

Naalya Food Bulletin

14th October, 2025

Rotary
Kampala - Naalya



UNITE
FOR
GOOD

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RC KAMPALA - NAALYA



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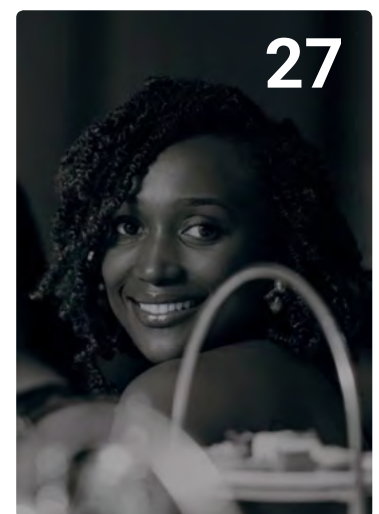
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Chef's Note



Fellow Rotarians and friends,

As I watch the raindrops falling delicately on the plants outside, I am reminded of Rotary's timeless creed: 'Service Above Self.' This October, we dive into the pulsating theme; Community Economic Empowerment and Development, a clarion call that resonates deeply in every corner of Uganda. Amid economic headwinds and entrepreneurial dreams, this theme isn't just a slogan; it's a blueprint for lifting families from survival to thriving. It's about equipping our communities with ideas that can blossom into income streams.

Picture this: A stressed widow in Acholi Quarters, who used to spend her days roaming the streets of Kampala with a basket of ripe bananas on her head, now runs a thriving catering business and taking her children to better schools. That's economic empowerment, but it means more than money; it's dignity restored, futures secured, and communities woven tighter. As Rotarians, we know that when one individual rises, we all ascend.

That was the spirit that was exhibited at our inaugural Mental Health Camp in the middle of the Acholi Quarters in Banda. What began as a modest idea ballooned into a beacon of hope for almost 1,000 vulnerable people, who had lost hope due to the deep scars of displacement, depression

and anxiety. This wasn't charity; it was a catharsis. In a nation where mental health whispers too often go unheard, our camp roared a message of resilience. Kudos to our indefatigable Projects Director Rotarian Brian Mayanja, our inhouse technical guru Dr John Mugisa, and the entire team, for orchestrating this success - proof that Rotary

heals holistically, blending minds and hearts.

▶ **As we now pivot back to this week's focal lens - Youth Empowerment - the threads of our theme converge. Our youth, the architects of tomorrow's economy, carry the weight of dreams deferred by unemployment and uncertainty.**

“Rotarians already hold the keys to transformation.” May we use the keys to empower young people economically, nurture them mentally, and elevate them youthfully.”

One aspect that hit me strongly during the mental camp was the statement made by our Club President to the effect that unlike in the past where older people were the main victims of mental sickness, more young people are increasingly becoming prone to mental health challenges. That directly implies that our involvement in youth empowerment activities is an investment. As Rotarians, our call to action is to ignite that spark through counseling and setting up forums whereby young voices shape policy. Rotary's legacy can only thrive when we pass the baton to the next generation, ensuring that economic development is a relay and not just a sprint race that we win alone.

As AG Lubuulwa argues in his column in this Bulletin today, “Rotarians already hold the keys to transformation.” May we use the keys to empower young people economically, nurture them mentally, and elevate them youthfully. In the spirit of Paul Harris, may our actions echo louder than words! Together, we're not just building livelihoods; we're forging unbreakable bonds, not only with individuals and organisations but also with entire communities.

YOURS IN ROTARY,
Rtn. Peter Nyanzi
Bulletin Officer

What community-led development looks like

RI President's Message - Rtn. Francesco Arezzo

OCTOBER 2025

October is Rotary's Community Economic Development Month, a time to spotlight our efforts to help communities build thriving, sustainable futures. This month's observance aligns perfectly with the Rotary core value of leadership.

► **Leadership means empowering people to guide their own progress. That is precisely what Rotary's economic development projects aim to achieve.**

Take, for example, a recent initiative in southern India in which Rotary members unlocked the power of women of the Adivasi tribal groups through sewing training to earn a living and regain social inclusion. Historically, widows and abandoned women in this region lose social standing and are shunned by society or blamed for their misfortunes. Opportunities to support themselves or obtain training are minimal.

This year, the Rotary Club of Windsor Roseland, Ontario, partnered with clubs in Districts 3203 and 3234 in India — and with the Indian organization Sevalaya Trust — to provide sewing machines and training to 80 Adivasi women. They learned to stitch saree blouses, kurta tunics, and salwar suits, enabling them to support themselves and their families. Each woman received a



certificate for completing the program, and the sewing-machine provider offered free long-term maintenance for the machines. The project offered vital income and dignity to women ostracized by society after widowhood.

This story is one example of Rotary leadership in action: local people guiding solutions that address their community needs. Our role is not to deliver charity or to impose outside models, but to foster self-reliance by investing in leadership, skills, and sustainable enterprise.

