



Newsletter

1st Edition

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Foreword

Dear Rotarians, Rotaractors,
Interactors, and Friends of
Rotary,

It is with great pleasure that I welcome you to this edition of our joint Rotary and Rotaract Club of Iganga newsletter. This publication captures our journey from the installation of our leadership to the impactful activities we have undertaken in service, fellowship, and personal growth.

Since the start of this Rotary year, we have embraced the call to “Unite for Good” through meaningful engagements. We have learned together through thought-provoking presentations on mindset change and maternal health, and we have strengthened our community bonds by joining in the 40-year celebration of the Iganga Muslim District through the

Mama Kit Run theme, and strengthened our bonds through joint aerobics fellowship. We are also looking forward to the upcoming Rotary Cancer Run on 31st August 2025.

I am deeply grateful to our members, partners, and friends whose dedication and generosity have made these milestones possible. Your commitment is the driving force behind our achievements.

As we look forward to the months ahead, let us continue to serve with passion, lead with integrity, and inspire hope in every action we take. Together, we can make a lasting difference in our community and beyond.

Yours in Rotary,
Dr. Kharim Mwebaza Muluya
President, Rotary Club of Iganga

Dear Rotaractors, Rotarians, and Friends,

It is a privilege to present this edition of our joint Rotary and Rotaract Club of Iganga newsletter, a reflection of our shared efforts, experiences, and the unwavering energy that young people bring to improving their communities.

From the moment we began this Rotary year, our members have stepped forward with enthusiasm and purpose. We have learned from inspiring sessions on mindset change and maternal health, and strengthened our bonds through joint aerobics fellowship. These moments remind us that service is most impactful when fueled by youthful energy and guided by the values of Rotary.

A special highlight for us is the DRRE's Homecoming, a celebration of leadership, mentorship, and the power of connection. It is a moment to reflect on how far we have come as young leaders and to envision the greater impact we can create.

As we look ahead to the Rotary Cancer Run and other upcoming activities, I encourage every Rotaractor to keep bringing your passion, creativity, and commitment to the forefront. Together, we are not just making a difference, we are shaping the future of our communities.

In service and friendship,
Tatumwa Desmond Benjamin
President, Rotaract Club of Iganga



Joint Installation Ceremony

Theme: Unite for Good



The evening was filled with fellowship, inspiration, and renewed dedication to service above self, marking the start of an exciting Rotary year for all clubs involved.

On 13th June 2025, the Rotary family in Iganga came together for a memorable joint installation ceremony held at Ntinda Valley Hotel. The event brought under one roof the Rotary Club of Iganga, the Rotaract Club of Iganga, Prime Vocational Institute, and the Interact Club of Iganga Secondary School, reflecting the spirit of unity and collaboration that defines Rotary.

The occasion was graced by distinguished guests, including former Vice President of Uganda, Dr. Speciosa Wandira Kazibwe, the Third Deputy Prime Minister and Minister, Hon. Lukia Isanga Nakadema, and the Chief Guest, Rtn. Geoffrey Martin Kitakule, the Rotary District Governor for District 9213.

In line with this year's Rotary theme, Unite for Good, the ceremony was a celebration of leadership, service, and the shared commitment to creating lasting change. Speeches from the dignitaries inspired members to continue working together across generations and club levels, fostering stronger bonds and amplifying impact in the community.





First Presidential Presentation

Mindset Change: A Password to an Exciting Rotary Year 2025/2026



On 8th July 2025, at Ntinda Valley Hotel, the Rotary Club of Iganga began the Rotary year with an inspiring first presidential presentation by Dr. Kharim Mwebaza Muluya, Club President for 2025/2026. Speaking on the theme “Mindset Change: A Password to an Exciting Rotary Year”, Dr. Muluya challenged members to approach service with renewed energy, creativity, and purpose.

Through a thought-provoking story, he encouraged Rotarians to ask themselves why they are here and how they can make a greater impact. He called for business unusual, a shift from routine approaches to innovative, bold, and solution-focused action.

