Indeed, there is always a lot to report on, but the Editorial Team of the Nalumunye Trumpet as usual, brings you the best of the stories.

In this Issue, we bring you key messages from our leaders at the different levels- Rotary International, the District, RC Nalumunye, RC Nalumunye-Heights and RAC Nalumunye, as well as reports on the Provisional RC Nalumunye-Katale. To augment the reports by our leaders, we detail the stories from the Mega Medical Camp that was graced by the RI President, business from RC Nalumunye and the associated clubs.

We have witnessed several achievements at both individual and club levels, and all these are at your disposal to read about. The stories prove that the vigor of the 'Mother Club' and the associated clubs only continues to rise and get stronger, thanks to the Rotarians, Rotaractors and Guests.

We hope that the month of Peace and Conflict Resolution has taught you something and reflectively challenged you at this time when part of the world is going through a tough time of war. As we transition to the month of Water, Sanitation and Hygiene, we are watching out for the great strides that Rotary is making in this area of focus, and we shall bring you reliable reports at the end of the month- let's work!



Special appreciation goes to the contributors to this issue and particularly our leaders who have relentlessly informed us with consistency. I also appreciate the Editorial Team, for always pulling this off regardless of the circumstances, thank you for your service above self.

To you our readers, enjoy the buffet.

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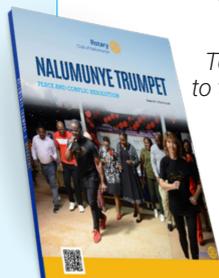
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ANTHEM FOR THE ROTARY CLUB OF NALUMUNYE

Chorus

Putting others first, serving with love.
Nalumunye Rotary Club, in community we trust.
With happy hearts, we make a way
Building hope for the brighter day.

Verse 1

Our hearts are one,
Together we work, under the sun.
Lifting each other, hand in hand,
To build a better land.

Verse 2

With kindness and joy, we do our best,
Serving with love, passing every test.
Helping our neighbours, spreading cheer,
And we truly care, far and near.

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10 TOP POLIO PLUS GIVERS

MONTHLY UPDATE: JANUARY 2026

1. Muyenga Tank-Hill	\$18,634.10
2. Muyenga	\$14,632.24
3. Entebbe Base	\$8,829.60
4. Nalumunye	\$7,645.54
5. Kigo Seven Lakes Golf	\$7,009.00
6. Bunga	\$6,373.50
7. Kampala Munyonyo	\$5,400.64
8. Mbarara	\$4,375.75
9. Rubaga	\$3,400.00
10. Kajjansi	\$3,076.18

We Thank You

Water Connects Us All

From a river in a remote forest to a stream running past a city neighborhood, freshwater ecosystems sustain humanity. Yet these waters are increasingly under strain. Pollution, overuse, and climate pressures remind us that protecting freshwater is a global challenge.

Rotary has always believed change begins within communities. Now we are working to see how far the impact of community action can travel. When local service is connected, measured, and shared, it becomes a force that extends beyond geography and borders.

A water project led by the Rotary Club of Panamá Nordeste exemplifies this idea. The project served Indigenous communities in Panama's Darién province, a region accessible only by canoe and small boat. With no roads, limited electricity, and reliance on untreated river water, families faced serious health risks.

To reach these communities, Rotarians had to rethink how supplies and services could be delivered. Working with a partner club in the United States and a specialized water organization, they introduced solar-powered water treatment systems for an area without access to an electrical grid. Local leaders were trained to operate and maintain the system, ensuring that clean water would continue



FRANCESCO AREZZO
President, Rotary
International

flowing long after installation crews departed.

The results were immediate. Children who once missed school due to illness returned to classrooms. No longer needing

to haul water from rivers, adults gained time and strength to work and support their families. What began as a water project became a foundation for healthier, more resilient communities.

That same spirit is at the heart of Rotary's partnership with the United Nations Environment Programme through the Community Action for Fresh Water initiative. Around the world, Rotary and Rotaract clubs are restoring waterways, protecting wetlands, and safeguarding vital freshwater sources. By collecting data to map and measure this work, we can better understand its impact and show how local service contributes to worldwide solutions.

Data is not an end. It is a tool that helps us learn and improve so that Rotary's service delivers real, measurable change. Each project entered and each waterway restored adds to a shared story of stewardship and responsibility. You can learn more and get involved at communityactionforfreshwater.org.

As we observe Water, Sanitation, and Hygiene Month, I encourage you to reflect on the freshwater systems that sustain your community and the role Rotary can play in protecting them.

When we connect local action to a global vision, we strengthen Rotary's ability to make lasting change. Together, by extending our reach and working side by side, we truly Unite for Good.



This is how we extend our reach: combine local leadership with global partnerships, technical expertise, and long-term thinking.



Rotary

FOUNDATION RECOGNITION

This recognition is presented to

Rotary Club of Nalumunye

In recognition of the club's outstanding commitment to **The Rotary Foundation**, demonstrated through exceptional growth in **Paul Harris Fellow** recognitions, with fifteen (15) new Paul Harris Fellows during the **Rotary Year 2025–2026**.




Christine Kyeyune Kwooya
District Governor



TOGETHER, WE

INSPIRE

Rotary  PEOPLE OF ACTION

One Million Strong and Still Running

Last month, Rotary District 9214 marked a historic milestone: USD 1,000,000 contributed to The Rotary Foundation. This is more than a financial figure. It is a statement of belief. A statement of discipline. A statement of collective responsibility. Reaching one million dollars did not happen by accident. It happened by design.

First, it was the power of asking. We asked boldly. We asked consistently. We asked without fear of rejection. The worst answer we can receive is no. But every no leaves room for the next conversation. Every conversation creates awareness. Every awareness moment builds ownership. As leaders, we understood that fundraising is not about pressure. It is about invitation. And we kept inviting.

Second, the District Governor's Special Pin created accessibility in giving. By encouraging each member to contribute at least USD 100 toward The Rotary Foundation to receive the District Governor's Special Pin, we made participation tangible. Many members who had never given before stepped forward because the pathway felt achievable. The USD 100 entry point was simple, clear, and inclusive. It reinforced an important truth: every contribution matters. The culture shifted from watching to participating.

Third, the promotion of Named Funds unlocked significant capacity. Named Funds allow members to give toward areas they are deeply passionate about. Individual contributions came in of USD 25,000.

Fourth, we had an individual gift to the Arch Klumph



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

Society of USD 275,000 and another leader stepping up to the Arch Klumph Society circle/Level 2. When members see that their giving can reflect their personal convictions, generosity increases. Structured giving builds confidence.

Finally, we operated under a shared rhythm: doing it together, one act at a time. Foundation giving was not treated as a side conversation. It was embedded in our fellowships, in our district engagements, and even during the visit of Rotary International President Francesco Arezzo to Uganda. We spoke about it openly. We celebrated it publicly. We normalized generosity.