This October, I invite Rotary members worldwide to reflect on economic leadership in

their communities. Who is stepping forward to lead local economic initiatives? Where is there untapped talent that could be supported with training or mentorship? How can your club catalyze opportunity through partnerships with local businesses, vocational schools, or savings groups?

Leadership is not always about being visible. Sometimes it means listening, working collaboratively, and amplifying the voices of others. That approach lies at the heart of Rotary's philosophy and our lasting impact on economic development.

By building capacity — whether through microcredit groups, vocational training

workshops, or entrepreneurship programs — we enable communities to lead their own transformation. When people take ownership of their progress, change becomes sustainable.

► **Let us lead with good intention and provide support with heart. By nurturing local leadership, we can create opportunities that ripple through communities, empowering individuals, families, and societies.**

Together, we can support economies that work for everyone and enact community development projects that last.

Empowering Vulnerable Communities

BY DG GEOFFREY KITAKULE

OCTOBER 2025

At the heart of Rotary's global mission lies a fundamental commitment to building a better world. As Rotarians, we are bound by the belief that lasting peace and prosperity cannot be built without dignity, opportunity, and hope.

Economic empowerment is not just about financial stability; it is about unlocking human potential, restoring dignity, and creating pathways for self-reliance. Rotary's motto, 'Service Above Self,' is lived out every time we equip a young person with skills, every time we support a small entrepreneur, and every time we open doors for women and vulnerable groups to participate fully in economic life.

▶ **In many of our communities, poverty is not just the absence of money; it is the absence of opportunity. Unemployment among youth, limited access to credit, and a lack of vocational skills often trap families in cycles of poverty.**

But where others see obstacles, Rotarians see possibilities. Economic empowerment is one of Rotary's seven Areas of Focus because it addresses the root causes of poverty and lays a foundation for sustainable development.

Rotary plays a significant role in economic development in



Uganda. This has been through skills training, infrastructure, empowerment of marginalized groups, health interventions that reduce economic burdens, and partnership-driven community projects. These interventions support Uganda's third National Development Plan (NDPIII), particularly in boosting economic inclusion, infrastructure, human development, and agriculture and rural development. Our interventions also align with the global Sustainable Development Goals such as SDG 1 (No Poverty), SDG 2 (Zero Hunger), SDG 4 (Quality Education), SDG 5 (Gender Equality), SDG 6 (Clean Water & Sanitation), SDG 8 (Decent Work and Economic Growth), among others.

Through our economic empowerment projects, we have seen an increase in incomes and job creation. Small enterprises and vocational training enable

people to earn livelihoods rather than depending solely on subsistence or informal labor. Improved sanitation, clean water, and hygiene reduce incidences of disease. This reduces medical expenses and time lost to illness. The empowerment of women and youth helps reduce inequality and promotes inclusive growth.

Behind every project is a human story:

1. A young mother who once struggled to feed her children but now runs a tailoring business.
2. A school leaver who, through vocational training, now earns a living in carpentry.
3. A community that once lacked clean water but now thrives because time once spent fetching water is now spent in productive work.

▶ **These are the lives Rotary touches, and they remind us why we serve. When we empower one person economically, we empower a family. When we empower a family, we strengthen a community. And when we strengthen communities, we create the foundation for peace and prosperity in our nation and our world.**

THAT IS THE TRUE POWER OF ROTARY. INDEED, ROTARY CARES FOR OUR COMMUNITIES.

#ROTARYEYAMBA

President's Message

RTN CHARLES OWEKMENO
Unite For Good President
2025-2026



Dear Rotarians, Rotaractors
and Esteemed Guests,

Welcome to another
Rotary week of action!

We've just completed the First 100 Days of the Rotary Year 2025-2026. How time flies! As a club, we are proud of the progress we have made towards most of our goals. Building on this solid foundation, we're committed to accelerating our efforts over the next 100 days.

I would like to express my sincere appreciation to the Board and the entire RC

Kampala Naalya family for their teamwork and dedication in reaching these key milestones. Let's continue to 'Unite for Good' and aim for even greater achievements in the coming months.

“This week, we look forward to another engaging session with a guest speaker who will speak on youth empowerment.”

Furthermore, I want to commend the Service Project team for successfully organizing the integrated mental health outreach in Acholi Quarters on October 11. Thank you so much for everything you did to make it a success. Going forward, we will now focus our efforts on preparations for the upcoming visit to St. Mbaga Primary School come October 29.

We're also pleased to have hosted a distinguished guest speaker last week, who shared insights about Islamic Banking and the unique financial packages they offer, thus opening up new opportunities for Rotarians.

This week, we look forward to another engaging session with a guest speaker who will speak on youth empowerment. I encourage and invite all Rotarians, Guests, and Rotaractors to attend in large numbers for the engaging fellowship.

Wishing you and your loved ones a productive and impactful Rotary week of service.

