

Naalya Food 8th July, 2025 Bulletin

Rotary  **UNITE
FOR
GOOD**
Kampala - Naalya

Issue 1 | RY 2025-26



RTN CHARLES OWEKMENO
Club President 2025-2026

RC KAMPALA - NAALYA



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Editor's Note

Esteemed Rotarians,

A warm welcome to the inaugural issue of our club's bulletin for the new Rotary Year, embracing the powerful theme: 'Unite for Good.'

'Unite for Good' is more than a motto; it is a call to harness our collective strengths for the betterment of our communities.

In a society often divided by differences, Rotary has stood as a beacon of unity, compassion, and selfless action for collective purpose.

This year, may we all deepen our bonds as Rotarians and Rotaractors - reaching across vocations, generations, and backgrounds to amplify our impact and inspire hope.



This new year gives us yet another great opportunity to serve beyond self, bridge gaps, foster partnerships, and empower the next generation of leaders. Let 'Unite for Good' inspire new partnerships, ignite fresh ideas, and propel us towards even greater service.

So, whatever little thing you can do or give, may we all continue to serve others with humility and integrity, inspire friends and colleagues to join our cause, and build a brighter, more inclusive future for all Ugandans.

As our Club President Charles Owekmeno has urged us, let us renew our commitment to Rotary's ideals and **unite for good** – for the good of our communities, our country, and our world.

Here's to a year of impactful service, strengthened friendships, and boundless good!

Rtn. Peter Simon Nyanzi
Bulletin Officer

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Message from D9213 Governor, Geoffrey Martin Kitakule

LET'S GET TO WORK!

Dear Rotarians and Rotaractors,

Welcome to the New Rotary year where we shall Unite to do Good. If we are to achieve the goals set out for this Rotary year, we need to show up.

Showing up matters. It shows that you care. It tells that you are in Rotary not for recognition, not for reward, but because something inside you refuses to sit back without doing your part to make our communities better.

But let me be honest with you—this won't be easy but with God on our side, we shall prevail. Volunteering is a lot of work. It will involve early mornings and late nights.

We shall be lifting more than we thought we could. We shall do things no one else notices but with great impact on communities. They will not be glamorous but it will also be fun and meaningful.

And I'll tell you this: no great change has ever come without people like you—ordinary Rotarians willing to put in extraordinary effort. It is indeed Service above Self as we unite and take action to create lasting change in our communities, and in ourselves.

“As a Rotarian or Rotaractor, you are the backbone of this mission. You are the energy behind every step forward. And your work will matter.

Every hand lent, and every moment given—it all matters. You may not always see the results right away, but someone out there will feel the impact of what you've done. And as we do this let us invite more people to join us, each one of us bring one.

So let's commit—not just to show up, but to dig deep and give to the Foundation To give this everything



we've got. To unite and support each other. To push through the fatigue. And to remind ourselves, again and again, why we're Rotarians: because we are People of Action and we believe that change is possible, and that it starts with us.

Let's get out there. Let's work hard. Let us also tell the World what we are doing, let us show it on our social media handles with hashtags **#Unite4good9213**, **#D9213RotaryCares**, **#RotaryEyamba**. And let's leave no doubt—we showed up, we gave it our all, and we made a difference.

Let us be the Ride or Die Rotarians this year!

Let's get to work!
#UNITE4GOOD9213

President's Message

RTN CHARLES OWEKMENO
Club President 2025-2026



Fellow Rotarians, Rotaractors,
and partners of the Rotary
Club of Kampala-Naalya,

As we step into the Rotary Year 2025-2026, I am filled with gratitude and a deep sense of purpose. This year's theme, 'Unite for Good,' resonates profoundly with our mission as service-minded individuals committed to creating positive and lasting change in our communities. It is a call for us to unite and collaborate to be impactful.

This year offers us an exceptional opportunity to come together as a Club and as a community to make a meaningful difference in the lives of vulnerable and marginalized populations within our target areas. Whether it is improving health, enhancing education, promoting gender equality, supporting clean water initiatives, or addressing climate change, our combined efforts can truly transform lives and build resilient communities, especially in Kamuli District where our adopted community is located.

I want to take this moment to extend my heartfelt appreciation to our past Presidents. Your leadership, dedication, and vision have laid a solid foundation

upon which we continue to build. Your hard work and commitment have guided us through various challenges and achievements, and your legacy inspires us to aim higher and do better. We are grateful for your service and the enduring impact you have made on our club's growth and success.

I also wish to express our sincere gratitude to the District 9213 Governor, Geoffrey Kitakule, and the District officials for their unwavering support, guidance, and leadership. Additionally, a special thanks to Assistant Governor Hope Tumwesigye for her continuous support and encouragement in ushering us into this new Rotary year.

As we reflect on the progress made so far, I want to acknowledge and thank each and every one of you for your passion, and commitment to 'service above self.' This year is particularly significant as it marks the final year of our current strategic plan. It is a critical window for us to intensify our efforts, scale up our projects, and focus on achieving the remaining priorities. Our collective energy and ideas will be essential in ensuring that we meet our goals and leave a lasting legacy.

I am also grateful to the 'Unite for Good' Board for accepting to serve with me in this Rotary year. It is through our shared commitment and teamwork that we will be able to maximize our reach and effectiveness.

Let us approach this year with renewed passion and teamwork. Every project, every meeting, and every act of service is an opportunity to make a difference. Remember, the true measure of our success is the positive change we bring into the lives of those we serve.

Together, as a united Rotary family of Kampala-Naalya, we can achieve extraordinary things. I am confident that with our collective dedication, this Rotary Year will be one of the most impactful yet.

I look forward to working with all of you as we strive to impact lives.

WISHING YOU A FULFILLING, INSPIRING, AND SUCCESSFUL ROTARY YEAR!

#Leadership

RI IPP Stephanie Urchick's Speech at the Rotary Convention

CALGARY, CANADA - 25TH JUNE 2025



"THANK YOU FOR SHARING THE MAGIC WITH ME"

Stephanie A. Urchick, the RI IPP, made the following slightly abridged speech at the Rotary Convention in Calgary, Canada on 25th June 2025.

Hello, family of Rotary!

When I reflect on the past few months of our great organization, one word comes to mind: resilience. But resilience comes in many forms.

After Mário de Camargo's sudden departure, Rotary filled the position of president-elect quickly, thoughtfully, and in accordance with our bylaws. I want to thank Mário for his time as president-elect and for rallying the Rotary world behind our new message: **Unite for Good.**

And I am so grateful to Francesco for stepping up when we called on him to lead. SangKoo and Francesco both understand that there is no room for ego in Rotary. They understand that it takes all of us — together — to create lasting change.

Rotary's most powerful asset has always been you, our members. But we are only as strong as the

people who stand beside us. So, let's take a moment to recognize each other. Turn to the person next to you, smile, and give them a high five or an elbow bump.

That, right there, is why we keep coming back to Rotary.

We talk a lot about goals and strategy. But without friendship, without encouragement, none of it takes hold. Rotary works because we belong here. A high five, a smile, a laugh — these simple moments remind us: This is our community. And it matters.

At my club, we applaud every person who walks in. Even if they're late. It lifts the mood. It reminds everyone that they're part of something bigger.