But we must remember: the Rotary year does not close at one million dollars. We still have three months to go before 30 June 2026. Momentum must not slow. It must accelerate. As we observe Water, Sanitation, and Hygiene Month, let us reflect on why The Rotary Foundation matters

Your gift can provide clean water.

Water is essential to life, yet billions of people still live without safe drinking water. A contribution to The Rotary Foundation's Annual Fund supports member-led projects that provide clean water, sanitation, and hygiene solutions in communities that need them most. These are sustainable interventions that prevent disease, protect mothers and children, strengthen schools, and restore dignity.

This month, I invite every Rotarian in District 9214 to give again. If you have given USD 100, consider increasing it. If you have not yet given, start. If you are close to a milestone, complete it.

We have proven that together we can reach one million dollars. Now let us prove that we can go beyond it.

One act at a time. One gift at a time. One district, moving forward together.



**I want to sincerely thank our
Governors, Assistant Governors,
Club Presidents, Foundation
Chairs, and every Rotarian who
believed that District 9214 could
lead from the front.**



ROTARY INTERNATIONAL CONVENTION

TAIPEI, TAIWAN | 13-17 JUNE 2026



#Rotary26

Peace Building Through God-Given Talents

In a world increasingly burdened by stress, emotional fatigue, and social division, peace building requires more than policies and meetings—it requires connection, expression, and healing from within.

At the Rotary Club of Nalumunye, we recognize that some of the most powerful tools for peace are not complex strategies but God-given talents placed within us. One such gift is dance and music. Dance is not merely movement to music; it is a language of the soul. It communicates what words cannot express, releases tension the mind struggles to carry, and unites people beyond cultural and social differences.

“When words fail, the body speaks.”

During the month, we had the honor of hosting a renowned dancer Valentino, who shared profound insights on the transformative power of dance. He noted that dance relieves stress, strengthens mental alertness, enhances communication, and builds community bonds—all while creating joy. Dance stimulates the brain, improves memory, sharpens focus, and encourages creativity. It allows individuals to step away from daily pressures and immerse themselves in purposeful movement. In doing so, anxiety is reduced, hearts are lightened, and minds are refreshed.



Debbie Komugisha Kakande,
Action President, RC
Nalumunye, President of
Presidents, D-9214

“Movement is medicine for the mind.”

Beyond the individual, dance carries a collective power. Communities that dance together laugh together, celebrate together, and heal together. Shared rhythm dissolves barriers and fosters understanding. In those moments of unity, differences become secondary and humanity takes center stage. Conflict diminishes

when people feel connected. Tension softens when joy is shared.

“Where there is harmony in movement, there is harmony in community.”

Mental wellness is foundational to sustainable peace. A calm mind nurtures patience. A healthy spirit encourages empathy. A joyful heart promotes cooperation. By embracing talents such as dance, we invest not only in recreation but in resilience. We strengthen emotional well-being and cultivate environments where understanding flourishes. As Rotary leaders, our responsibility extends beyond service projects to nurturing the holistic well-being of those we serve.

“Peace begins within, and wellness is its foundation.”

Through dance, we discover that peace building does not always start in conference halls, it can begin on a simple dance floor, with music playing, hearts open, and feet moving in rhythm. And in those steps, we find healing. In that healing, we find peace.

To us all, what is that one Talent you can employ to Build Peace in your community, in your workplace, in your home but most importantly in YOURSELF?

As the year gets busier every other day, be at Peace for it gives you more grace in life. Our Lord said these words unto his disciples; I share the same with you my Family of Rotary “Peace unto us all”.

To the awesome Munyes, let us ride on Peace as the epitome of club continuity.

By embracing talents such as dance, we invest not only in recreation but in resilience. We strengthen emotional well-being and cultivate environments where understanding flourishes.

TOP TRF GIVERS

JANUARY 2026

1. Tanga	\$275,228.50
2. Muyenga	\$87,716.86
3. Kigo Seven Lakes Golf	\$83,220.73
4. Muyenga Tank-Hill	\$23,015.96
5. Kampala Munyonyo	\$20,832.08
6. Nalumunye	\$20,576.30
7. Mbarara	\$20,140.10
8. Bwebajja	\$18,462.51
9. Garuga	\$18,426.60
10. Bunga	\$16,009.50

FEBRUARY TRF GIVERS

Rtn Apollo Munghinda and
PN Freddie Nyanzi





**Rtn Josephine Anying,
Public Image Director-
RC Nalumunye**

When Love Took The Dance Floor: A Night of Salsa, Soul & Peace

February is the month of love – but pause for a moment and ask: what is love without peace?



At the Rotary Club Nalumunye, the answer came wrapped in rhythm, laughter, and sizzling salsa moves. If there's one thing Rotarians of RC Nalumunye adore, it's happiness. Add music, movement, and great company to the mix, and you have the perfect recipe for connection. That's how one simple question sparked magic: How can we use music to create peace?

On **18th February**, the club turned that question into an unforgettable experience by hosting **Valentino**, a renowned salsa dance expert, for a fellowship that promised fun, and delivered so much more.

From the moment the event flyer went out, excitement rippled across the Rotary fraternity. Speculation buzzed in every

corner: Will he teach us to dance? Will he perform? Will we embarrass ourselves—or fall in love with salsa? One thing was certain: this was going to be fun, reloaded – VIBE, as the Munes call it.

As Valentino stepped into the venue that evening, he was greeted by a room glowing in the colours of love – red and black, beautifully styled to set the mood. Rotarians arrived dressed to match, their warm greetings and easy laughter filling the air. Love wasn't just a theme; it was a feeling you could sense the moment you walked in.

Then came the moment everyone was waiting for.

Valentino took the stage—not just to teach dance steps, but to tell a story. His story. With



charm and authenticity, he guided members and guests through salsa choreography, breaking down moves piece by piece until the room came alive with rhythm and confidence. Laughter erupted as participants tried out their steps, encouraged by cheers from delighted onlookers. What started as hesitation quickly transformed into bold spins, confident footwork, and shared joy.

After the choreography, Valentino and his dance partner shifted gears, inviting everyone to reflect on the deeper power of music and dance. They shared how dance goes far beyond entertainment – it heals, connects, and transforms. Among the many takeaways:

- ▶ Dance relaxes the mind and brings peace to the soul
- ▶ It allows self-expression, boosting confidence and communication
- ▶ It strengthens collaboration in friendships, partnerships, and communities
- ▶ It builds leadership through the balance of leading and following

- ▶ It sharpens listening skills and coordination
- ▶ It sharpens listening skills and coordination
- ▶ It fosters trust—both in yourself and others
- ▶ It reduces stress and uplifts mood
- ▶ It releases happiness hormones like dopamine and serotonin
- ▶ It celebrates both femininity and masculinity beautifully
- ▶ And above all, dance promotes love and intimacy

The evening reached its emotional high when Valentino shared his

personal journey of how music and dance transformed him from a shy, uncertain young man struggling with identity and survival, into a confident, independent, and successful dancer. In dance, he found inner peace. In that peace, he found purpose, and a sense of accomplishment.