YOURS IN SERVICE
ABOVE SELF,

“I am Enough”



BY PDG ANNE NKUTU

One of the biggest obstacles many women and girls face in their lives is what is known as the “imposter syndrome.” That inner voice that whispers, ‘you are not good enough. You are not beautiful enough, not bright enough, not strong enough, not rich enough.’ The list is endless. Imposter syndrome

has shattered more dreams and hindered more potential leaders than any nuclear bomb ever could.

As we celebrate the International Day of the Girl Child (October 11), I would like to invite every girl/ woman here to do something powerful. Stand in front of a mirror, look closely at the reflection that appears, and say

loudly: “I Am Enough!”

Recently, I came across a quote that resonated deeply: “Think about all that you are, instead of all that you are not.” Within each of us lies a wealth of qualities, talents, and skills that make us unique and capable of leading in one way or another.



▶ As you listen to this, take a moment to reflect on the qualities that are uniquely yours. Identify one to three strengths you possess and explore how you can use these qualities to create positive change, no matter where you are—whether in your school, your club, your community, or even your family. Look for what needs to change, and use your strengths to ignite that change.

Remember, your voice and your strengths are powerful tools for making a difference. Embrace who you are, because you are enough!

Rtn. Anne Nkutu is a Past District Governor and a Member of the Rotary Club of Kampala Naalya



TEAM TALK

How Rotary Clubs can be laboratories of economically independent communities

BY AG FRANCIS LUBUULWA

On October 9, Uganda marked 63 years of Independence, a moment that invited both celebration and introspection. For many in the corporate world, it was a quiet public holiday, a day of rest at home. For many in self-employment, it was a normal day to hustle and bustle. For government, it was a time of reflection on how far the nation has come, and how far it still must go in achieving the true promise of independence.

Because independence, as we know, is not just about self-governance. It is about self-reliance and the ability of individuals and communities to think, work, and prosper on their own terms. It is about people who are free not only politically, but also economically and mentally. That is where Rotary's mission beautifully intersects with our national journey.

All true independence begins in the mind. The most powerful form of freedom is the freedom to think, to question, to create, and to believe that one's circumstances do not define one's destiny.

In many communities, dependency has been normalized not because people are unwilling, but because opportunities are scarce. Rotary clubs across Uganda are uniquely placed to challenge this mindset. Through mentorship, exposure, and ethical leadership, Rotarians can help young people rediscover the belief that they can.

Empowerment begins when someone believes that they are not waiting for help, but capable of shaping their own future. Independence of thought is therefore the seed of every sustainable change.

If independence of thought is the seed, economic independence is the harvest. It is what happens when people are given not just relief, but opportunity; when they gain the skills, confidence, and tools to earn a living and improve their lives.

Since 1962, Uganda's road toward economic self-reliance has been uneven. Too many of our citizens still live one day

at a time, depending on others for survival rather than thriving through productivity. The solution does not lie in government alone; it lies in how each of us uses our sphere of influence to enable others to stand on their own.

Rotarians, by virtue of our calling to serve above self, often have generous hearts. Yet, our charitable instincts can sometimes lead us to offer short-term relief instead of lasting empowerment. True service requires us to go beyond giving things and focus instead on building capacity. Instead of donating sewing machines, let us fund training and mentorship. Instead of importing items for our club projects, let us buy from youth-led enterprises where feasible. Instead of offering temporary assistance, let us create pathways to permanent independence.



“True service requires us to go beyond giving things and focus instead on building capacity.”

Independence sustained by empowerment always outlasts generosity sustained by pity.

Uganda's independence struggle was not fought for comfort; it was fought for self-determination. Rotary's philosophy of service mirrors that same spirit. Our role is not to make people comfortable in dependency, but to enable them to rise through dignity.

► **Empowerment is born when we change the questions we ask. Instead of "What can we give?", we ask "What can we build together?" Instead of "Who needs help?", we ask "Who has potential?" That shift from charity to capacity, from aid to agency is what transforms both individuals and nations.**

When a Rotary club offers mentorship to small-scale

entrepreneurs, supports vocational training, or buys from local producers, it does more than complete a project, it affirms human

dignity. It tells a young person, "You are capable. You matter. You can make it." Rotarians already hold the keys to transformation. We sit in spaces of influence running businesses, leading institutions, and guiding communities. With that privilege comes

responsibility: to open doors for others.

Every Rotarian can make independence practical and personal by:

- Offering internships and job-shadowing opportunities to students and Rotaractors.
- Supporting youth-led enterprises when planning club projects or events.
- Using club platforms to showcase local innovators and creators.
- Mentoring young people to lead ethically and think creatively.

“

Rotary reminds us that freedom is not a date on the calendar it is a duty renewed daily. Our nation will only be as independent as its people's minds and hands allow.”

Independence is not a government programme; it is a mindset nurtured through shared effort and belief. Each Rotarian can be a bridge between potential and opportunity, helping our communities shift from dependency to productivity.

