



THE SIREN

MONTHLY Bulletin

ISSUE IV
OCT
2023



**Economic & Community
Development**



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Navigating Progress

EDITORIAL NOTE

Dear Esteemed Readers,

It is with immense pleasure that I warmly welcome each and every one of you to another exciting edition of our monthly newsletter "The Siren."

The month of October is designated as Economic and Community Development Month. We are facing a month brimming with potential and opportunity, and this newsletter serves as a guide to navigating such a time.

October is a special month for our community, as it marks the time to celebrate the economic and social progress we have made together. It is also a time to reflect on the challenges we still face and to recommit ourselves to building a brighter future for all.

Nevertheless, we must not

forget the remarkable achievements of the past months. That's why this edition also offers a comprehensive look at the milestones we've reached and the steps we've taken along the way.

A collaborative effort of many teams is responsible for the compelling material found on these pages, including our diligent editorial team, our loyal club members and our valued corporate sponsors. It is your unwavering support and commitment that makes us shine, and for that we express our sincere gratitude.

Thank you all for your invaluable contributions.

#Vive le Rotary

#Wangaala Bwebajja



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Message from the RI President



Gordon R. McInally
RI President 2023 - 2024



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

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

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

By the end of the challenge, the mothers had a special bond and decided to form a Rotary Community Corps called Ilaw ng Tahanan ("one who lights up the home") with the goal of involving more mothers in health education and wellness support — and later youth services, teen pregnancy prevention, and help with unhealthy substance use. Almost a year later, the RCC is preparing to open its own health center where mothers can come for peer-to-peer support.

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

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

health workforce, treating kids from all 64 Colorado counties and neighboring states.

There are many more great mental health project stories on Rotary Showcase, and I invite you to share your experiences as you begin your own projects. Also, please reach out to mindhealth@rotary.org with any thoughts or ideas you would like to share about mental health in the Rotary world.

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

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

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

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

Message from the District Governor



Francisco Ssemwanga
District Governor 2023 - 2024



We are about to come to the end of the first quarter of this Rotary Year. Time really flies. I am so excited about the great achievements we have so far registered with regard to the goals we set for ourselves to achieve."

Dear friends of good Hearts!, I bring you greetings from our District 9214. I thank you fellow Rotarians, Rotaractors and our partners for the continued Service we offer to Humanity.

We are about to come to the end of the first quarter of this Rotary Year. Time really flies. I am so excited about the great achievements we have so far registered with regard to the goals we set for ourselves to achieve. I would like to congratulate the new Rotary Clubs of Kabale City, Lake Bunyonyi and Masaka City and the Rotaract Club of Rubaga Lake View upon being Chartered in this last month of September. Thanks to the Mother Clubs and the New Club Advisors to the Clubs for the work well done.

With regard to the Rotary Foundation, I thank those Clubs that have so far contributed and utilized from the Foundation. It is however sad to note that less than ten Clubs have qualified for the Rotary Year 2023/24 in both Uganda and Tanzania!! As we draw close to the month of November which is designated to the Rotary Foundation, I urge all of you good people that we do the needful and support the Foundation.

I want also to remind you fellow Rotarians and Rotaractors that on 1st November 2023 and 3rd November, 2023, we shall have a Rotary Foundation Dinner in Dar es Salaam and the Africa Peace Concert in Uganda

respectively. Both events are going to be graced by the Rotary International Trustee, Marty Helman Peak. Let us effectively participate and support these Events to ensure we achieve Our goals.

The month of October is for Economic Empowerment of our Communities. It's however unfortunate to note that most of our Rotary Clubs have not done much in this Area of Focus. The District Rotary Foundation Committee noted that very few Clubs have applied for Global Grants in the area of focus in the last two years. Poverty is the leading cause of problems in Our Communities thus a need to address it.

I conclusively thank the Siren Editorial team for their dedication, so far so good. Fellow Rotarians and Rotaractors, I can't thank you enough for the continued Service and selflessness towards Humanity. I pray that we maintain the momentum as we start the second quarter of Our Year of service and I am so optimistic that we shall achieve our goals and even surpass them as we Create Hope in Our Communities.

Our Impact in Economic and Community Development



Rtn. Annie Ninyesiga
President RC Bwebajja

Dear Rotary Family,

As we enter the second quarter of the Rotary year, the air is filled with excitement and purpose. Our journey so far has been nothing short of inspiring, and I am excited to share the latest news and developments from the Rotary Club of Bwebajja.

October has a strong theme: "Economic and Community Development." This theme resonates deeply with our commitment to making a tangible impact on the communities we serve. We understand that real development is not only about aid, but also about empowering individuals and communities to build a sustainable future.

Our club's efforts over the past month have been nothing short of remarkable. We rolled up our sleeves and got to work, accepting the challenge of creating sustainable economic opportunities and development initiatives.

Some of the projects we have engaged in this September include provision of 5400W solar system to Nyamuyanja Health Centre IV -Isingiro District, donation of food stuffs to last at least six months and scholastic materials to Samaritan Foundation, replacement a broken roof at Hope Training Centre both in Nakivale Refugee settlement camp. We implemented the 5-Days of wellness campaign in partnership with Rotaract Bwebajja, Rotaract Lubowa and Sparkle Agro brands aimed at promoting disease prevention and treatment, with a specific focus on HIV/AIDS, Cancer, Malaria and Mental Health. September was iconic in nature as we positively impacted the lives of people and created hope in our communities far and wide.

In addition, we continued our commitment to education as a pathway to economic development. We celebrated the D.E.A.R day with pupils of St. Charles Lwanga Primary School where we provided several textbooks other scholastic materials to facilitate learning. Offered girl child and boy child empowerment talks, improved the reading culture by leading reading sessions by pupils and Rotarians. All these were done knowing

that education is the cornerstone of personal and community growth. These young minds are the future leaders who will drive progress in our society.

As part of the "Economic and Community Development" theme, we have also initiated collaborations with local organizations and companies including Letshego Ltd, Euroflex Ltd, Uganda CAA, Lavena Hotel, Xtreme Hygiene Ltd, Victory Travel Centre, Lourilet Pharmacy, Boston High School, Pop-Up Kindergarten and UAP Old Mutual pooling resources and expertise to amplify our impact. By working hand-in-hand with like-minded partners, we expand our reach and foster a sense of unity in our community.

