

Naalya Food Bulletin

3rd June 2025

Rotary
Kampala - Naalya



Issue 45 | 2025



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Joint Installation 2025
Pictorial



Finishing University?
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EDITOR'S NOTE



Dear Friends,

Welcome to June, designated as a Rotary Fellowships Month. What better way to finish a Rotary year than focus on fellowship.

Everyone is encouraged to join a Rotary fellowship including people who are not members of a Rotary or Rotaract Club, it is a great opportunity to introduce them to Rotary.

Last week we had a joint Installation with the Rotaract Club of Kampala Naalya and RC Naalya States graced by **DG Anne Nkutu** and Incoming **DG Geofrey Kitakule**. The Chief Guest was **Hon. Phiona Nyamutoro**, the National Female Youth Member of Parliament and current Minister of State for Minerals. A special thank you to the organisers of this wonderful event. This issue of the Naalya Food Bulletin carries highlights of the event.

"Fellowship is wonderful; it illuminates life's pathway, spreads good cheer and worth high price." - Rotary Founder Paul Harris.

Happy Martyrs' 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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RI President's Message

STEPHANIE A. URCHICK
PRESIDENT ROTARY
INTERNATIONAL

JUNE 2025

I have had so many wonderful experiences over the past year, but as comforting as it might be to dwell on the past, we must look toward the future.

We are closer than ever to ending polio, but that does not mean we can relax. We still have a promise to keep to the children of the world and their families, and we will only fulfill that promise through fundraising, advocacy, and the power of our collective action.

I was amazed at the capability and commitment of the peacebuilders at the Presidential Peace Conference earlier this year. Our Peace Fellowship program and our many other peace initiatives bring healing to a divided world, but they need our support to remain effective and relevant.

Amid a worldwide loneliness epidemic, Rotary offers friendship, purpose, and belonging. If we hold true to our ideals — to The Four-Way Test and our spirit of inclusivity — we will remain a beacon of light even in the darkest times.

The Action Plan can serve as a guide to make our clubs and districts simply irresistible, but it is up to us



Rtn Stephanie Urchick - RI President

to take that advice and put it to use.

Family of Rotary, there is nothing we cannot achieve when we come together and work toward a common goal.

You are *The Magic of Rotary*, and I can't wait to see the lasting change you bring to the world.

President's Message

RTN SYLVIA JAGWE OWACHI
Magical President 2024-2025



Dear Rotarians and Friends,

At about this time most clubs have started their transition from the current leadership to the new leadership with several installations happening across most clubs. Similarly, The Rotary Club of Kampala Naalya together with the Rotary Club of Naalya States and Rotaract Club of Kampala Naalya held a joint installation last Tuesday. It was a wonderful occasion with very good turn up of Rotarians and guests. It was also a time to take stock of what has been achieved this rotary year in line with the key priorities;

1. Increase our Impact
2. Expand our reach
3. Enhance participant engagement
4. Increase our ability to adapt.

For our club this year has been the 2nd year of implementation of the Club's

3-year Strategic plan and we happy with what has been accomplished together and a big thank you to the Board and Officers for serving unreservedly. We have grown our membership and also had several member engagement activities such as the 5 Aside tournament, the Cancer Run, fun fellowships, home hospitalities, 100th DISCON and several members will



As I hand over to Rotarian Charles Owekmeno I have no doubt that he will take our club to even greater heights."

be going for the Rotary International convention in Calgary. In addition, 2 of our members graduated for the Rotary Leadership Institute and another 2 graduated as Rotary Meditators.

On giving towards The Rotary Foundation this year we have given USD 12,075 surpassing our target and the highest the club has given since inception. We had 2 members become Major donors, 4 go a level up as PHF plus and 3 New PHFs. A

big thank you to all members who have given towards the foundation.

