

Naalya Food Bulletin

22nd April 2025

Rotary
Kampala - Naalya



Issue 40 | 2025



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What you need to know



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this week

EDITOR'S NOTE



Dear Friends,

I hope you had a wonderful and Healthy Easter celebration. Today we celebrate the Earth Day, as we continue conversations within our clubs and community about the Environment.

As Rotarians we believe that even small actions can add up to make a big difference. By working together and taking action to protect the environment we can create a more sustainable future for all.

I invite you to join us for fellowship this Tuesday at Ndere Cultural Centre, 7pm.

Happy Earth Day!

Keno Lillian - Bulletin Officer

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Feedback

We'd love to hear from you about any of our stories this year 2025. Contact the Bulletin Officer: **+256 782 601 009** or Email **rcklanalyafoodbulletin@gmail.com** or **tap on the buttons** below



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President's Message

RTN SYLVIA JAGWE OWACHI
Club President 2024-2025



Dear Rotarians and Friends,

I hope you all had a lovely Easter break spending time with family and friends away from our day-to-day hustles and remembering the death and resurrection of Our Lord Jesus Christ. We woke up on Easter Monday to the sad news of the death of Pope Francis. The Pope had made his last public appearance on Easter Sunday to greet the crowd briefly however was too weak to give his traditional Easter Message. He will be greatly missed and remembered for his humility.

In our meeting last week just like many other Rotary clubs we took time to remember to share our experiences from the just concluded 100th District Conference that took place in Jinja.

It was such an experience hearing that each one had something unique to take away from the 4 days. This was a clear reminder that as Rotarians we are so different and yet we voluntarily manage to come together and unite to serve.

Rotary founder Paul Harris was born on 19th April 1868. His idea was simple yet powerful; to bring together professionals from diverse backgrounds to develop friendships and connections. From one rotary club in 1905 his legacy has grown to a global network of over 1 million members united in their mission to create positive change in communities worldwide. Thanks to his extraordinary vision, to this day Rotary members around the world remain united by a shared

sense of purpose and dedication to servicing communities.

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In our meeting this week, we will be talking about wetlands. Protecting the wetlands has been a big issue in Uganda...”

The month of April in Rotary is dedicated to the Environment. Cubs are expected to focus on environment issues and initiatives. In our meeting this week, we will be talking about wetlands. Protecting the wetlands has been a big issue in Uganda and with the current rains we have seen the impact this is having on our lives. You are welcome to join us for our meeting this week with our Guest Speaker CP George Musisi.

Be Blessed!!



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Rotary Eases Club Formation: New Policy Lowers Required Number of Charter Members



BY RTN SYLVIA NANKYA

The Rotary Council of Legislation has passed a resolution reducing the minimum number of charter members required to form a new Rotary club from 20 to 15. This change marks a strategic shift designed to foster Rotary's growth in emerging and under-served areas.

The decision was made during the Council of Legislation sessions held in Chicago IL last week. The triennial Council brought

together representatives from Rotary's 528 districts worldwide to review and vote on proposed enactments.

Among the most impactful approvals was the move to make Rotary Clubs more inclusive, flexible, and responsive to the diverse needs of potential members worldwide. The new threshold acknowledges the varying demographic, geographic, and socioeconomic realities faced by prospective Rotarians and simplifies the process of forming new clubs.

By lowering the minimum number of charter members, Rotary opens new doors to leaders and professionals

“

Under this approach, Rotary clubs will set long-term objectives for the 2025–26, 2026–27, and 2027–28 Rotary years, with annual reviews to ensure continuity and alignment..”

who are passionate about service but may have struggled to meet the previous membership requirement.

This adjustment is expected to particularly benefit rural, remote, and post-conflict areas where forming a club of 20 people was often a daunting challenge.

The reduced membership requirement also complements ongoing efforts to increase diversity

in Rotary. It creates space for more youth-led clubs, interest-based clubs, and community-specific clubs that may start small but are poised to grow with time and support.

District leaders are now encouraged to actively promote and support the



formation of smaller clubs, which can be incubated and mentored by established clubs. With fewer members needed to charter, it is anticipated that more vibrant clubs will emerge across diverse landscapes—from university towns to rural trading centers—each uniquely positioned to address the needs of their immediate environment.

