



From The President's Office

To all Rotarians, Rotaractors, Interactors and guests that attended the Rotary Family Health Day (RFHD) in Siriba / Kiryandongo welcome back!

Our rendezvous to set off to Kiryandongo was Victoria Tiles Centre on Rotary Avenue and we had agreed to leave at exactly 6.00am. Many of us kept time except for a few people. Before I start on what transpired in Siriba, let me dwell a bit on time keeping.

Ladies and gentlemen, being on time, every time, tells people that we are on top of things, that we are organized, we can be counted on, that we value them and ultimately that we value ourselves.

When we make an appointment, we are making a commitment to be where we said we'd be when we said we'd be there. The only way we build up other people's trust in us is by consistently meeting our commitments, and that starts with being punctual.

When I saw Rodney at Victoria Tiles Centre at 6.00am, I asked him "Where is Daddy (PP Roger Wamara)?" He promptly replied "Sleeping" All the same we were pleased to have Rodney in our company.

We got to Siriba at about 10.00am and the community was already waiting for us.

The RHFHD Mission is: To save and improve the lives of children and families that lack access to preventative healthcare.

The services that we provided in Siriba do fall in line with the Mission. These included Immunization, Hepatitis B testing, Lab services (HIV, Malaria, Blood sugar), Breast and Cervical cancer



Dr. Frank dispensing drugs



Rodney Wamara and Jeff at the Registration desk



IPP Nakanjako helping out in the Dental unit



screening, dispensing services, pediatric and nutrition services, general medical and dental services, Eye clinic services and family planning.

There is great need for such services in many rural communities and it is unfortunate that these are taken nearer to the people occasionally. The people we served were mainly women and children as depicted above. The least visited unit was Family Planning and evidently people need to be sensitized about family planning. The most visited one was the Hepatitis B testing unit and clearly the community had been informed about this but unfortunately, we ran out of vaccines. Statistics of all activities will be shared in due course.

Thanks to the team of doctors and nurses from Mulago, St Steven's Hospital and Kiryandongo health Centre that carried out all the above services. We do appreciate the assistance we received from rotaractors who travelled all the way to Siriba. Thanks to the following:

1. Faith Kansiime
Kampala North Musical
2. Bridget Chandiru
Kampala North Musical
3. Brian Odong
Kampala North Musical
4. Brain Aine
Kaampal North Musical
5. Tonny Luwerere
Kampala North Musical
6. Lambert Mulangira
Kampala North Musical
7. Rashid Luwagga
Buganda Royal



8. Bridget Namuli (MGP)
Buganda Royal
9. Agaba Joselyn
Mukono
10. Mosher Kigozi Ssebagala
Ntinda
11. Fred Kwesigwa
Kampala North
12. Bright Baguma
Kampala North
13. Mariah Kemirembe
Kampala City
14. Gerald Namanya
Kampala City
15. Eddie Abitegeka
Kampala City
16. Peter Mugarura
Kampala City
17. Paul Osaga (Man of the day)
Kampala City
18. Joan
Kampala City
19. Rodney Wamara
Infantractor

Our own members that spared their Saturday to serve the Siriba community included:

1. Dr. Frank Sebbowa (Chair Service Projects)
2. Dr. Isaac Okullo (Chair RFHD)
3. Rtn. Penny Mbabazi (Chair Siriba Project)
4. IPP Nakanjako
5. PP Tom Kajumba
6. PP Herbert Muhumuza



Rotaractors with Rtn. Moses (RHS) in the Nutrition Sector

7. PP John Magezi
8. PP Eve Kasirye Alemu
9. Rtn. Jeff Sebuyira
10. Rtn. Sara Bagalaaliwo
11. Rtn. Eve Mwenebirinda
12. Rtn. Gloria Anying
13. Rtn. Benon Turymureeba
14. Rtn. Rita Naggayi
15. Rtn. Moses Owori
16. Ms. Immaculate Nalunga (Club Guest)

We are indebted to our RFHD Chair Dr. Isaac Okullo, Service Project Chair Dr. Frank Sebbowa, Chair Siriba Project Rtn. Penny Mbabazi, PP Eric Byenkya, the doctors, nurses, rotaractors, guests and

rotarians that make this day happen.