This October, we need to build on the strength we've built. Our commitment to community development is unwavering, and we have exciting projects and initiatives on the horizon. We are exploring training opportunities, health prevention and treatment campaigns, tree planting, blood donation drives, providing safe drinking water to communities and mentoring to empower individuals with the skills they need to thrive in our ever-evolving world.

I want to express my sincere thanks to each and every one of you – our dedicated members, our partners, and supporters of our community. It is your passion, determination, and commitment to our shared vision that makes all of this possible.

Together we are not just a Rotary Club; we are a force for positive change in our community. As we embrace October and all the opportunities it brings, let us remember that our collective strength lies in our unwavering commitment to "Service Above Self." Together we can build a better future for our community and the world. Welcome to October!



Igniting Change **and Inspiring Hope**

organized a dynamic "Youth Entrepreneurship Bootcamp" during September. We firmly believe in equipping our young generation with the skills and mindset necessary for success. Through this program, we have nurtured the entrepreneurial spirit of our youth by providing them with training, mentorship, and resources. It's a testament to our belief that the youth are the drivers of innovation and progress.

Our commitment to collaboration has been instrumental in our journey. We've fostered partnerships with local organizations and joined hands with neighboring Rotaract clubs to magnify our impact. Together, we've initiated community clean-up drives, launched health awareness campaigns, and conducted vocational training workshops, all with the aim of holistic community development.

As we embark on the journey through October, the flame of our dedication still burns brightly. We are ready for more exciting projects, including mentorship programs, leadership training, and initiatives to promote environmental sustainability. Together, we are poised to make an even greater impact.

I extend my deepest gratitude to our dedicated Rotaractors, advisors, and supporters. It is your unwavering enthusiasm and commitment to service that breathes life into our club. Together, we are a dynamic force for good, and I strongly believe that our collective efforts will continue to transform lives and shape our community in positive ways.

Our theme for this year reminds us that "Service is the Rent We Pay for the Space We Occupy." Let us keep this ethos at the heart of all our endeavors, knowing that every small act of service has the power to create lasting change.

Thank you for your passion, dedication and unwavering commitment to "Service Above Self". Together we are creating a better future for our community and beyond.

Rtr. Hope Tushemererwe **President RAC Bwebajja**

Dear Esteemed Rotaractors and Friends,

With the arrival of October, I am excited to reconnect with you all and share the exciting journey of the Rotaract Club of Bwebajja. Our story is one of passion, purpose and unwavering determination to create positive change in our community.

It has been truly inspiring to witness the dedication of our Rotaractors in making a tangible impact in our community.

In our pursuit of community development, we



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SIREN STORIES

Rotary District 9214 Soars to New Heights with 99th DCA Launch

By DRRE Joseph B. Ssenooba

Rotary District 9214 celebrated a resounding success with the launch of its 99th District Conference and Assembly (DCA) on August 21, 2023. The event, hosted by the Rotary Club of Kampala Munyonyo, was a testament to the enduring spirit of Rotary in the district, showcasing the power of fellowship, dedication, and service.

The heartwarming success of this event was made possible by the relentless efforts of the DCA Chair, District Governor Nominee (DGN) Christine Kawooya, and the entire DCA Committee. Their unwavering commitment to Rotary's values and principles shone brightly throughout the launch, leaving attendees inspired and energized.

But the accomplishments of District 9214 go beyond its current leadership. A debt of gratitude is owed to the esteemed Past District Governors who have guided and supported the district throughout its rich history. Their wisdom and advice continue to be an invaluable asset, propelling the district forward towards even greater heights.

The Rotary Club of Kampala Munyonyo's dedication to hosting the launch was evident in every meticulous detail, ensuring a smooth and memorable experience for all attendees. Their efforts showcased the true spirit of Rotary - one of service, friendship, and community.

As the curtain fell on this spectacular launch, the anticipation for the upcoming District Confer-

ence and Assembly scheduled for April 24-27, 2024, at the picturesque Speke Resort Munyonyo reached a fever pitch. Under the theme "Hope Uniting Hearts", the event promises to be an extraordinary celebration of Rotary's impact, filled with camaraderie, inspiration, and opportunities to make a difference in the world.

The 99th DCA launch was more than just an event; it was a symbol of Rotary's enduring legacy in District 9214. It demonstrated how Rotary brings individuals and communities together to create positive change, fostering a sense of unity and purpose that transcends borders.

With the enthusiasm generated by this remarkable launch, there is no doubt that the 99th District Conference and Assembly will be a resounding success, leaving an indelible mark on the hearts of all who attend. The legacy of Rotary in District 9214 continues to thrive, lighting the way for Rotarians to make a lasting impact on their communities and the world.

In the words of Paul Harris, the founder of Rotary, "Whatever Rotary may mean to us, to the world it will be known by the results it achieves."

The journey has just begun, and the future looks bright for District 9214 and Rotary as a whole.





Rotary Friendship Exchange Mega Fellowship Unites Districts 3232, 9213, and 9214



Rtn. Sharifah Nabambejja

On Monday, September 4th, Rotary Districts 3232, 9213, and 9214 came together for a heartwarming and vibrant Rotary Friendship Exchange Mega Fellowship at the scenic Speke Resort Munyonyo in Uganda. This event was a true celebration of Rotary's core values and the enduring spirit of friendship.

Hosted by District 9214, the Mega Fellowship saw a full house of enthusiastic Rotarians and guests from all walks of life. It was a day filled with joy, laughter, and the reaffirmation of the profound impact Rotary has on fostering global connections.

A special highlight of the event was the presence of a distinguished team from India, led by DG Ravi of District 3232. Their participation added an extra layer of cultural richness to the event, underlining Rotary's commitment to fostering international friendships.

DG Ravi, representing District 3232, expressed his gratitude and commitment to the Rotary Friendship Exchange Program. He pledged to continue and strengthen the partnership between India and the vibrant Rotary communities in Uganda and Tanzania, emphasizing the continuity of a long-standing tradition of collaboration and goodwill.