We increased our collaboration with the Rotaract Club of Kampala Naalya and sponsored 4 youth for the Rotary Youth Leadership Awards (RYLA). Further we continued work on our existing projects like Planting fruit trees and setting up a Maize garden at St Mbaaga Primary School, to improve the student's nutrition under the Boy Empowerment Project. We have had club members sponsor students in Kamuli to keep the girls in school and in partnership with RedOak Group Ltd we donated to The Missionaries of the Poor. We also held a successful 10th edition of the Women in Rotary event and District Governors Banquet.

As I hand over to Rotarian Charles Owekmeno I have no doubt that he will take our club to even greater heights. I wish him and the incoming Board a fruitful year of service!

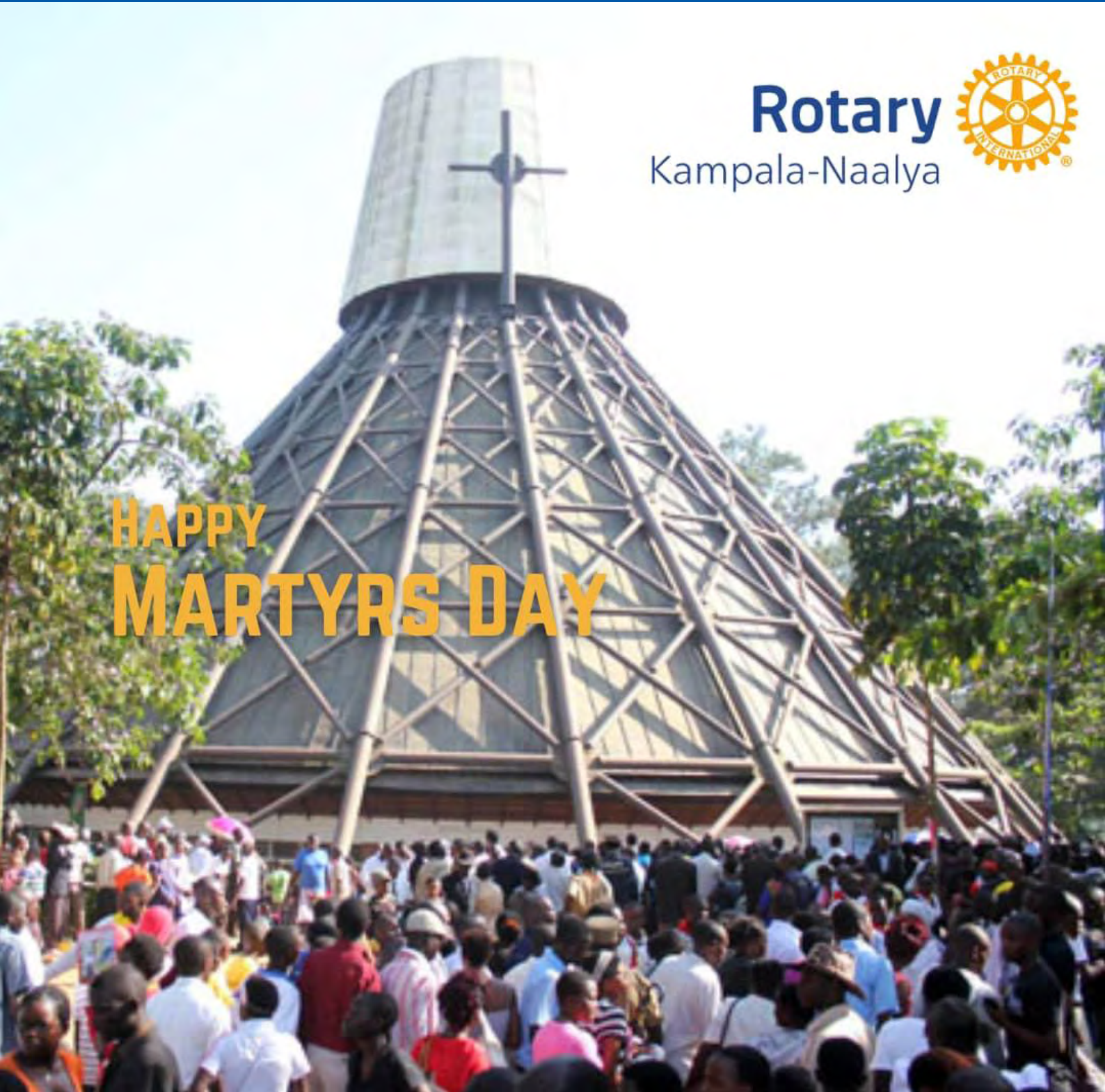
Be Blessed.