As Uganda reflects on 63 years of independence, Rotary reminds us that freedom is not a date on the calendar it is a duty renewed daily. Our nation will only be as independent as its people's minds and hands allow.

► **Let every Rotary club become a laboratory of independence - where ideas are grown, skills are sharpened, and hope is multiplied. Let us move from giving to growing, from aid to empowerment, and from dependency to dignity. When we empower others to stand on their own, we honour Rotary's timeless vision to create hope in the world.**

The author is Assistant Governor, and Past President of Rotary Club of Kampala - Naalya



RC Kampala Naalya hosts holistic mental health camp

BY PETER NYANZI

In the shadowed alleys of Acholi Quarters, a sprawling slum on the outskirts of Kampala, where echoes of past conflicts still reverberate through daily life, a beacon of hope was on display over the weekend.

On Saturday October 11, the Rotary Club of Kampala Naalya, in collaboration with The Rotary Clubs of Bukoto and Kyaddondo Rugby, and in partnership with Butabika Mental Hospital, KCCA and other community development stakeholders, orchestrated an unprecedented comprehensive mental health awareness camp. This initiative not only spotlighted the pervasive issue of mental illness but also addressed intertwined health concerns like dental care, HIV testing and counseling, and reproductive health.

▶ **Amid a community of tens of thousands scarred by armed conflict and insecurity, where illicit drug and alcohol abuse fuels a vicious cycle of despair, the camp's relevance extends far beyond immediate aid; it's a critical intervention in the broader fight for sustainable development and community empowerment.**

The one-day camp, held right in the middle of the sprawling slum, drew hundreds of residents, eager for support.

Dr. John Mugisa, the technical expert behind the initiative, reported interacting with over 600 individuals over mental health issues, such



Rotarians from different clubs that participated in the medical camp

as depression, anxiety, and substance-induced disorders. Dental check-ups were provided by experts such as Rela Dental and Mulago School of Dentistry, revealing rampant untreated conditions exacerbated by poor nutrition and hygiene, while HIV testing stations managed by Reproductive Health Uganda, offered confidential services. Reproductive health sessions empowered women and youth with knowledge on family planning and sexual health, addressing high rates of unintended pregnancies in such vulnerable settings.

Mental health priority

But why focus on mental health in a place where basic needs such as clean water and proper housing look more urgent?

Stressing the lack of awareness on mental health as a public health challenge,

Charles Owekmeno, President of the Rotary Club of Kampala Naalya, explained the importance of bringing the service close to the people.

He said many young people are becoming prone to mental illness, which is a major cause for worry.

Yet, there is a dual nature of mental illness as both a symptom and a catalyst of deprivation.

In war-affected communities like this one, trauma from violence, displacement, and loss manifests as widespread post-traumatic stress disorder (PTSD), depression, and addiction.

▶ **Mr Joseph Oloya, the LC chairman of Banda B1, said years of conflict in northern Uganda, pushed thousands of people into Acholi Quarters, where people including single**

mothers and orphans, carrying deep physical and psychological scars, were forced to depend on cheap, illicit brews and drugs to escape their pain.

“The one-day camp, held right in the middle of the sprawling slum, drew hundreds of residents, eager for support.”

For decades, this community has borne the invisible scars of conflict. Many residents

fled violence in northern Uganda during the Lord's Resistance Army insurgency or more recent regional instability. The psychological toll - manifesting as PTSD, depression, anxiety, and substance use disorders—has festered in the absence of accessible care. Illicit drug

and alcohol abuse, often used as coping mechanisms, have further eroded family structures, economic productivity, and social cohesion.

Years of displacement, loss, and chronic insecurity naturally manifest as severe psychological distress. The rampant substance abuse is often a form of self-medication, a desperate attempt to cope with unbearable psychological pain and emotional numbness. This is a clear symptom of a community in deep distress, struggling with generational trauma.

Untreated mental health conditions severely impair an individual's ability to maintain employment, make rational decisions, participate in community-building, or raise stable families.

Janet Kulabako, the KCCA Community Health Inspector, said mental challenges are rampant in the area, manifesting with physical symptoms. On the day of the camp, she said she randomly visited ten households and she identified at least one case of mental illness in every one of them.

Kulabako, who also expressed the need for more law enforcement for instance in regard to opening hours for bars, said the situation is leading to increased domestic violence, school dropouts among youth. Alcohol abuse not only erodes family structures but also diverts scarce resources from education and healthcare, perpetuating intergenerational poverty.

High rates of addiction fuel domestic violence, child neglect, and crime, eroding the social fabric necessary for community development initiatives to succeed, and fueling a vicious cycle of poverty to the next generation. The camp's multifaceted approach underscores this interconnectedness. By integrating mental health with other services, the camp adopted a holistic model aligned with the United Nations

Sustainable Development Goals (SDGs), particularly SDG 3 (Good Health and Well-Being) and SDG 10 (Reduced Inequalities).

