Rotary Club of Sonde

The SONDE TIMES

MAGAZINE

Volume 6 | Issue 5



SERVING THE COMMUNITY THROUGH HEALTH, INCLUSION AND HEALTH AWARENESS

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Editorial

Rtn. Maria Gorreti Nakaweesi
Director, Public Image

Rtn. Rehema
Editor

We are delighted to welcome you to this edition of the **Sonde Times Magazine,** where we proudly share highlights from our activities and initiatives throughout the month.

As Rotarians, we are committed to serving our communities and creating meaningful, lasting impact in the lives of the people around us. Guided by the spirit of **"Service Above Self,"** we continue to identify opportunities to respond to community needs, promote well-being, and contribute to a more inclusive and healthier society.

This month has been yet another opportunity for us to put our commitment to service into action. We participated in several impactful activities aimed at improving the lives of individuals and strengthening our connection with the communities we serve.

Among the key activities was our participation in a health camp, where we supported the provision of free medical services to members of the community. The **health camp** provided an important opportunity for people to access basic healthcare services, receive medical attention, and gain valuable information about their health and well-being. Through this initiative, we were reminded of the importance of making healthcare more accessible, particularly to those who may face challenges in accessing such services.

We also took part in the **Cancer Run,** joining others in raising awareness and supporting efforts aimed at the prevention, treatment, and fight against cancer. Participating in such initiatives allows us not only to contribute to an important cause but also to encourage members of the community to take an active role in promoting healthier lifestyles and supporting those affected by cancer.

Another significant highlight of the month was our opportunity to **learn sign language.** This initiative is an important step towards promoting inclusion and improving communication with people who are deaf or hard of hearing. By acquiring basic sign language skills, we are becoming better equipped to communicate, connect, and serve members of our communities without barriers. It is a reminder that meaningful service goes beyond providing material support—it also means creating an environment where everyone feels seen, heard, valued, and included.

For every Rotarian, there is great joy and fulfillment in seeing lives transformed through service. Every activity, regardless of its size, presents an opportunity to make a difference. Whether through healthcare, community awareness, fundraising, education, or inclusion, our collective efforts demonstrate the power of people coming together for a common purpose.

As we reflect on the activities of this month, we are grateful to everyone who contributed their time, resources, skills, and energy towards making these initiatives possible. Your dedication continues to inspire us to do more and to reach even more people within our communities.

We are therefore pleased to share with you the stories, achievements, and memorable moments from our activities this month through the **Sonde Times Magazine.** We hope this edition gives you a glimpse into our journey of service and inspires you to join us as we continue to **impact communities, transform lives, and create lasting change.**

Together, let us continue to serve, connect, and make a difference.

Enjoy this edition of the Sonde Times Magazine!

President's Message

RTN. DAVID SEKABEMBE NSALASATTA

Dear Models

First, my thympathies to all who have lost loved ones, those who are feeling unwell and to Rtn. Alphonse and Rtn. Kimanje who were attacked,injured and robbed.we wish them quick recovery.

As we approach 100 days of impact full service. I thank all who have in one way or another participated in club activities either Physically, fianacially or provided moral support. I particularly thank all those who have completed payment of dues. You are the pillars of our club.

During the month we were able to participate in the 5-a-side tournament organised by RC kiwatule. The tournament attracted over 30,clubs and it was a moment of competition, networking and service. I thank all who participated, particularly our captain Rotarian Obert osamai and sponsor Rtn. Masaba.

I was also previlliaged to visit Rc Kasangati and Rc kitukutwe where I was warmly recognized and Rc Kasangati took it a noch higher by capturing my moment with their president for their weekly magazine cover story. I thank them for the recognition.

As we come to the end of first 100 days, we intend to have special recognition of our members who have contributed to service to humanity so far. Please watch the space and get ready to be recognized.

I request you all who have not yet cleared dues to do so and continue supporting projects both financially and by physical participation.

Remember payment of dues and participating in projects make us good Rotarians.

Come rain come shine let us come out and serve.