And you know what? Some of the best clubs I've seen are the noisiest. Not because they're disorganized, but because people are genuinely happy to see each other. That's the magic. That's the culture we want to create.

And let's be honest. Most of

the time, Rotary doesn't look like this week in Calgary. It's not an international audience inside a stadium.

Most of the time, Rotary looks like a Wednesday lunch. A coffee meetup. A service project on a Saturday morning. That's the club experience. And if the club experience isn't right, then we're simply not irresistible.

So what makes a great club experience?

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...I am so grateful to Francesco for stepping up when we called on him to lead. SangKoo and Francesco both understand that there is no room for ego in Rotary.”

It's the people, yes. But it's also the traditions. The tone. The culture. Some clubs ring a bell. Others sing songs. Some don't. There's no one right way to be a Rotary club. But if your club is struggling, it's not enough to copy someone else's tradition. If you visit a thriving club

that rings a bell, it's not the bell that brings them together. It's what's around the bell — the energy, the connection, the culture, the sense of purpose. And as we think about what makes a club thrive, we cannot forget the importance of mental health.

President Gordon showed us the importance of mental health, not just with programs and partnerships, but with compassion. He reminded us that Rotary has an important role to play to ensure no one struggles alone.

That work continues with each of us. It means checking in. Making space for honesty. Being the kind of club where people feel supported and safe.

Because when we care for each other — in service and in spirit — we build a Rotary where everyone can thrive.

Beyond mental health, improving your club experience is impossible without awareness. That means asking hard questions: Are we inclusive? Are we joyful? Are we showing up for one another? Are we living the values we talk about?

And once we've asked the hard questions, we act. The Rotary Action Plan can help. It's a tool for reflection, for building alignment, for sparking meaningful conversations about where you want your club to go and how to get there.

And here's something else: To keep growing, to stay simply irresistible, we need to innovate. Innovation is about reimagining how we connect. It's about making sure Rotary evolves with the world around us. If we want to bring in new members, especially younger members, we can't expect them to adapt to us — we must be willing to adapt to them.

Our convention here in Calgary is a perfect example. We have not followed the existing formula for a Rotary Convention. That's intentional. We've infused this week with the kind of energy and excitement you might find at a hockey game — music, lights, live entertainment. We've put more content into shorter time

frames, with dynamic speakers and interactive formats.

We're rethinking how we deliver inspiration. Why does that matter? Because attention is the new currency. If we want to engage people — really engage them — we need to meet them where they are. That means designing club meetings and events that are joyful, memorable, and fun.

We're not losing our roots — we're growing new ones. Tradition and innovation can go hand in hand. We can honor the past while creating space for the future.

“

We're not losing our roots — we're growing new ones. Tradition and innovation can go hand in hand. We can honor the past while creating space for the future.”

Let's ask ourselves: What can we try that's new? What would make someone leave a club meeting and say, "I can't wait to come back"? Let's be bold enough to experiment, take risks, and lead with curiosity.

Because innovation isn't a departure from who we are. It's a deepening of our mission. It's how we make Rotary irresistible

for generations to come.

Even strong clubs experience conflict. That's not failure — it's part of being a family. What matters is that we stick together. Whether we trust each other and enjoy each other's company enough to keep showing up.

You've heard me call Rotary my family. That's not a metaphor. After a divorce, Rotary gave me the community I needed. I don't have children of my own, and my biological family is small. So when I call you my family of Rotary, I mean it. And last year, Rotary grew my family in ways I never imagined.

In Slovakia, then-District Governor Katarina Cechova gave me the gift of a lifetime. She found a genealogist who traced my grandmother's roots to a small village, Jakubova Vola. She organized a visit.

And when I walked into the town community center, locals in traditional Slovak clothing welcomed me with song. I burst into tears — it felt like hearing my grandmother's voice again.

But that wasn't all. The genealogist worked with a videographer to make a short film about my grandmother. I watched it then and there in the community center.

I met František Rimský, a second cousin I had never known, and his family. Meeting him felt like a lightning strike. He showed me his home, which happens to be the house where my grandmother was born. He showed me old photos of my father, my uncle — faces I hadn't seen in decades.

And that wasn't the only reunion Rotary gave me. Earlier this week, I told you about my trip to Manitoba, where I met more relatives, some for the first time. I visited the land my family once farmed and saw their resting places. My family tree grew because of my Rotary family and The Magic of Rotary.

The people who planned those visits gave me something truly special. No one had to organize these family reunions for me. But they did — because Rotary is friendship in action. It's connection that transcends national culture and distance. And that spirit belongs to every member in every club, not just the president.

Rotary showed up for me. And we show up for each other. Like we did for Andrés Briceño of the Rotary Club of The Woodlands in Houston, Texas. If you read the April issue of Rotary magazine, you know his story. Andrés was in a terrible car accident, put into a coma just three days after founding the Rotaract Club of The Woodlands. When he woke up, the nursing staff asked if he was famous. "So many visitors," they said. "That's not normal."

But it is normal — for us. His Rotary family visited him every day. They stood by his mother. They raised money for his physical therapy. They



never let him feel alone.
That's Rotary at its best. That's
the power of belonging.

Now, imagine what the world
could look like if everyone
in Rotary felt that kind of
belonging. Imagine what
we could accomplish.

Because Rotary isn't just about
service — it's about peace.
And peace starts within.
I believe The Four-Way Test
can be a guide to finding inner
peace. The Four-Way Test
isn't a tool to criticize others.
Instead, it helps us treat each
other with honesty, fairness,
and kindness. If we apply it
with compassion, we create
spaces where peace can grow.

And our peace work is growing.
Our work with the Institute
for Economics and Peace
has trained over 300 Positive
Peace Activators in more
than 60 countries. They've
led over 900 educational
initiatives and reached more
than 12 million people.

Our Rotary Peace Fellows are
driving change around the
world. We've just opened a new
peace center at Bahçeşehir
University in Istanbul. And earlier,
you heard about our plans to
open yet another peace center
at Symbiosis International
University in Pune, India.

I have had the privilege of visiting
all our peace centers around
the world. They are all amazing.
Every time I visit a peace
center and meet the students
there, I think to myself, "What
did I know when I was 25?"
Programs like Rotary Youth
Exchange and Friendship
Exchange give us global
perspective. Rotary Action
Groups address the root causes
of conflict, from disease to
illiteracy. Our peace poles
remind communities that a
better world is possible.

So don't underestimate what
you can do. You don't need a

title. You just need the will.
And we must keep that will
focused, because our greatest
promise to the world is still
unfulfilled: The end of polio.
We are closer than ever. I
know you've heard it before.
But the final stretch is always
the hardest. We can't stop
now. Not when children's
lives hang in the balance.

Support the PolioPlus campaign.
Join or start a PolioPlus
community in your club.

Reach out to lawmakers.
Advocate. Fundraise.
Spread awareness.
And remember: The Gates
Foundation will match your
PolioPlus donations 2-to-1 if we
reach our US\$50 million goal.
So, let's finish what we started.

Our belief that we can end polio
once and for all matters. Our
integrity matters. Our defense
of public health, of service, of
peace — all of it matters.
These are not political positions.
These are Rotary values.
And we're going to stick to
them, no matter what.
And while we're at it, let's keep
building a Rotary that's more
vibrant, inclusive, and joyful. A
Rotary that welcomes the next
generation with open arms.