James Roger Nsereko, Senior Clinical Psychologist and Head of the Community and Recovery Department, at Butabika National Mental Referral Hospital, noted that given that the hospital is overstretched beyond capacity with huge numbers of patients, they are now focusing more on preventive measures by getting directly involved in the communities. "Prevention is better than cure as we all know," he said.

He added that the advantage of awareness is that it destigmatizes seeking help, encouraging community-led solutions. In deprived areas, where formal healthcare is scarce, camps like this open up access, empowering residents to with information. The experts were all in agreement that addressing mental health is critical if poverty, inequality, and health disparities are to be tackled effectively. However, veteran Rotarian PDG Mike Ssebalu emphasized sustainability. He noted that with continued collaboration between NGOs, government, and communities, these efforts could illuminate a path out of the shadows for thousands, proving that healing minds is key to rebuilding lives and societies. He suggested that given the extreme deprivation that is evident in the community, District 9213 could adopt the Acholi Quarters community for the implementation of projects in all Rotary's seven Areas of Focus. "It's an idea that I will try to

bring to the attention of the District leadership," he said, amidst cheers from Rotarians present at the event.

Landmark pilot project

Dr Mugisa said the Rotary Club of Kampala Naalya with partners, is set to implement a two-year project, 'Mental-Health Support for Adolescents in Ghetto Communities (MSAG)', in partnership with RC Carlsbad Hi-Noon (USA), with Butabika Hospital as a key partner. He said the project would be a pilot project from which the lessons learned would be scaled to the national level.

Indeed, by uniting Rotary's grassroots mobilization, the Ministry of Health's clinical expertise, and community-based organizations' local knowledge, the initiative is set to be a blueprint that can be replicated across Uganda's many underserved regions.

According to the World Health Organization (WHO), for every \$1 invested in scaled-up treatment for common mental disorders, there is a return of \$4 in improved health and productivity. In slums where unemployment exceeds 60% and school dropout rates are high, mental wellness is not supplementary; it's foundational.

▶ **As the tents were folded and medical supplies packed away, it was evident that the real work had just begun. In a country striving for inclusive growth, healing the minds of people is as urgent as building roads or schools. The Rotary-led initiative in this war-scarred slum may be small in scale, but its message is monumental - development that ignores mental health is development that is incomplete.**



Acholi Quarters' Mental Health Camp in pictures

Pictorial



RC Kampala Naalya launches landmark mental health project



BY RTN BRIAN MAYANJA

Every year on October 10, the world pauses to reflect on something many still struggle to talk about openly: mental health. This year's theme, 'Access to Services – Mental Health in Catastrophes and Emergencies,' resonates deeply in Uganda where mental health challenges are often compounded by poverty, displacement and limited access to psychosocial support.

In the heart of Acholi Quarters, Banda B1, one of Kampala's most vulnerable communities, the Rotary Club of Kampala Naalya joined hands with the Rotary Club of Bukoto, Rotary Club of Kyadondo Rugby, Kampala Capital City Authority (KCCA) and Butabika National Referral Mental Health Hospital to commemorate World Mental Health Day

through a powerful and transformative mental health and wellness camp.

▶ **The camp was a vibrant festival of wellness and service. Over 500 community members accessed a wide range of free services including mental health counselling, dental care, general medical consultations, laboratory tests, malaria testing and treatment, cervical cancer screening, vaccination, family planning, HIV testing and legal aid.**

“This visionary project was designed by the RC Naalya in partnership with RC Carlsbad Hi-Noon (USA), with Butabika Hospital as a key partner.”

Special corners were set up for adolescents to receive counselling and mentorship, while youth groups performed skits and drama that brought mental health conversations to life in creative and memorable ways. Quiet spaces allowed for reflection, prayer and personal testimonies that reminded everyone that healing is both personal and communal. The event was graced by PDG Simon Ssebalu and IPDG Anne Nkutu, who called for urgent collective action on mental health and reaffirmed Rotary's unwavering commitment to advancing mental health services in Uganda.

Rotary's Global Grant:

A Bold Step Forward
During the event, Dr. John Mugisa, a member of the Rotary Club of Kampala Naalya, introduced the [Mental Health Global Grant Project](#), dubbed, '**Mental-Health Support for Adolescents in Ghetto Communities (MSAG).**' This visionary project was designed by the Rotary Club of Kampala Naalya in partnership with RC Carlsbad Hi-Noon (USA), with Butabika Hospital as a key partner.

The project will pilot in Acholi Quarters and will later expand to other ghetto communities across Uganda. It aims to strengthen mental health and psychosocial support systems for vulnerable adolescents.

▶ **The Rotary Club of Bukoto has already committed to collaborate, and Rotary Club of Kampala Naalya is calling on more partners, clubs and organizations to join in supporting the implementation of this project through funding, technical expertise and scaling efforts.**

United for Good:

Rotary as a Bridge
This outreach clearly reflected the United for Good Rotary theme in action. Rotary has uniquely positioned itself as a bridge between government, civil

society, medical institutions and communities, bringing diverse stakeholders together under one shared vision: a Uganda where mental health and overall wellbeing are prioritized and accessible to all.