As the night drew to a close, one thing was clear: this wasn't just a dance fellowship. It was a reminder that peace can begin with a beat, confidence can start with a step, and love – true love can flourish on a dance floor.

And at RC Nalumunye, love didn't just show up that night. **It danced.**





Rtn. Freddie Nyanzi,
Club Admin/PN
RC Nalumunye

Strengthening Community Health and Education Through Sustainable Service

The Rotary Club of Nalumunye continues to demonstrate its unwavering commitment to community transformation through the successful implementation of impactful health and education service projects. These initiatives are firmly aligned with Rotary's mission of improving lives through practical, sustainable, and people-centered interventions.

Improving Health Service Delivery

In the area of community health, the club recently completed the construction and furnishing of a triage facility at Kitebi Health Centre III. The new facility has been fully equipped with appropriate furniture, significantly enhancing patient comfort and improving service efficiency for both healthcare staff and clients.

Additionally, the maternity Labour Ward at the same Health Centre was equipped with screens and partition curtains. This intervention ensures privacy, dignity, and a safer environment for expectant mothers during delivery, thereby contributing to improved maternal healthcare outcomes.

Renovation works at Rtn Alice Zalwango's (aka Mumbejja's) Clinic is also nearing completion, currently standing at approximately 95%. Once finalized, the upgraded facility will offer improved infrastructure, better working conditions for healthcare providers, and enhanced access to quality healthcare services for the surrounding community.

Collectively, these health-focused projects reflect the club's dedication to addressing immediate community needs while strengthening long-term healthcare delivery systems.

Fellowship Dedicated to Service Projects

On Wednesday, 18th February 2026, the club dedicated its weekly fellowship meeting exclusively to service projects, with special emphasis on its signature education initiative at Bandwe C/U Primary School. This project involves the construction of a two-classroom block aimed at decongesting existing classrooms and creating a safer, more spacious learning environment for pupils.

The fellowship provided members with an opportunity to receive project progress updates, review technical requirements, and mobilize resources to support the next phase of construction.

Through collective contributions during the fellowship, members successfully raised a significant amount of money to continue with the ongoing works. This



remarkable achievement underscores the strong culture of giving, unity, and shared responsibility that defines the club.

Special appreciation goes to all the club members and friends of RC Nalumunye whose generous contributions and enthusiastic participation made the fundraising effort a success.

A Legacy Built Brick by Brick

The Bandwe Church of Uganda Primary School project stands as a testament to the continuity of Rotary leadership and vision. Started in the Hope Creator year,

through the Magical Year, and now the Action Year, the club has continued this legacy by adding another “brick” to the strong foundation.

This consistent progression reflects Rotary’s philosophy of sustainable development – where each leadership team builds upon the work of its predecessors to achieve long-term impact rather than short-term solutions.

Call for Partnerships and Support

As construction progresses, the club calls upon well-wishers, partners, and friends of Rotary to join in completing this noble initiative. Additional support will ensure the project is delivered within the planned timeline and to the required standards, enabling children at Bandwe C/U Primary School to study in a safe, spacious, and conducive learning environment.

Through strategic partnerships and community collaboration, the club aims to maximize the project’s impact and contribute meaningfully to the educational development of the area.



Through strategic partnerships and community collaboration, the club aims to maximize the project’s impact and contribute meaningfully to the educational development of the area.

Commitment to Service Above Self

The Rotary Club of Nalumunye remains steadfast in its commitment to the principle of Service Above Self. By investing in health infrastructure and educational facilities, the club continues to translate vision into action and compassion into measurable results.

These projects serve as a powerful reminder that when Rotarians unite with purpose, dedication, and integrity, lasting change becomes possible. The club looks forward to completing the remaining phases of its initiatives and expanding its reach in service to the community in the months ahead.



Rtn Dr. Jacinta Ambaru, & Rtn Dan Asiimwe, RC Nalumunye

Soul-Deep Fulfillment: What The Medical Camp Gave Me

For a long time, Service Above Self was a Rotary motto I admired—but from a distance. My professional life was grounded in structure, outcomes, and remuneration. Fulfillment was measured in results and reward.

That changed at the NMS Ground Medical Camp organized by the Rotary Club of Medical Stars.

Standing there as a Rotarian – not counting hours, procedures, or pay, I experienced a different kind of return. Offering my skills freely to people I had never met brought a fulfillment no paycheck has ever matched. Service shifted my focus from what I earn to who I impact. In that shift, I found purpose.

The camp was also deeply grounding. Working alongside fellow Rotarians and colleagues from UCI, we screened 308 individuals and uncovered early signs of serious non-communicable diseases, including suspected cases of prostate, cervical, and breast cancer.

Knowing that our intervention may have changed the course of someone's life was profoundly humbling and empowering.

What I gained most was clarity: charity is sacred work. It reconnects you to your humanity, deepens your compassion, and reminds you why you chose medicine in the first place. The joy was not loud or fleeting – it was quiet, lasting, and transformative.

That is why I call it soul-deep fulfillment because this kind of service doesn't just help others, it reshapes you from the inside out.

I am grateful to every Rotarian and volunteer who made this camp possible. Together, we served, and together, we were changed.

Another powerful lesson in service came from Rtn Dan Asiimwe, a Rotarian from RC Nalumunye who is barely six months. He showed up ready to serve, simply because he understood that there is always something to do at a project site.

Throughout the camp, Dan quietly took on essential tasks that kept the operation running smoothly. He ensured waste disposal bins were strategically placed, rearranged them as needed, organized seating for patients, and stepped in wherever help was required. His actions were a reminder that service is not defined by titles, but by willingness.

Reflecting on the experience, Rtn Dan shared:

"The Mega Medical Camp was well organised, and the turnout was impressive. Credit to the organisers for effective mobilisation. The number of patients we served was overwhelming. We clearly need more of these camps across the country. The need is there people require medical services, but many simply cannot afford them."

His words, and his actions captured the true spirit of Rotary: seeing a need, showing up, and serving wholeheartedly beyond self.

Viva La Rotary



When a hyena wants to eat its children it first accuses them of smelling like goats.



People who want to justify harmful intentions often start by blaming others for nonsense. Choose trust carefully. Accusations aren't always about truth, they might be a cover for bad intentions.