This isn't about changing who
we are — it's about becoming
more of who we're meant to be.
I've had such an incredible time
this year learning and growing
with my Rotary family. And now,
it's time to pass the torch.

To Gordon — thank you for your
guidance and your friendship.

To Francesco — thank you for
stepping up and stepping in. I
know Rotary is in good hands.

To the Rotary staff — you've
supported me every step of
the way. You've organized
the past few years of my life
and this convention, and I
am endlessly grateful.

And to my aide, Tom Gump,
and my executive assistant,
Maria Lee — thank you for
working together for two
and a half years to make this
journey so successful.

To the members who hosted
me and organized my visits
around the world — thank you!
You welcomed me with open
hearts and open homes. You
found family that I had lost.
You gave me so many gifts,
and I treasure each one —
including the gift of your time.

To the Host Organization
Committee and volunteers
— thank you for facilitating
an unforgettable week. You
made Calgary feel like home.

And to all of you — thank
you for sharing The Magic
of Rotary with me.
From health workers in Karachi
to peace fellows in Tokyo,
you are proof that Rotary's
reach is truly global.
Even though I won't be president
much longer, I will always
be a proud member of this
family. Titles come and go,
but changing the world with
Rotary is a lifelong pursuit.

**This organization has
made my life magical.
You have made my
life magical. But
now it's time to take
that magic further.**

It's time to Unite For Good.
Let's finish the fight against
polio. Let's keep building
peace. Let's form new
clubs and grow Rotary.

Let's make sure everyone who
walks into a Rotary meeting
gets a smile, a high five, and
the message: YOU BELONG.

**THANK YOU, FAMILY OF
ROTARY. LET'S KEEP MAKING
MAGIC TOGETHER.**

RI President Francesco Arezzo's Acceptance Speech

WHEN RI PRESIDENT-ELECT MÁRIO DE CAMARGO OPTED TO STEP DOWN ONLY DAYS BEFORE HIS INAUGURATION, THE RI BOARD CHOSE FRANCESCO AREZZO, A MEMBER OF THE ROTARY CLUB OF RAGUSA, ITALY, TO STEP IN AND TAKE UP THE ROLE. THIS IS HIS ACCEPTANCE SPEECH:

Life comes at you fast.

I was at my District Conference when I heard the news that I had been selected as the Rotary President. I was sitting next to a dear friend and received an email on my phone — but I wasn't allowed to tell anyone, so I just sat there, silently, for a few minutes.

And then another email came in to confirm it. And I still had to be silent. And then a few more minutes passed, and a Rotary member walked up to me with his phone, showing me a Facebook post announcing my selection. And moments later, I was swarmed by 400 people.

Before I say any more, I want to express my affection, support, and deep admiration of President-nominee SangKoo for his brave and inspiring message. SangKoo makes us a better organization through his leadership — and he makes us better people through his friendship.

I also want to thank my friend Mário de Camargo for his 40 years of membership, dedication, and service to Rotary. I know it was a difficult decision for him to step aside right before his presidential term was to begin, and we all appreciate him and hope to reconnect soon in friendship.



And finally, I want to express my gratitude to President Stephanie and the Rotary Board for entrusting me with the opportunity to lead this great organization.

This past year, Rotary has faced global challenges with a firm heart and determination, blazing a trail for peace — and spreading The Magic of Rotary far and wide.

President Stephanie, you have so much to be proud of for your leadership this past year. But I especially want to note that you, your volunteer assistants, and Rotary staff have put on the best Rotary Convention yet. You should all be proud.

Now it is my turn. I must confess that after four days of talks, it is difficult to say anything that has not been said before.

We have a year of service ahead of us. As I said a week ago, I was playing with my grandchildren in our living room at home, and two days later, I was on a plane to arrive here, with a thousand thoughts, a thousand doubts, and a lot of confusion in my head. Rotary International presidents usually have two years to plan their year; I have two weeks!

Well, I said to myself, let's not lose our cool. Let's start with the fundamentals.

Let us start with our annual message, 'Unite for Good.' Let us examine it for a moment. In my opinion, it is an extraordinary message in its simplicity, brevity, and impact.

'Unite': to unite, reconcile, gather around. Unite can be understood in two different manners. You have to unite in space and time. Uniting in space means involving all members, but not only members, in our service. It means involving organizations that function as partners, local administrations, other voluntary associations.

In short, it means "expand our reach."

It means increasing our membership. In many parts of the Rotary world, we are not growing. In fact, we have been losing membership for years. This remains one of the areas of action we will have to focus on during this year. The most effective way to increase membership is, first of all, to increase retention. We lose too many members, especially members admitted in the previous two to three years.

Maybe they did not find what

they were looking for? Maybe the club experience was not what they expected? Improving the club experience must be another imperative during the year, making ample use of all the possibilities we have to apply great flexibility. Let us make more use of new types of clubs, for example, satellite clubs or clubs of purpose. Let us set no limits on creativity, let us adapt new forms of clubs to our local culture and traditions.

'Unite' also means expanding one's reach and working to benefit not only the local community but also needs far beyond our borders.

In short, unity means working in harmony, building bridges, involving as many people as possible to achieve more and more effective results.

'Unite' can also be understood as unity in time. In other words, it points to the need to work serenely with those before you and those after you. An annual project can be limiting. A project that lasts one year

will rarely be transformational but will always remain on the surface of the problem. If we really want to change the world and people's lives, we must plan bigger, with multiyear projects. Our assignments may only last one year, but we must work and plan with those who precede us and with those who follow us.

Remember, it is never my year; it is always and only the year of Rotary.

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If we really want to change the world and people's lives, we must plan bigger, with multiyear projects.”

We are called to undo our egos for the good of Rotary and the communities we serve. For good. We have joined together to do what? For the good of humanity. For good indicates what our goals are.

What are mine?

First, along with membership, is the eradication of polio. We are always a few steps away from a success that is denied from year to year.

But we are there now — every year we are closer and closer — and it is our duty not to break the promise we made



so many years ago. We can do it — we have the means and the right partners, we have our infinite tenacity. We can do it.

And we will do it.

And the last goal is peace.
That's it: polio,
membership, peace.

What do I mean by peace?

Peace for me is what we do best and what we do every day. Taking a young person to a peace center or sending a young person to another country on a Youth Exchange is working for peace.

Preventing and curing disease is working for peace.

Providing clean drinking water or sanitation where there is none is working for peace.

To have women give birth in a safe environment and take care of their children is working for peace.

To improve the environment in which we live, to support girls' education, to give economic support to those who cannot open their businesses, all this is working for peace. We are a great, immense machine that has been working for peace for more than a century.

More background information can be found in our vision.

'Together.' It is a word that must always stand out prominently in all our workplaces. Together. Alone we go nowhere, any difficulty will seem insurmountable. Let us leave the 'Superman' we think we are in the attic and learn instead to value the team, to use our infinite different skills, to look at problems from different points of view.

Alone we lose, together we win, always.

We see a world. We look far ahead, and in our vision of tomorrow, we transfer our dreams.

