



# Installation

2024/2025

## *Magazine*

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Together, let's continue  
to spread the Magic of  
Rotary

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A snapshot of the  
Irresistible President's  
Vision

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Embracing the Spirit  
of Service: Actively  
Participating in a Rotary  
Club

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## Karibuni and shalom our dear esteemed readers!

It is with great pleasure and humility that we present to you the 11th installation magazine for the Rotary Club of Lubowa, celebrating the installation of our new IRRESISTIBLE President, Rtn. Rhona Nambo Kamukama(PHF).

Within the magazine, you will discover Rtn. Rhona's plans to take the club to greater heights, the club's aspirations, and what makes RC Lubowa stand out from the crowd.

As we celebrate this significant occasion, special thanks go to the editorial team that worked tirelessly to produce this magazine. As the editorial team, allow us to acknowledge and appreciate all our sponsors who made this work possible, thank you for being part of this journey.

We hope you find this magazine insightful and inspirational.

Message from the

# Installation Chair

Dear Rotary Fraternity and Distinguished Guests,

**W**ith immense pleasure and excitement, we extend a heartfelt welcome to the 11<sup>th</sup> installation ceremony of the Rotary Club of Lubowa. Today signifies a remarkable milestone in our Club's journey, as we gather to celebrate leadership, service, and our collective commitment to effecting positive change within our community and beyond. This year, we aim to shine brighter than ever before as a Club!

In my role as the Chair of the Installation Committee, it is a profound honor to witness the formal transition of leadership and to offer unwavering support to our incoming President, Rhona. Her steadfast dedication, visionary leadership, and boundless passion for service are certain to inspire us all as we continue the noble work of Rotary.

On behalf of President Joshua, the exceptional Organizing Committee, whose tireless efforts have ensured the success of this event, the dedicated members of the Rotary Club of Lubowa, and, of course, President Elect Rhona, I extend a warm welcome to each and every one of you who has graced us with your presence today to commemorate this special occasion. Your attendance not only honors our new President but also reaffirms your steadfast commitment to the values and mission of Rotary.

A heartfelt thank you goes out to our esteemed Guest of Honor, Mr. Adu Rando, Managing Director of Nile Breweries Ltd, and our Chief Celebrant, PDG Peace Taremwa. We are deeply





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In my role as the Chair of the Installation Committee, it is a profound honor to witness the formal transition of leadership and to offer unwavering support to our incoming President, Rhona.

grateful for your presence and support.

We also extend our sincere appreciation to all our sponsors, some of whom are cherished members of the Lubowa Family. To Nile Breweries Ltd, our main sponsor, your generosity has undoubtedly contributed to the joyous atmosphere of this evening.

President Joshua, your steadfast support for this occasion and your exemplary leadership throughout the Hope year are truly commendable. Congratulations on a successful term.

To President-Elect Rhona, it seems you took the phrase “an eye for an eye” to heart! Six years ago, when I asked you to chair my Installation Committee, little did I know you would graciously return the favor. Thank you for entrusting me with this responsibility, and I hope the Installation team has exceeded your expectations. Their

dedication and hard work deserve special recognition and applause.

We’ve infused the event with a touch of your renowned ‘excitology’, and we eagerly anticipate the wonderful year ahead under your leadership. Together, let us embrace the spirit of “service above self” and collaborate tirelessly to effect lasting change and create a better world for all.

Thank you for being an integral part of this momentous occasion. Here’s to a year filled with success and impactful endeavors!

Warm regards,

Past President Elizabeth Kintu (PHF)  
Chair, Installation Committee

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## THANK YOU, AND WE LOOK FORWARD TO WORKING WITH YOU.

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## RI Mission

We provide service to others, promote integrity, and advance world understanding, goodwill, and peace through [the] fellowship of business, professional, and community leaders.

## RI Vision Statement

Together, we see a world where people unite and take action to create lasting change — across the globe, in our communities, and in ourselves.

## About us

Chartered on the June 24<sup>th</sup>, 2014, Rotary Club of Lubowa D9214 has 60 members at present.

## Vision

To be recognized as the epitome of service above self in rotary district D9214

## Mission

To ethically improve lives of the underprivileged in our community through fellowship and sustainable projects while providing development opportunities for our members.



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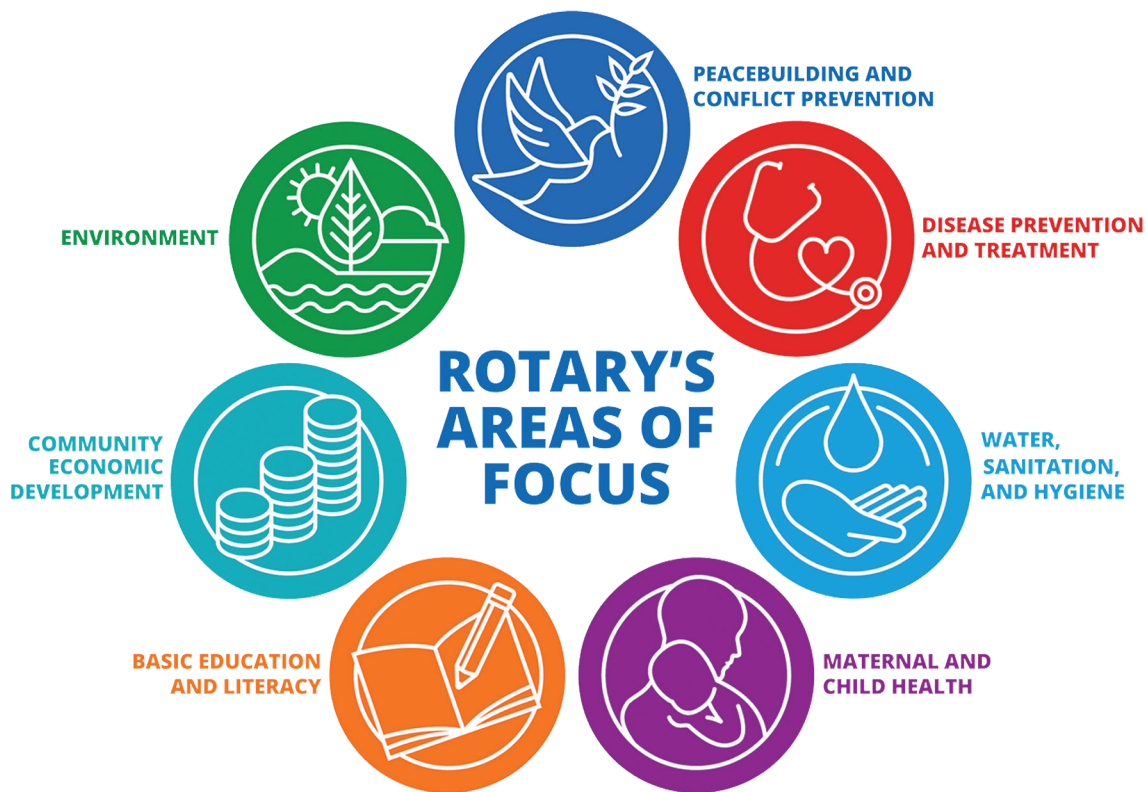


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Message from the RI President

# Together, lets continue to spread the magic of rotary



“The Magic of Rotary” is a theme that emphasizes the transformative power of Rotary International’s work in communities around the world. The message behind this theme likely centers on the idea that through Rotary’s service, dedication, and collaboration, incredible things can be achieved to make the world a better place.