Highlighting Rotary’s role in driving transformation, Dr. Muluya explained that mindset change in Rotary Clubs is nurtured through targeted training, strong emphasis on Rotary’s core values, and a deep focus on service and community engagement. By adopting new perspectives on leadership, service, and problem-solving, members can uncover fresh opportunities and innovative solutions to challenges.

The presentation set the tone for the year’s activities, reminding members that the key to unlocking a truly exciting Rotary year lies in their willingness to think differently, act decisively, and embrace the Rotary International theme for 2025/2026, Unite for Good.

A group of scientists placed 5 monkeys in a cage and in the middle, a ladder with bananas on the top.



Every time a monkey went up the ladder, the scientists soaked the rest of the monkeys with cold water.



Ending the Silent Emergency: Rotary Club of Iganga Rallies Against Maternal Deaths from Postpartum Hemorrhage



On July 15, 2025, during its weekly fellowship, the Rotary Club of Iganga hosted a compelling and data-driven session to spotlight one of the most preventable yet deadly causes of maternal mortality, postpartum hemorrhage (PPH).

The session, led by Dr. Pontian Kiwanuka, obstetrician at Iganga General Hospital, and Sr. Christine Muganzi, the facility's maternity in-charge, ignited a passionate call to action among Rotarians and guests.

The Unseen Toll

Globally, the World Health Organization estimates that 14 million women suffer from PPH each year, with over 70,000 losing their lives. In Uganda, PPH is the leading cause of maternal mortality, responsible for 45% of all maternal deaths. In the Busoga sub-region, this figure is even higher at 61%.

According to the Ministry of Health's Annual Health Sector Performance Report 2023/24, Uganda recorded 1,222 facility-based maternal deaths, with obstetric hemorrhage as the leading cause. Behind these statistics are families devastated and communities grieving futures that could have been saved.

Why Mothers Continue to Die

The presenters used the Three Delay Model to outline the key drivers of maternal deaths:

Delay in deciding to seek care (56% in Busoga), influenced by low health literacy, cultural factors, and poor past experiences.

Delay in reaching care (39%), due to lack of transport and poor infrastructure.

Delay in receiving quality care (70%), caused by shortages of skilled personnel, inadequate supplies, and system inefficiencies.

These delays make it clear that the challenge is not only medical but also social, economic, and systemic.

What Happens Next

Iganga Hospital has declared August as PPH Awareness Month, with activities including a town march, community sensitization campaigns, and health worker training. The Rotary Club of Iganga is rallying partners to support these efforts and strengthen maternal health services.

Why This Matters

When a mother dies giving life, the loss ripples through her family, community, and generations to come. Preventing such deaths is a test of our values and our collective responsibility.

Rotary Club of Iganga's commitment shows that real change starts locally, with neighbors helping neighbors, professionals going beyond their duties, and leaders rising to the challenge. By confronting PPH head-on, we are building a healthier, stronger future for all.

Article by: Tatumwa Desmond Benjamin

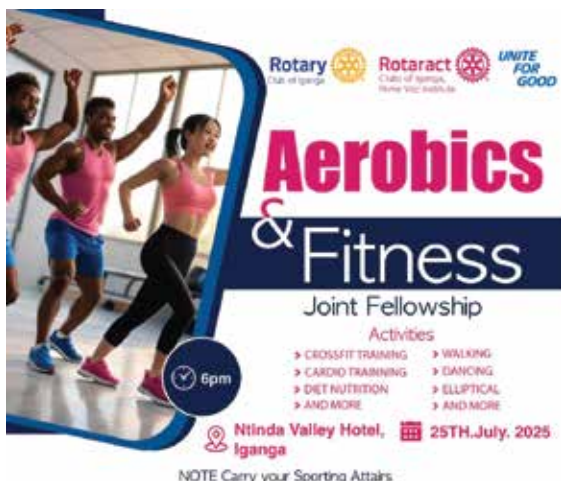
Participation in Iganga Muslim District's 40 Years Celebration – Mama Kit Run

The Rotary and Rotaract Clubs of Iganga joined the Iganga Muslim District in celebrating 40 years of existence through the Mama Kit Run, an event aimed at raising awareness and resources for maternal and child health.