Dreaming is indispensable. A poet of the last century said

that you begin to die the very moment you stop dreaming. Never stop dreaming.

Dreaming is a consequence of enthusiasm and in turn generates enthusiasm. If we cannot dream and make our members dream, we will hardly have a successful year.

But dreaming is not enough. We have to act. We are People of Action.

To conclude, I want to tell you a story.

Many years ago, a young professional joined a Rotary club. He immediately made himself useful and tried to cooperate to the best of his ability.

After a few years, he was offered the position of president. He refused, because he suffered from a stutter and the idea of having to speak in public on a regular basis terrified him.

But his colleagues insisted so much that they eventually convinced him. Surrounded by the support and affection of his associates, he passed the test successfully and began attending the district.

After a few years, they offered him the position of governor. Again, he gave up, for it was one thing to speak to a limited number of people, made up of friends and acquaintances. It was quite another to speak to a much larger and mostly unknown audience. They convinced him.

Again and again, the experience was positive. To make a long story short, after a few years he became a director of Rotary International, and now, at this moment, he stands before you, president-elect of Rotary International.

A great Sicilian writer, Luigi Pirandello, used to say that each of us builds a mask to face the outside world, without anyone being able to see our true personality. Before I came on this stage, I took off my mask, and now I show myself



to you somewhat naked. I show you my fears and flaws; I also tell you about my dreams.

And of everything — dreams, fears, flaws — I make you a gift. I ask you to give me your dreams. Each one of us has many in the drawer. Let us unite them, let us create one great shared dream that unites us, that excites us, that changes the world and changes our lives, too. But let us act upon them and deliver to our communities.

I owe it to you, because Rotary has changed me, changed my life profoundly.

If the young professional who was afraid to speak to his club, because of the risk of making a fool of himself, can now get up on a stage and speak, in a language which is not his own, to an audience of thousands, well, I owe it all to all the Rotarians I have met in my life and who have always supported me and surrounded me with their affection.

I am confident that you will give me all the support and affection I have always found in Rotary.

Together, we can unite.

We can unite to change lives, including our own.

We can unite to change communities, right around the corner and half a world away.

We can unite to change our world for the better, not just for us, but for generations to come.

Together, we 'Unite for Good'.

I love you, try to love me a little.

THANK YOU ALL.

The
Rotary
Foundation



Doing Good in the World



**Peacebuilding
and Conflict
Prevention**



**Disease
Prevention
& Treatment**



**Water,
Sanitation
& Hygiene**



**Maternal &
Child Health**



**Basic Education
& Literacy**



**Community
Economic
Development**



Enviroment

Lessons and Reflections of an IPP

BY RTN SYLVIA JAGGWE OWACHI



I am extremely grateful for having had the opportunity to serve as President of the Rotary Club of Kampala Naalya, especially in the same year our very own member, Rtn Ann Nkuutu, was serving as the District Governor. Leading volunteers has been a uniquely rewarding and humbling experience.

Unlike traditional leadership roles, where authority is often built into the position, volunteer leadership is rooted entirely on service and a shared purpose. Volunteers choose to give their time, energy, and resources not for compensation, but for a cause they believe in.

One of the lessons I learnt very early was recognizing that each member is different. Volunteers are motivated by purpose and each one is driven, motivated and kept engaged differently.

It is also important as President to accommodate the diverse preferences and ensure that

the club's activities vary, and so to try and speak to each one. In addition, members have varied skill sets and interests and are more engaged if these are utilized adequately within the club.

I therefore ensured that I allocate roles and responsibilities across many members so that there is engagement and where

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One of the lessons I learnt very early was recognizing that each member is different. Volunteers are motivated by purpose and each one is driven, motivated and kept engaged differently..”

possible those skills and interests are tapped into.

Recognizing effort was another key part of the role. A simple “thank you,” - a personal message, or public acknowledgment - often meant more than I anticipated.

Volunteers thrive on appreciation and feeling valued, and I learned how

far encouragement can go in building morale and momentum. Members will become more forthcoming and involved when they are appreciated.

Most of all, leading volunteers taught me about servant leadership. It wasn't about

telling people what to do; it was about serving others and leading by example. I always made sure I showed up first and within no time many other members would have turned up and we would in the end achieve what we set out to do.

The journey involved a lot of persuasion, influencing, collaboration and fostering an environment where everyone felt empowered to make a contribution however big or small. No need to sweat the small stuff if someone doesn't turn up because someone else will.

Looking back, I feel incredibly fortunate for having worked through the members and what we managed to achieve as a club. The experience strengthened my belief that when people come together for a cause greater than themselves, incredible things can happen.

Finally, remember to have fun along the way!

Be Blessed.

President Owekmemo outlines goals at maiden fellowship

BY RTN. PETER NYANZI

"INDIVIDUALLY, WE ARE ONE DROP. TOGETHER, WE ARE AN OCEAN." - RYUNOSUKE SATORO

New Club President Charles Owekmemo has taken the baton from PP Sylvia Jaggwé at a crucial time. His tenure marks the final year of the implementation of the Club's three-year strategic plan.

Indeed, much has been achieved over the last two years and Owekmemo and his team have the challenge of carrying the baton to the finishing line. For example, PP Sylvia raised the bar a notch higher in regard to donations to the Rotary Foundation (TRF).

During the 2024-2025 year, the Club set a new record for the amount given to TRF (USD12,075), surpassing the annual target of \$10,000. The year also saw two Club members become Major Donors, four went a level up as PHF Plus, and three became new PHFs.

Yet, PP Sylvia doesn't have an inkling of doubt about her successor's potential to meet the challenge. "It has been an honour serving and as I hand over to Rotarian Charles Owekmemo, I have no doubt that he will take our club to even greater heights," she says.

At his maiden fellowship as President on July 1,

Owekmemo wasted no time in outlining his plan of action.

For example, he set the target for donations to TRF at an unprecedented \$15,000, with every Rotarian expected to donate an average of \$200, if DG Geoffrey Kitakule's ambition is for the District to surpass its target of \$1 million to TRF, is to be achieved. The Club would also aim to raise \$1,500 for Polio Plus and \$13,500 for the annual fund.

TRF's interventions worldwide have been critical to the implementation of life-changing service projects.

For example, Rotary has been a driving force behind the near-eradication of polio, a monumental public health achievement. Since 1985, Rotarians have contributed over \$2 billion and immunized billions of children, bringing the world to the brink of being polio-free.

As part of its three-year strategic plan, the Rotary Club of Kampala-Naalya put serious focus on community projects that are tailored to specific community needs, ranging from helping vulnerable girls in rural villages to supporting education and mental health campaigns in communities.

Under the theme 'Unite for Good' - a unifying call to action - Rotary will continue to spearhead its seven Areas of Focus - Promoting Peace, Fighting Disease, Providing Clean Water, Sanitation, and Hygiene (WASH), Saving Mothers and Children, Supporting Education, Growing Local Economies, and Protecting the Environment.



As RI President Arezzo has stated, the 'Unite for Good' call-to-action message would help Rotary to intensify its efforts to encourage greater unity, innovation, continuity, and partnership among its members and with communities worldwide.

For that reason, Owekmemo says the Club intends to strengthen its collaboration efforts with other Clubs to partner on community projects, combining resources and expertise for greater impact.