**Rtn Angela
Ainomugizi, IPP RC
Mbarara Ranchers**

There Are Fellowships... and Then There Are the Munyes Experiences

When I decided to visit Rotary Club of Nalumunye for their Valentine's fellowship, I thought I knew exactly what I was walking into. After all, I had encountered the Munyes before; at major Rotary events, vuvuzelas blazing, energy unmistakable. From DCA in Dar es Salaam to the 100 Days celebration at Kisubi Brothers Gardens, they had always stood out for their excitement and unapologetic vibes.

IPP Angela receiving an exchange banner from Action President Debbie after fellowship

But nothing, absolutely nothing prepared me for stepping into their home at Genteel Gardens, Nalumunye.

First impressions? Stunning. The room was beautifully transformed in black and red, every detail screaming Valentine's elegance with a

Rotary twist. Members showed up fully committed to the theme, no half measures, no shortcuts. It was love, class, and fellowship all wrapped into one unforgettable aesthetic.

And the energy? Triple. At least.

Let me confess something. I genuinely believed Ranchers were the loudest people in Rotary. I carried that belief with confidence bordering on pride. But Munyes?

They are beating us at our own game. Fair and square.

The hospitality was effortless. The noise was joyful. The love was unmistakably genuine. You could feel it – this wasn't just a Rotary club going through the motions. This was a family that actually likes each other. (And yes, that distinction matters).

The fellowship topic for the evening was "Enhancing Love and Peace Through the Power of Dance," led by the incredible Valentino Kabenge. A Latin and ballroom dancer by craft, Valentino together with his dance partner Zena Bernacca took us on a journey through movement, rhythm, and expression that set the tone for the night.

“

From DCA in Dar es Salaam to the 100 Days celebration at Kisubi Brothers Gardens, they had always stood out for their excitement and unapologetic vibes.



Watching them glide across the floor was art. Watching us try to replicate those moves? Pure comedy.



Let's just say love and peace were successfully enhanced – but balance and coordination were under serious threat. It was chaotic. It was beautiful. It was joy in its purest form.

And then... Kimeza happened.

If you think the Munyes have vibes during fellowship, please do yourself a favor and stay behind for Kimeza. That's where the real personalities emerge. Presidents suddenly have full dancing squads. Serious dance moves are executed with alarming confidence. Laughter refuses to end. Everyone is free. Everyone is present.

I found myself overwhelmed and happy at the same



Somewhere between the dance floor, the laughter, and the conversations, time quietly lost all meaning. The next thing I knew... it was 4:00 a.m. How I got home? Only God knows.

The Munyes, thank you for one of the most beautiful Rotary experiences of this Rotary year. Thank you for the warmth, the joy, the authenticity, and the unforgettable energy.

And PoP Debbie – thank you for consistently inviting me and making me feel so welcome when I finally showed up.

I will definitely be back, for more



RC Nalumunye-Katale In-Formation Attains Provisional Status



Christine Kyeyune Kawooya
District Governor 2025-26
Rotary International District 9214
ckkawooya@gmail.com

23rd February 2026

New Club Advisor (NCA)
Rotarian Newton Muwonge
Rotary Club of Mutundwe

Dear PP Newton,

RE: PROVISIONAL STATUS FOR THE ROTARY CLUB OF NALUMUNYE-KATALE (IN-FORMATION)

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2025-26**
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I trust this letter finds you well. Following a thorough review by the District Membership Team, I am pleased to confirm that the proposed Rotary Club of Nalumunye-Katale (In-Formation) has successfully met the key requirements for Provisional Status. The club has demonstrated commendable progress, specifically:

- i) Holding consistent weekly meetings since October 2025.
- ii) Electing its Club Board and Officers.
- iii) Implementing a service project in the Rotary focus area of disease prevention and treatment.
- iv) Actively visiting and engaging with other Rotary Clubs.

In view of the above, the club is hereby approved for Provisional Status and may henceforth operate under the name "Provisional Rotary Club of Nalumunye-Katale. This recognition authorizes them to function as a Rotary Club, including issuing make-up cards to visiting Rotarians and undertaking all necessary steps towards full charter status.

I kindly request that you continue providing guidance and mentorship to the club in close collaboration with the Country and District Membership Teams. Please ensure they remain on track to meet all charter requirements within the next 1–2 months, at which point their Charter Application may be submitted.

I sincerely thank you for your dedication and commitment towards the growth of Rotary through the formation of this new club. We look forward to witnessing its successful chartering and vibrant contribution to Rotary's mission.

Yours in Rotary Service,

**Rtn. Christine Kyeyune Kawooya,
District Governor 2025/2026
District 9214 (Tanzania & Uganda)**



CEO RC Nalumunye addresses the membership of Provisional RC Nalumunye-Katale during the first fellowship after attaining Provisional status.

MEMBERSHIP SPOTLIGHT



Rtn January Bamanzi

Quote: "The only way to do great work is to love what you do". By Steve Jobs

Hobbies: Music, businesses



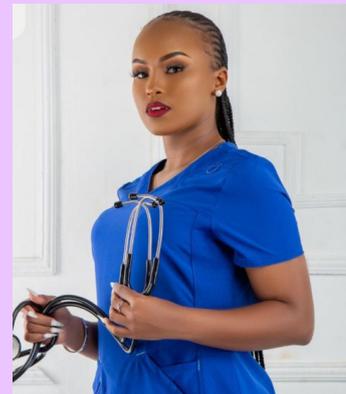
HW Rtn Naume Sikhoya

Quote: "Together, we are stronger than any challenge we face".

Hobbies: Practicing DJ Mixing like learning transitions, beat matching, and smooth blending of songs; Exploring both local and international destinations.



Menopause and Andropause The Silent Torture



Rtn Chantal Namuli,
MCH Officer Elect,
RC Nalumunye

Menopause

Menopause is the natural, permanent end of menstruation and fertility in women. It is diagnosed after 12 consecutive months without a menstrual period. It usually occurs between ages 45–55.

Cause

Menopause happens because the ovaries gradually stop producing the hormones estrogen and progesterone.

Phases

Perimenopause – Transition phase with irregular periods and symptoms.

Menopause – 12 months after the last menstrual period.

Postmenopause – Years after menopause.

Common Symptoms

Hot flashes, Night sweats, Vaginal dryness, Mood changes, Sleep disturbances, Decreased libido, Weight gain.

Long-term Health Risks

Osteoporosis, Cardiovascular disease, Urinary problems

Management

Lifestyle changes (exercise, healthy diet), Hormone

replacement therapy (HRT), Non-hormonal medications, Calcium and vitamin D supplementation

ANDROPAUSE

Andropause, sometimes called male menopause, refers to age-related decline in testosterone levels in men. Unlike menopause, it occurs gradually and does not completely stop reproductive ability. It commonly begins after age 40–50.