The 2025 Council on Legislation (COL) also approved the introduction of diverse membership categories such as Associate, Corporate, and Family memberships, as part of a broader effort to ensure that Rotary remains responsive to the evolving needs of its members and communities.

Other key decisions from the 2025 COL include:

Increase in Membership

Dues: A phased increase was approved—US\$3.50 in 2026–27 and US\$3.75 in both 2027–28 and 2028–29—to support the sustainability and quality of Rotary’s global services.

Rejection of Age Limit

for Rotaract: A proposal to introduce an age limit for Rotaract was declined, maintaining the organization’s inclusive stance on youth engagement.

Rejection of Limits on Honorary Memberships:

Clubs retain the freedom to grant honorary membership to individuals they deem deserving, without restriction.

Flexible Meeting

Formats: Rotary clubs can now officially hold

meetings in physical, virtual, or hybrid formats, enhancing convenience and participation.

The Council also highlighted the introduction of a new 3-Year Rolling Goal Strategy beginning January 2025. This strategy includes six priority goals while offering clubs the flexibility to choose from 20 additional focus areas

Happy birthday,
Paul Harris!



Rotary founder Paul Harris was born on 19 April 1868 in Racine, Wisconsin, USA. Thanks to his extraordinary vision, to this day, Rotary members around the world remain united by a shared sense of purpose and dedicated to serving their communities.

Join us in celebrating Paul Harris' birthday by reading about his life. How else will you mark the occasion? Write to annualfund@rotary.org to tell us, and you could be featured in



the next issue of the Paul Harris Society Resource. You can subscribe to this quarterly newsletter to get updates on the society and learn what's new at the Foundation.

Thank you for being a member of the Paul Harris Society. Leaders like you help Paul Harris' legacy of friendship and goodwill continue to thrive.

Sincerely,
The Rotary Foundation

Last week's fellowship

Our Guests last week:

CP Mark Asiimwe - RC Saturday Jazz
CP Maureen Kawombe - RC Naalya States
PAG Samuel Nsubuga - RC Kampala
Rtn. Rita Ssonko - South Africa (Toli Wekka)

Thank you for visiting!



Last week's fellowship, we had the opportunity to hear from club members/delegates who attended DiSCON100 in Jinja.

They shared their inspiring experiences, highlighting the key takeaways, memorable moments, and new connections made during the event.



You are organised: Reflections from 100th DiSCON



BY RTN MATHIAS MULUMBA

Something remarkable came to mind after responding to a call from one of our Rotarians who had not attended DiSCON but sought an update. As I walked back to my seat, I thought of the best way to share it with my colleagues. The moments and conversations I engaged in left me reflecting on Rotary, the values and ways we could magnify our impact.

It was the second day of the DiSCON and the morning sun cast its warm glow on the faces of delegates streaming into the main tent. An aura of purpose and anticipation wore the gaze in their eyes as they looked forward to a new day of inspiration, learning and connection. Amidst this hum, a young lady assisting participants, greeted me with a smile and curiosity in her eyes.

"How often does this event occur and where else has it been held?" She asked, her voice tinged with interest.

I briefly explained the annual nature of DiSCON, emphasizing that its location varies based on the discretion of the District Governor and the organising committee. I then took the moment to invite her to join Rotary.

She hesitated before replying, "Hmm...I wish I could. I am still a student and they call us to support events here when the numbers are big. Honestly, this is one of the well organised events I've ever served at in Jinja. There are some events, where you can tell a lot of money has been spent, but they still end up being disorganised".

Her words fascinated me, and I couldn't resist asking, "What makes this event different?"

"Our supervisor told us to keep time because Rotarians always stick to their program. Since this event started, everything has flowed the way it was shared with us. There are slight changes, unlike many events I've been part of before", she observed.

Her sincerity shone in the eyes as she asked, "How do I join Rotary? What do you do? I'm here to earn an allowance to complete payment of my

fees. Can Rotary support me?"



Let us retune our approach to ensure that Rotary's story we write is not just one of financial contributions and events, but one of nurturing hope, transformation and a lasting impact among people.."