Let us be reminded that November is Rotary Foundation Month. We should give to ensure we carry out meaningful projects to serve Humanity, the reason we joined Rotary. We may not all have the same amount of money, but we all do have some time on our hands, and can give some of this time to help others. It is very unfortunate that some of us have decided to do neither. We are neither giving to the Foundation nor sparing time to attend projects. Which category are you?

Have a fruitful Week.

ROTARY MOMENT: Four Avenues of Service

The term “Four Avenues of Service” is frequently used in Rotary literature and information. The “Avenues” refer to the four elements of the Object of Rotary: Club Service, Vocational Service, Community Service, and International Service.

Although the Avenues of Service are not found in any formal part of the constitutional documents of Rotary, the concept has been accepted as a means to describe the primary areas of Rotary activity.

- “Club Service” involves all of the activities necessary for Rotarians to perform to make their club function successfully.
- “Vocational Service” is a description of the opportunity each Rotarian has to represent the dignity and utility of one’s vocation to the other members of the club.
- “Community Service” pertains to those activities which Rotarians undertake to improve the quality of life in their community. It frequently involves assistance to the youth, the aged, handicapped and others who look to Rotary as a source of hope for a better life.
- The Fourth Avenue, “International Service,” describes the many programs and activities which Rotarians undertake to advance international understanding, goodwill and peace. International Service projects are designed to meet humanitarian needs of people in many lands.

When a Rotarian understands and travels down the “Four Avenue of Service,” the Object of Rotary takes on even greater meaning.



WELCOME ROTARY CLUB OF MUYENGA SUNDAY SUNSET

RCKN would like to welcome the newest Rotary Club in District 9211, the Rotary Club of Muyenga Sunday Sunset (RCMSS). This brings the total number of clubs in the District to 136

We congratulate Club Charter President Anne Christine Namayanja, Club Secretary Proscovia Nabbanja, the entire membership of RCMSS, the DGSR David Balaka and the sponsor club (RC Muyenga).

OUR CELEBRANTS OF THE WEEK:

BIRTH DAY BABY!



Rtn Petwa Rwomushoro
13th November

Ann Grace Nsibirwa 16th November



Rtn Fred Luzinda
19th November

ANIVERSARY



Rtn Fred and Ann Constance Kimuli
17th November

ANNOUNCEMENTS:

Rotaract Rotary Club Partner

ROTARACT CLUB OF KAMPALA NORTH

JUNGLE RUMBLE FUNDRAISER 2017

03RD DECEMBER

Registration

Rotaract Clubs: 50,000 Ugx
Rotary Clubs & Corporate Teams: 100,000 Ugx
Transport & Entrance: 10,000 Ugx

Mobile Money (Dorah Muhoza): 0782 324 944 / 0706 421 840
Bank A/c Details (Centenary Bank): ROTARACT CLUB OF KAMPALA NORTH, 3710600137

Activities:

- 3-Aside Football
- Fishing Competition
- Forest Walk Challenge
- Catch My Bunny
- Jungle Chef Challenge
- Biking

Team of **5**

Roots Retreat & Camping Resort Kitende

@Kanosug Kanosug Kanos Ug Rotaract Kampala North

THE ROTARACT CLUB OF KAMPALA NORTH

Friday 17th NOVEMBER - 2017 - 6:00PM

High Tea Party

TRF FUNDRAISER

Venue: **Nommo Gallery, Nakasero (Next to State House)**

FOR RESERVATIONS, CONTACT SHARON - +256 773 873 231

17TH TO 19TH NOVEMBER 2017

Rotaract Rotary Club Partner

Entebbe Airport

IN PARTNERSHIP WITH:

ROTARACT CLUB NAIROBI MASHARINI DS212, KENYA

ROTARACT CLUB SETTAT, DS010, MICROCCO

ENSEKO PLUS 2017

KAYUNGA DISTRICT

FEE: 50,000 Ugx

SPONSORED BY:

HOPB, Majestic Brands, Family Health, IHK SMC Project, Rotary

Follow us: #EnsekoPlus17

TOTS OF WISDOM

- Better tools will be found as you go along and so are harder grounds.
- If you can't be content with what you have received, be thankful for what you have escaped.

DID YOU KNOW?

- Unless food is mixed with saliva you can't taste it.
- The average person falls asleep in 7 minutes.

JUST ASKING:

- Why is it correct when you say "give her her pen" and wrong when you say "give him him pen"?
- Why do veterinary doctors eat some of their patients?

Siriba Pictorial