Rotary
Kampala-Naalya



**HAPPY
MARTYRS DAY**





More than 60 Rotarians *Certified as Mediators*



BY RTN SYLVIA NANKYA

In a world where conflict is inevitable but not irreconcilable, Rotary District 9213 has taken a bold step to empower its members with professional conflict resolution skills, training 68 Rotarians as certified mediators in a groundbreaking initiative aimed at fostering peace within the Rotary community and beyond.

The newly certified mediators completed a rigorous Mediation Training Programme, designed to equip them with the skills to handle disputes with empathy, neutrality, and procedural fairness.

The training combined online sessions, physical workshops, and practical assignments, running from 6th to 25th May 2025, and was anchored by a highly experienced team of legal minds including Rtn.

Francis Gimara, Dr. Henry Onoria, and Justice Geoffrey Kiryabwire.

The mediation training was implemented in partnership with the ALP Dispute Settlement Hub, a leader in professional dispute resolution.

The course covered core units such as:

- Principles and Ethics of Mediation
- Conflict Analysis and Resolution Strategies
- Communication and Negotiation Skills
- Managing Emotions in Disputes
- Mediator Neutrality and Confidentiality
- Mediation Practice and Roleplay

Participants were immersed in real-life scenarios, simulations, and case reviews, preparing them to serve as neutral third parties in resolving disputes especially those arising within clubs and among Rotarians in District 9213.

The cohort began with close to 200 participants, but only 68 successfully completed all requirements to graduate. Among the newly certified mediators are Rtn. Sylvia Nankya and Rtn. Godfrey Okello-Omoding from the Rotary Club of Kampala-Naalya, who now join a vetted

pool of peacebuilders to be called upon to mediate internal Rotary disagreements when the need arises.

The graduation ceremony, held on Tuesday, 27th May 2025, at Kampala Club was presided over by District Governor Anne Nkutu. In her remarks, DG Anne commended the Governance and Ethics Committee for exceeding expectations.

“This initiative is not only equipping individuals with a lifelong skill,” she said, “but also advancing our district’s commitment to peacebuilding and effective conflict management. It is a shining example of Rotary serving beyond self.”

She added that as Rotary continues to promote peace and conflict prevention as one of its seven areas of focus, this investment in people-centered mediation skills signals a long-term commitment to building stronger, more resilient clubs and ultimately, communities.

The mediators will now be available to support clubs across the district, ensuring disputes are resolved in a structured, confidential, and non-adversarial manner preserving Rotary’s harmony, fellowship, and effectiveness.

Rotary Mediators' Graduation





Congratulations *PP Sylvia Nankya* and *PP Godfrey Okello-Omoding* upon completing a 40 hour Rotary Mediation Training Program.



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Supportive Youth



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

As begin June, the last month of Rotary Year, whose theme is Rotary Fellowships. Let us conclude Youth Service theme with this question, "how can we have a supportive youth"? Very often, either by commission or omission, there is a tendency to look at the youth from vulnerable lens. And some youths, indeed, have exploited this, converting it to entitlements. No wonder you read or hear

worrisome stories either the youth has caused havoc to himself/herself or to a relative. Reality is that though society ought to nurture its youth, the youth should also nourish society through creating hope. Why leave or create a bitter taste to society or families?

Being youth is being hopeful. Hopefulness has no vacuum. Having hope in a vacuum is breeding danger in the mind. Today, promises of hopeful conditions are being drummed up either politically or spiritually to the youth. The messages are full of tomorrow rather than today, instead of enabling having a supportive youth for today. These kinds of messages tend to drift the mind of some youth. They think that there should be someone to think about their today.