Here’s a message inspired by the theme “The Magic of Rotary”.

“In every corner of the globe, Rotary brings the magic of hope, compassion, and change. Like magicians of goodwill, Rotarians weave together threads of service, turning dreams into reality and challenges into triumphs. With each project, each act of kindness, we unleash the power of Rotary to create lasting impact and transform lives. Together, let’s continue to spread the magic of Rotary, illuminating darkness with



light, and making our world shine brighter for generations to come.”

This message highlights the transformative nature of Rotary’s work and the dedication of its members to create positive change in the world. It emphasizes the idea that by working together, Rotarians can perform “magic” in their communities, bringing hope and joy to those in need.

With the world facing incredible challenges, including the COVID-19 pandemic, disasters driven by climate change, and conflict in many regions, Rotary’s leaders can offer a vision and a plan for overcoming these challenges.

“Measures taken by Rotary leadership to survive and end critical challenges often make our organization stronger and more resilient for future events. This kind of essential leadership also creates new levels of cooperation, even among rivals, when Rotarians pull together as people of action to serve and solve a crisis.”

Making regionalization a priority is crucial.

Because Rotary operates in more than 200 countries and regions, it is vital to recognize that the organization has the potential to become more efficient and effective by understanding and reacting to how regional

differences affect the way Rotarians work together to address providing service, promoting integrity, and advancing world understanding, goodwill, and peace.

Urchick is partner and chief operating officer of Doctors at Work LLC, a consulting and training company. She holds a doctorate in leadership studies from Indiana University of Pennsylvania. She is active on numerous community boards and committees, and has been honored by organizations including Zonta International and the Sons of the American Revolution.

A Rotary member since 1991, Urchick has traveled to Vietnam to help build a primary school and to the Dominican Republic to install water filters. She studies several Slavic languages, has mentored new Rotarians in Ukraine, and coordinated a Rotary Foundation grant project in Poland.

Urchick has served Rotary in many roles, including as a director, Foundation trustee, and chair of the RI Strategic Planning Committee and the Foundation’s Centennial Celebration Committee. She currently serves on the Election Review Committee and the Operations Review Committee. She is a Rotary Foundation Major Donor and a member of the Bequest Society.

# Message from the outgoing District Governor



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Our dedication to protecting the planet and promoting sustainability is the truest attestation to the power of Rotary's spirit and the impact we can have when we work together towards a common goal.”

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My Rotary Family and Friends,

bring you warm greetings from D9214. April leaves us with fond memories of the 99th District Conference and Assembly and it is upon this background that I extend my heartfelt appreciation to each and everyone of you who attended.

Your presence and participation made the event a resounding success.

Additionally, I'm deeply grateful to the exceptional individuals who worked tirelessly behind the scenes to bring it all together, their selflessness and creativity are the very fabric that made the event truly unforgettable. To you, our chairperson, District Governor Nominee, Christine Kyeyune Kawooya, and the entire organizing committee, I will forever remain indebted to you.

I am also filled with immense pride and gratitude for the remarkable projects you have accomplished as Rotarians, Rotaractors, and Interactors during April, the Environment month. As people of Action, Rotarians worldwide have been actively shaping the conversation on the environment for years.

Half a century ago, the first Earth Day was held

on April 22, 1970, launching a wave of action to protect our environment. Since then, Rotarians have been at the forefront of environmental initiatives, addressing climate change, pollution, and resource conservation. Also, the Rotary Foundation supports initiatives to protect and restore land, coastal, marine, and freshwater resources.

The month of May is designated to Youth Service by Rotary International. Let's collaborate on projects that empower, educate, and inspire the next generation by mentoring, supporting, and amplifying the voices of young leaders who are driving positive change.

As we come to the close of the Rotary year 2023/2024, I urge you all to summon your inner strength, rekindle your passion, and double your efforts for the final lap. Let us finish the year with the same zeal and enthusiasm that has characterized our journey so far.

May our Service Above Self-efforts leave a lasting legacy that will inspire future generations to follow in our footsteps as we Create Hope in the World.

**Rtn. Francisco Ssemwanga**  
**2023-2024**





# Message from the Incoming District Governor

Greetings my fellow Rotarians,

**T**ime seems to be racing by so fast with just a few days left before we step into the new Rotary year, where we shall create opportunities to experience and celebrate the 'Magic of Rotary'.

As we approach the 'dawn of a new year' let us use this opportunity to re-focus and, re-energize and put into play all the preparatory work and hours of planning that have gone into ensuring that we make our next steps count.

Focus on the four priority areas Increasing our impact, expanding our reach, enhancing participant engagement, and increasing our ability to adapt will be key throughout and we shall need to look at these alongside our targets as a district and as clubs as our guiding factor in our work. If you have not set targets and don't have strategic plans, this is the time to ensure we have these in place, and also the time to ensure we are intentional in our use of them.

I believe we give our best when we are at our best, and all else will fall in place. You the clubs, our Rotarians, and our members are who make it happen and bring the magic to Rotary and let us remember to enjoy this journey.

Let us continue to inspire and motivate each other, and together achieve the targets that we have set for ourselves.

Together, we shall make this year simply irresistible!

Rtn. Agnes Batenga

District Governor Elect

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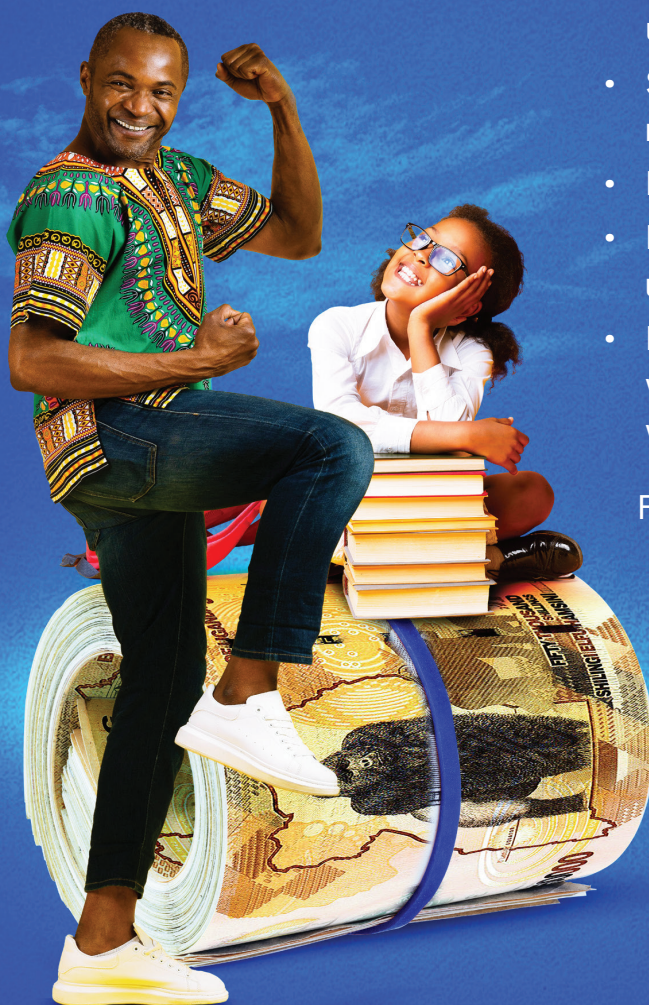
Let us use the opportunity a new year brings to also re-examine the value Rotary brings to our communities and to ourselves. Why did we join and why do we continue to be present. What can we do to enhance our member experience and bring others to join us as members or partners and work alongside us? We need more helping hands to do more and give more. This will all come together when we identify and achieve the value that we seek.”