For a moment, I hesitated, not wanting to raise false hopes. I explained that Rotary brings together people driven to act on community causes and support the disadvantaged, just as she mentioned. Occasionally, special cases arise, where we fundraise through our Clubs to support individuals in need. Seeing the glimmer of hope

in her eyes, I asked, "What motivates you?"

Her response was simple yet had purpose, "I have struggled to pay my fees and complete my education. But God willing, one day I'll graduate and start my business, then I can join!

I encouraged her to look for the President of the Rotary Club of Jinja for more information before leaving. It was a short conversation, but her observations about Rotary stuck with me.

Reflections of Organisation and Purpose

Her words, "*You are organised*", still ring in my mind today...and when the DG Anne Nkutu posted comments about delays in the run of activities during the DiSCON on the Kampala

Naalya WhatsApp platform...I responded... Wait you will be surprised'... and was referring to the waiters' observations. Indeed, the structure and discipline of Rotarians shone through every aspect of the programme. While the evening events rekindled joy and old friendships, the daytime sessions remained largely on schedule.

It reminded me of a discussion at our last Club meeting, where we explored the potential of leveraging AI to manage repetitive Clubs tasks. How might technology reshape the preparation processes for future DiSCONs? Imagine reaching participants faster, capturing Clubs reports more effectively, and showcasing tangible impact of our Rotary initiatives on communities?

As I reflected further, I thought about the many fundraising drives, community projects, and international partnerships that were showcased at the DiSCON. Yet, amidst all this, I found myself questioning: How can we better highlight the voices of the people we serve?

Shifting spotlight: From us to the People

At the DiSCON, awards were given in the evening for most grants secured, highest membership growth, best Club performance, best President and more. While these achievements are commendable, I couldn't help but wonder: Are we focusing too much on ourselves? Shouldn't we shift the spotlight to the communities we serve? I felt there was somewhere, was I getting it differently?

What if we recognised community projects that brought about the most significant, measurable change? Wouldn't that inspire Clubs to better document the results of their interventions and focus on the direct impact of their efforts?

Imagine this: A shift in focus from celebrating funding milestones to celebrating the lives transformed by those funds. If we tell more stories of the people we serve, we could make Rotary's impact more relatable and better understood.

A call to Prioritise People

So, what inspires me to put spotlight on people? This sentiment was echoed during the keynote address at the DiSCON, where the **Royal guest** urged Rotarians to prioritise the people. He encouraged us to lead by example, inspire positive change, and root our culture in serving others. His words were clear, "Make their voice loudest, not your own."

What if we started with newsletters that captured the achievements and stories of people whose lives have been changed by Rotary's work? What if we instituted quarterly recognition of excellence, not for Clubs, but for communities?

Raising the bar for capturing and sharing the impact our projects could inspire greater trust, participation, and understanding of Rotary's mission among communities. The stories of change deserve more attention, and DiSCON could become the platform where these voices are amplified.

Beyond the numbers: Telling the Story of Impact

Too often, in Club assembly reports, the expense sheets seem to outnumber pages dedicated to describing the lives touched by those expenses. Without deliberate effort to evaluate the value addition for the money spent, Rotary Clubs risk underselling the profound impact of their work.

Rotary's efforts undeniably create new smiles across

communities, but how do we ensure those smiles last beyond a year of the President's leadership? How do we document and celebrate the ripple effects of our interventions?

Local leaders often attend Rotary events, but wouldn't it be more powerful if we allowed them to publicly acknowledge Rotary's contribution as key stakeholders in their communities? Can we forge stronger partnerships with government agencies, ensuring our efforts compliment their programs and address gaps collaboratively?

A shared Mission

The young lady's curiosity about Rotary reminded me of the importance of making our mission widely understood. Her observation...of our organisation... discipline and purpose, are a testament to the values we uphold. But they are also a reminder that our work is not just about us. It is about the people we serve and the lives we strive to improve.

The urge to prioritise people... to make their voices loudest... should guide our actions moving forward. Let us retune our approach to ensure that Rotary's story we write is not just one of financial contributions and events, but one of nurturing hope, transformation and a lasting impact among people.