Well, as it is appreciative to support the growth of the youth, this must come with instilling sense of responsibility. There must be a balance of assets and liabilities, as accountants

would put it. Behaviours of heaping liabilities crushes, even to companies that ought to have been profitable. Similarly, nations with high dependent ratios, particularly of the youth, hang in poverty. This, too, can be narrowed down to the family level. Families with economic and financial stress tend to be more of those with high dependent ratios. So, where

does the solution lie? The solution is on igniting ways of making supportive youth.

No genuine joy prevails in situations where the youth are not supportive. Recently, there was a list circulating of Rotaractor Clubs which

“

...values are better instilled at youth stage. Do not expect a supportive youth without investing on values. This cuts across nations and families, and equally in Clubs.”



failed to pay their dues and are to be terminated. From certain circles, there were messages being dispense of mother Rotary Clubs to "rescue". What joy can this bring to the mother clubs? A mother rotary club rescuing such an "unsupportive youth" is very dangerous. Put in human terms, parents paying rent of their grown-up youth. What does this signalize?

There is a lesson here for Clubs. As



As rotaractor clubs are being established, values of responsibility must be instilled..”

rotaractor clubs are being established, values of responsibility must be instilled. Sometimes, these values are compromised. History has proved that there is value in instilling values of responsibility. Those elders whose legacies have lived for centuries spent time instilling values. And values are better instilled at youth stage. Do not expect a supportive youth without investing on values. This cuts across nations and families, and equally in Clubs. Whatever you do and you lack certain values, integrity and honesty become the missing leaks. These kinds of values cannot be magically generated. They must be instilled, better at youth stage.

Rotarians, let us end this month with a mission to establish supportive youth of today not of tomorrow. The magic is now. Tomorrow only gives the reflection of today.

President Owekmeno's Bold Vision for 2025/26



BY RTN PETER NYANZI

In a colorful handover ceremony held on May 27 at Ndere Cultural Centre, Rotarian Charles Owekmeno officially assumed office as the 14th President of the Rotary Club of Kampala-Naalya, taking over from outgoing President Sylvia Jagwe Owachi.

The event marked the beginning of a new chapter filled with ambition, energy, and a deep commitment to impactful community service.

A Personal and Historic Milestone

For President Owekmeno, the significance of the moment was not just about ascending to leadership, it was also deeply personal.

"There's something special about the number 14," he

noted, reflecting on both his position as the 14th president of the club and his milestone 40th birthday this year. The alignment, he said, symbolized a season of purpose and transformation.

Expressing gratitude to his fellow Rotarians, he lauded the legacy of leadership left by the club's past presidents, singling out Charter President Dr. Francis Lakor for setting a firm foundation.

“

You will visit many Rotary clubs, but you wouldn't find one where all the past presidents are as extraordinary and simply amazing as those of our club...”

"You will visit many Rotary clubs, but you wouldn't find one where all the past presidents are as extraordinary and simply amazing as those of our club," he said with pride.

Owekmeno also paid tribute to the District Governor, Anne Nkutu, whom he described as an exemplary

leader.

"I told her I want to end my presidency the way she is ending hers with a smile," he remarked, highlighting her positive influence on the club and the district.

He further acknowledged his incoming board, whose dedication and unity, he believes, will be central to achieving this year's goals.

"I am honored that you've agreed to serve with me.

This year, we're going to be united in making the difference our communities desire."

A Year of Discovery, Ambition, and Action

Describing the club's 14th year as symbolic of adolescence, a time of growth, exploration, and bold experimentation, President Owekmeno challenged members to embrace innovation and go big.

"Let's express ourselves as adolescents. Let's explore new territories. But most importantly, let's do big things," he said.

Chief among them is a reimagining of the club's annual Women in Rotary event. Traditionally held as a Red Carpet Dinner event, the 2026 edition will take the shape of a high-energy Women in Rotary Concert, scheduled for March 7. The event, which will double as a fundraising platform, is being organized in partnership with Sauti Media, the team behind the acclaimed Icon Awards.