The exchange fellowship was made even more special as District officials received thoughtful and meaningful gifts from their Indian counterparts. These tokens of friendship served as physical reminders of the connections formed and



the memories created during this remarkable event.

The Rotary Friendship Exchange Mega Fellowship was a testament to Rotary's ability to bridge cultural gaps, fostering understanding and cooperation on a global scale. It exemplified the organization's motto of "Service Above Self," as Rotarians from different corners of the world gathered to exchange ideas, experiences, and goodwill.

As the event unfolded, attendees were reminded that Rotary is not just about projects and initiatives but also about the enduring friendships that transcend borders. It is a reminder that, no matter where in the world you are, there is a Rotary family waiting to welcome you with open arms.

The Rotary Friendship Exchange Mega Fellowship was a resounding success, leaving a lasting impact on all who attended. It was a celebration of diversity, unity, and the unwavering commitment of Rotarians to make the world a better place through friendship and service.

“

Hosted by District 9214, the Mega Fellowship saw a full house of enthusiastic Rotarians and guests from all walks of life. It was a day filled with joy, laughter, and the reaffirmation of the profound impact Rotary has on fostering global connections.”



Rotary Club of Bwebajja Earns Rotary International Citation for 2022-2023



IPP Judith Nyogereza



The club reaffirms its dedication to Rotary's mission of "Service Above Self" as it basks in the glow of this well-deserved recognition. This achievement serves as a reminder that, in Rotary, every member has the power to make a significant difference in their communities and beyond."

In a moment of pride and celebration, the Rotary Club of Bwebajja has once again distinguished itself by receiving the prestigious Rotary International Citation for the Rotary year 2022-2023. This remarkable achievement is a testament to the unwavering dedication and commitment of its members, board, and Visionary president.

The Rotary International Citation is a symbol of outstanding service, reflecting the club's significant contributions to Rotary's global mission during the past year. It is not merely an award but a recognition of the club's profound impact on communities, both locally and internationally.

The success of the Rotary Club of Bwebajja is the result of the collective effort of its passionate and service-oriented members. Their tireless commitment to Rotary's ideals of service, fellowship, and goodwill has been the driving force behind the club's continued success.

The club's dedicated board members also deserve recognition for their leadership and strategic vision. Their guidance has been essential in steering the club on its path of excellence.

The Visionary team played a pivotal role in setting the tone and direction for the club's activities and projects throughout the Rotary year 2022-2023. Their leadership and unwavering commitment to Rotary's values have undoubtedly contributed to this remarkable accomplishment.

The Rotary Club of Bwebajja's achievement in receiving the Rotary International Citation is not only a source of pride for its members but also a source of inspiration for the broader Rotary community. It demonstrates that, with determination, passion, and a steadfast commitment to Rotary's principles, great strides can be made in creating positive change in the world.

The club reaffirms its dedication to Rotary's mission of "Service Above Self" as it basks in the glow of this well-deserved recognition. This achievement serves as a reminder that, in Rotary, every member has the power to make a significant difference in their communities and beyond.

In receiving the Rotary International Citation, the Rotary Club of Bwebajja has not only earned an award but has also earned the respect and admiration of Rotarians worldwide. It exemplifies the spirit of Rotary and the club's commitment to making a lasting impact on the world.

Congratulations to the Rotary Club of Bwebajja for this remarkable achievement!

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What's in Your Fridge?



Rtn. Dr Derrick Kirya

Your fridge is a powerful tool for maintaining a healthy lifestyle. By keeping it stocked with nutritious foods, you can make it easier to make healthy choices throughout the day. Here are some tips on what to keep in your fridge for a healthier lifestyle:

1. Fresh fruits and vegetables:

Fruits and vegetables are nutrient-rich and low in calories. Aim to fill half your plate with fruits and vegetables at every meal. Some good options to keep in your fridge include leafy greens, berries, carrots, bell peppers, and broccoli.

2. Lean protein:

Lean protein sources, such as skinless poultry, fish, and beans, are essential for good health. They provide essential nutrients and help you feel full and satisfied.

3. Dairy or dairy alternatives:

Dairy products are excellent sources of calcium and protein. If you're lactose intolerant, opt for dairy alternatives like almond milk or soy yogurt.

4. Eggs:

Eggs are a versatile and nutritious food. They're packed with protein, vitamins, and minerals.

5. Healthy condiments:

Replace high-sugar, high-fat condiments with healthier options like olive oil, vinegar, mustard, and herbs and spices.

6. Whole grains:

Whole grains are good sources of fiber and complex carbohydrates, which provide sustained energy and promote digestive health. Some good whole grains to keep in your fridge include brown rice, quinoa, and whole-wheat bread.

7. Hummus and nut butter:

Hummus and nut butter are healthy and convenient snacks or spreads. Just watch your portions, as they can be calorie-dense.

8. Hydrating beverages:

Keep water, unsweetened tea, and other low-calorie beverages easily accessible in your fridge. Staying hydrated is crucial for overall health.

By keeping your fridge stocked with these healthy choices, you'll be more likely to make nutritious food choices and support your overall health and well-being.

Additional Tips

- Meal prep: Consider preparing healthy meals or snacks in advance and storing them in portion-sized containers. This can save you time and ensure you have nutritious options readily available.
- Check expiration dates regularly: Toss out any expired items to maintain food safety.

By following these tips, you can have a fridge that supports your healthy lifestyle goals.



Sustainable Community Empowerment: Fueling Progress for a Brighter Tomorrow



Rtn. Hassan Nyenje (PN)
Buzzi Buddy Group

In the pursuit of a better world, sustainable community empowerment has emerged as a guiding beacon. It is a transformative approach that empowers communities to take the reins of their own destiny, ensuring a brighter and more promising future for all.

At its core, sustainable community empowerment is about fostering self-reliance, resilience, and progress within communities. It is a powerful combination of strategies, initiatives, and collaborations aimed at improving the well-being of individuals and the collective strength of the community. This approach goes beyond short-term fixes; it lays the foundation for lasting change.