The involvement of local leadership, including the LC1 Chairman of Acholi Quarters, the Chairman L3 Banda III and the DMO Nakawa, demonstrated the importance of community ownership. Media partners, including NBS and Uganda Radio Network, amplified the message to the nation, helping the event trend widely and keeping mental health at the center of public conversation.

Looking Ahead: A Week-Long Integrated Mental Health Camp in 2026

Building on this momentum, the Rotary Club of Kampala Naalya, together with

partner Rotary clubs, KCCA and Butabika Hospital, has announced plans for a week-long Integrated Mental Health Camp in 2026.

► **This ambitious initiative will combine clinical services, education, community engagement and advocacy on a larger scale, reaching even more people across different communities.**

The Rotary Club of Kampala Naalya and its partners are calling upon organizations, Rotary clubs, corporate partners and service providers to collaborate in planning and resourcing this historic initiative. Through

collective effort, this camp will become a model for integrated community health across Uganda.

Gratitude and the Road Ahead

The Rotary Club of Kampala Naalya extends heartfelt appreciation to all partners, including Butabika National Referral Mental Health Hospital, Mulago School of Dentistry, Rela Dental, Reproductive Health Uganda, Mental Health Uganda, KCCA and Ayuda Dental Clinic, Tiko Uganda, as well as local leaders, Rotary members, medical teams and media houses who contributed the success of the camp.

“Media partners, including NBS and Uganda Radio Network, amplified the message to the nation, helping the event trend widely and keeping mental health at the center of public conversation..”





Rotary 
Kampala-Naalya

Rotary 
Bukoto

#RotaryEyamba



Mental Health Day!!!

**Mental Health
Integrated - Health
Camp**

11.10.25

9 AM – 6 PM

**Acholi Quarters
Banda B1**



**Mental Health Awareness, Counselling & Referrals, General
Screening & Treatment, Family Planning, HIV Testing &
Counselling, Dental Health Services, and Legal Aid**

**Partners: Reta Dental Clinic, TIKO Uganda, Reproductive
Health Uganda, Mental Health Uganda, Mulago Dental School**



#Impact

Mental Health: Early support can prevent a crisis



BY RTN JACKLINE MUTIMBA

From the outside, Amira, a mid-level manager at a busy nonprofit, appeared composed—meeting deadlines, leading her team, and supporting colleagues. But behind her professional smile, she struggled with anxiety and depression. Sleep was elusive, focus was hard, and the weight of constant expectations felt overwhelming.

For months, Amira thought she had to “push through.”

Eventually, she couldn’t bear it any more. She confided in a trusted colleague who encouraged her to seek counseling. Through therapy, counseling, and workplace accommodations, she learned coping strategies, set boundaries, and prioritized self-care. Today, Amira is thriving; she is more present with her team, more engaged with her family, and more compassionate toward herself and others. Her journey reminds us that asking for help is a strength, and that mental health support can truly transform lives.

I believe mental health is the foundation of how we lead, care, and connect. Supporting wellbeing means creating environments that listen, respect, and care.

As we mark World Mental Health Day 2025, I want to pause and speak to what too often stays silent: our mental wellbeing. In

a world that celebrates productivity more than peace, many of us silently carry emotional burdens behind professional smiles.

Today, we are reminded that mental health is not a luxury; it is a human right.

▶ **We live in a world of hustle, roles, responsibilities, and expectations. Behind every professional title — leader, parent, colleague, friend — many of us carry invisible burdens. Deadlines, expectations, responsibilities, and silent struggles weigh heavily on our minds. Taking care of our mental health is not a sign of weakness; it is an act of strength and self-respect.**

According to the World Health Organization (2025):

- 1 in every 8 people globally lives with a mental health condition.



- Depression and anxiety cost the global economy over USD 1 trillion annually in lost productivity.

- Yet, over 70% of those who need mental health support receive none, especially in low- and middle-income countries.

Call to Action:

- Normalize conversations around mental wellbeing—in boardrooms, schools, homes, and within ourselves. Ask, “How are you, really?” without judgment.

“
Normalize
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“How are you,
really?” without
judgment.”

- Recognize that emotional distress doesn’t always look dramatic. Early support can prevent a crisis.

- As leaders, managers, friends, we influence how safe people feel to share—lead with empathy.

- Invest in mental wellbeing as much as physical health, training, strategy, and growth.

- Choose empathy over judgment, support over silence,

compassion over isolation.

- Speak openly, act intentionally, and remember: healing is not linear—but it is human.

When the mind is cared for, potential becomes limitless. When the mind is well, everything else aligns.

► **If you’re reading this and carrying more than you plan to share, know this: you are not alone. You deserve compassion, resources, rest, and a chance to heal.**

With empathy, strength, and solidarity.