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Outgoing Assistant Governor's message

# Rotarians, Please Protect the **ROTARY BRAND**



I am grateful to District Governor Francisco Ssemwanga for appointing me as an Assistant Governor (AG) for Rotary Club of Lubowa for Rotary Year 2023/24. I have enjoyed working and learning from RC Lubowa. My tour of duty has been characterised by sharing our knowledge and experience which has greatly added value to us as Rotarians.

Lately, I have been studying the concept of

a Brand name in driving organisations including Rotary Clubs. I have clearly elucidated across various fora the necessity for organizations and Business enterprises to carve out distinctive niches as a means of cultivating clientele loyalty. This is important because of intense competition among organisations. In liberalized economies, where the entry and exit of enterprises are unhindered, the cultivation of resilient and robust brand name becomes paramount to weathering challenging

and disruptive circumstances. It is against this background that I extend my heartfelt congratulations to Rotary International for its remarkable achievement in upholding the Rotary Brand on a global scale. Charity Navigator, an organization renowned for evaluating brand strength, has persistently ranked Rotary International as a 4- Star (Best Brand Strength) organisation.



What is a Brand name? It is a distinctive name applied by a manufacturer or an organisation to a particular product or service. Brand names are also embodied in a company or organisation's Logo. A logo is a symbol usually composed of words, images or colours. The primary function of a brand logo is to convey a specific message, rooted in a value proposition. For example, Rotary as a Global organisation established in

1905, has a Brand Logo composed of a wheel with a few lines, which in essence illustrate "civilization and movement". Any item that bears the Rotary logo signifies one element; "service to humanity anchored on "serving above self" as a Principal Motto of Rotary.

This motto epitomizes Rotary's commitment to global volunteerism, a cause fervently embraced by all Rotarians.



It should be noted that "Service" is a natural law. As Pope Francis has counselled; "trees do not eat their own fruit, the sun does not shine for itself nor can rivers drink their own water, and flowers do not give out that fragrance for themselves but for us to enjoy".

Therefore, engaging in service for the welfare of humanity is NOT AN OPTION. It is the essence of purposeful living."

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It is therefore instructive that Rotary Club of Lubowa anchors the Rotary Brand name in our day- to- day lives as Rotarians. Why? It makes it very easy for the latter to identify with the Business of Rotary.

I would like to congratulate the Hope Creator President (HCP) Joshua Semakula, the 2023/24 Board and the entire RC Lubowa membership for the significant achievements namely;

1. Recruited 7 new Rotarians and ensured 100% retention with 57% comprising female Rotarians.

2. RC Lubowa has contributed US\$ 7,750 to the Rotary Foundation.

This is a strong foundation up on which the Irresistible President (IP) Rhona Nambo Kamukama will build from and strengthen the club.

The message is unequivocal: Rotarians, let us unite in safeguarding THE ROTARY BRAND!

Rtn Augustus Nuwagaba (Assistant Governor RC Lubowa 2023/24, D9214)

VIVA VIVA Rotary Club of Lubowa.

# Message from the Incoming Assistant Governor

Our dear Guest of honour, the Rotary fraternity, friends of Rotary, ladies and gentlemen. It's my singular honour and privileged to serve as an Assistant Governor to this club. I am privileged because RC. Lubowa is a club I have been part of I have always admired the way you always make your fellowships exciting, to mention a few, oldies music, karaoke and the vintage items.

2024-2025 is a Magical year. As we approach yet another year of service of service above self, Rotarians and prospective Rotarians, it's imperative to remind ourselves about our roles in the communities and the world at large.

It's also important to know our roles in our clubs. We shouldn't be Rotarians in Name only (RINO). Our obligations have to be fulfilled as Rotarians. One can't be a Rotarian without paying dues. There is no organisation or group you can belong to without paying subscription or membership fee. Let's increase our impact by participation in every club's projects and club service.





“

As we enter into a year of “magic”; let’s be an inspiration to each other and to the rest of the world. In Rotary, it’s synergy that works. We need to move together as one good family to have impact and to do “Magic”. We have to start from within before moving to our communities. To do magical projects, we need to bring fundamental changes by tackling most pressing humanitarian challenges.”

Our Rotary International President, Stephanie, explained to us why she chose “MAGIC” as her theme. It was really magic to see dirty water enter a purifier and giving out very clean water. To a child, this was real,” MAGIC”!

Am humbly calling upon all of us to make magic in the lives our communities.

Let’s keep inspiring each other to have these magics a reality.

This is the time to focus on the District Goals. We need to increase our impact, expand our reach

and enhance participatory engagement, while we increase our ability to adapt to new technologies.

I wish all of us an “INSPIRATIONAL AND MAGIC YEAR”, RY2024-2025.

Congratulations to President Rhona and your board.

I pledge my continued support to the new team and the club as a whole.

ENID ASINGWIRE  
Assistant Governor Elect  
2024-2025

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## Message from IPP Joshua Ssemakula

**F**ellow Rotarians, Rotaractors, and Friends,

As I conclude my presidency, I am filled with gratitude for the journey we have walked together during the Hope Creation Year (2023/24).

Reflecting on this past year, I am delighted with the milestones we have achieved. One notable event was RC Lubowa hosting the 2023 Christmas Carols, attended by over

200 Rotarians, Rotaractors, and their family members from the Entebbe Road Corridor Clubs.

Our fellowships have been particularly engaging and creative this year, thanks to our dedicated buddy group team leaders and amazing presenters.

In terms of membership, we inducted seven new members, bringing our total to 60. To further grow our club, I urge every

member to bring at least one or two new members on board this coming year. Building Rotary through membership is a shared responsibility.

As we embark on a new Rotary year, I hope club members will commit to attending fellowships and participating in projects, as these are the core of our Rotarian identity.

In addition, I pledge my support to President Rhona in establishing a new club in Ndejje in the year 2024/25. This catchment area has great potential.