By partnering with other Clubs and partners, Owekmemo believes Rotary can create a powerful force for good in communities particularly in Kamuli District where the Club intends to embark on a landmark project to build a community primary school.

Also, the Club intends to close the ten-year digital literacy

project in Agago by August 3. He asked members to support the project with laptops and computers one more time.

Also, the Club will work with its mother club to get a global grant for the School of the Deaf in Masaka (25 computers). The Club is also set to launch the Mental Health Support for Adolescents initiative at Acholi Quarters in Nakawa Division, in Kampala City, on October 10 (International Mental Health Day).

This would be integrated with the Club's family health day. There is also a plan to benefit from PP John Mugisa's expertise to apply for a global grant this year.

However, Owekmeno says the Club's main focus would be on Kamuli District where the Club intends to construct two blocks, toilets, a borehole, and a rainwater tank at New Hope Charity Junior School.

Women in Rotary agreed to fundraise for the project by holding a brunch event in collaboration with a key partner on March 7, 2026.

"It will be our major focus and the club will adopt the school. It will be our flagship concept for the Women in Rotary this year and we will also apply for a global grant," said Owekmeno.

The other project is about skilling teen mothers in the same district, for which a global grant after the Club identified someone who is willing to train the girls in different skills. Service projects at St Mbaaga and Missionaries of the Poor will also continue. On the membership front, the target growth is ten new members and five corporate partners.

On 19th August, the DG is

expected to visit and induct the first new members. There will be an induction every quarter, according to Owekmeno.

A Mega Visit to RC Kulambiro is also in the pipeline, in addition to a quarterly joint fellowship with the RC of Bukoto.

Additionally, the youth will be a major priority this year, as the Club works with the Rotaract Club of Kampala-Naalya. On 12 August, the Rotaract Club members will lead the joint fellowship.

Also, two Interact Clubs at St. Andrew's Secondary School in Kamuli and at St. Peters SS Naalya would be formed as soon as possible. In addition, the Club will sponsor six young people for RYLA.

For the public image, he said the Club's award-winning news bulletin is being tweaked to make it even more refreshed, bold, exciting and informative.

Owekmeno caused excitement when he announced that there will be cake in the fellowship once every month to highlight the Club's celebrations. "It is an offer from a friend to the Owekmeno family so we need just let her know and a cake will be delivered," he said, amidst cheers.

Undoubtedly, Owekmeno led a resounding maiden fellowship event, setting the tone for a promising tenure. The fellowship, which was attended by several visiting Rotarians, showcased the club's commitment to unity, service, and collective action, highlighting the potential for impactful projects and initiatives in the community. With this strong start, the club is poised to make a meaningful difference, embodying the Rotary spirit of "Service Above Self" and living up to the theme's ideals.

He concluded it with this fitting quote: "The best way to predict the future is to create it together." - JOE ECHEVARRIA.

RC KAMPALA-NAALYA PRESIDENTS SINCE 2012:

S/N	Year	Name
1.	2012/2013	Rtn. Francis Lakor
2.	2013/2014	Rtn John Mugisa
3.	2014/2015	Rtn Anne Nkutu
4.	2015/2016	Rtn Flavia Serugo
5.	2016/2017	Rtn Lad Ategeka (RIP)
6.	2017/2018	Rtn Stephanie Gacukuzi
7.	2018/2019	Rtn Denis Jjuuko
8.	2019/2020	Rtn Francis Lubulwa
9.	2020/2021	Rtn Herbert Oloka
10.	2021/2022	Rtn Sylvia Nankya
11.	2022/2023	Rtn Evelyn Mulinda
12.	2023/2024	Rtn Godfrey Okello-Omoding
13.	2024/2025	Rtn Sylvia Jjagwe
14.	2025/2026	Rtn Charles Owekmeno
15.	2026/2027	Rtn Christine Amucu (Elect)
16.	2027/2028	Rtn Pamela Kawaddwa (Nominee)



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Rotary 
Kampala-Naalya



‘We are one big family’

ROTARY OPTIMISTIC ABOUT FUTURE AS THOUSANDS ATTEND CALGARY CONVENTION

BY AMIR SAID

The Rotary International Convention is back in town, nearly three decades after it was first held in Calgary in 1996.

More than 15,000 people from across the globe are expected to attend from June 21 to 25. It's poised to be the largest in-person Rotary gathering since the COVID-19 pandemic, but considering the 1996 Calgary convention's attendance of 24,963 Rotarians, this year marks a significant decrease in delegates.

Jeff Foss, membership chairperson for the Southern Alberta Rotary District, acknowledged that local Rotary groups have taken a hit in membership numbers since the pandemic.

"We've seen a slight decline in the past five years, but we're now starting to see the upswing," he said.

"The thing that I think a lot of the clubs dealt with was the after-effects of COVID, and the disconnectedness that we all had as a community during COVID."

He said a decline in membership had "a longer history" and was "exacerbated" by the pandemic, but with COVID lockdowns in Rotary's

rearview mirror, Foss is optimistic about the future.

"Now that we are past that, we're starting to see a bit of a renaissance," he said.

The pandemic left people "longing for that human connection again," and that's something service clubs like Rotary can provide, he said.

He said a decline in membership had "a longer history" and was "exacerbated" by the pandemic, but with COVID lockdowns in Rotary's rearview mirror, Foss is optimistic about the future.

The decline in membership predates the pandemic, and with that in mind, Rotary International membership growth team vice-chair Taylor Huie said the organization is increasing its efforts to engage young leaders.

"Just like several other service-focused organizations, our membership has kind of aged with our organization," said Huie. "So over the last [15 years or so], our team has really focused on how we can best serve and engage with the younger population."

Huie said Rotary International has seen an overall increase in membership worldwide, but not in Canada, which is home to 728 clubs.

Despite that, she's optimistic about the organization's growth in the country.

"If you look at the age demographics, representation of members is actually increasing for the younger age demographic," she said.

Huie said five years ago, only around two per cent of Rotarians were young people. This year, that figure sits at 10 per cent, she said.

"So we're increasing every single year, just making sure that we're more representative of the communities that we're working on, which is really exciting," she said.

As a young Rotarian herself, Huie credited the organization for providing her with significant professional development and networking opportunities, which she said Rotary is highlighting as it works to attract younger members.

"And being a part of this amazing organization of over 1.2 million members, 1.2 million friends, you realize how small the world really is and how alike we are," she said.

Foss, president of the Rotary Club of Okotoks, highlighted the work being done by the organization's local volunteers, such as \$2 million in funding from two Calgary Rotary clubs toward creating new recreation opportunities in the city.

"It's a place where you can do things that matter," Foss said about the organization.

"We have 44 clubs in southern Alberta, and many of us know each other, and we're all just a phone call away if we need that assistance and support," he said. "So we are one big family in Rotary."

Today, Rotary boasts more than 1.2 million members across over 45,000 clubs, of which Calgary is home to 13.

Star-studded convention

Excitement around the future of Rotary was underscored

by the convention's line-up of prominent speakers.

Academy Award-winning actress Geena Davis, of *Thelma & Louise* and *The Fly* fame, gave an in-person speech at the convention on Monday.