Members showed up in numbers, contributing generously and running alongside the community in a show of solidarity. The initiative focused on providing Mama Kits to expectant mothers, directly supporting safer deliveries and improved newborn care.

This participation reflected Rotary's spirit of Service Above Self and reinforced our commitment to one of Rotary's key areas of focus, Maternal and Child Health. Through our efforts, we helped raise both awareness and vital resources to improve the well-being of mothers and babies in Iganga.





Joint Aerobics Fellowship

On 25th July 2025, the Rotary Club of Iganga, Rotaract Club of Iganga, and Rotaract Club of Prime Vocational Institute joined forces for a lively and impactful joint fellowship dedicated to promoting wellness and building stronger bonds among members.

The day began with an enlightening presentation by Dr. Ann Amate, Ag. Medical Superintendent of Iganga General Hospital, who spoke passionately about the prevention and control of Non-Communicable Diseases (NCDs) such as hypertension, diabetes, heart disease, and certain cancers. She stressed that lifestyle habits, including regular physical activity, healthy eating, and regular medical check-ups, play a critical role in reducing the risk of NCDs, which are on the rise globally and in Uganda.

After the presentation, members laced up for an energetic aerobics session. Laughter, music, and rhythmic movement filled the air as Rotarians and Rotaractors exercised side by side, turning the fellowship into both a health-boosting and team-building activity.

The atmosphere was electric, with members encouraging one another, sharing smiles, and committing to incorporating regular exercise into their daily lives. Beyond the health benefits, the session strengthened the spirit of Service Above Self by reminding members that caring for oneself is essential to being able to serve others effectively.





“Together, let’s rise above plastic pollution and protect our planet.”

Rotaract Club of Iganga D’lighters Marks World Environment Day with a Call to Action Against Plastic Pollution

June 5, 2025

In commemoration of World Environment Day, Rotaract Club of Iganga “D’lighters” was honored to be part of a memorable event organized under the global theme “Keep Free from Plastic Pollution.” The occasion, which brought together various environmental actors across Iganga District, was hosted by the District Environmental Officer, Madam Tiwaaku Florence, with Justice Batema as the Chief Guest.

The event served as a powerful reminder of the urgent need to protect our planet, particularly through collective efforts to reduce plastic pollution and enhance green living.

In his inspiring keynote address, Justice Batema applauded the Rotaract Club of Iganga D’lighters for our outstanding work and commitment toward environmental sustainability. He specifically recognized the club’s tree-planting campaigns in schools and communities across the district, noting our role in promoting a greener Iganga.

As a token of appreciation and encouragement, the club received five jackfruit tree seedlings from the Chief Guest. These trees will be planted in selected schools as part of our ongoing greening initiative to inspire the young generation to take ownership of their environment.

The celebration attracted several partners and stakeholders, including:

- Building Tomorrow
- Busoga Think-Tank
- Iganga SS Interact Club
- Iganga University Students Youth Association
- Eden
- Build-Up Initiative

Each organization echoed the same message: we must work together to preserve our environment and reduce plastic waste in our communities.

In a unique and heartfelt message, Justice Batema encouraged the youth to embrace creative means such as music to spread the message of environmental conservation. “Let us teach the young generation to sing about nature, to appreciate God’s creation through melody and art,” he emphasized.

At Rotaract Club of Iganga, we remain committed to creating sustainable impact, one tree at a time, one campaign at a time, and one community at a time. We believe that by working hand-in-hand with local authorities and community organizations, we can shape a future where Iganga thrives as a cleaner, greener, and healthier district.

Article By: Wesasa Diana, Club Admin Rotaract Club of Iganga

Pictorial



UP COMING ACTIVITIES