Revamping Kasanjje was one of our major goals. We have navigated the challenges and secured the necessary approvals to start the next phase of the project. Although we underestimated the amount of work required, we are ready to support the next team in achieving this goal in the coming year. I believe we will have a productive year with Kasanjje as our priority project.

Our engagement with Rotaract clubs has been substantial, including sponsoring several activities, such as Rotaract Night. We have also held joint activities and even had Rotaractors take over our fellowships. We truly appreciate the importance of engaging, nurturing, and mentoring Rotaractors as they

transition into Rotary. This is solidified through collaboration on their projects.

This year RC Lubowa, alongside the Rotaract Clubs of Lubowa and Mildmay College of Health Sciences, organized a successful joint medical camp at Destiny Medical Centre, Zana. We provided services such as HIV testing, diabetes screening, and high-blood sugar testing to over 200 residents.

As I step down from my role as President of RC Lubowa, it has been a great honor to serve you. I want to express my deep appreciation to everyone who supported me in our mission to create hope in the world. Special thanks to my family, who have been a great pillar of support throughout this journey.

Our incoming President, Rhona Nambo Kamukama, and the entire new board members and club officers, have my full support as we continue to elevate our club and impact communities around us and beyond.

Thank you all.

Rtn. Joshua Ssemakula

Immediate Past President (IPP), Hope Creator  
President



# A snapshot of the **IRRESISTIBLE** **PRESIDENT'S Vision**

**Rtn Rhona Kamukama (PHF)**

**F**ellow Rotarians, Rotaractors, and valued guests and friends!

Eight years ago, I joined the Rotary Club of Lubowa, embarking on a journey of learning and discovery. Understanding Rotary, working effectively with volunteers, and deepening my love for serving humanity have been central to this journey. Having served on the Board since 2018 in various capacities and participated in numerous trainings, I feel well-prepared to lead the Club. Becoming the 11th President is a great honor, and I am humbled by the trust placed in me. I give glory to God for this opportunity, believing it is in accordance with His will and perfect timing.

I extend my heartfelt gratitude to our outgoing President, Joshua, and all Past Presidents for their guidance and dedication. Their tireless efforts have been a guiding light for the Club. I also thank our valued Partners for supporting our projects through advertisements in the Installation magazine.

A special thank you to the Guest of Honor, Mr. Adu Rando, and Past District Governor Peace Geoffrey Taremwa for presiding over our Installation event.

As we begin the Irresistible year, I reflect on our Club's rich history of impactful projects and community service. With focus, commitment, and member support, we will continue to tackle global health crises, environmental issues, and social inequalities. These challenges present opportunities for us to



unite in action, harness our strengths, and create positive change in our communities.

## **Vision for the Rotary Club of Lubowa in the Irresistible Year 24/25:**

### **1. Undertaking impactful projects :**

Kasanje Main-hall rehabilitation project: Complete the construction and rehabilitation of the Mainhall at St. Kizito Primary School – Kasanje to increase classroom space and enhance extra-curricular activities.

Kasanje WASH project: Implement a global grant project to provide water to the Kasanje community, improving water access and livelihoods.

Bunapongo Maternal & Child Health project: Collaborate with RC Mbale City, RC Kajjansi, and RC Entebbe Base to extend and equip a maternity ward at Bunapongo Health Centre III in Mbale District. 'Beyond Tree Planting' project: A 5-year Environmental sustainability project starting with Graces Secondary School Kasangati to increase youth understanding and engagement in environmental protection and climate change adaptation.

Malaria prevention & treatment project: Enhance disease prevention and improve hygiene conditions in Kyeyagalire and Bunampongo through a small global grant project. Mviringo Youth project: Convert waste to charcoal and other materials, economically empowering the youth and improving the environment by recycling waste into briquettes. Suam WASH project: Implement a global grant clean water project in SUAM – Bukwo District, providing a solar-powered water system to over 4,800 people.

### **2. Membership engagement, growth, and retention:**

Focus on providing diverse programs and opportunities to meet members' needs, keeping each buddy team engaged in projects and Club activities.

### **3. Community outreach and engagement:**

Actively engage with the local community through various service projects, partnerships, and events, increasing Rotary's visibility and attracting new members.

### **4. Increase contributions to the Rotary Foundation and Polio Plus:**

Steer the Club towards significant contributions to global grant funds supporting Rotary's seven focus areas.

### **5. Increase our visibility as a Club:**

Employ strategies to enhance visibility, participate in District activities, and undertake impactful projects to awaken the 'sleeping giant.'

### **6. Optimize our business networks:**

Engage Partners to benefit from Rotary relationships and allow members to pitch their businesses in allocated fellowships, fostering new business opportunities.

### **7. Timely accountability, communication, reporting, and transparency:**

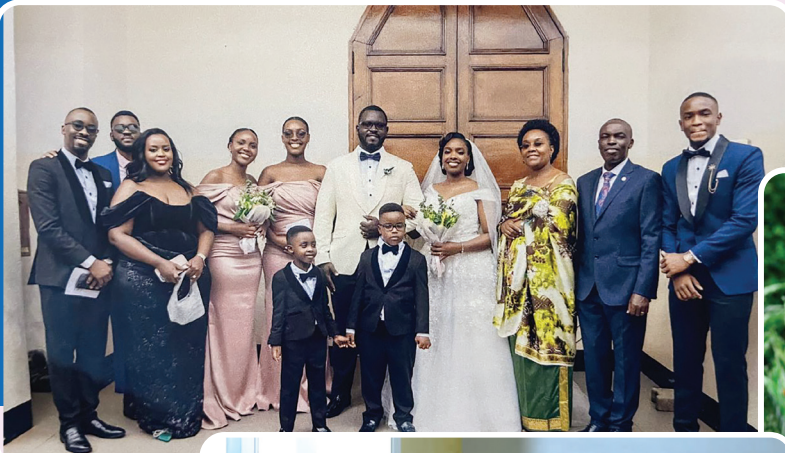
Uphold these tenets to keep members engaged, informed, and appreciative of the Club's status.

I thank my family for their selfless support in my Rotary journey, especially my husband Alex, who nurtured me into Rotary. I also thank the Installation and Magazine team led by Past President Elizabeth, Past President Conrad, and the members of the Rotary Club of Lubowa for their support.

I pledge my time, resources, availability and commitment to steer the Club forward in the Irresistible year. By working together and staying true to our Rotary values, we can accomplish great things. I am excited about the journey ahead and the opportunity to serve. Together, we shall make a difference.



# The Kamukama Family



Dear mom,

**A**s you step into the role of President, Rotary Club of Lubowa, our hearts swell with pride and admiration. Your dedication to service, unwavering commitment to community, and your visionary leadership have always been sources of inspiration to us.

This new chapter is not just a testament to your abilities but also to the values you have instilled in our family such as empathy, integrity, and the relentless pursuit of excellence.

We have watched you give yourself selflessly to causes greater than any

single individual, and we have no doubt that under your guidance, RC Lubowa will thrive and impact more lives than ever before.

May this journey be fulfilling, may your initiatives create lasting change, and may you continue to be a beacon of hope for those whose lives you touch.