Microsoft co-founder Bill Gates and World Health Organization director-general Tedros Adhanom Ghebreyesus delivered virtual addresses on Sunday.

Alberta Premier Danielle Smith, a former member of the Rotary Club of High River, also spoke on Sunday, taking the opportunity to praise Alberta on the world stage.

"Rotarians identify the issues that need solving, then you roll up your sleeves and you tackle them yourselves," she said. "And Alberta is a lot like that too."

NEXT YEAR'S CONVENTION WILL BE HELD IN TAIPEI, TAIWAN.

Photos from Rotary Convention Calgary 2025



RC Kyadondo Rugby: Beacon of hope for mothers, children

BY ROBERT B. JURUA

The Rotary Club of Kyadondo Rugby is exactly one month old, having been chartered on 4th June, 2025, thanks to the guidance of our mother club, the Rotary Club of Kampala-Naalya. We are excited to hit the ground running, focusing on the critical theme of Maternal and Child Health for the month of July.

This theme is particularly relevant to our community, where maternal and child mortality rates remain a significant concern. In this article, I explore how our Club plans to make a positive impact from within our meeting venue (we meet every Thursday at Kyadondo Rugby Grounds opposite Lugogo Mall, at 6 pm).

Why Maternal and Child Health

Maternal and Child Health is a crucial aspect of public health, as it directly affects the well-being of mothers, children, and whole families. According to the World Health Organization (WHO), approximately 800 women die from preventable causes related to pregnancy and childbirth daily. In Uganda, maternal mortality rates are alarmingly high, with many deaths occurring due to lack of access to quality healthcare services.

Similarly, child health is a significant concern, with many children suffering from preventable illnesses such as malaria, diarrhea, and



pneumonia. The first 1,000 days of a child's life are critical, and proper nutrition, healthcare, and stimulation can have a lasting impact on their development.

Club initiatives

As a new Rotary Club, we are committed to making a positive impact in our community. Our Maternal and Child Health initiatives aim to improve the health and well-being of mothers and children in our area. We plan to achieve this through several projects, including:

1. **Reaching out to the Thunderbirds**, a team of women Rugby players who go out there and tussle it out on the pitch just like their male counterparts, but again have to return home and undertake motherly duties - no easy feat by any standards.
2. **Visiting China Hospital:**

We will be visiting China Hospital, a nearby healthcare facility that provides critical services to our community. Our visit will focus on understanding their challenges, exploring opportunities for collaboration, and identifying ways to support their efforts.

3. **Engaging with roadside vendors:** We will also be engaging with roadside child-bearing women who vend items across the Kyadondo Rugby Grounds. These women face unique challenges, including limited access to healthcare services and economic empowerment opportunities. Our engagement will focus on understanding their needs and identifying ways to support them.
4. **Health Education and Awareness:** We plan to organize health education and awareness sessions



for our community, focusing on maternal and child health issues. These sessions will provide critical information on healthy practices, disease prevention, and access to healthcare services.

5. Supporting Maternal and Child Health Programs: We will explore opportunities to support existing maternal and child health programs in our community. This may include providing resources, volunteering, or partnering with other organizations to amplify our impact.

Benefits to the Community

Our Maternal and Child Health initiatives are expected to have numerous benefits to the community, including:

- **Improved Health Outcomes:** By supporting

maternal and child health programs, we can help improve health outcomes for mothers and children in our community.

- **Increased Access to Healthcare:** Our initiatives will help increase access to healthcare services, particularly for vulnerable groups such as roadside vendors and their children.
- **Economic Empowerment:** By providing economic empowerment opportunities, we can help women and families in our community improve their socio-economic status and break the cycle of poverty.
- **Community Engagement:** Our initiatives will foster community engagement and participation, promoting a sense of ownership and responsibility for maternal and child health issues.

Conclusion

As the Rotary Club of Kyadondo Rugby embarks on this critical journey, we are excited to make a positive impact in our community. Our Maternal and Child Health initiative will focus on improving health outcomes, increasing access to healthcare, and promoting economic empowerment. We invite you to join us on this journey and support our efforts to give back to the vulnerable groups within our area. Together, we can make a difference and create a brighter future for mothers and children in our community.

Rotarian Jurua is a Legal Officer at the Uganda Law Society.
Email: jurua07@gmail.com

Trust your team



Rtn Francis Lubulwa serves as Assistant Governor (2025–2026) and previously served as President of the RC of Kampala-Naalya (2019–2020). He spoke to Peter Nyanzi about his Rotary journey.

Qn: What was your earliest memory of Rotary International?

A: I first heard about Rotary back in secondary school at Taibah College, where there was an active Interact Club. As student body president, I was often invited to their events. I never joined, though – at the time, I thought Rotaract was only for the rich kids. Still, those early encounters planted a seed that would later grow into a deep appreciation of Rotary’s values.

Qn: When and how did you join the RC of Kampala-Naalya?

I officially joined the Rotary Club of Kampala-Naalya on April 19th, 2014. My journey began when a workmate at the time, Cathy Lungiwe, invited me to attend a meeting. That simple invitation opened the door to a world of service, friendship, and purpose – and I haven’t looked back since.

Qn: When were you Club President (who did you

succeed and who succeeded you) and what roles had you played in the Club before you were elected President?

I served as President of the Rotary Club of Kampala-Naalya during the Rotary year 2019–2020, a term that coincided with the onset of the COVID-19 pandemic. I succeeded Rtn. Denis Jjuuko and was later succeeded by Rtn. Herbert Oloka – two Rotarians with whom I share a strong friendship and deep mutual respect. Prior to my presidency, I held several leadership roles within the club, including Bulletin Officer, Club Secretary, Deputy Treasurer, and Youth Services Director. These responsibilities provided valuable experience and helped shape my perspective on service and leadership within Rotary.

Qn: In what ways did the one year you served as President change you?

Stepping into the role two years earlier than planned was both unexpected and transformative. In March 2019, when the then President-Elect resigned and the Nominee was away for medical treatment, I was called upon to lead. It was a real test of readiness, resilience, and purpose. That year taught me to trust my instincts, rely on the strength of teamwork, and stay calm in the face of uncertainty – especially as we navigated the sudden arrival of COVID-19. It deepened my commitment to service and gave me a clearer sense of the kind of leader I want to be – one who shows up when it matters most.

Qn: What words of wisdom would you give to the newer members of the Club?

Embrace the journey fully. Rotary is more than meetings and titles – it’s about showing up, serving with heart, and building lasting friendships along the way. Say ‘yes’ to opportunities, even when they feel bigger than you. That’s where growth happens. Most importantly, remember that your unique skills, voice, and energy matter – Rotary becomes stronger every

time you choose to engage.

“

This year, let’s deepen collaboration, nurture leadership, and keep service at the heart of all we do.”

Qn: What gems of wisdom would you give to our new Club President?

Lead with purpose, listen with empathy, and trust your team. You don’t need to have all the answers – just

the willingness to serve and the humility to learn along the way. Celebrate small wins, stay grounded in Rotary’s values, and never forget the power of relationships. Challenges will come, but so will some of your most rewarding moments. Enjoy the journey – it truly is a privilege to lead.

Qn: Your last word to all clubs in the District in your new role?