Cause

Gradual decrease in the hormone testosterone.

Symptoms

Reduced libido, Erectile dysfunction, Fatigue, Depression or irritability, Reduced muscle mass

Increased body fat, Decreased bone density

Differences from Menopause

Occurs gradually, not suddenly; Fertility may continue; and Not all men experience significant symptoms.

Management

Healthy lifestyle (exercise, weight control), Testosterone replacement therapy (if clinically indicated)

Most Commonly Asked Questions:

At what age does Menopause begin

Generally, at age 45 to 55 for women world wide

What is the biggest side effect of menopause?

Hot flashes about 75% of women have that periodic rise in their body temperature.

Can you get pregnant during menopause?

Yes, it is definitely very possible to get pregnant during menopause for sexually active couples though the fertility rate is lower than before

What are the top 3 vitamins for menopause?

Vit D3, vit B12, VitC, Vit E, B6 and Menophase supplements these lessen the effects of menopause

What foods should be avoided during menopause?

Salty, fried and sugary foods they have less nutritional value and lead to weight gain limit caffeine and Alcohol

What not to say to a menopausal woman

Avoid callous jokes about Brain fog, or make fun of symptoms like hot flashes, never talk about her sexiest and ageist attitude it brings us to menopausal stigma

What is the best treatment of menopause?

- ▶ Hormone therapy. Estrogen therapy works best for easing menopausal hot flashes. ...
- ▶ Vaginal estrogen. ...
- ▶ Prasterone (Intrarosa). ...
- ▶ Low-dose medicines to treat depression, called antidepressants. ...
- ▶ Gabapentin (Gralise, Neurontin). ...
- ▶ Clonidine (Catapres-TTS-1, Nexiclon XR). ...
- ▶ Fezolinetant (Veoza). ...
- ▶ Oxybutynin (Oxytrol).

What are the dangers of menopause?

Changes in your body in the years around menopause may raise your risk for certain health problems. Low levels of estrogen and other changes related to aging (like gaining weight) can raise your risk of heart disease, stroke, and osteoporosis.

How to stop menopause naturally?

Lifestyle changes to help menopause and perimenopause

- ▶ Get plenty of rest, including keeping to regular sleep routines.
- ▶ Eat a healthy diet.

- ▶ Have calcium-rich food like milk, yoghurt and kale to keep bones healthy.
- ▶ Exercise regularly, try including weight-bearing activities where your feet and legs support your weight like walking, running or dancing
- ▶ Do relaxing things like yoga, tai chi or meditation
- ▶ Talk to other people going through the same thing, like family, friends or colleagues
- ▶ Talk to a doctor before taking herbal supplements or complementary medicines Don't
- ▶ Do not smoke
- ▶ Do not drink more than the recommended alcohol limit

How to ease hot flashes and night sweats

You can:

- ▶ Wear light clothing
- ▶ Keep your bedroom cool at night
- ▶ Take a cool shower, use a fan or have a cold drink
- ▶ Try to reduce your stress level
- ▶ Avoid or reduce potential triggers, such as spicy food, caffeine, hot drinks, smoking and alcohol
- ▶ Exercise regularly
- ▶ Lose weight if you're overweight

How to ease vaginal dryness

There are vaginal moisturisers or lubricants you can get without a prescription at a pharmacy. You can talk to a pharmacist in private if you'd like help to decide which moisturiser is right for you.

If you're having sex and using condoms, do not use oil-based lubricant as this can damage condoms. You can use a water-based lubricant.

There are other treatments for vaginal dryness that a doctor can prescribe, such as HRT (hormone replacement therapy) or hormonal treatment (creams, pessaries, gel or vaginal ring)

Please note: Keep your menopausal self-healthy to enjoy your woman-hood....



7TH PRESIDENTIAL INSTALLATION

PRESIDENT ELECT

**Rtn. Moses
Ronald Oteng**

HAPPENING SATURDAY

**9TH MAY
2026**

4PM

Save the Date



Action President's Surprise Birthday Party- A Photographic Story – 15th February 2026











MARCH ACTIVITY CHART

- 4TH** MARCH
Club Assembly
- 7TH** MARCH
Football Gala @RC Kitende
- 11TH** MARCH
RC Nalumunye Takeover RC Muyenga
- 13TH** MARCH
Break the fast at community mosque
- 14TH** MARCH
MCH joint Project. Final batch Maternity Mattresses delivery to Masaka Regional Referral Hospital
- 18TH** MARCH
My Rotary: Online Tools application
- 22ND** MARCH
Sunday Return Visit
- 25TH** MARCH
WASH FIREPLACE: Community untold story



**MD Lydia Walusimbi,
Charter President,
Rotary Club of
Nalumunye Heights**

RC Nalumunye Heights Club Retreat 28th February 2026. A Step Towards Greater Heights

The first Club Retreat held on 28th February 2026 was a successful and impactful gathering focused on strengthening leadership, enhancing fellowship, and shaping the future direction of the Club.

A major highlight of the retreat was the election of President Nominee Rtn. Luvuma, reaffirming the Club's commitment to leadership continuity and growth.

Members engaged in strategic discussions aimed at positioning the Club for greater service impact and increased community visibility.

The retreat was graced by Assistant Governor Bob Nsereko, whose inspiring remarks encouraged members to remain focused on

advancing the Club to greater heights.

The District Learning Team, led by District Learning Facilitator PP Elizabeth Kintu, together with PAG Simon, HCP Paddy, and NCA CP Christine, facilitated enriching learning sessions that strengthened members' leadership and Rotary knowledge.

Members recommitted themselves to active participation, membership growth, and

increased contributions to The Rotary Foundation.

The retreat also provided an opportunity to review Club performance, identify strengths and challenges, and develop strategies for sustainable growth and impactful community projects.

Fellowship remained at the heart of the retreat, with engaging hospitality President-Elect Scovia Biira was advised to unveil her incoming Board in one of the fellowships, to will enable set a strong foundation for the upcoming Rotary year.

The experience of the first Club Retreat left members inspired, united, and better equipped to serve both the Club and the community with renewed purpose.



A major highlight of the retreat was the election of President Nominee Rtn. Luvuma, reaffirming the Club's commitment to leadership continuity and growth.