Congratulations, Mom, on this well-deserved honor. We are beyond excited to support you and witness the great feats you will undoubtedly achieve.

With all our love and support, from Kamukama family



**M**y earliest memories of my dearest mama were when we would be going to school at 7:00am and she would rush me to the car as it was still warming up so as to go to school on time. Her love for punctuality and keen motivation on school attendance convinces me that she would make an excellent president.

I remember the time when, on her birthday on the way to school, our car tire jumped out in the middle of the road and she steered my sister

and I to safety. Her selflessness in paying for the damages inflicted on the bystanders and sacrifice for her birthday money guarantees me that she will lead RC Lubowa with clarity and vision.

She is a Godly, punctual, disciplined, selfless, and above all, a dedicated Rotarian whose 20+ years in civil service have tuned her leadership and relations skills, and I am fully certain her being in charge will benefit many lives.

With love from your son, Victor Kamukama



# ATLAS HIGH SCHOOL GAYAZA

## Background

ATLAS HIGH SCHOOL-Gayaza is a high quality modern private secondary school, registered with the Ministry of Education and Sports. It is a mixed running day and boarding facilities.

The school is owned and administered by a group of experienced and well-educated Ugandans with a strong commitment to excellence both in academics and life skills. The experience and expertise give direction and inspiration to the learners in a conducive learning environment.

The team of directors and managers comprises of contemporary educationists, bankers, accountants, and managers at higher levels in society. The head teacher and staff are skilled, experienced, and committed; and also play a parental role in guiding and counseling students.



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## Embracing the Spirit of Service: **Actively Participating in a Rotary Club,**

**A**s a member of the Rotary Club of Lubowa, you are part of a global community of individuals dedicated to making a positive impact in the world. Rotary clubs offer a unique opportunity to connect with like-minded individuals, develop leadership skills, and contribute to meaningful projects that benefit local and international communities. To get the most out of your Rotary experience, it's essential to actively participate in club activities and embrace the spirit of service.

## Benefits of Active Participation

### Networking Opportunities:

Rotary clubs consist of professionals from diverse backgrounds, providing a platform to build valuable connections and expand your professional network.

**Personal Growth:** Participating in Rotary projects and events helps develop leadership, communication, and problem-solving skills, enhancing your personal and professional development.

**Community Engagement:** Rotary clubs are deeply rooted in their communities, allowing members to make a tangible difference in the lives of others through service projects and initiatives.

**Global Understanding:** With Rotary clubs in over 200 countries, members can foster international relationships, gain cultural insights, and contribute to global understanding and peace.

## Ways to Actively Participate

**Attend Meetings and Events:** Regularly attend club meetings, seminars, and social events to stay informed and engaged.

**Join a Committee:** Participate in committees focused on areas like community service, international projects, or youth development to contribute your skills and interests.

**Volunteer for Projects:** Engage in hands-on service projects, such as clean-up initiatives, health fairs, or education programs, to make a direct impact.

**Mentor or Be Mentored:** Share your expertise or learn from experienced Rotarians to enhance your skills and knowledge.

**Take on Leadership Roles:** Consider holding a club position or leading a project to develop leadership skills and contribute to club growth.

## Tips for Effective Participation

- 1. Be Proactive:** Don't wait to be asked – offer to help with projects or events that align with your interests and skills.
- 2. Communicate Openly:** Share your ideas, suggestions, and feedback with fellow members to foster collaboration and growth.
- 3. Be Flexible:** Be willing to adapt and adjust plans as needed to ensure project success.
- 4. Show Enthusiasm and Passion:** Demonstrate your commitment to the Rotary spirit by showing genuine enthusiasm and passion for service.

**Conclusion** Active participation in a Rotary club offers a rewarding experience that combines personal growth, community engagement, and global understanding. By embracing the spirit of service and taking an active role in club activities, you can make a meaningful difference in the lives of others and contribute to a better world. So, get involved, make connections, and let the Rotary spirit inspire you to create positive change!

*Let's Create Hope in the World, For God and my Country,*

*Connecting President Conrad Kizito (2019/2020)*





# Taking Care of Yourself: A Vital Reminder in a Busy World

In the hustle and bustle of our daily lives, it's easy to get caught up in the whirlwind of responsibilities and obligations. We pride ourselves on being selfless, and always ready to lend a helping hand to those around us. But amidst the chaos, it's essential to remember one simple truth: taking care of yourself is not selfish—it's necessary.

When asked how we are, many of us respond with a reflexive "I am stressed," wearing our exhaustion like a badge of honor. But here's the reality check: suffering does not equate to goodness. Sacrificing our well-being for the sake of others even if it is our own family does not make us saints. Infact,

neglecting ourselves only leads to burnout and resentment and this usually affects the people we work so hard for in the first place.

Author L.R. Krest aptly puts it, "Taking care of yourself does not mean me first, it means me too!" So, who is looking out for you while you tirelessly care for everyone else? It's time to heed the wisdom of Paulo Coelho: "When you say yes to others, make sure you are not saying no to yourself." Self-care is not a luxury; it's a necessity. It means setting boundaries, knowing our limits, and prioritizing our own needs. It's about taking the time to understand ourselves better, to reflect on our challenges, and to recharge our spirits.

We've witnessed countless successful individuals succumb to illness before finally taking a much-needed break. But wouldn't it be wiser to pause and rejuvenate before reaching that breaking point? Instead of leaving behind only a hefty bank balance to cover hospital bills. We pride ourselves on going to the best hospitals, so why not choose to invest in our well-being proactively?

So, how do we take care of ourselves? It starts with nurturing our spiritual selves—whether through meditation, prayer, or communing with nature. It's about finding moments of joy and meaning amidst the chaos, embracing our inner child, and allowing ourselves to be carefree, even if only for a moment.

Make a date with yourself. Plan regular breaks throughout the year to replenish your soul.

Whether it's a solo retreat to a serene location or a peaceful day in Entebbe Botanical Gardens, prioritize your well-being. Disconnect from the noise of the world, let your thoughts wander, and allow yourself the space to heal.

In a society that glorifies busyness, let's remember that our worth is not measured by our productivity. True fulfillment comes from nurturing ourselves, body, mind, and soul.

Take the first step today. Schedule that much-needed self-care day. Your future self will thank you for it, and then maybe, just maybe, you will thank me too.

**Elizabeth Kintu**

**Past President, Human Resources Consultant, and Certified Coach**



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# Projects

## Our Signature Projects

As a club, we have lined up a number of projects we set out to achieve in the Rotary year 2024/25, and moving forward. They include:

### Kasanje St. Kizito Primary School-Suuka

The Rotary Club of Lubowa adopted Kasanje village and St. Kizito Primary School – Suuka as the focal point. Currently with a pupil population of 418 of whom 172 are in the boarding section, the Club has over time delivered on a number of projects which include among others:-

- Construction of washrooms for both girls and boys,
- Provided a 23,000 litre water harvest tank,
- Procured a Makiga interlocking brick manufacturing machine and trained the community to use it.