Proceeds from the concert will go toward constructing a new classroom block at New Hope Primary School in Kamuli District, where children currently study in unsafe and muddy structures.

"This is unacceptable in our generation," President Owekmeno emphasized. "We must do something meaningful for these children."

This Rotary year will also see the club deepening its collaboration with sister clubs under the theme “Unite for Good.” With the Rotary Club of Kampala, Kampala - Naalya will support a transformative project at the Masaka School of the Deaf. Meanwhile, a partnership with the Rotary Club of Kampala Central will yield the first-ever Rotary Green Festival in Uganda, championing environmental sustainability and climate action.

On October 10, World Mental Health Day, the club plans to launch a long-anticipated Mental Health Project in the Acholi Quarters community.

The initiative aims to raise awareness and provide support for mental well-being, an area that continues to receive limited attention in many

underserved communities.

At the core of President Owekmeno’s message was a heartfelt appeal to fellow Rotarians to

reconnect with their original passion for service.

“I hope that my presidency brings back two things: the smile you had the day you joined Rotary, and the passion you felt for serving your community,” he said.

With clear plans, strong partnerships, and an inspired team, President Charles Owekmeno is setting the Rotary Club of Kampala-Naalya on a path of high impact and visibility.

“Ambition is what drives us to go to the next level,” he concluded. “So let’s do it, together.”

Rtn Charles Owekmeno
President, RY 2025/26

Joint Installation Ceremony





Thank you

FOR ATTENDING OUR INSTALLATION



- RC Bulindo
- RC Kasangati
- RC Kampala-West
- RC e-Club Naguru
- RC Kawempe
- RC Kiteezi
- RC Kampala North
- RC Manyangwa Nakwero
- RC Kampala
- RC Kampala 7Hills
- RC Gayaza
- RC Kampala Central
- RC Kampala Platinum
- RC Nansana Metro
- RC Bweyogerere
Namboole
- RC Morning Tide
Bugolobi
- RC Bweyogerere-Central
- RC Ntinda
- RC Kampala South

- RC Kyambogo
- RC Mbalwa
- RC Saturday e-Jazz
- RC Arua
- RC Najjeera
- RC Buloba
- RC Portbell
- RC Kira
- RC Kiwenda
- RC Kampala-Kibuli
- RC Seeta
- RC Namugongo
- RC Mbale Metro
- RC Matugga
- RC Upper Kololo
- RC Serere
- Kampala Life Stars
- RC Nakawa
- RC Kiwatule
- RC Kampala-Mahaba

- RC Ssinga Mityana
- RC e-club Diaspora in formation
- RC Kyadondo Rugby (PROV).

Rotaract Clubs

- Rct Najjeera
- Rrt Ntinda
- Rct Industrial Hub
- Rct Kampala North Musical
- Rct Kampala North (Kanos)
- Rct Nangabo
- Rct Namugongo
- Rct K'la Early Bird(formation)
- Rct Bulindo
- Rct Kololo
- Rct Kyambogo
- Rct Lake Victoria
- Rct Tankhill City
- Rct Nateete-Kampala
- Rct Makerere University
- Rct Kisaasi Kyanja
- Rct Kampala Central

Thank You 🖐️ 🖐️ 🖐️

The Rotary Club of Kampala - Naalya, RC Naalya States and Rotaract Kampala - Naalya appreciate you for attending their Joint Installation.

Special thanks to;

- DGE Geoffrey Kitakule
- DRRE Abesage Nahaabwe
 - DG Anne Nkutu

for officiating the installation ceremony.

#UniteForGood



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ROTARY CLUB CENTRAL

TRUE OR FALSE

ROTARY'S MOST SUCCESSFUL CLUBS SET GOALS — AND NOT JUST FOR THE UPCOMING YEAR.

TRUE.

When club leaders think about the future and plan beyond their year, they set their club up for long-term success.

CLUB GOALS ARE ONLY THE RESPONSIBILITY OF CLUB LEADERS.

FALSE.