Education

Education is a cornerstone of sustainable community empowerment. Access to quality education equips individuals with knowledge

and skills, empowering them to make informed decisions and contribute meaningfully to their community's growth. Initiatives that support education, such as scholarships, vocational training, and literacy programs, ignite a spark that can drive positive change for generations to come.

Economic Empowerment

Economic empowerment is another vital dimension. Sustainable community development nurtures entrepreneurship, job creation, and financial literacy. By investing in local businesses and encouraging innovation, communities can strengthen their economic foundations. Microfinance programs, cooperatives, and small business support all play a role in fostering financial independence.

Environmental Sustainability

Sustainability isn't just about people; it extends to the environment. Empowering communities to take care of their natural surroundings is integral to long-term success. Initiatives that promote conservation, responsible resource management, and renewable energy adoption protect the planet while ensuring a sustainable future for residents.

Collaboration

Sustainable community empowerment thrives on collaboration. It unites community members, government bodies, nonprofits, and businesses in a shared vision. These partnerships leverage collective resources and expertise

to drive impactful change. Together, they can tackle complex challenges like infrastructure development, healthcare access, and poverty reduction.

A Path Forward

Sustainable community empowerment is not a one-size-fits-all solution; it's an evolving journey tailored to each community's unique needs and aspirations. It ignites hope and resilience, proving that when individuals unite for a common purpose, remarkable transformations are possible.

As we embrace this journey of empowerment, let us remember that the seeds of sustainable change lie within our communities. With education, economic opportunity, environmental stewardship, and a commitment to collaboration, we can nurture these seeds, allowing them to grow into thriving forests of progress.

Conclusion

Sustainable community empowerment is a powerful force for change. It is a beacon of hope, illuminating a path towards a brighter and more promising future for all. By investing in education, economic development, environmental sustainability, and collaboration, we can empower communities to build a better world for themselves and for generations to come.



What is the Goal of Community Economic Development?



Rtn. Charlotte Atukunda

Community Economic Development (CED) is a holistic approach to improving the well-being and prosperity of communities. It seeks to empower communities to shape their economic futures while fostering inclusivity, sustainability, and resilience.

Overarching Goal of CED

The overarching goal of CED is to create vibrant, healthy, and equitable communities where people want to live, work, and raise families. This encompasses a wide range of objectives, including:

• Economic prosperity and stability:

CED aims to create a strong and stable local economy that provides opportunities for all community members.

• Job creation and employment opportunities:

CED seeks to generate sustainable employment opportunities that improve livelihoods, reduce poverty, and provide economic security.

• Poverty reduction and equity:

CED works to uplift marginalized groups and ensure that all community members have access to the resources and opportunities they need to thrive.

• Supporting local businesses and entrepreneurship:

CED champions the growth of local businesses and encourages entrepreneurship, fostering a sense of community pride and self-sufficiency.

• Infrastructure development:

CED invests in essential infrastructure, such as transportation, healthcare facilities, and utilities, to enhance the overall quality of life in communities.

- **Community well-being:** CED prioritizes the overall well-being of communities, including access to healthcare, education, cultural resources, and recreational opportunities.

• Environmental sustainability:

CED promotes sustainable resource management, renewable energy, and eco-friendly practices to ensure that economic development occurs in harmony with the environment.

• Social inclusion and empowerment:

CED places a strong emphasis on inclusivity and empowerment, working to uplift marginalized groups and promote diversity.

• Resilience in the face of

challenges:

CED aims to make communities more resilient to economic challenges and crises.

• Community ownership and self-determination:

CED strives to equip communities with the tools, knowledge, and resources they need to drive their own economic development.

Why CED is Crucial in Today's World

CED is more important than ever in today's world, which is characterized by rapid change, globalization, and increasing inequality. CED can help communities to:

- **Adapt to changing economic conditions:** CED can help communities to identify and capitalize on new economic opportunities, while also diversifying their economies to reduce their vulnerability to shocks.

• Address inequality:

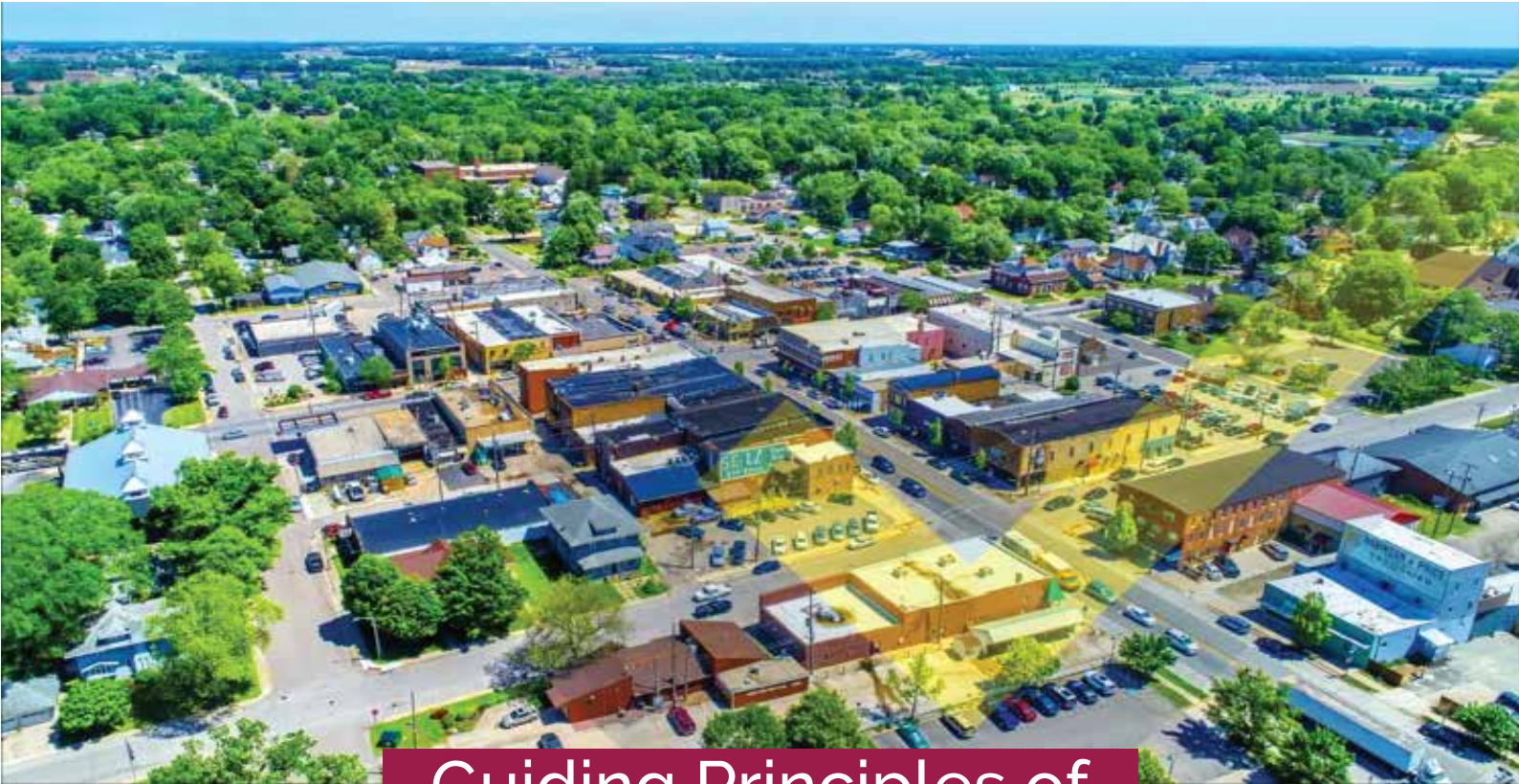
CED can help to address inequality by providing opportunities for marginalized groups and ensuring that the benefits of economic development are shared equitably.