#WorldMentalHealthDay
#MentalHealthMatters
#WellbeingAtWork
#Leadership #SelfCare

Rtn Mutimba is the Admin at the Rotary Club of Kampala Naalya

First 100 Days: *DG Kitakule Turning Goals into Action, Impact, and Momentum*



BY RTN SYLVIA NANKYA

Worldwide, the first 100 days is a critical period as it sets the foundational momentum and define a leader's trajectory for the duration of their tenure.

► **Credibility is either gained or lost, perception quickly turns into conviction, and important relationships are formed with peers, stakeholders, and the team during this short, intense time. It is an unparalleled window of opportunity.**

In his 100 days since taking office, District Governor Geoffrey Martin Kitakule says the period has set District 9213 on a remarkable trajectory of action and results, a journey defined by service, innovation, and collective resolve. Speaking at the District 100 Days Performance Review held at Silver Springs Hotel Bugolobi on October 11, DG Kitakule credited the progress to the

commitment of club leaders and members who aligned early with the District's four strategic priorities - Increasing Our Impact, Expanding Our Reach, Enhancing Participant Engagement, and Increasing Our Ability to Adapt. "The district goals formed the basis for our actions and our actions are transforming communities," Kitakule emphasized, as he reflected on a quarter marked by both challenges and bold achievements.

Service that Heals and Transforms

From the plains of West Nile to the slopes of the Rwenzori Mountains, Rotary's presence has been felt through impactful service projects. Over 1,000 patients benefited from free eye screening and 240 cataract surgeries through a partnership with

the Pakistan Association Uganda, while the Little Hearts Project gave 20 children a new lease on life through open-heart surgeries in India.

A seven-day surgical camp in West Nile extended specialized care to underserved communities, while the Rwenzori Region Sanitation Project launched with AMREF Health Africa is improving hygiene and sanitation standards across rural schools.

Solar-powered water systems, rolled out with Davis & Shirliff, are transforming school environments, and a district-wide scholastic materials drive during Basic Education & Literacy Month rekindled hope among pupils in low-income communities.

On the funding front, the District raised \$354,777.81



DG Kitakule pins the Katikiro of Buganda, Charles Mayiga in July

for The Rotary Foundation (TRF), including \$238,963.74 for the Annual Fund and \$54,412.19 for Polio eradication efforts.

While no corporate partnerships have yet materialized from the projected \$27,000 target, Kitakule remains optimistic.

▶ **“The groundwork has been laid,” he said. “We’re pursuing partnerships that will not only bring funding but also expertise and visibility.”**

Growing the Rotary Family

Membership remains a cornerstone of Rotary growth, and District 9213 is proving resilient. As of September 30, membership stood at 5,289 Rotarians, a net gain of 222 within three months alongside the chartering of a new Rotary Club, 13 new Interact Clubs, 6 new Rotaract Clubs, and the transition of 17 Rotaractors into Rotary.

This growth is being matched with efforts to strengthen the Family of Rotary, encouraging spouses, children, and alumni to take part in fellowships and community projects.

▶ **The District’s partnership with Next Media has also turned heads, amplifying Rotary’s visibility across television, radio, and online platforms. The Rotary Eyamba Campaign continues to spotlight community success stories, while The Wave Newsletter, released monthly, has become a reliable chronicle of inspiration and accountability.**

Billboards in Kampala now carry the Rotary message of service above self, reinforcing the brand’s presence in the public eye.

Building Skills, Shaping Leaders

District 9213’s early success is also rooted in its investment in people. The past three months have seen extensive leadership development programs from the Presidents-Elect Learning seminar- PELS, Secretaries-elect learning Seminar-STELS, and the Club Officers Learning Seminar-COLS to regional and online Grants Learning Seminars attracting over 150 participants per session.

The District has leveraged hybrid training models to reach both urban and upcountry members, covering key topics like governance, TRF management, ethics, and public image.

Youth engagement has also flourished. More than 830 Interactors participated in the District Interact Assembly and RYLA training, while 60 Interact patrons received leadership orientation. Human-centered design classes introduced young leaders to creative problem-solving, setting a strong foundation for the future of Rotary leadership.

“When we invest in our youth, we invest in the sustainability of Rotary,” Kitakule noted.

Adapting Through Digital Transformation

The District is also adapting to modern governance and digital accountability. 100% of clubs now have strategic plans, and 135 clubs have set measurable goals on Rotary Club Central.

To improve transparency, the District introduced digitized governance health check tools and developed model documents including financial management manuals, procurement guidelines, and risk management policies, now available on ClubRunner.

In the digital space, 75% of Rotarians and 50% of Rotaractors have registered My Rotary accounts, while 95% of members are active on ClubRunner, improving data accuracy and engagement across clubs.

The Road Ahead

As District 9213 prepares for the 101st District Conference and Assembly (DISCON), Governor Kitakule’s focus is clear: deepen engagement, expand service to underserved regions, and accelerate innovation across clubs.