District Governor's Message

RTN. Gerald Obai

District Governor 2026-27
RI District 9213

My Dear Family of Rotary District 9213,

What a start!

The first quarter of our Rotary year is done, and I want to say a sincere **thank you** for the energy, the warm welcome, and the impact you have already created.

Clubs across the District have been engaged in a plethora of life-changing community projects. And I am delighted that road safety is now firmly on the lips of every one of us.

In just 90 days, we have officially launched the Rotary Year with renewed hope under RI President Olayinka Hakeem Babalola's theme: **Create Lasting Impact.**

I have visited over 60 clubs, and what I have seen is truly inspiring — projects that will outlive us, membership full of passion, and communities that genuinely feel Rotary. I have felt the full force of Rotary. I have reviewed club goals, listened to your plans, and seen the passion in the eyes of Rotarians and Rotaractors. The road ahead is clearly exciting. My challenge to all clubs is to turn those goals into realities.

We have also started strong on our Foundation. We have celebrated new Major Donors and Paul Harris Fellows, and the growth in sustaining members and **Every Rotarian Every Year (EREY)** is heart-warming. With each dollar we give this Rotary year, we increase the number of lives touched by our generosity. We open new frontiers, expand our reach, and increase our presence in the community. Each time you look at your recognition pin, know that it represents the smiling faces of those whose lives have been changed by your big heart.

To appreciate your generosity, every donor in the District will be recognized — two special pin categories for those giving a minimum of **$100 and $500** to The Foundation, and a beautiful wristband for all donors.

Friends, my message this quarter is simple: **Impact is not about activity; it is about what remains after we leave.** Sustainable projects that will still be standing years from now. A child who stays in school because we paid her fees. A health centre that saves mothers because we equipped it. That is Lasting Impact.

In quarter two, I ask us to focus on four things:

1. Membership with Purpose: Invite one guest who shares your passion. Membership remains our number one internal priority — it is core to everything we do. Each new member brings new ideas, more hands, more resources, and more compassion. There are many potential Rotarians waiting to be invited.

2. Give to The Foundation: Every Rotarian, Every Year — at least $25. Our District Designated Funds depends on it. Our fight against polio hinges on our giving. The future of our Foundation lies in our generosity. Let us make history as a District where every Rotarian and Rotaractor is a donor. Let each of us say, "I will not be the one who denies D9213 the opportunity to create history." Let us make this a legacy year.

3. Take Rotary to the Community: That is the only place where Rotary has true meaning. Let every club implement at least one community project aligned to our 7 Areas of Focus.

4. Tell our Story: No one can tell our story better than us. A story of a community having clean water for the first time in generations. A story of a disadvantaged child being given an opportunity to stay in school. A story of our relevance in the lives of millions of people.

I am proud to be your District Governor. Let us keep the momentum. Let us continue to inspire, to give, and to serve.

Together, we will Create Lasting Impact.



Serving the Community Through Health, Inclusion and Health Awareness

A healthy community is a hardworking and productive community. At the Rotary Club of Sonde, we believe that promoting community health goes beyond visiting hospitals, consulting doctors, and taking medicine. Community health also involves creating awareness about disease prevention, promoting immunization, encouraging healthy lifestyles, supporting blood donation, providing access to medical services, and ensuring that people receive timely treatment and health education.

With this understanding, the Rotary Club of Sonde continues to implement initiatives aimed at improving the health and well-being of people living in Sonde and the surrounding communities. Through partnerships with health facilities, community leaders, and other organizations, the club is committed to ensuring that health services and information reach as many people as possible, especially those who may face challenges accessing such services. As part of its commitment to community health, the Rotary Club of Sonde organized a medical camp at Masjid Lukmaan in Jinja Misindye. The medical camp was conducted in partnership with Ultra Medical Centre, Ngozi Skin Clinic, Goma Health Centre IV, and Sonde Nova Medical Centre.

The camp provided an opportunity for community members to access free medical services and receive professional health advice without the financial burden that often prevents people from seeking medical attention.