My Final Thoughts

This reflection is not just a recount of DiSCON but a challenge to you as a Rotarian. How can we capture more voices of the people? The answer lies in you and I. Let us take the lessons from DiSCON **key note address** and our DG Anne Nkutu, to inspire deeper connections, greater accountability and a renewed focus on the people at the heart of our mission.



Today, April 22, 2025 is the 55th anniversary of the Earth Day

What is Earth Day and what is the theme in 2025?

The United Nations General Assembly proclaimed 22 April as **International Mother Earth Day** through a resolution adopted in 2009. The Day recognizes the Earth and its ecosystems as humanity's common home and the need to protect her to enhance people's livelihoods, counteract climate change, and stop the collapse of biodiversity.

It draws attention to the environment and promotes conservation and sustainability.

Each year on 22 April, around 1 billion people

around the world take action to raise awareness of the climate crisis and bring about behavioral change to protect the environment.

Participation in Earth Day can take many forms, including small home

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Participation in Earth Day can take many forms, including small home or classroom projects like planting a herb garden or picking up litter.”

or classroom projects like planting a herb garden or picking up litter. People also volunteer to plant trees, join other ecological initiatives or take part in street protests about climate change and environmental degradation.

Official Earth Day campaigns and projects aim to increase

environmental literacy and bring together like-minded people or groups to address issues such as deforestation, biodiversity

loss and other challenges.

The global theme for this year's Earth Day is **Our Power, Our Planet**

How did Earth Day begin?

Millions of people took to the streets of US cities and towns on 22nd April 1970 in mass protests over the damage being done to the planet and its resources.

Amid the demonstrations, protesters brought New York City's usually bustling Fifth Avenue to a halt, while students in Boston held a “die-in” at Logan Airport.

The environmental impact of the post-war consumer boom was beginning to be felt at that time. Oil spills, factory pollution and other ecological threats were on the rise, with little if any legislation in place to prevent them.

The protests brought together people from all



walks of life to demonstrate and voice their demands for sustainable change. The Earth Day website calls it the birth of the modern environmental movement.

What led to the street protests in 1970?

Concerned about increasing levels of unchecked environmental destruction, Junior Senator Gaylord Nelson of Wisconsin suggested a series of “teach-ins” on university campuses across the US in 1969 to raise awareness of environmental threats.

Nelson was joined by Congressman Pete McCloskey and activist Denis Hayes to organize the teach-ins, but the group soon recognized an opportunity to broaden the event’s appeal beyond student populations.

The newly named Earth Day protest events attracted national media attention and support from around 20 million Americans

across age and political spectrums, occupations and income groups.

When did Earth Day go global?

Earth Day went beyond the US in 1990. Around 200 million people from 141 countries joined efforts to boost recycling around the world that year, paving the way for the 1992 United Nations Conference on Environment and Development, in Rio de Janeiro, Brazil.

Why is Earth Day important today?

As the millennium loomed, the Earth Day movement turned its attention to the growing reality of the impending climate crisis with a clear message for world leaders and business: urgent action is needed to address global warming.

It’s a message that is even more relevant today. A Report from the

intergovernmental panel on Climate Change states that without further immediate action to curb greenhouse gas emissions, the world is on course for temperatures 3.2°C above pre-industrial levels by 2100.

This level of warming would be catastrophic for the planet and all life on it, including humans.

The year 2023 was the hottest ever recorded.

The World Economic Forum’s Global Risks Report 2024 finds that environmental risks make up half of the top 10 risks over the next 10 years, with extreme weather events, critical change to Earth’s systems, biodiversity loss and ecosystem collapse being the top three.

Extracted from
www.weforum.org



Actions for the shared heritage



BY **IPP GODFREY OKELLO OMODING**
Club Training Facilitator

In the past three weeks, the focus was on the environment challenges. You noticed that the co-existence of human beings and environment is in turbulence. In this turbulence, shared heritage needs protections and measures that can mitigate or control further damage.

Conscious and constructive efforts in conservation



are needed to avoid further losses and extinction of some species. Therefore, reversal, promotional, conservational, and mitigation actions are urgently needed. Legal and enforcement actions are too part and parcel of ensuring sustenance of the symbiosis of human being and environment co-existence.