In the Irresistible rotary year 2024 / 2025, the Club will complete the multi-purpose block for use as classrooms and mainhall and also initiate the global grant process for the WASH project.

### The Saum Community Water Project:

This is a global grant project valued at USD 35,000 to provide water in Suam – Bukwo District – Uganda / Kenya Boarder. This water and sanitation project

intervention will provide a solar powered water system and hygiene education for 4,800 people.

### The Bunapongo maternal and child health project.

This is a multi-club global grant project focusing on the Bunapongo Health Centre III – Mbale District. The Rotary Club of Lubowa will partner with Rotary Clubs of Kajjansi, Entebbe Base, and Mbale City D9213. Our intervention aims to improve reproductive health services, maternal and child health services; by increasing and secluding the maternal ward space, equipping the wards and delivery room; procuring a sustainable means of transport to facilitate main hospital referrals, training of medical staff and the expectant and new mothers in the community. The intervention will impact over 16,000 community members.

### ‘Beyond Tree Planting’ – Go Green Project

In the Irresistible year 24/25, the DGs vision to ‘plant the balance’ ties in very well with this go-green project. In our vision however, this goes beyond tree planting and looks at inculcating a culture of sustaining the environment through the youth. The Rotary Club of Lubowa will start its pilot project with an already identified Secondary School in a bid to introduce the students to the holistic approach to tree planting with an aspect of the broader understanding





and undertaking of environmental protection and climate change adaptation at school and community levels. We shall open a recording studio to run “It Starts With Me”, a Mission Green club at the School and register them as A Mission Go-green club. The Club will then establish a nursery for indigenous trees and other plants at the Secondary School with the aim of using it as a practical learning hub for tree planting, and a long-term intervention for accessing planting materials, while leveraging on the vast resource of the youth in the schools and the communities they come from. The Rotary Club of Lubowa will then support leadership and skills development of the students. This is designed to encourage the youth to exploit their inherent skills and apply themselves as players in innovation, and problem solving with a focus on environmental protection and climate change adaptation.

The Club will also Endeavor to plant the balance every month at different locations in support of the DGs vision.

## Malaria Control at Bukasakya and Lufuka-Bunamwaya

The Club applied for the small malaria grants to support the control of malaria in the two areas. The malaria intervention project in Bukasakya-Mbale District where the Club will be undertaking the Bunapongo MCH global grant project will mainly focus on controlling malaria in mothers and children who present at Bunapongo HC III. This Malaria grant project is valued at **USD \$ 10,884.94.**

The malaria small grant for Lufuka – Bunamwaya in Makindye Ssabagabo division, will focus on cleaning the drainage channels and providing relief items to control malaria in this slum area in the Lubowa neighbourhood where the Club is situated. This Malaria grant project is estimated to cost **USD \$ 10,000.00**



# RC Lubowa Club members



PP Kimbowa  
Emmanuel Victor



Rtn Andrew  
Naimanye



Rtn Emma Birungi



Rtn Josephine  
Kakooza



Rtn Daniel Muwolobi



Rtn Elizabeth Kintu



Rtn Joshua Semakula



Rtn Kagaba Jacent



Rtn Kalunda Noel  
Thomas



Rtn Liliane Londo  
Ndiho



Rtn Luswata Francis



Rtn Luwemba Edward



Rtn Lwasa Siifa  
Balinda



Rtn Masembe Annie  
Spire



Rtn Matovu Godfrey  
Lutimba



Rtn Nabukenya  
Drollah



Rtn Nakibinge  
Matilda



Rtn Nyesiga  
Catherine



Rtn Ndagire Lydia



Rtn Peter Samula





Rtn Sarah Sserunjoji



Rtn Ssekyanzi William  
Adyeli



Rtn Ssengendo  
Edmond



Rtn Namagembe  
Veronicah Gladys



Rtn Baagala Sam



Rtn Henry Kateregga



Rtn Kamukama  
Rhona Nambo



Rtn Julie Kalibbala



Rtn Tumusiime Linda



Rtn Dr. Yvonne  
Karamagi



Rtn Christopher  
Bukenya



Rtn Nnusu James  
Winston



Rtn Aidah Kayongo



Rtn. Nakalanzi  
Pauline Kayita



Rtn Nakabonge Clare  
Evelyn



Rtn Mubiru Barbara  
Kobusinge



Rtn Mubiru Emma



Rtn Joyce Muwanga



Rtn. Nibert Uwizera



Rtn. Josephine  
Kawooya



# RC Lubowa Club members



Rtn Marguirette  
Tandekwire



Rtn Brenda Sentamu



Rtn Conrad Kizito



Rtn Christopher  
Luzinda



Rtn Letitia  
Nakimbugwe



Rtn. Barbara Ndagire



Rtn. Eng. Gloria  
Geraldine Kyazze



Rtn. Twinamatsiko  
Daniel Mwine



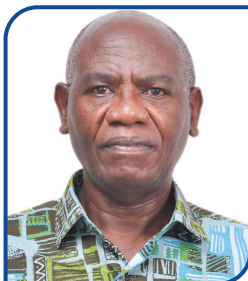
Rtn. Primrose  
Nakamanya



Rtn. Lucy Atukei



Rtn. Agnes Busingye



Rtn. Dr. Tushemereirwe  
Wilberforce



Rtn. Mugisha Alex  
Washaba



Rtn. Barbara Mugisha



Rtn. Kiweewa Arthur



Rtn. Irene Iga



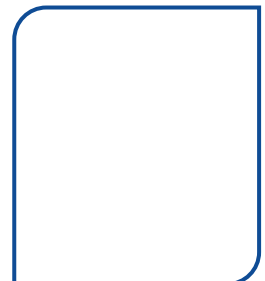
Rtn. Beinomugisha  
Jackie Katana



Rtn. Larry Mubiru



Rtn. Annet Nakawunde  
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## Being Director Public Relations has taught me a lot about Rotary

It was a warm Saturday afternoon a few weeks to installation. While tending to my coffee plantation, I received a phone call from HCP President, Joshua Semakula requesting me to take up the role of Director Public Relations. Just like I had told one of the past Presidents who had reached out earlier requesting for the same, my quick response was- I was not yet ready.

I was yet to complete my first year in Rotary, I felt it was too soon to take up a leadership role, besides, I had a lot to learn about Rotary, I told myself!

Later that evening, President Joshua and I had another phone engagement that eventually led to my acceptance of the role.

My first assignment was to produce an installation magazine. I pondered where I would begin from, because in my previous life as a banker, I mostly wrote credit papers.



I was lucky to have met Vivian Agaba, a freelance journalist who was a guest at the club, and Past President Elizabeth Kintu who were willing and ready to help. Together we produced an amazing installation magazine for the Hope Creator President, and later, a half-year magazine.

Since then, I have participated in organizing various club activities such as the cancer run organized by Entebbe Road Corridor, blood donation drive held at Freedom City last year, and I was privileged to organize the official District Governor(DG, Rtn. Fransisco Ssemwanga's) visit on 3rd October 2023.