**Together One Act at a Time.
UNITED FOR GOOD**



PN Stephen Luvuma, PE Scovia Bwambale and CP Lydia Walusimbi



AG Bob Nsereko gives strategic guidance to the Club





MENTORSHIP SERIES

03RD MAR 2026
7:00 – 8:00 PM

SESSION 1:

Introduction to Rotary

10TH MAR 2026
7:00 – 8:00 PM

SESSION 2:

Global Structure and Hierarchy of Rotary
Local Club Structure and Leadership Roles

17TH MAR 2026
7:00 – 8:00 PM

SESSION 3:

Benefits and Obligations of a Rotarian
Breakdown of Dues

24TH MAR 2026
7:00 – 8:00 PM

SESSION 4:

Rotary Service and Focus areas
The Rotary Foundation

31ST MAR 2026
7:00 – 8:00 PM

SESSION 5:

Service Project as the Heartbeat of Rotary
Public Image of Rotary and Rotary Branding

February Reflections: Peacebuilding, Leadership, And Fellowship In Action

As February draws to a close, Rotarians and Rotaractors around the world pause to reflect on Peacebuilding and Conflict Prevention Month – a time dedicated to fostering understanding, dialogue, and sustainable harmony within our communities. For our club, this month has been truly remarkable, marked by purposeful service, key leadership milestones, and memorable Rotary moments that strengthened both our mission and fellowship.

One of the most outstanding highlights was the historic visit of the Rotary International President, Francesco Alrezzo, to Uganda. His presence reaffirmed Rotary's unwavering global commitment to peace through service, collaboration, and inclusive leadership. During his visit, he engaged Rotaractors from Districts 9214 and 9213, creating a powerful platform for dialogue, mentorship, and the exchange of ideas among young leaders passionate about community transformation.

This engagement with Rotaractors was especially impactful. It underscored the vital role that young professionals play in advancing peacebuilding and conflict resolution initiatives. The interaction sparked renewed enthusiasm among members, reinforcing the understanding that peace is



Mutaawe Jamirah, President, Rotaract Club of Nalumunye

not merely the absence of conflict, but the presence of opportunity, inclusion, and purposeful service guided by the principle of Service Above Self.

Within our own club, February also marked an important leadership milestone. Under the guidance of President Elect Annet Nabuuma, the board for the upcoming Rotary year was officially

unveiled. This significant moment symbolized continuity, confidence in emerging leaders, and a shared commitment to the club's future. It was a celebration of leadership succession – an essential pillar in sustaining strong, relevant, and impactful Rotary institutions.

Beyond service and leadership, the month was equally rich in fellowship. Club members actively visited sister clubs, creating opportunities to exchange ideas, share best practices, and strengthen inter-club relationships. These engagements not only fostered collaboration but also deepened friendships within the Rotary family, reminding us that fellowship remains at the heart of Rotary's enduring strength.

As we conclude Peacebuilding and Conflict Prevention Month, we carry forward powerful lessons of unity, compassion, and collaboration. February has reminded us that peace begins with intentional action – through service projects, leadership development, and meaningful connections that transcend boundaries.

With strengthened partnerships, renewed friendships, and inspired leadership, our club moves into the coming months energized and committed to serving our communities and advancing Rotary's mission of creating lasting change.

Service Above Self—today and always.



Beyond service and leadership, the month was equally rich in fellowship. Club members actively visited sister clubs, creating opportunities to exchange ideas, share best practices, and strengthen inter-club relationships.

You're Invited to Rotary

Rotary
District 9214



*Some moves are strategic.
Some moves are bold.
And some moves simply
change the game.
Choosing to be a Rotarian is
always the right move!*

*It means stepping into
friendship that lasts, service
that matters and leadership that
makes a difference. It means
being part of a global network
that turns ideas into action and
challenges into opportunities.*

When you join Rotary, you are not just taking a seat at the table. You are helping shape the World.

Ready to make your move?

*Follow the following hashtags on facebook and X;
**#JoinRotaryToday #Rotary #RotaryInternational
#PeopleOfAction***



FOR MORE INFORMATION: <https://www.rotary.org/en/get-involved/join>

Rotaract Club of Nalumunye Unveils Impact Board for Rotary Year 2026/2027



Rashid Kizito, Club Advisor
& CP Mark Buwembo

On 17th February 2026, the Rotaract Club of Nalumunye officially unveiled its Impact Board for Rotary Year 2026/2027 in a ceremony marked by structure, unity, and renewed institutional purpose. The event was graciously supported by the Rotary Club of Nalumunye (Mother Club) and the Rotary Club of Nalumunye Heights, whose continued mentorship reinforces the strength of intergenerational

Rotary collaboration within District 9214. “Strong institutions are built on strong mentorship.”

More than a ceremonial installation, the unveiling represented a strategic declaration of disciplined leadership, measurable service delivery, and structured governance. It signaled the club’s commitment to sustainability, accountability, and purposeful community engagement throughout Rotary Year 2026/2027.

“Leadership is measured not by the office one holds, but by the responsibility one embraces.”

The Impact Board 2026/2027

The newly constituted leadership comprises President: Nabuuma Annet; Vice President: Juliana Nakabugo; Secretary: Chrisbel Akankwase; Treasurer: Robbinah Nalumansi; Membership Directors: Brian Agaba & Jonathan Kuteesa; Projects Director: CP Mark Buwembo; Club Administration: Kennedy Tumwiijukye; Sergeant-at-Arms: Jovia Nakigudde; Club Advisors: PE Moses Oteng, PN Freddie Nyanzi & IMP George Ssemmanda; Presidential Advisors: Rashid Kizito & Rtn Justine (Youth Service Director); Club Trainer: AP Jamirah Mutawe; PLD Chair: PND Denis Mbuga; EarlyAct & Interact Chair: Racheal Kisakye; Public Relations: Simon Peter Nasasira & Olega Joshua; REI Chair: Gerald Ssekyanzi; Cancer Run Chair: PN Daphne Naluyima; Family of Rotaract: Cathy Kisakye; TRF Director: Mildred Nakalema; Fundraising & Corporate Sponsorship: Griphine Ssemambo; Malaria & Polio Officer: Amjad Nsubuga; and DCA Officer: Derick. This diverse and balanced

Board reflects continuity, innovation, and institutional stability.

“When vision is shared and responsibility distributed, impact becomes sustainable.”

Institutional Appreciation

The Rotaract Club of Nalumunye extends profound gratitude to the Rotary Club of Nalumunye for its unwavering mentorship and governance support, and to the Rotary Club of Nalumunye Heights for gracing the ceremony and reinforcing unity within the Rotary family. Their presence symbolized endorsement, guidance, and confidence in the newly installed leadership team.

Conclusive Submission

The unveiling of the Impact Board for Rotary Year 2026/2027 marks a defining transition into structured ambition and accountable leadership. With mentorship firmly anchored and a well-constituted Board in place, the Rotaract Club of Nalumunye stands prepared to deliver measurable growth, strengthened partnerships, and lasting community transformation. This Rotary Year is not merely a continuation—it is a commitment to excellence.

RAC NALUMUNYE BOARD AND CLUB OFFICERS 2026/2027



President
Rtr Annet Nabuuma



Vice President
Rtr Juliana Nakabugo R.