Actions to be taken are diverse and vary depending on the nature of the environmental challenge and what is driving it. Whatever the case, actions must be appropriate and suitable for tackling a particular challenge. As a recap, the following environmental challenges were highlighted:

- Global warming from fossil fuel
- Food waste
- Biodiversity loss
- Plastic waste
- Deforestation
- Air pollution
- Nature of agriculture practices
- Soil degradation
- Melting ice caps and rising sea level
- Ocean acidification
- Food and water insecurity
- Fast fashion and textile waste
- Overfishing
- Mining



It important to note that these are a host of pressing environmental challenges that today's world is grappling with. Who caused them is no longer debatable. What is needed is a collective effort, right from the individual level to the international level. The impact may vary from place to place or from people to people but the least is that there are resultant losses and disasters either way. The degree may vary but the pain is similar. This is where the



measures of coping come in.

The vulnerable people, particularly those in the developing world, their coping mechanisms are fragile. The people tend to bear the costs heavily as the institutions to assist are yet still weak or dependent.

The situation gets worst with changes in climate patterns. The vulnerable people's ability to quickly adjust is inhibited by a number of factors. The trend is that their very livelihoods are affected, making it worse. Climate change comes with a massive need for institutional, technical and

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Climate change comes with a massive need for institutional, technical and financial resources. These resources are not that easy to pull in a pool in cases of disasters.

financial resources. These resources are not that easy to pull in a pool in cases of disasters.

As Rotarians, individually and collectively, there are various things that we can do which contributes to saving the environment.

There are opportunities within our reach, where sustainably we can make

contributions. These including among others: caring and applying measures in whatever we do that least affect the environment; reducing on our carbon print; being persons who spearhead environmental interventions including use of renewable energy

sources, conservation of energy at home, planting of trees, and embracing sustainable practices like recycling, reuse, etc; and electing leaders in whatever level or organizations or communities whose agenda is environment conservation or have a deep concern for environment or climate change mitigation.

May you be the torch bearer in tackling environmental challenges, and may the magic of rotary on environment be felt from the results of your actions.

DGND Fabian Kasi Homecoming





Rotary
Kampala-Naalya

**TAKE MY LAND
SAVE MY WETLAND**

**CP George Musisi
Lawyer**

Tuesday April 22, 7 p.m.

Ndere Cultural Centre

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Our Speaker this week

GEORGE MUSISI - BRIEF BIO

George is an Advocate of the High Court, with a particular specialty in Human Rights litigation; Criminal Legal Defense; Constitutional and Civil litigation. He works with PACE Advocates, where he is the Managing Partner. He is a founding member of the Network of Public Interest Lawyers (NETPIL), on whose Board he served for four years; Board Member Leadership Square Africa; A member of the Uganda Christian Lawyers Fraternity (UCLF); member of Uganda Law Society (ULS) and member of East Africa Law Society (EALS).

He has been Lead Counsel in a number of Public Interest litigation before the Constitutional Court challenging different laws which suppress constitutional freedoms; He has litigated a number of Human Rights

cases before the High Court and lower courts; on top of being Defence Counsel to a number of political activists before courts of judicature and before the General Court Martial. He has consulted for the United Nations Office of the High Commissioner for Human Rights; Lawyers Without Borders; Penal Reform International; Defend Defenders; Human Rights Network for Journalists; Kituo kya Katiba; and other human rights centered organizations.

He holds a Bachelor of Laws from Uganda Christian University; a Masters of Laws from Makerere University and a Diploma in Legal Practice from the Law Development Centre. He is the Charter President of the Rotary Club of Bulindo, as well as New Club Advisor, for the Rotary Club of Kitukutwe, both in Kira, Wakiso district.

Rotary
Kampala-Naalya



Pope Francis (1936-2025)





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We have passionately delivered practical strategies aimed at protecting, enhancing, and restoring the natural environment, facilitating livelihood restoration and project approvals while, advancing responsible and sustainable development as highlighted.

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#OutToLunch

Favourable *interest rates* are good for everyone, *not just Government*

BY RTN. DENIS JJUUKO



Now that the hullabaloo about the Government takeover of Umeme is over, there is a need to ask some questions. Questions that affect most people. As you might be aware, many businesses survive on loans whether to expand, acquire new technology, or service their customers.