A total of **200 community members** benefited from the medical camp. The services provided covered several important areas of healthcare, including:

- Dental care and oral health services
- Skin care and treatment of skin conditions
- General medical consultations
- Family planning services and information
- Health education and awareness talks
- Immunisation and vaccination

In addition to receiving medical services, community members were given an opportunity to interact with health professionals and learn more about disease prevention, early detection, and the importance of seeking medical attention when symptoms arise.

The Rotary Club of Sonde is proud to have contributed to improving access to healthcare within the community. Seeing community members receive the services they needed and leave with smiles on their faces was a great reminder of the importance of serving humanity.

Through initiatives such as these, the club continues to demonstrate its commitment to the Rotary spirit of ***"Service Above Self."***














Rotary
Club of Sonde








Rotary
Club of Sonde






SONDE NOVAS
MEDICAL CENTRE
Meeting Every Sunday
Time: 3pm - 4pm
At Model Gardens Sonde








Meeting Every Sunday
Time: 3pm - 4pm



NO ONE IS LEFT BEHIND BECAUSE THEY CAN NOT HEAR;

ROTARY CLUB OF SONDE LAUNCHES SIGN LANGUAGE CLASS.

Inclusion is an important part of building a healthy and supportive community. Everyone deserves an opportunity to participate, communicate, and contribute to society regardless of their physical abilities.

The Rotary Club of Sonde was inspired to establish a sign language class after experiencing firsthand the communication challenges faced by one of its members, **Rotarian Ivan,** a newly inducted member of the club.

Ivan had always desired to join Rotary, but his hearing and speech challenges made him hesitant because he was concerned about how he would communicate and interact with other members. Even after joining the Rotary Club of Sonde, communication remained challenging because many members did not know sign language.

This experience highlighted the need for the club and the wider community to learn how to communicate effectively with people who are deaf or have hearing and speech challenges.

Ivan explained the challenge by saying:

"Communication was very difficult because I could not understand verbal communication at all times."

The experience helped the club recognize that communication should never be a barrier to participation and inclusion. When people learn to use sign language, communication becomes easier, and individuals who are deaf or have hearing challenges can participate more fully in community activities.

In response to this need, the Rotary Club of Sonde, in partnership with St. Gonzaga Catholic Parish and The Sign Action Initiative Network Uganda (TSAI Net--ug) launched a three-month sign language training program at St. Gonzaga Catholic Parish in Kireka.

The class was officially launched by **Assistant Governor (AG) Suzan Kamazima on Tuesday, 8 September 2026.**

The main objective of the sign language class is to bridge the communication gap between people with hearing and speech challenges and the wider community. The program is also intended to equip community members with practical communication skills that can be used at home, in workplaces, schools, places of worship, healthcare facilities, and other public spaces.

The initiative was born out of the club's own experience with Rotarian Ivan, making it a particularly meaningful project for the Rotary Club of Sonde. By learning sign language, members of the community will be better equipped to communicate with people who are deaf or have hearing challenges, creating a more inclusive environment where no one is left behind because they cannot hear.

The Rotary Club of Sonde believes that this initiative will create a lasting impact beyond the three-month training period. Participants will be able to share the skills they acquire with others, helping sign language become more widely understood within the community.


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ROTARY CANCER RUN

Cancer remains a major health concern, and the Rotary movement in Uganda continues to support efforts aimed at improving cancer care and raising awareness about the disease.

The Rotary Club of Sonde is proud to be part of the community of Rotary clubs working together to fight cancer through the **Rotary Cancer Run.**

The Rotary Cancer Run is a Rotary initiative in Uganda aimed at raising funds and awareness to support cancer-related healthcare initiatives, including the development of cancer treatment infrastructure at **St. Francis Hospital Nsambya.**

The Rotary Club of Sonde actively participated in the cancer campaign under the leadership of the club's Cancer Run Officer, Rotarian Salima Sally Wanale.

As part of its contribution to the campaign, the club mobilized members to participate in the run and successfully achieved its target of selling and mobilizing **more than 400 kits.**

The club's participation went beyond fundraising. Members also joined other participants at **Kololo Independence Grounds,** where they took part in the cancer run. Their participation helped raise awareness about cancer prevention, early detection, treatment, and the importance of supporting cancer care services in Uganda.