However, organizing Christmas Carols for 2023 was one of the most fun and exciting activities I have done.

Together with my team Expand Buddy group which consists of IPP Julie Kalibbala, Rtn. Sarah Sserunjogi, Rtn. Joyce Muwanga, Rtn. Dr. Bukenya Christopher, Rtn. Lucy Atukei, Rtn. Justice Tumusiime Linda, Rtn. Lutimba Matovu, Rtn. Barbara, and Rtn. Gloria Geraldine Kyazze we planned Entebbe Road Christmas Carols.

We hosted over 200 Rotarians and Rotaractors, donned in their beautiful red and white Christmas hats, and danced away the evening. Each team member worked tirelessly to ensure it was a success, every club had a chance to sing on stage backed by a live band.

I would like to extend my appreciation to the Entebbe Road corridor clubs, our treasury, team Expand who contributed financially towards this special event.

Being a DPR has given me a fast chance to understand Rotary better than I would if I was not. I have made acquaintances, and met quite a number of purposeful people, and through social media platforms, I have been able to reach out to so many.

Currently, we are working on activating our website. I would like to urge whoever was thinking of developing cold feet towards leadership like I did to take it as an opportunity to serve. Once you have a positive attitude, you will sail through. The club has very supportive members that one can rely on.

**Rtn. Liliane Londo Ndiho**  
DPR, RC Lubowa, 2023-2024



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# Lubowa Presidents



**President Kamukama Rhona Nambo**  
2024-2025  
*The Magic Rotary*



**IPP Joshua Ssemakula**  
(2023-2024)  
*Hope Creator President*



**PP Julie Kalibbala**  
(2022-2023)  
*Imagine Rotary*



**PP Letitia Nakimbugwe**  
(2021-2022)  
*Serve To Change Lives*



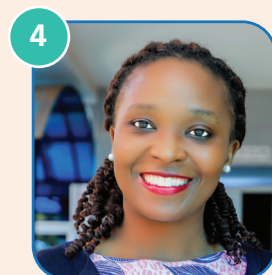
**PP Nobert Uwizera**  
(2020-2021)  
*Rotary Opens Opportunities*



**PP Conrad Kizito**  
(2019-2020)  
*Rotary Connects the World*



**PP Elizabeth Kintu**  
(2018-2019)  
*Be the Inspiration*



**PP Brenda Sentamu**  
(2017-2018)  
*Rotary Making A Difference*



**PP Chris Luzinda**  
(2016-2017)  
*Rotary Serving Humanity*



**PP Emmanuel Kimbowa**  
(2015-2016)  
*Be a Gift to the World*



**CP Margueritte Tandekwire**  
(2014-2015)  
*Light Up Rotary*



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# I'm only a vessel in this position, we must work together

**O**n behalf of the Rotaract Club of Lubowa, I am pleased to share with you the key areas that we plan to focus on in the magic year that will propel the club

to the next level.

Currently, as a club, our membership is less than ten fully active members, in the new leadership, we want to increase our membership.

Secondly, we plan to work on our public image as a club by ensuring we are active on most social media sites, and actively updating people on anything Rotaract Lubowa.

We will also place a signpost at our hosting venue for more visibility. Lastly, as a club, we will be looking for strategic, meaningful collaborations and partnerships by cooperating with organizations, individuals, and Rotary.

The founder of Watoto church, Pr. Gary Skinner once said: "For you to lead others you must be willing to be led by others". It's with this background that members should know that I am only a vessel but we ought to do things together, win together, or lose together as a club.

I am passionate about skilling and equipping people with knowledge therefore one of our projects will be a skilling project in the Kampiringisa rehabilitation center for juveniles

in conflict with the Law. we will be looking at mainly equipping them with skills in welding and shoe making in partnership with an NGO that will help monitor the progress of the trainees in the community after serving their sentence.

As a club, we applied for a district grant in the Hope Creator Year that will promote the sustainable and environmentally sound management of solid waste with a specific focus on an innovative campaign to educate and inspire young people and their immediate communities. This is aimed at empowering them to take action on waste and plastics through recycling in Makindye Ssabagabo Municipality.

Mother Club is the biggest stakeholder in Rotaract Lubowa, as they have been our biggest sponsors in the past years. However my request is for Mother Club to consider intentional mentorship of the Rotaractors in areas of leadership, business, etc.

I would like to see more cross-engagement from both us and Rotarians in our different club activities. Lastly, as a club, we call upon Rotarians from the mother club to be honorary members of the Rotaract Club of Lubowa.

Once again I am privileged by the opportunity to lead and it will be a great honor to work with Mother Club and any partners to see that we save humanity and create a transformational impact.

So let's not get tired of doing good, as just at the right time we will reap a harvest of blessings if we don't give up. **Galatians 6:9.**

**President Elect,**

**Ongu Emmanuel**

**Rotaract Club of Lubowa**

## “Empowering Young Minds, Enriching Communities: Rotaract Club of Mildmay Institute of Health Sciences”



**A**s the President Elect of the Rotaract Club of Mildmay Institute of Health Sciences, I'm honored to share our club's journey and achievements. Our Rotaract club is comprised of dedicated and passionate individuals who embody the Rotary values of Service Above Self.

Our club has been actively engaged in various community service projects, focusing on healthcare, education, and environmental conservation. We have participated in health camps, blood donation drives, and awareness campaigns on pressing issues like mental health, substance abuse, and Human Immune Virus (HIV). Our members have also participated in local clean-up initiatives and tree planting activities to conserve our motherland.

One of our flagship projects is the “Adopt Bishop Sisto Mazoldi S.S”, a program where we mentor and support students from underprivileged backgrounds. We provide academic support, scholastic materials, career guidance, and character development opportunities, empowering them to become future leaders.

### Conclusion:

As Rotaractors, we are committed to making a positive impact in our communities. We believe that by working together, we can create a better world for all. We are grateful for the support and guidance of our mother club, the Rotary Club of Lubowa, and look forward to continued collaboration and growth.”