• Build sustainable communities:

CED can help communities to build sustainable and resilient communities by investing in essential infrastructure, promoting sustainable practices, and fostering a sense of community ownership and self-determination.

Conclusion

Community Economic Development is



Guiding Principles of Effective Community Development



Rtn. Hope Mukisa

Community development is a dynamic process that aims to enhance the quality of life within a community and empower its members. While there isn't a universally fixed set of principles for community development, several common principles guide the practice. Here are five key principles often associated with community development:

Empowerment:

Empowerment is at the core of community development. It involves equipping community members with the knowledge, skills, resources, and confidence to take control of their own development. Empowered individuals and groups become active participants in shaping the

future of their community rather than passive recipients of external aid.

Participation:

Community development places a strong emphasis on the active involvement of all community members. Meaningful participation means that individuals have a say in decision-making processes, planning, and implementation of projects and initiatives that affect their lives. It ensures that community development efforts are based on local needs and priorities.

Social Inclusion and Equity:

Promoting social inclusion and equity is fundamental to community development. It seeks to eliminate discrimination, biases, and inequalities based on factors such as race, gender, age, income, or ability. A community development approach aims to create opportunities for all members of the community to participate and benefit from development efforts.

Sustainable Development:

Sustainable development in community development refers to the long-term planning and implementation of initiatives that have a positive

impact on the community while minimizing harm to the environment. It involves considering the ecological, economic, and social dimensions of development to ensure that resources are preserved for future generations.

Holistic and Asset-Based Approach:

Community development adopts a holistic perspective, looking at the community as a whole rather than addressing isolated issues. It also employs an asset-based approach, focusing on the strengths, resources, and potential within the community rather than solely on deficits and needs. This approach recognizes that communities already possess valuable assets that can be harnessed for development.

While these principles are commonly associated with community development, it's important to note that the specific application may vary depending on the context, goals, and the needs of the community. Successful community development efforts often involve collaboration with local organizations, government agencies, and community leaders to create sustainable positive change.



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COMMUNITY IMPACT



R
Club of



Rotary and Rotaract Clubs of Bwebajja Host D.E.A.R Day at St. Charles Lwanga Primary School



Rtn. Yusuf Kalanzi Sserwanga
RC Bwebajja's Brand Manager

importance of literacy in society.

Activities of the day included a section of Rotarians, Rotaractors and friends sharing the joy of reading with the students, in various classes. Each page turned into an adventure as young imaginations soared. The delight in the eyes of the pupils as they embarked on literary journeys was a sight to behold. The reading spread to career guidance, mentorship, boy and girl child empowerment plus sharing snippets about what Rotary is about.

Empowerment sessions were conducted separately for both girls and boys. These sessions provided a safe space for open discussions on important topics, including education, self-esteem, and personal development.

The highlight of the day was the generous donation of books and scholastic materials by Rotarians, Rotaractors and the corporate sponsors Eurofoam and Victory Travel centre. The students' faces lit up as they received these invaluable gifts, expanding their access to knowledge and learning resources.

The Guest of Honour, PDG Urs Herzog

On September 21, 2023, the Rotary and Rotaract Clubs of Bwebajja, with the support of their corporate sponsors Eurofoam and Victory Travel centre, hosted a remarkable D.E.A.R Day (Drop Everything and Read) at St. Charles Lwanga Primary School, Kawuku.

This kind of event embodies the spirit of community, education and service that the Rotary and Rotaract Clubs of Bwebajja represent. It is a day to celebrate the joy of learning, the power of mentorship and the



from Switzerland, encouraged the students to keep reading from various books, newspapers etc., for the more you read, the more you discover. Reading increases one's knowledge and opens them up to many possibilities in this world.

Hope Creator President Annie Ninyesiga informed the students that it is important to familiarize themselves with reading, for through this, one gets to know what they didn't know.

The headmistress, Rtn Elizabeth Tusaba, thanked Rotary for the support they have awarded the school so far, from the water tank, trees and now the DEAR day. She elaborated that there's still more that is needed to put the school to a high desirable level, such as desks for the students and a library, for which she called for more support.

Through these activities, the Rotary and Rotaract Clubs of Bwebajja demonstrated their commitment to supporting education and empowering young minds in the community. They also showed that when people come together, there is no limit to what can be achieved.