Through the Cancer Run, the Rotary Club of Sonde continues to demonstrate its commitment to supporting healthcare initiatives that benefit communities beyond Sonde.












events
WAREHOUSE
CANCER
RUN 2027


CANCER RUN


CANCER RUN


Rotary












FAITH HIGH SCHOOL






Rotary
Club of Sonde
Rotary
Club of Sonde
Rotary
Club of Sonde

Pictorial:
Models at 5 A Side












Rotary
Kiwatule


RC SONDE






SONDE MODEL


SONDE MODEL



Pictorial:

Models at home Hospitality at Rotarian Semanda's home



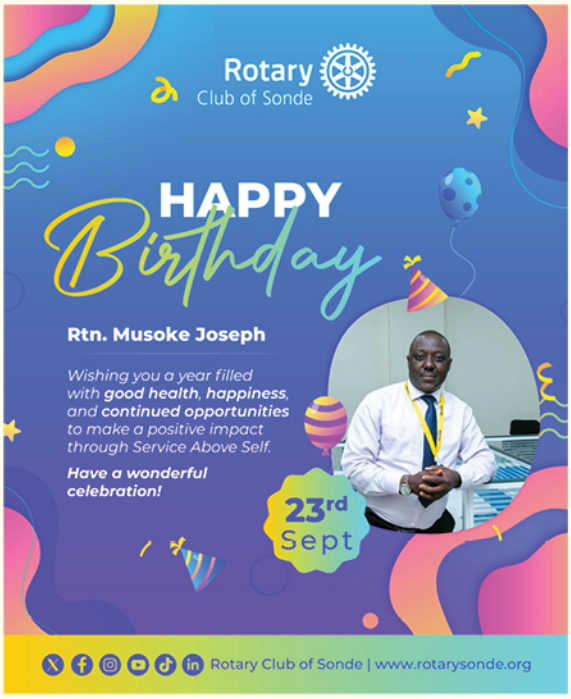


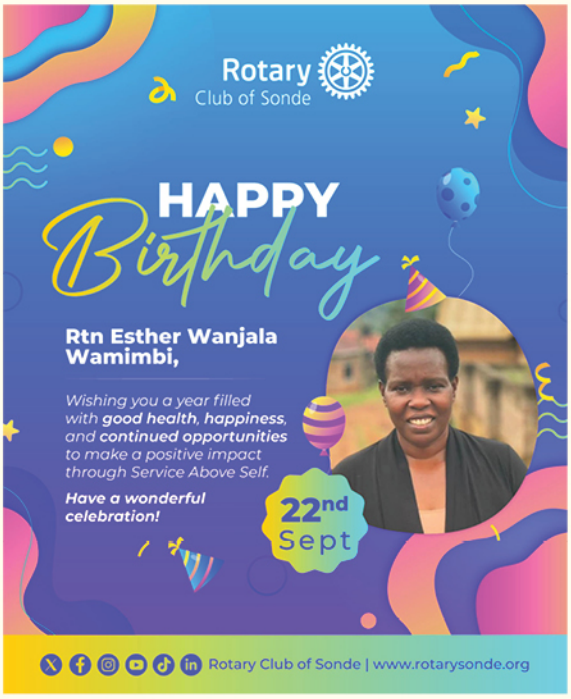
BIRTHDAY MESSAGES



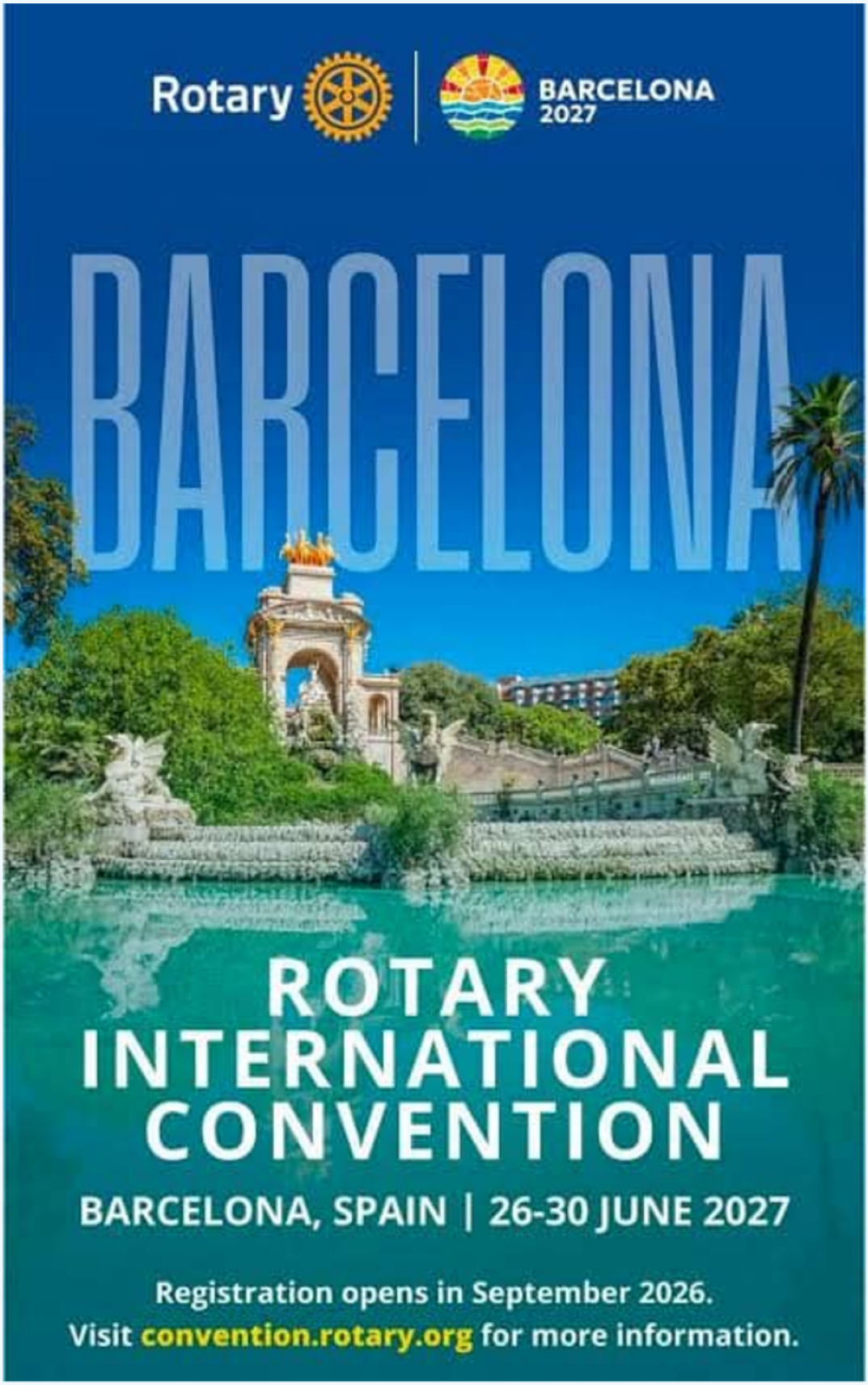









Rotary
District 9213
Rotaract
District 9213
Everyday is
member dues
payment
reminder day.
Rotary is a subscription based organization where we pay to serve.
Let us keep members updated on the dues payment status and communicate this regularly.
Engage and follow up on members. Don't wait for December.
There is a big relationship between membership retention and membership growth!
People Connect Communities Grow
Membership Dossier #4
#RotaryEyamba
#RotaryKonyo
Rotary District 9213
https://rotaryd9213.org
Safe Roads Save Lives


Rotary
BARCELONA 2027
BARCELONA
ROTARY INTERNATIONAL CONVENTION
BARCELONA, SPAIN | 26-30 JUNE 2027
Registration opens in September 2026.
Visit convention.rotary.org for more information.