PE, Rotaract Club of MildMay

Namagembe Ramulah

# The Irresistible New Board Members



Rtn. Rhona Nambo Kamukama  
(PHF) President



Rtn. PP Brenda N. Ssentamu (MD)  
Vice President



Rtn Peter K. Ssamula (PHF) -  
President Elect/Club Secretary



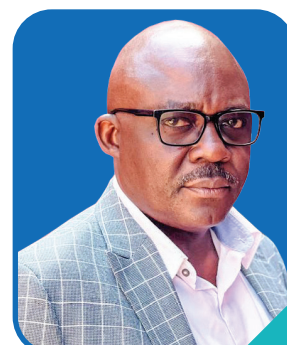
Rtn. Clare N. Byekwaso  
(PHF) - Director Club  
Administration



Rtn. William Sekyanzi  
(PHF) - Treasurer



IPP Joshua Ssemakula  
(PHF) - Club Trainer



Rtn. Edward Luwemba  
Director Service Projects



Rtn. Emmanuel Mubiru  
Director Rotary  
Foundation



Rtn. Sarah Sserunjogi  
Director New  
Generations



Rtn. Nusu Winston  
Director Public Relations



Rtn. Matilda Nakibinge  
Director Membership



# The Irresistible Club Officers



Rtn. Twinamatsiko Daniel Mwine -  
Sergeant at Arms Officer



Rtn. Lucy Atukei  
Family of Rotary Officer



PP Elizabeth Kintu  
Citation and Awards Officer



Rtn. Emma Birungi  
Onto Canada RI Convention Officer



Rtn. Prim Nakamanya  
Onto DCA Officer



PP Conrad Kizito  
Citation and Awards Officer



Rtn. Gloria Geraldine Kyazze  
Cancer Run Officer



Rtn. Pauline Kayita  
Polio Plus Officer



Rtn. Francis Luswata  
5 Aside Officer

## Club Ambassadors

---



Rtn. Agnes Busingye  
Ambassador to RC Seguku



Rtn. Catherine Nyesiga  
Ambassador to Rotaract-Lubowa



Rtn. Dr. Yvonne Karamagi  
Ambassador to Rotaract-Mildmay



Rtn. Siifa B. Lwasa (PHF)  
Ambassador St. Noa Girls



PP Letitia Nakimbugwe (PHF)  
Mission Green Ambassador

## Committee Chairpersons

---



Installation 24/25 Chair  
PP Elizabeth Kintu: PHF+1



Governor's Visit 24/25 Chair  
PP Letitia Nakimbugwe: PHF



Monitoring and Evaluation Chair  
PP Julie Kalibbala: PHF +2



# RC Lubowa new board members retreat



# Entebbe road corridor rotary clubs new board members retreat







## UGANDA ROAD FUND (URF)

The Uganda Road Fund (URF) was established in 2008 by an Act of Parliament-URF Act, 2008. Its purpose is to finance routine and periodic maintenance of public roads in the country. It started operations in January 2010. The Fund derives its mandate from section 6 of the URF Act 2008. The fund's mandate is to provide adequate and stable financing to maintain the 80,000km of public roads in Uganda, principally from road user charges (RUCs).



### UGANDA ROAD FUND'S SOURCE OF FUNDS

More than 90% is from parliamentary appropriations. We believe that sustainable road maintenance lies in actualizing the 2G fund since Parliament appropriations are insufficient. URF continues strategic engagements with MFPED and other stakeholders on the amendment of URA law.

#### Our Vision:

To provide adequate financing for the maintenance of public roads.

#### Our Mission:

To provide effective and sustainable financing of maintenance for public roads, build partnerships with stakeholders, and serve with integrity.

#### Our Values:

- Prudence
- Transparency
- Integrity
- Value

## 14 YEARS: OUR SUSTAINABLE ROAD MAINTENANCE OPERATIONS AT A GLANCE

The URF aspires to principles of economy, efficiency, and effectiveness in its operations. It also seeks to operate in a business-like manner, while remaining responsive to road user needs.

- **Manages Uganda road network asset valued at UGX 9.8 trillion.** Road transport is Uganda's most dominant mode, carrying 96.5 % and 95 % of freight cargo and passenger

traffic respectively.

- **Financing road maintenance.** The fund has been financing road maintenance since 2010 through 1700 designated agencies. Funding is timely, dependable (Quarterly), predictable, and impactful.
- **URF Special Projects.** The Special projects are outside the routine planned works of

designated agencies, and are fully funded by The Fund. The special projects are set out to be an augmented intervention meant to sporadically develop, improve, upgrade, or maintain a section or a road. The Special projects are Kampala Metropolitan multi-billion interventions that have spurring local economic growth, addressing traffic congestion, road safety, drainage systems, and inter-connectivity.

- **Axle control.** Financing operations and maintenance of UNRA weighbridges.
- **Road Safety.** Funds road safety initiatives through designated agencies at UGX 20bn annually for maintenance of street lights and traffic junctions; installation of road signs and guardrails; marking of roads; demarcation of road reserves; improvement of road humps; and road kerb painting.
- **Ferry operations.** Linking communities by financing operations and maintenance of all 12 ferries under UNRA at UGX 30b annually.
- **The Special Board Projects.** The special board projects is an initiative started by Uganda Road Fund in 2019. The projects programme extends periodic maintenance to town council and municipal roads outside the normal annual maintenance plans. The Board Planning, Policy, and Strategy committee (PSBC) under Uganda Road Fund oversees the board special projects program.
- **RUSS. Finances the Road User Satisfaction Survey (RUSS).** The 2021 RUSS is the 8th of its kind in Uganda and the 4th to be undertaken by URF as an accountability and monitoring mechanism through which road users provide feedback to providers of services in the road sector.
- **Research.** Uganda Road Fund finances research of alternative technology for maintenance of public roads like cost sealing to address issues like scarcity of quality gravel among other challenges.
- **Bridges.** The Road Fund finances the maintenance of all bridges on public roads.

- **Emergency fund.** Emergency maintenance funding for roads damaged by unexpected natural occurrences.
- **District Roads Committee creation.** Every district is required to constitute and operationalize a District Roads Committee (DRC) in fulfillment of section 25(2) of Uganda Road Fund Act, 2008. The committee plays an important role in the prioritization and approval of annual road maintenance programmes.
- **M&E Reports.** Monitoring is a tool the Fund employs in measuring the effectiveness of its road maintenance funding strategies as mandated in the URF Act, 2008.
- **Fund stability.** The Fund successfully completed Uganda Road Fund/Public Procurement and Disposal of Public Assets-URF/PPDA permanent office.
- **Corporate Social Responsibility (CSR).** Our CSR initiatives focus on partnering with Rotary for Cancer Run and Road safety initiatives every year. Other initiatives the Fund supports are health and the environment, for example the Fund runs “Bulungi bwansi”, through the Road Boards of DAs, a graduate trainee programme, and the Fund passes on HIV/AIDS awareness messages.

## LOCATION

Road Fund Headquarters  
PPDA - URF Towers  
Plot 39, Nakasero Road  
P.O. Box 7501 Kampala  
Tel +256312 178 250  
Toll-Free +256 800-220-747  
info@roadfund.ug  
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JOIN OR ONLINE COMMUNITY  
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YouTube: Uganda Road Fund

*The writer is Rtn. Eng. Naimanye Andrew, Executive Director, Uganda Road Fund, and a member of Rotary Club of Lubowa.*

# RC Lubowa pictorial





# RC Lubowa pictorial



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## UPGRADING ENTEBBE INTERNATIONAL AIRPORT FOR A BETTER PASSENGER EXPERIENCE

Entebbe International Airport's modified terminal building was opened to the public in January 2024 and all facilities are operational and running smoothly.

The imminent commission of a new 20,000 sqm terminal connecting to the current terminal will enhance terminal capacity to at least 3.5 million passengers per year.

The existing and ongoing upgrades being implemented are part of a 20-year National Aviation Master Plan aimed at catering to the growing traffic at Entebbe Airport and enhancing the passenger experience.