PLD Chair
Rtr Denis Mbuga



Club Secretary
Rtr Chrisbel Akankwatsa



Club Admin
Rtr Kennedy Tumwujukye



Treasurer
Rtr Robinah Nalumansi



Fundraising and Corporate Sponsorship Chair
Rtr Griphine Ssemambo E.



SAA
Rtr Jovia. K. Nakigudde



Public Image Chair
Rtr Simon Peter Nasasira



Asst. PR Chair
Rtr Joshua Jefferson Olega



Service Projects Chair
CP Mark Buwembo



Interact and Early Act Chair
Rtr Racheal Kisaakye



Club Advisor
President Moses R. Oteng



TRF Chair
Rtr Mildred Nakalema



REI Chair
Rtr Gerald Ssekyanzi K.



Club Learning Facilitator
AP Jamirah Mutaawe



Club Advisor
IMP George W. Ssemanda



Club Advisor
Rtn Justine Mutesi



Presidential Advisor
PE Freddie Nyanzi



Presidential Advisor
Rtr Rashid Kizito



Presidential Advisor
CP Christine Namanda



Polio And Malaria Officer
Rtr Amjad Nsubuga



Family Of Rotaract Officer
Rtr Cathy Kisaakye



Cancer Run Officer
Rtr Daphine Naluyima



Membership Chair
Rtr Brian Agaba



DCA/ASAA
Rtr Derrick Ssegobe



Asst. Membership Chair
CP Jonathan Kuteesa C.



Asst. Interact And Early Act Chair
Rtr Bushirah Nakitende

The Café Poem

The Friction of Peace

By Rebecca Asio-Guest.

Every harmony begins with a clash,
two tuning forks striking in the dark.
You were the poison, then the antidote
The flood that rose, then left its mark
Peace is not the absence of a storm;
it is the presence of a well-oiled machine
that knows how to weather it.
We don't find it, we build it, one revolution at a time.

It begins in the gears where the jagged edges grind,
where "Is it true?"
Is the oil that stops the heat,
turning bitter rhythms into sweet cadences.
We're the mechanics of a world that's lost its way,
polishing the rust of old grudges every single day.
It's not a sudden miracle, or a sky that's born anew,
but a series of small choices: "Is it fair?", "Is it true?" "Is it kind?"

We set a new world spinning, slow and steady in its gait,
refusing to let the wheels be locked by the gravity of hate.
We build the bridge with goodwill, one heavy stone per hand,
until the beneficial reaches every person.

The alchemy of us is found in how we choose to stay,
resolving discord before the light fades into gray.

One act, one gear, one rotation of the soul
where the jagged edge of "Me" becomes the "Us"
Is the wheel that makes us whole!



Congratulations



Congratulations!

**PP. DR. LEVI
KABAGAMBE**

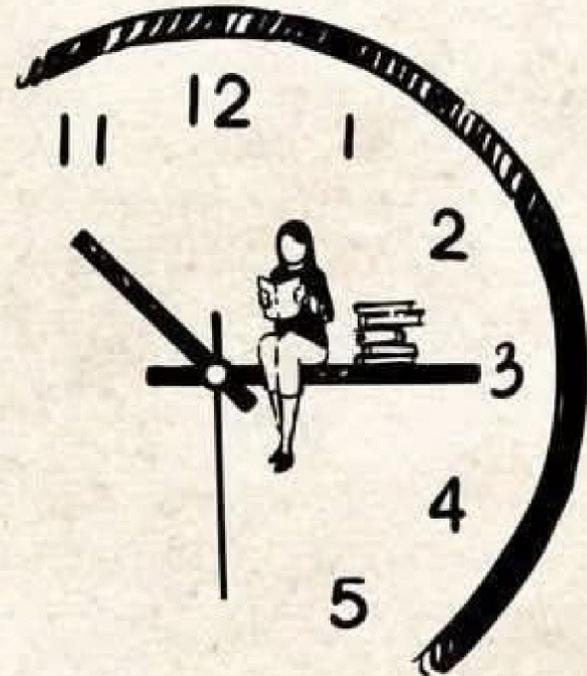
Upon being voted Vice President of the African Supply Chain Confederation (ASCON). This is a well deserved recognition of your leadership, professionalism, and commitment to excellence.



Rtn Eliverson Nalumu, upon your graduation with a Master of Laws Degree from Makerere University. We are proud of you.

e-Learning *Hour*

Have you completed
a course today on
MY ROTARY?
Knowledge is Wealth.



Ambassadorial Reports



Rtn Angel at RC Kitende- 2nd Feb



AP and members at RC Bunga- 3rd Feb



The Munyes at RC Rubaga Lake View- DG's Visit 4th Feb



Munyes at RC Naluunye-Katale In-Formation- 5th Feb



Munyes at RC Kigo Seven Lakes Golf- DG's visit, 6th Feb



Rtn Harriet at RC Kitebi In-Formation- 9th Feb



PE at RC Akright City- 10th Feb



PE RC Nalumunye and members, with CPD RC Nalumunye-Katale at RC Lunguja- 13th Feb



Rtn Isaac at RC Mutundwe- 13th Feb



PE and PN at RAC Nalumunye Board unveiling- 17th Feb



Rtn Angel at RC Bulange- 18th Feb



PE and members at RC Rubaga Lake View- 18th Feb



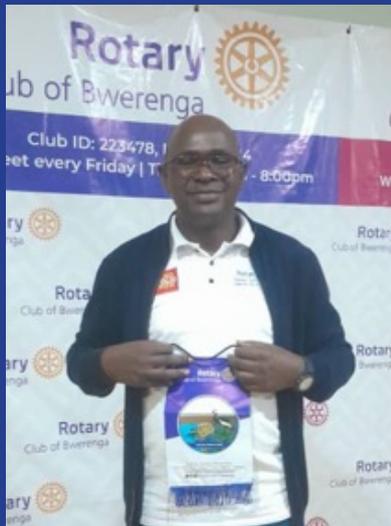
PP Philemon and Munyes at RC Nalumunye-Katale In-Formation- 19th Feb



Rtn Isaac at RC Akright City- 22nd Feb



PP Philemon and Munyes at RC Nalumunye-Katale In-Formation- 19th Feb



Rtn David and PE Moses at RC Bwerenga Board unveiling- 27th Feb





Muneyes at RC Kitende- 23rd Feb



PE and members at RC Konge-Lukuli Board unveiling- 24th Feb



Muneyes at Provisional RC Nalumunye-Katale- 26th Feb

District 9213
Rotaract 
 Club of Kasubi

GREENING THE FUTURE PROJECT

GUEST

Rtn. Sharifah Namatovu
 Youth Service chair
 Rotary club of Nalumunye

Friday 27th February 2026
 2:00 PM
 Mutundwe Young Christian Secondary School,
 Kisigula

Join us in our efforts to protect the environment. Each tree we plant contributes to a healthier planet for generations to come.