Impact of the D.E.A.R Day

The impact of this D.E.A.R Day was palpable as it extended far beyond the event itself, sowing the seeds for a brighter future. Literacy skills were nurtured, unlocking the door to a world of knowledge; the joy of reading was kindled, fostering a lifelong love for books; empowerment sessions instilled confidence and self-belief in young minds; and the generous donations of books and scholastic materials enriched the school's resources.

Conclusion

On behalf of the Rotary and Rotaract Clubs of Bwebajja, Eurofoam, and Victory Travel centre, we would like to express our sincere gratitude to all the volunteering members, sponsors and the school administration who made this D.E.A.R. Day a resounding success. Together, we are making a difference in the lives of children and building a brighter future for our community.





Rotary and Rotaract Clubs of Bwebajja

Bring Solar Power to Nyamuyanja Health Center IV

In the heart of Nyamuyanja, a rural community in Uganda, a beacon of light shone, thanks to the unwavering commitment of the Rotary and Rotaract Clubs of Bwebajja. On the auspicious date of Tuesday, September 19, 2023, a transformative project came to fruition as the clubs handed over a solar backup system to Nyamuyanja Health Center IV. The guest of honor, PDG Urs Herzog, witnessed this remarkable endeavor, one that promises to illuminate hope and enhance healthcare delivery.

Empowering Health through Solar Energy

The Nyamuyanja Health Center IV serves as a lifeline for the community, providing essential medical services, maternal and child health (MCH) care, and emergency treatment. However, the facility has long grappled with the challenge of unreliable power supply, a hurdle that impacts critical operations, especially during power outages.

The installation of a solar backup system is not just about lighting up the facility but about empowering healthcare workers with a consistent source of electricity to save lives.

The Impact on Healthcare

- **Continuous Medical Services:** The solar backup system ensures that medical equipment, including refrigerators

for vaccines and medicines, can operate seamlessly. This guarantees uninterrupted healthcare services, even in the face of power cuts.

- **Maternal and Child Health:** The MCH unit will benefit significantly from this project. With reliable power, the health center can provide safer and more efficient maternity services, ensuring the well-being of both mothers and newborns.

- **Enhanced Emergency Care:** Critical life-saving equipment, such as incubators and operating theaters, will have consistent power supply. This translates to more effective emergency care and surgical procedures when needed.

- **Community Outreach:** The project extends its impact beyond the health center's walls. The consistent power supply enables community health workers to conduct outreach programs, health education, and awareness campaigns more effectively.

- **Environmental Responsibility:** Beyond the immediate healthcare benefits, the project aligns with environmental sustainability by harnessing clean and renewable solar energy, reducing the facility's carbon footprint.

A Testament to Rotary's Values

The handover ceremony was not just a



Rtn. Robert Irumba

celebration of technical achievement but a reflection of Rotary's core values—service above self. It embodies the spirit of community, collaboration, and a commitment to making the world a better place. PDG Urs Herzog's presence underscored the significance of this endeavor and the global Rotary family's dedication to improving lives.

September 19, 2023, marked the start of a brighter era in healthcare for Nyamuyanja residents. The Rotary and Rotaract Clubs of Bwebajja not only brought light but also hope, resilience, and a promise of better health outcomes. This solar backup project serves as a shining example of what can be achieved when compassion, vision, and determination converge in service to humanity.



Rotary and Sparkle Agro-Brands Ltd Launch "5 Days of Wellness" Project



Rtn. Ingabire Annet

In a vibrant and promising event held today at Little Rock Zana, the Rotary Club of Bwebajja, in collaboration with Rotaract clubs of Bwebajja and Lubowa, joined forces with Sparkle Agro-Brands Ltd to officially launch the much-anticipated "5 Days of Wellness" project. The event marks the beginning of an exciting week-long initiative that seeks to transform community health and well-being in Kajjansi Town Council and its surroundings.

The "5 Days of Wellness" project, which ran from September 25th to September 30th, 2023,

offered a variety of events and activities designed to educate, engage, and uplift the community in a variety of ways, with a clear focus on promoting health and wellness.

The launch event was graced by the presence of Past District Governor Kenneth W. Mugisha, who officially inaugurated the project, setting the stage for a week of impactful activities.

Throughout the week, participants looked forward to an array of events, including health screenings, disease testing, informative workshops on HIV/AIDS, Cancer, and Malaria prevention and treatment, and a blood donation drive.

The "5 Days of Wellness" project extended beyond physical health, with a strong emphasis on mental and emotional well-being. Participants had the opportunity to engage in self-care activities, mindfulness sessions, and wellness challenges that promote holistic health.

Commenting on the launch, Project Coordinator DRRE Joseph B. Ssen-gooba expressed enthusiasm for the week ahead: "We are excited to embark on this journey towards creating a healthier community. The support from our partners, including

Sparkle Agro-Brands Ltd, has been invaluable, and we are confident that the positive impact of this project will extend far beyond these five days."

Residents of Kajjansi Town Council and neighboring communities were encouraged to actively participate, attend events, and support the cause. The "5 Days of Wellness" project exemplifies the power of collaboration between community organizations and businesses, showcasing what can be achieved when a community comes together for the greater good.

The launch event was a resounding success, heralding the start of a promising week filled with health, learning, and community spirit. The "5 Days of Wellness" project promises to leave a lasting legacy of improved health, stronger community bonds, and a brighter future for all.

For more information, updates, and event details, community members were encouraged to follow the project on social media and engage actively throughout the week. Together, let's create a healthier and happier community.

A portrait of Miriam Nangonzi, a woman with short dark hair and glasses, wearing a colorful patterned top. The background is a light, textured grey. A red vertical bar is on the left side of the image.

**OUR
LEADERS**

Miriam Nangonzi
Kyeyune **First Female President**



Empowering Communities and Breaking Barriers: Miriam Kyeyune's Extraordinary Leadership Journey

In this edition of 'Meet Our Leaders,' we shine a spotlight on a trailblazer whose leadership transcends borders and challenges norms. Meet Miriam Kyeyune, a distinguished Ugandan woman whose impact on education management and Rotary service is inspirational.