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ROTARACTORS CAN'T USE ROTARY CLUB CENTRAL.

FALSE.

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TRUE.

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Fun Facts

Ever wondered why a Baker's Dozen means thirteen?

When I was a child, I often wondered why a “*baker's dozen*” meant thirteen instead of twelve. It seemed odd to add one more when a dozen should be enough.

Yet, this old phrase holds a story from long ago. In medieval England, strict laws governed the price and weight of bread. Bakers feared harsh punishments if they sold short. To stay safe, they gave one extra loaf. Over time, this habit turned into a tradition. That's how a dozen from the

bakery became thirteen instead of twelve.

While that's the known tale, there are other bits that make it more fun. Imagine a time with no supermarkets. Bread was made by hand, and rules were strict. If a baker sold even a bit less than promised, they risked heavy fines, or worse.

To please buyers and stay on the right side of the law, they added an extra loaf. It was a way to show honesty and goodwill. Soon, it stuck. Even today, many think of a baker's dozen when they see thirteen treats in a box.

But why stop at this one phrase? Our English language is rich with odd terms. Some words shift meaning over time, much like how “awful” once meant “full of awe,” not bad at all. Or how “nice” once hinted at foolishness. Words are alive. They change shape and sense as we use them. Just as bakers once added a loaf, we add new layers to old words. Think about words like

“silly” or “girl.” Long ago, “silly” meant happy or blessed. “Girl” once could mean any young child, boy or girl. Over centuries, words gain and lose shades of meaning, like colors fading or brightening in the sun. Each generation sculpts language to fit its needs.

A *baker's dozen* is one small example of how life shapes speech. The world of bread and laws nudged us to say thirteen when we meant twelve plus one. Now, it stands as a quirky reminder of a distant time. Yet the English tongue is full of such shifts. If we pay attention, we'll find countless stories hidden inside old words and phrases.

In this way, learning about a baker's dozen can spark a larger love of words. It helps us see language not as a dry tool, but as a living, breathing thing that ties us to our past while guiding us into the future.



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#OutToLunch

Finishing University? *Learning has just started*

BY RTN. DENIS JJUUKO



Some of Uganda's universities have concluded their end of year exams at least for their undergraduate students. Some students have taken to social media to celebrate this milestone. It is not every day that one gets to complete their education. In Uganda, many have been studying since they were three years old or younger. That is averagely 20 years of classrooms. Phew!

Anything that takes 20 years to accomplish should be celebrated. And those in Uganda who have managed to complete their education are the lucky few. The majority of kids who start their primary education don't get the opportunity to sit their primary leaving exams. Numbers continue dropping in secondary education and other levels.

The end of exams comes for most of these

students at the precipice of something new —disruptive technologies like artificial intelligence that is changing the world. Some jobs will have to go but many others will be created. There are about 400,000 young people that enter the job market in Uganda every year. It is a daunting task to find work but it is also an opportunity for many young people to define their future.

The end of final year exams and the graduation ceremony in months ahead doesn't mean the end of learning. Formal education for many may be over but lifelong learning starts right now. Life is about learning something new all the time and being able to adapt to the realities that are thrown our way.

“
Life is about learning something new all the time and being able to adapt to the realities that are thrown our way.”

But the most important thing for the majority of young people finishing their university or other education is finding a job. There is a lot of talk about the disruptive nature of artificial intelligence but machines and such technologies won't entirely replace humans. Those who will succeed are those who will learn how to work alongside them. But there are still other things that fresh graduates looking for a job in Uganda must embrace. They are equally important or even more critical than even some of the digital skills.

Talent alone or high academic qualifications may open the door for you but it won't keep you in the room. That is why many



times people with average talent succeed over the most talented ones. Virtues that keep average people flying.

At university, there is perhaps no course unit on virtues. Stuff like honesty. Yet it is a key ingredient of success. How many people promise to do something and do it? There is an increasing shortage of honest people in Uganda. Anyone who tries not to shortchange everyone will succeed. People including the most dishonest ones like working with honest people. They want to protect their side of the bargain. You have heard of honor among thieves.