Usually, the big businesses easily walk into a bank and get whatever money they need. Some even advertise calling lenders who would like to lend them money to bid. The lenders sometimes fall for themselves to do so. Government does the same. It even sets the interest rate it will borrow at and many times even refuse some of the money people are desperate to lend to it but to this, we shall return later.

For the small and medium enterprises (SMEs), it is a totally different story.

You have to chase the lenders to give you money. Their instinct is to refuse. They claim SMEs, even when collectively are the biggest contributors to the economy, are risky. Chances of not getting their money back are high. They may not be entirely wrong.

The lenders especially the formal ones usually take their time, making the borrowers even more desperate sending them to underground sharks. Sometimes as some staff of the formal lenders are not any different from the sharks. They deliberately slow the process and demand stuff that are as difficult to get as those usually required by witches.

Once they realize the borrower is super

desperate, they pounce many times asking anxious SMEs for a commission. Imagine borrowing money at interest rates in their mid-twenties and somebody is asking for a commission on it. The commission is usually euphemism for a

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Currently, the average interest rate on dollar loans is 13% in many commercial banks. So, the government negotiated itself a bargain at 7%.”

bribe. Desperate SME owners give the bribe in fear of losing out. Doing business in Uganda is like living in the wild, always look over your shoulders for predators.

Yet the say that what is good for the goose should be good for the gander too. Let us look at how government paid off Umeme. We

heard that they borrowed money from a commercial bank to pay Umeme. The lender didn't quote them the usual rates. It lent them at 7% annually. I am not



sure if they presented any collaterals. I believe they didn't.

Currently, the average interest rate on dollar loans is 13% in many commercial banks. So, the government negotiated itself a bargain at 7%.

When they are borrowing from the masses through the treasury bonds, they are giving an average of 15% on long term bonds (10-20 years) and much less on those with short tenures (five years and below). Like mentioned earlier, they many times refuse to take all the money people are willing to lend it.

They perfectly understand that high interest rates are not good for them. But if they are not good for them, how can they be good for businesses and individuals?

Newspapers these days seem to be deriving most of their income from adverts putting borrowers' assets on sale by auction for failure to pay back loans. The majority of those assets are for small

businesses and individuals. It can't be that they all misused the money and went for life or made extremely wrong decisions.

Some could have been because the government itself has not paid them for supplies and services rendered for years, prompting lenders to send the toughest auctioneers their way.

With the Americans closing agencies like USAID, many businesses in Uganda are going to collapse if they have not collapsed already sending thousands of workers and business owners home. At their homes, auctioneers will show up to do foreclosures on mortgages. Imagine somebody who acquired assets to service the thousands of NGOs that were getting grants from USAID? Such businesses had not yet recovered from the closure of the Democratic Governance Facility (DGF) by the Ugandan government. We had not yet recovered from COVID-19 for God's sake.

And as prepare for elections in 2026, many investors will be watching from the sidelines to see what happens. This means investing less money and therefore less jobs or income for small businesses that could have supplied them or gained contracts from the value chains.

Regardless of what happened with USAID, DGF or what will happen during elections, government needs to rethink seriously the interests on loans and work out a long-term solution. They can't be borrowing at favourable rates while sending the rest to borrow at astronomical figures.

*The writer is a communication and visibility consultant.
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Family Matters



BY PASTOR RONNIE MUTEBI

John 20:19:

Then the same day at evening, being the first day of the week, when the doors were shut where the disciples were assembled for fear of the Jews, came Jesus and stood in the midst, and saith unto them, Peace be unto you.

TAP FROM THE POWER WITHIN

And it came to pass that Jesus died, the disciples, having followed and served Him for three years of His active service to humanity found themselves in a somewhat baffling and frightening situation.

Their leader was 'dead' and they feared that the

Jewish religious zealots would come after them too having crucified their Master.

According to human philosophy, the death of a greatly leader affects both the physical and emotional state of the followers.

However, when Jesus appeared in their midst, His concern was not with the Jews who posed a threat to them. He did not rebuke the object of their fear. Rather, He commanded peace unto the disciples.