As I take on the role of Assistant Governor for the 2025–2026 Rotary year, my message to all clubs is simple: let us unite to do good – boldly, intentionally, and together. Each club holds incredible potential to transform lives and uplift communities. This year, let’s deepen collaboration, nurture leadership, and keep service at the heart of all we do. Together, we can make an even greater impact.

#OutToLunch

An effective public transport would shut out road fines complaints

BY RTN. DENIS JJUUKO



On 21 November 2023, the Kampala Capital City Authority (KCCA) issued a procurement notice for “Consultancy Services for the Detailed Design Update of the Bus Rapid Transit System (BRT) for the Greater Kampala Metropolitan Area (GKMA)” after receiving “financing from the African Development Fund towards the cost of the Kampala City Roads Rehabilitation Project (KCRRP).”

The notice further indicated that “the main objective of the assignment is to review and update the detailed designs for the BRT system that were prepared in 2014 to reflect current and expected travel needs in Greater Kampala Metropolitan Area (GKMA)”.

That was probably the nth time such an advert had been published. Given our procurement bureaucracy and the speed at which we do things, probably the

consultant has never been hired or has not gone very far in “reviewing and updating” the detailed designs. You will notice that in 2014 or 11 years ago, this work was done. And of course, it wasn’t implemented.

During Jennifer Musisi Ssemakula’s tenure as Executive Director of KCCA, we were even promised cable cars. Many years later, not even a cable has been installed.

Had all these plans been implemented over a decade ago, the Government would not have been struggling to implement the so-called intelligent transport management system also known as the punitive road fines. A BRT system that works would have reduced traffic congestion on Kampala roads, enabling motorists

to drive within acceptable speed limits to reach their destination on time.

“One of the reasons people tend to speed is because they are catching up with time lost in traffic.”

One of the reasons people tend to speed is because they are catching up with time lost in traffic. Somebody who takes two hours to complete a 5-10km route that leads them to the Kampala Northern Bypass or the Entebbe Expressway will push the gas pedal once they get on

any of those roads. They do so not because they are reckless but because they need to be somewhere at the right time.

Government officials especially ministers understood this and many of them got themselves lead cars. That way they can manage the traffic gridlock in Kampala faster and reach their destinations on rare occasions on time! They know driving at



30kph is not practical without an effective public transport.

Although a car is an ultimate dream for many Ugandans, the major reason people drive is because of the unreliability of public transport in Kampala. That is why during school holidays (when parents are not driving their children to school), many people park the cars and use public transport as there is no traffic congestion on the roads.

There has always been an argument that Kampala roads are too narrow to create BRT lanes and such. If you removed street parking, lanes would be created for buses and emergency vehicles. By emergency vehicles I mean emergency vehicles such as ambulances and fire trucks. Not everyone with a luxurious SUV.

Spaces can easily be created on dual carriage roads where overpasses could be created for the BRT and even the light rail transit system. In fact, in many cities, there are sections where trains and buses use the same infrastructure.

Toll stations would then be created so private cars entering some parts of the

city are heavily charged thereby forcing people to use the BRT and other public transport means.

Since there would not be street parking on some roads and there would not be a need to drive to the city, entrepreneurs would be encouraged to invest in public parking facilities near stations where people can leave their cars when getting onto the BRT or trains. Or even in Kampala for those who insist to drive private cars.

Uganda would stop losing a lot of money in wasted working hours. also, we would improve Kampala's air quality thereby reducing the cost of healthcare. In fact, many people would become healthier as they walk more from their work places to the stations to catch a bus or train. Effective public transport is one of the ways to make a city modern. And it isn't out of this world. Cities like Dar es Salaam have tried it and it is somewhat working. Uganda already has the buses at its

Kiira Vehicle Plant in Jinja. Why not put them to use?

Then after implementing this in Kampala, trains could be extended to other major cities. If we had trains to Kasese and Packwach a few years ago, why can't we have them now? We usually claim that there is no money. If we can cut down on some of the excesses in public administration, we would be able to achieve these things easily.

“

We can also issue infrastructure bonds and encourage Ugandans and others to participate in them.”

We can also issue infrastructure bonds and encourage Ugandans and others to participate in them. Eliminate corruption and briefcase companies from winning tenders and we are good to go. If the majority

of citizens used an effective public transport system, very few would complain about excessive traffic fines on Lugogo Bypass.

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

Family Matters



BY PASTOR RONNIE MUTEBI

Ecclésiastes 4:9 (KJV): “Two are better than one; because they have a good reward for their labour.”

THE ESSENCE OF PARTNERSHIP

Moses, the author of the book of Genesis, reveals an amazing aspect. God looked at Adam—His perfectly formed creation and said, “It is not good that the man should be alone.” (Genesis 2:18).

This aspect is not about a loneliness; it is a statement connected to potential. Adam could not fully walk in the fulfillment of purpose without

partnership. So, God made him Eve as a suitable helper and partner (Genesis 2:22).

The power behind this truth is simple; when two walk together in divine alignment or agreement, there’s a divine power that backs them with multiplied graces termed as the power to progress. Where one is strong, the other sustains. Where one is weak, the other supports.

Marriage is a system of such divine synergy. It’s a way of saying: “You don’t have to do this alone without extra support designed to progress you—and you shouldn’t.”

Whether you are married or ready for partnership now or preparing for marriage, know this: God’s intention is not just your happiness, but your fruitfulness. He joins two to make them better—to cause them to accomplish what neither could alone. It only becomes a matter of luck if purpose was not the main focus of such a marriage or business partnership.

If you’re in any partnership, take intentional time to speak into your spouse’s or partner’s strength and cover their weakness from any third party. Remind them—and yourself—that you are better together. If you’re single, make sure you don’t “look out for” but “search for” the kind of union that fulfills purpose.

Don’t let emotions prepare you for what is intended to be a divinely matched team or partnership.

“

Marriage is a system of such divine synergy. It’s a way of saying: “You don’t have to do this alone without extra support designed to progress you—and you shouldn’t.”

Take Home:
Whether you are in a partnership now or preparing for marriage, know this: God’s intention is not just your happiness, but your fruitfulness

and to make you better—or to cause that partnership to accomplish what neither could alone.

Last week's fellowship



Rotary
Kampala-Naalya



The Hidden cost of Teenage Pregnancy

Rev. Nathan Mugalu
Executive Director, Family Salvation
Foundation Uganda

Ndere Cultural Centre
08 July, 2025 | 7 p.m



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Rotary Club of Kampala Naalya

Fun Facts

A Herculean task'

The phrase 'Herculean task' is commonly used to describe an undertaking that is extremely difficult, requiring immense strength, courage, or effort. Its origins are deeply rooted in classical Greek mythology, specifically in the legendary tales of **Heracles**, known to the Romans as **Hercules**.

Heracles was a divine hero, son of Zeus and Alcmene, renowned for his extraordinary strength and numerous adventurous exploits. However, his life was also marked by tragedy and divine

retribution. Driven to madness by the goddess Hera, who was jealous of Zeus's infidelity, Heracles committed a terrible act, killing his own wife and children.

To atone for his sin, the Oracle of Delphi instructed Heracles to serve King Eurystheus of Tiryns for 12 years and perform whatever labors the king demanded. Eurystheus, guided by Hera, devised a series of seemingly impossible challenges, known as the Twelve Labors of Heracles. These labors were designed to be utterly overwhelming, intended to break Heracles or even lead to his death.