Communication skills are very important. You can't only answer your phone call before you receive the deposit to do some work and then answer only when you want and then complain that person demanding their work are unreasonable. They were

not unreasonable before you agreed to do the work.

Giving feedback is critical. When they send you somewhere, you must report back. You don't wait to be asked to inform them of what happened. Employers like people who are proactive. And so do customers for those who may want to go the self-employment or hustling route.

“

Writing even in the age of ChatGPT is still important. You will not always be sending WhatsApp audios. Learn to write. You can't avoid it. One way to learn writing is by reading..”

There is no African time. And if you plan to work in Kampala, at the moment there is no public transport worth the ink of this article. Roads get clogged. But you can't tell people that you arrived late because of traffic jam. I understand these days roads can be closed even to pedestrians but the reason you have a phone is to call and

communicate why there is a delay. You may give it as an excuse but people will one day find out that you are lying.

Read as much as possible. The more you read, the more you understand the world and its complexities. Reading creates an open mind. Don't be rigid. Listen to what others say. Writing even in the age of ChatGPT is still important. You will not always be sending WhatsApp audios. Learn to write. You can't avoid it. One way to learn writing is by reading.

And of course, learn a new skill. There are many online courses. Google, Storytelling Africa, Udemy and many other platforms provide free or very affordable courses. All you need is an internet connection and sparing a few hours a week. In the meantime, congratulations on the completion of your university education.

*The writer is a communication and visibility consultant.
Email: djjuuko@gmail.com*

RC Kampala Naalya's participation in the Fundraising Golf Tournament.



● President Sylvia Jagwe Owachi and Rtn Ruth Mugisha emerged winners in the ladies category at the Rotary Club of Kitante Fundraising Golf Tournament at Entebbe Golf Club on May 24, 2025



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Family Matters



BY PASTOR RONNIE MUTEBI

Proverbs 4:7 (KJV): Wisdom is the principal thing; therefore get wisdom: and with all thy getting get understanding.

ADD VALUE TO YOURSELF

The systems of the world designed laws by which things are manifested. Manifestation of wealth begins with growth.

If you want to see increase in your life, you must first expand your thinking and deepen your understanding of both things around and within you. Wealth is attracted to those

who are continually learning, improving, and positioning themselves for greater opportunities.

Too often, people chase financial gain without first investing in what truly sustains it—wisdom, insight, and inner growth. Money alone does not make a person wealthy. It is the ability to steward, multiply, and manage resources that determines lasting prosperity.

How do you grow?

I have learnt by experience that investing in knowledge is key to personal growth. Read books, seek mentorship, attend conferences, and acquire skills. Never see education as an expense but as an investment.

Grow your inner strength. A strong spirit gives you the wisdom to handle wealth responsibly. Seek guidance from the innermost step in every step.

As the saying goes, bad company corrupts good morals, always surround yourself with growth-minded people. The right environment sharpens your thinking and expands your vision.

“

Grow your inner strength. A strong spirit gives you the wisdom to handle wealth responsibly.”

What are you doing to grow mentally and inwardly? Are you investing in education, wisdom, and insight? What steps can you take today to develop yourself for the next level?

Think through the lens of today's conversations as the foundation for tomorrow structures. You are more than what you think of yourself.

Take Home: There is no loss in adding to yourself. When you prioritize growth, wealth becomes a byproduct of the wisdom you carry. You don't just earn more—you become more.



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East Road, Naguru
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TANZANIA | UGANDA | KENYA | RWANDA | SYCHELLES



+256 783 202014 / +256 700 869474

ROLEX BUDDY GROUP IN CHARGE



Elizabeth Namutebi



Dennis Osikol



Efrance Nakitto



Evelyn Mulinda



Francis Lubuulwa



Hadijah Nankanja



Laetitia Kiyingi



Stephanie Gacukuzi



Barbara Ninsiima



Stephen Kakonge



JP Kadima



Ronnie Mutebi



Brian Mayanja

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