A Proud Mother and Education Advocate

Miriam Kyeyune, classified under education management, is not just a leader in her professional spheres but also a proud mother, beautifully balancing her dedication to family and community. Her journey of service commenced at the Kids of Africa Swiss African Children's Home, where she devoted five years to shaping the lives of young ones. This commitment continued at CoRSU Hospital for another five years, demonstrating her unwavering passion for making a difference.

Today, Miriam stands as the Director of the Horizon Kids Centre, where she continues to be a beacon of hope and opportunity

for the children under her care.

Breaking Barriers in Rotary Leadership

Miriam's Rotary journey is a testament to her commitment to service and breaking gender barriers within leadership roles. As a charter member, she has held key positions, namely Membership Director, Youth director, TRF director, Club Services director and Club Secretary. Miriam shattered glass ceilings when she served as the Connecting President during the Rotary year 2019/2020, becoming the first female president of the Rotary Club of Bwebajja.

Under her ground-breaking presidency, the club executed numerous community projects, earning them a prestigious golden citation from the Rotary International President. This recognition not only highlighted the impactful work of the club but also showcased Miriam's exceptional leadership.

Continuing her journey, Miriam served as Vice President during the Rotary year 2022/2023 and now

holds the crucial position of Presidential Advisor for the current year, 2023/2024.

A Global Perspective: Houston, Texas 2022

Miriam Kyeyune's commitment to Rotary extends globally. She attended the Rotary Convention in Houston, Texas, in 2022, where she engaged with like-minded leaders and brought valuable insights back to her local community. Miriam has also been a consistent presence at District Conferences and Assemblies, reinforcing her dedication to Rotary's principles.

Miriam Kyeyune's story is one of resilience, breaking barriers, and creating positive change. As we celebrate her in this month's feature, let her journey inspire us all to embrace leadership, overcome challenges, and make a lasting impact in the communities we serve. Miriam Kyeyune's leadership is not just a local affair; it's a beacon that lights the way for leaders around the world.



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The Pivotal Role of Youth in Economic Development

OUR PARTNERS
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Rtr. Derrick Mawanda
RAC Bwebajja



Youth are a vital asset to any economy, and their role in economic development is pivotal. Young people bring fresh perspectives, innovative ideas, and technological expertise to the table. They are also more likely to take risks and venture into new endeavors, which can lead to the creation of new businesses and industries.

Here are some of the key ways in which youth contribute to economic development:

• **Entrepreneurship and job creation:**

Youth-led startups and businesses play a significant role in job creation and economic expansion. Young entrepreneurs are often at the forefront of innovation, and their businesses can help to transform industries and create new markets.

• **Education and skills development:**

Investing in the education and skill development of youth

enhances the quality of the workforce and boosts productivity and competitiveness in various sectors. A well-educated and skilled youth population is critical for sustainable economic growth.

• **Consumer spending:**

Youth represent a substantial consumer market, and their spending power can stimulate economic growth and drive demand for goods and services. Businesses that understand and cater to the preferences of young consumers can thrive.

• **Technological advancement:**

Youth are often at the forefront of technological advancements. Their digital literacy and familiarity with emerging technologies can drive innovation, improve efficiency, and transform industries, leading to economic gains.

• **Community development:**

Engaged and empowered youth can play active roles in community development projects. They contribute to building infrastructure, addressing social issues, and fostering a sense of civic responsibility, which can lead

to improved living conditions and economic development at the grassroots level.

• **Social entrepreneurship:**

Many young people are passionate about addressing social and environmental challenges. Social entrepreneurship ventures initiated by youth aim to create positive societal impact while generating economic value. These businesses can help to build a more sustainable and inclusive economy.

• **Global engagement:**

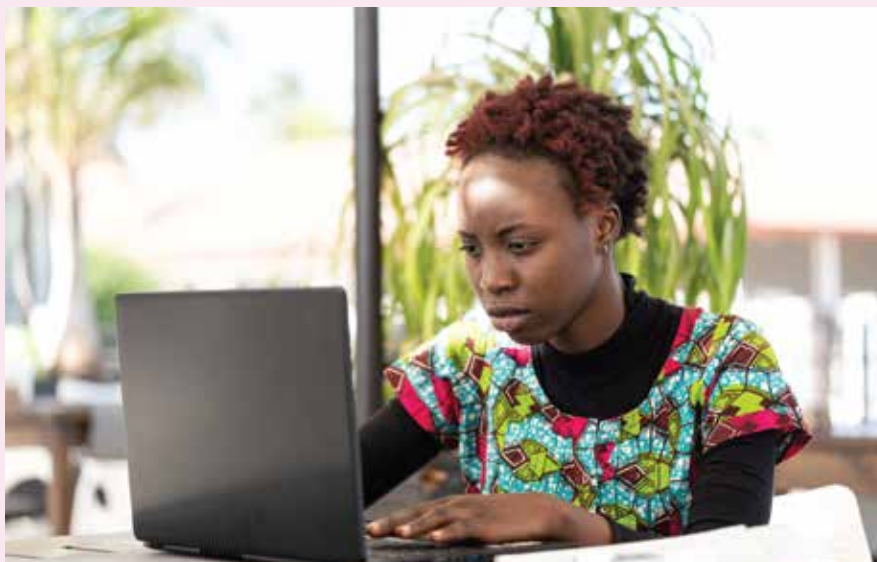
In an increasingly interconnected world, countries with a skilled and motivated youth population are more likely to be competitive on the global stage. Youth engagement in international trade, diplomacy, and cultural exchange can enhance a nation's global standing.

In conclusion, youth play a vital role in economic development. Their contributions are essential for creating a more prosperous and sustainable future. Governments, businesses, and communities must work together to provide youth with the opportunities and support they need to reach their full potential.

The Contribution of Youth Talents to Economic Development



Rtr. Mary Nabatanzi
RAC Bwebajja



Young people are the future of any nation. Their talents and creativity are essential for driving economic growth and prosperity. Here are some of the ways in which youth talents contribute to economic development:

• **Innovation and creativity:**

Young people are often at the forefront of innovation and creativity. They are not afraid to challenge the status quo and come up with new ideas. This has led to breakthroughs in various industries, from technology to healthcare to agriculture.