The lesson herein is that no matter how fierce the storms you face, the answer must start from within you. That inner peace ignites a sense of focus and purpose.

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When you have peace from within, you can face any storm on the outside..”

The emotional faculty of the brain is designed to respond to situations based on the inner WILL power. The moment you gain a positive mindset to overcome the

situation, there's a power unleashed to activate that decision.

If you cannot replenish yourself, how can you replenish the world? If you cannot have

dominion over yourself, how can you have dominion over nations?

The source of your strength can only be ignited by challenges, these connect you to that inner strength which commands the brain to act immediately you WILL to deal with the situation.

When you have peace from within, you can face any storm on the outside. Always look at the inner strength in the midst of every challenge.

Take Home: If you cannot replenish yourself, how can you replenish the world? If you cannot have dominion over yourself, how can you have dominion over nations? When you have peace from within, you can face any storm on the outside.

Trust in Your power that works mightily within you. Refuse to be intimidated by any external circumstances. Know that God's plans for you are designed to keep you cool, calm and collected.

Live in the present

BY PAMELA KAWADDWA

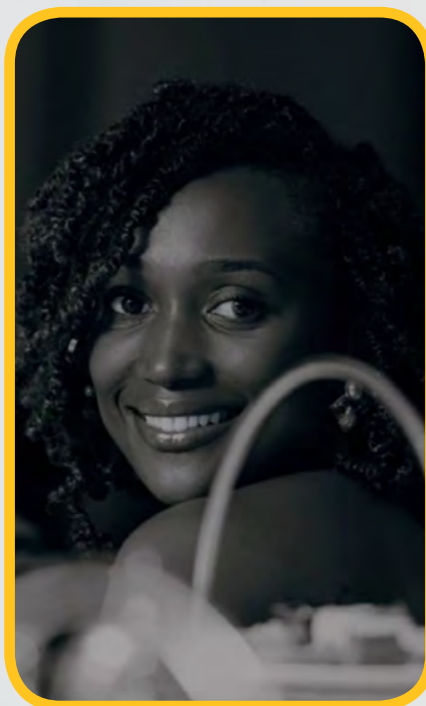
**Live in the moment,
Just take it all in.
Pay attention to
everything,
Right there and right
then.**

Don't let your mind wander
To what's coming next.
Cherish this moment
And give it your best.

Don't let tomorrow
Make you rush through
today,
Or too many great
moments
Will just go to waste.

And the person you're with,
In that moment you share,
Give them all of your focus;
Be totally there.

Laugh till it hurts,
Let the tears drop.
Fill up each moment



With all that you've got.

Don't miss the details;
The lesson is there.
Don't get complacent;
Stay sharp and aware.

It can take but a moment
To change your life's path.
And once it ticks by,
There is no going back.

In just 60 seconds,
You may make a new friend.
Find your true love,
Or see a life start or end.

You become who you are
In those moments, you live.
And the growth's not in
taking
But in how much you give.

Life is just moments,
So precious and few.
Whether valued or
squandered,
It's all up to you!

Till again..

Phwy

Rotary
Kampala-Naalya



HAPPY BIRTHDAY

Dtn Matia

I hope you have a great
time this year.



HONOLULU, HAWAII, USA

2027 ROTARY INTERNATIONAL CONVENTION



Update from Rotary International

Honolulu will no longer host the 2027 Rotary International Convention due to extended renovations at the Hawaii Convention Center. Rotary is now searching for a new host city and will share updates as they become available.

A big thank you to the local Rotary team in D5000 for their incredible efforts to bring the convention back after the 2020 Honolulu convention event was cancelled due to COVID.

#Rotary #Rotary2027 #RotaryInternational



CALGARY
2025



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Register today at convention.rotary.org

#Rotary25



PROUD MOMENT!!

*Thrilled to display
our club bulletin award*





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Doreus Karungi Mwanje



Elizabeth Wamalwa



Godfrey O. Omoding



Julie Nabwire



Juliet Nabunnya



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TAP THE BUTTON BELOW

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Tap to submit your details



OUR CLUB MEETS EVERY TUESDAY AT 7-8PM

www.rotarykampalanaalya.org