Heracles, through his unparalleled strength,

cunning, and perseverance, successfully completed all twelve labors. His achievements became legendary, symbolizing the triumph of heroic effort over insurmountable obstacles.

Thus, the term 'Herculean task' entered our lexicon as a direct reference to these mythical challenges. When we describe something as a 'Herculean task today,' we are evoking the immense difficulty and the extraordinary effort required, much like the legendary hero Heracles himself demonstrated in his epic endeavors.

Foot length

A medical fact you did not know.

Your foot is actually longer in the evening than it is in the morning! Why? Because during the day, gravity makes the soft tissues in your feet spread out and swell—so by bedtime, your feet have literally had it and need a size up. So next time you buy shoes, try them on after lunch—unless you want Cinderella problems. This is a medical fact, guys. Feel free to Share it.

(From Kisubi Hospital Group)



Joke of the Week

I told my boss I needed a pay raise because I was doing the work of three people. He said, "Name them!"



PK's Corner

BY **PAMELA KAWADDWA**

I hadn't intended to
have a heart still raw
And exposed by the
hurt imposed upon
it by other people
I had filled my
balloon of hope
With expectations
and dreams
Only to realise I hadn't
tied it tightly enough
And the air had escaped...

Pkwy



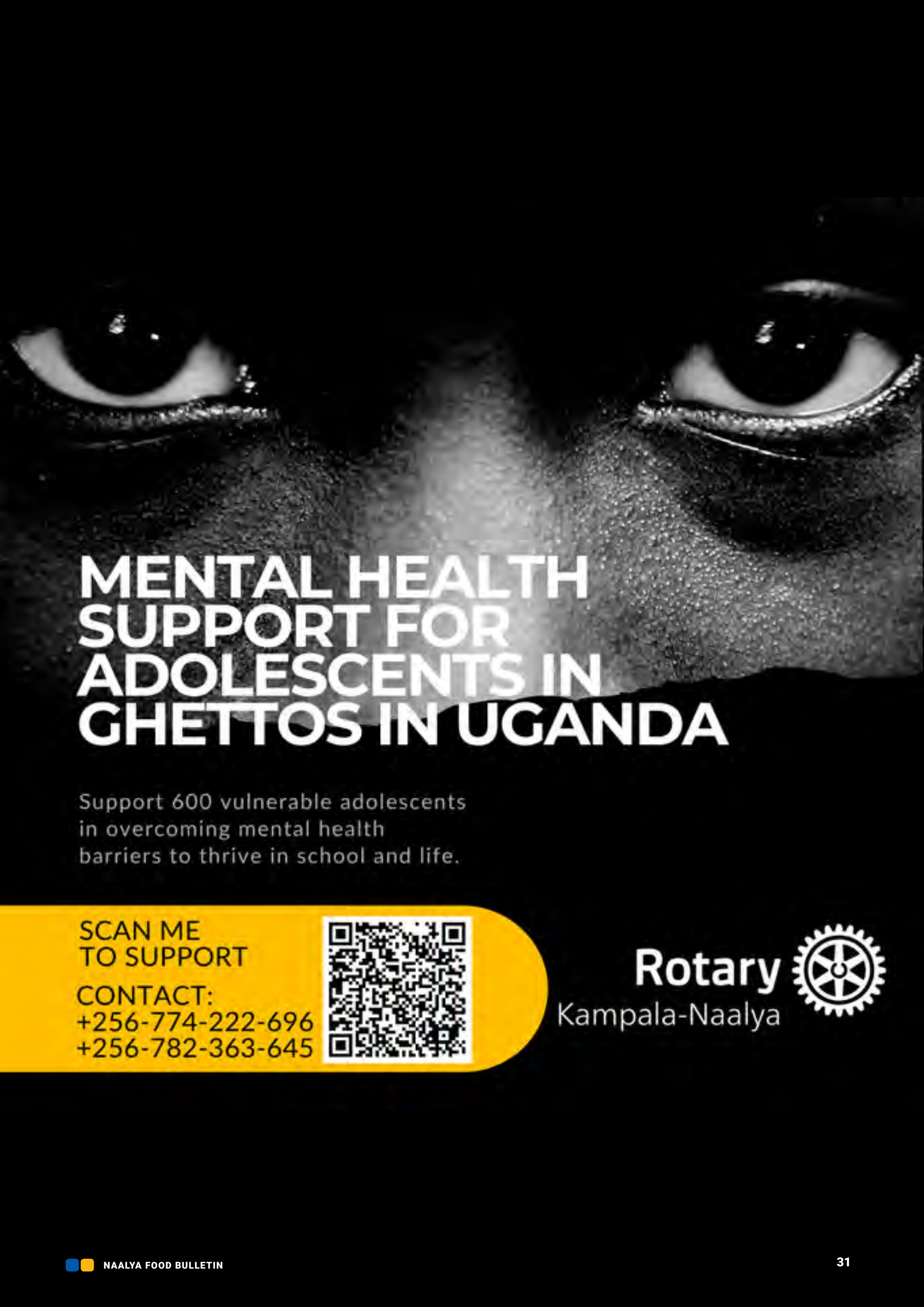
Rotary
Kampala-Naalya



*Happy
Birthday*

Rtn Hadijah Nankanja



A high-contrast, black and white close-up of a person's eyes, looking directly at the camera. The image is grainy and has a dramatic, low-key lighting effect, with the eyes being the primary light source against a dark background.

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Bobby Louis Ogwal



Charles Owekmeno



Sylvia Jagwe Owachi



Faith Nambozo



Flavia Serugo



Jackie Mutimba



John Mugisa



Julie Kisekka



Margaret Harriet Kugonza



Nelson Bugembe



Racheal Komuntale



Sylvia Nankya

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Atacama Consulting is a leading Environmental and Social Consultancy firm with its headquarters in Kampala, Uganda, East Africa, that was established in 2005. Over the years, the firm has successfully conducted a number of consultancy assignments by leveraging its rich pool of technical resources and those of its strategic partners.

The firm provides its environmental and social consultancy services via its four Business Units; Sustainability Services Unit, Impact Assessment Unit, Social and Policy Unit, and Resettlement Services Unit. We offer our services through a crossfunctional team approach. We pride ourselves in ensuring that the services offered and the associated processes thereof, benchmark with requirements stipulated in the national environmental and social legislations of the countries we work in, as well as international environment and social guidelines such as, the International Finance Corporation's (IFC) Performance Standards, the World Bank Environmental and Social Framework and associated environmental and social standards, and Equator Principles, among others.

Atacama Consulting is dedicated to providing customised solutions for entities in its business sectors of focus that include but are not limited to; Energy, Agriculture, Transport infrastructure, Mining, Financial services, Health, Tourism, and Manufacturing.

The firm has successfully completed over 200 major projects for clients in the private, public and Non-Governmental Organisations sectors.

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.

VISION:

"To be a leading provider of cost effective Environmental and Social Consultancy Services to our clients internationally, in line with sustainable business practices."

MISSION:

"To consistently deliver high quality Environmental and Social Consultancy Services to our clients by leveraging our skills and those of our Strategic partners."



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