• **Entrepreneurship:**

Young people are more likely to start their own businesses than older generations. This is because they are more willing to take risks and have a strong desire to make a difference. Entrepreneurial ventures founded by young people create jobs, boost innovation, and contribute to economic diversity.

• **Tech pioneers:**

Young people are often early adopters of technology and have a deep understanding of how to use it to solve problems. This makes them well-positioned to lead digital transformation efforts in businesses and organizations of all sizes.

• **Skilled workforce:**

As young people acquire education and training, they become part of a skilled workforce. This skilled workforce is essential for driving economic productivity and competitiveness.

• **Research and development:**

Young people are actively involved in research and development. They are working on new technologies and products that will drive economic growth in the future.

• **Cultural and creative industries:**

Young people are active participants in the cultural and creative industries, including arts, music, and fashion. These industries contribute significantly to the economy through job creation, tourism, and export of cultural products.

• **Social entrepreneurship:**

Many young people are passionate about addressing social and environmental challenges. They are establishing social enterprises that combine profit-making with social impact. These social enterprises contribute to sustainable and inclusive economic development.

• **Globalization:**

Young people are more likely to engage in international trade, cultural exchange, and global collaboration. This helps to strengthen economic and diplomatic relations between countries.

• **Consumer trends:**

Young people play a pivotal role in shaping consumer trends and preferences. Their influence drives demand for products and services, creating opportunities for businesses to adapt and innovate.

• **Community development:**

Youth talents are actively involved in community development projects. These projects address local challenges, stimulate economic activity, and enhance the quality of life within communities.

In conclusion, youth talents contribute to economic development in a variety of ways. Their innovation, creativity, and entrepreneurial spirit are essential for driving economic growth and prosperity. It is important to invest in young people and provide them with the opportunities they need to succeed.



How I Leveraged TikTok to Propel My Business Growth

By Rtr. Irene Nagawa Mirembe – RAC Bwebajja

In the fast-paced world of business, staying ahead of the curve and expanding one's horizons is not just a goal but a necessity. As an entrepreneur, I've always been on the lookout for innovative tools and strategies to drive my business forward. That's when I discovered TikTok, and it turned out to be a game-changer.

Here are some ways TikTok can help you grow your business:

Strategic marketing insights: TikTok provides valuable insights into your target market through its data analytics and customer behavior tracking features. This information can be used to tailor your marketing strategies for maximum impact.

Enhanced customer engagement: TikTok's CRM capabilities allow you to engage with customers on a deeper level. You can use it to automate personalized communication, send targeted offers, and gather feedback. This leads to improved customer satisfaction and loyalty, which translates into repeat business.

Streamlined operations: TikTok's robust inventory management, supply chain optimization, and workflow automation features can help you streamline your

day-to-day operations. This reduces operational costs and ensures efficient resource utilization.

Data-driven decision-making: TikTok's powerful data analytics tools empower you to make informed decisions. You can track KPIs, monitor financial health, and identify growth opportunities. This data-driven approach allows you to pivot when needed and seize emerging trends.

Scalability: TikTok's modular architecture and cloud-based infrastructure make it easy to adapt to changing demands. Whether you need to add new users, expand into new markets, or integrate third-party applications, TikTok has you covered.

Improved customer service: TikTok's customer support tools, including ticket management and live chat, enable you to provide timely assistance to your customers. Happy customers not only lead to repeat business but also act as brand advocates.

Cost savings: TikTok can help you optimize your expenses by consolidating various business processes into a single platform. This eliminates the need for multiple software

solutions, reducing software licensing and maintenance costs.

Market expansion: TikTok's market analysis and competitive intelligence tools can help you confidently expand your business into new regions. You can identify untapped markets, assess competition, and fine-tune your market entry strategies for success.

Employee empowerment: TikTok's user-friendly interface and collaborative features benefit your team. It facilitates effective communication and project management, fostering a culture of collaboration and productivity.

Future-proofing: TikTok's regular updates and feature enhancements ensure that your business stays current with the latest industry trends and technology advancements.

Overall, TikTok is a powerful tool that can help businesses of all sizes grow and succeed. By harnessing its capabilities, you can gain valuable insights into your target market, enhance customer engagement, streamline operations, make data-driven decisions, scale your business, improve customer service, save costs, expand into new markets, empower your employees, and future-proof your business.



In Loving Memory of **Joan Namuli**

In the tapestry of our lives, there are those rare individuals who weave threads of joy, compassion, and service, leaving an indelible mark on our hearts. Joan Namuli, a radiant soul and cherished member of the Rotaract Club of Bwebajja, was one such extraordinary thread.

Joan graced our club with her presence in 2021, a year that marked the beginning of a beautiful journey together. Introduced by the ever-smiling and welcoming Rtr. George William Mulika (LMP), Joan quickly became an integral part of our Rotaract family.

Her love for life was infectious—expressed through the rhythm of dance, the melody of song, and the artistry of building friendships. Joan was a soulful dancer, her every move a celebration of the joy she brought into the room. Her voice, a melody that echoed with warmth and kindness, united us in shared moments of happiness.

Joan's spirit of wanderlust led her to new horizons, exploring the world with a heart open to discovery. Yet, her greatest adventures were in the service of others, particularly towards children. Her eyes sparkled with genuine affection, and her

hands worked tirelessly to create moments of joy and comfort for those in need.

A true ambassador of our club, Joan attended numerous projects beyond the borders of Kampala, infusing each endeavor with passion and purpose. Her dedication to promoting club activities through her extensive network of social media influencers showcased her commitment to making a positive impact on a broader scale.

In the midst of our sorrow, let us remember Joan for the extraordinary woman she was—a beacon of light, a compassionate friend, and a dedicated Rotaractor. Though she is no longer with us physically, her spirit dances on in the memories we shared, the laughter that echoed in our gatherings, and the warmth of the friendships she cultivated.

Joan Namuli, you were a gift to us all, and your legacy will forever live in the echoes of your laughter, the rhythm of your dance, and the love you poured into the service of others.

May your Soul Rest in Eternal Peace

Rotary
Club of Bwebajja



Rotaract
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