Sponsored by: **Rotary** 
 Club of Kasubi

 @Rotaractkasubi



PE at RC Garuga- 27th Feb

Birthdays

Rotary Club of Nakumunye TOGETHER ONE ACT AT A TIME

Happy Birthday!

IPP GEORGE W SSEMANDA (PHF)

A leader whose contributions to Rotary as an IPP and professional excellence in marketing leave a lasting legacy.

04TH FEB



Rotary Club of Nakumunye TOGETHER ONE ACT AT A TIME

HAPPY Birthday

RTN FRANCIS KALIBBALA KABALI

A skilled engineer who diagnoses problems, plans, tests, delivers results that improve everyday life.

07TH FEB



Rotary Club of Nakumunye TOGETHER ONE ACT AT A TIME

Happy Birthday!

AP/POP DEBORAH KOMUGISHA KAKANDE (PHF)

A people centered leader who exemplifies service, generosity and leads with wisdom, compassion and action.

08TH FEB



Rotary Club of Nakumunye TOGETHER ONE ACT AT A TIME

HAPPY BIRTHDAY

AP/POP DEBORAH KOMUGISHA KAKANDE (PHF)

A people centered leader who exemplifies service, generosity and leads with wisdom, compassion and action.

08TH FEB



Rotary Club of Nakumunye TOGETHER ONE ACT AT A TIME

Happy Birthday!

RTN AGNES BASAKANA

A proud new Rotarian who defends truth by profession and uplifts humanity by service.

12TH FEB



Rotary Club of Nakumunye TOGETHER ONE ACT AT A TIME

Happy Birthday!

RTN ENG DAVIS BARIHO BAGAMUHUNDA

An industrialist whose innovation drives enterprise, designs the future and is a change maker by service.

14TH FEB



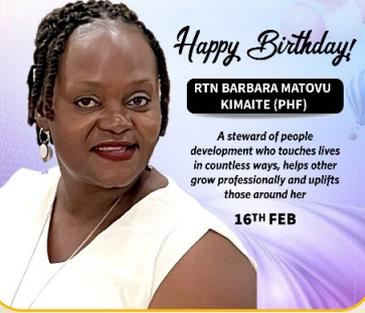
Rotary Club of Nakumunye TOGETHER ONE ACT AT A TIME

Happy Birthday!

RTN BARBARA MATOVU KIMAITE (PHF)

A steward of people development who touches lives in countless ways, helps other grow professionally and uplifts those around her.

16TH FEB



Rotary Club of Nakumunye TOGETHER ONE ACT AT A TIME

Happy Birthday!

RTN ELIVERSON NALUMU (PHF)

A voice of wisdom whose love for justice and service truly makes the world a fairer place.

27TH FEB



CLUB ACTIVITIES OF FEBRUARY

Rotary Club of Nalumunye

TOGETHER ONE ACT AT A TIME

Make Up FELLOWSHIP WITH RC RUBAGA LV

VENUE
JEVINE HOTEL

DATE
04TH FEB 2026

TIME
07:00 PM

Rotary Club of Nalumunye
Club of Mutundwe
Club of Bwerenga

TOGETHER ONE ACT AT A TIME

ROTARY CLUB OF NALUMUNYE-KATALE (IN FORMATION)

TOPIC:
ROTARY LEADERSHIP: MY OBLIGATION

GUEST SPEAKER:
Rtn. AG Alex Kamukama
RC Kajansi

5TH FEB 2026 | **THURSDAY**
TIME: 7P.M.

Hotel La Vena
Sseguku, Katala

Sponsors:

Rotary Club of Nalumunye

TOGETHER ONE ACT AT A TIME

Enhance LOVE & PEACE

Thru the healing power of DANCE

11 WEDNESDAY FEB 2026 | **TIME: 7:00 PM**

GENTEEL ROOFTOP NALUMUNYE

Dance with Valentino Kabenge

Rotary Club of Nalumunye
Club of Mutundwe
Club of Bwerenga

TOGETHER ONE ACT AT A TIME

ROTARY CLUB OF NALUMUNYE-KATALE (IN FORMATION)

KATALE ROAD SAFETY AWARENESS Project

12TH FEB 2026 | **THURSDAY**
TIME: 5P.M.

Sseguku, Katala
Boda-Boda Stages

Sponsors:

Rotary Club of Nalumunye
Club of Mutundwe
Club of Bwerenga

TOGETHER ONE ACT AT A TIME

ROTARY CLUB OF NALUMUNYE-KATALE (IN FORMATION)

Rotary Club of Nalumunye

TOGETHER ONE ACT AT A TIME

Topic: SERVICE PROJECTS: OUR HEART BEAT

Case of St Paul's Bandwe Primary School Project

RTN JANUARY BAMANZI
Fundraising Chair

RTN ISAAC SENTONGO
Service Projects Dir.

RTN ENG FRANK RUTEBARIKA
Technical Advisor

WED 18TH FEB, 2026 | **7:00PM** | **GENTEEL GARDENS**

TOPIC:
A COMMITTED ROTARIAN: MY NUMBER ONE OBLIGATION

GUEST SPEAKER:
Rtn Didas Kumwesiga
PND, RC Nalumunye

12TH FEB 2026 | **THURSDAY**
TIME: 7P.M.

Hotel La Vena
Sseguku, Katala

Sponsors:

Rotary 
 Club of Nalumunye
 Club of Mutundwe
 Club of Bwerenga



ROTARY CLUB OF NALUMUNYE-KATALE (IN FORMATION)

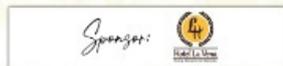
TOPIC:
BOARD ROLES AND RESPONSIBILITIES

MD ROSEMARY N. BAREEBE
 RC Nalumunye
 Resident Judge, Mukono



 **19TH FEB 2026** | **THURSDAY**
TIME: 7P.M.

 **Hotel La Vena**
Sseguku, Katala



Rotary 
 Club of Nalumunye



FUN FELLOWSHIP
SILENT DISCO



 **WED, 25TH FEB 2026**
07:00 PM

 **GENTEEL ROOFTOP**
NALUMUNYE

DONT MISS THE MUNYE CHICKEN



Rotary 
 Club of Nalumunye
 Club of Mutundwe
 Club of Bwerenga



PROVISIONAL ROTARY CLUB OF NALUMUNYE-KATALE

TOPIC:
AT PROVISIONAL STATUS: WHAT NEXT?

RTN. MERCY NALUSIBA
 Past President, RC Kasanga
 Assistant Governor Elect



 **26TH FEB 2026** | **THURSDAY**
TIME: 7P.M.

 **Hotel La Vena**
Sseguku, Katala