Priority areas for the next quarter include supporting new and emerging clubs in Northern and Eastern Uganda, strengthening global grant participation, and nurturing the District’s learning culture through the new District Resource Centre.



DG Kitakule and other Rotary officials pose with a team from Shirtliff after signing a partnership deal to supply clean water.

“THE FIRST 100 DAYS HAVE PROVEN WHAT’S POSSIBLE WHEN ROTARIANS PULL IN ONE DIRECTION,” KITAKULE REMARKED. “THE NEXT PHASE IS ABOUT BUILDING ON THAT MOMENTUM AND TURNING IMPACT INTO SUSTAINED TRANSFORMATION.”



ELDER'S EYE

Are Rotarians taking advantage of technology in economic and community empowerment?

BY RTN GODFREY
OKELLO-OMODING

Today, there are many competing needs for the limited resources at personal, national and global levels. For developing nations, it is further exacerbated by the shrinking donor funding levels. For example, with the recent changes in USAID architecture, funding gaps have grown even wider. The effects of this declining development funds are more pronounced and felt among the poor and vulnerable communities due to their weak and fragile coping mechanisms.

Coping mechanisms are what assist to ameliorate bad situations. But, with the advance of technology and science, there are windows of hope. These windows of hope are spread across various sectors that form the livelihood base of communities. For instance, there are many technological solutions and applications in agriculture. These can be used to assist farmers to improve on their production. They can be taken or disseminated



to many communities at very low cost. They include a range of information technologies, educational materials and applications. With technology, many communities can be reached at once.

“This month gives Rotarians an opportunity to think deeper and ask pertinent questions such as; where are disparities? and what is my action plan?”

Similarly, in health, there are health education programmes that can be used to reach many communities at a low cost. Once the health of people in communities improves, their productivity would equally improve. Also, there are savings realized from

low expenditure on health, and time saved from attending to the sick especially for women. These benefits trickle down to community development.

Governments continued to face challenges in funding community development extension services. With the adaption of technology and its application, it is possible to partially reduce the gaps in community extension services. This means that where technology can be used to enhance community development services, it should be promoted. Technology can help to shape and increase coverage as well as reduce on the costs of service delivery.

▶ **Rotarians, as we reflect on the theme of the month, let us interrogate ourselves too on our delivery modalities and mechanisms. Where are we positioning technology in community development? Are we taking advantage of the availability of technologies in**

our outreach and empowerment? Outreach and coverage can increase through the use of technology.

Organizations are saving on costs through adaptation and the application of technology. People's networking is facilitated and enhanced by technology. It is time we challenged ourselves to look out for cost-efficient options including where technology can be used to enhance our interventions.

As we respond to the economic and community development challenges, we must enhance it with available technology and science. This way, the challenge diminishing funding may be ameliorated. Today's cries of low funding shouldn't be louder than yesterday's because we

have opportunities to innovate and adapt. Let the tears of yesterday remind us that we can do better with the support of new technologies.

It is true that Rotarians are good contributors to economic and community development through our various contributions. It is also true that the economic and community development demands of today are enormous. The extent to which the two (contributions and demands) can be met may be through doing things better - enhanced by technological and scientific applications. You do not talk of better methods or breeds while not referring to technology and science. You do not talk of savings or encouraging savings without



talking of better productivity.

To develop a community means taking that community to a better level; in production, etc.

It is matter of "better"; better this, better that. This month gives Rotarians an opportunity to think deeper and ask pertinent questions such as; where are disparities? and what is my action plan? Yes, the world will always have disparities but not the ones that threat the very survival of people.

▶ The good news is that, the spirit of Rotary is that of doing something not merely watching on. Since you are the embodiment of this spirit, it is your time to act.



#OutToLunch

How companies can survive beyond the founder's death

BY RTN. DENIS JJUUKO



Last week, we discussed the transition nobody is talking about; business owners of the 1970s, 1980s and basically those who have made it over the last 40 years of NRM's rule, aging and dying and the impact it will have on the economy.

Overall, cases of successful transitions have been very few. The Mulwana family have shown no signs of being another business that collapses after the death of the founder, businessman James Mulwana who died in January 2013. There are of course several other businesses that have survived the founder's death in Uganda. Though many also don't.

What can businesses in Uganda do to survive collapse after the death or incapacitation of the founder?

Founders must learn to let go of certain things by building structures that can enable a business operate in their absence.

If a founder can't be away from their business for a week or two, then that business can't survive their death or any form of incapacitation. If a founder is on a business trip and everything has to wait for

them to make every little decision, then there are no management structures and systems that can make the business last for generations.

If you are a founder, take some days off. Go on holiday for a week or two and don't check in every single minute

“
If you are a founder, take some days off. Go on holiday for a week or two and don't check in every single minute and see if the business is still running.”

and see if the business is still running. Delegate others to do some of the work you would probably be doing had you been around and see what happens.

▶ **Founders must empower their teams to run the businesses. Mentorship is critical while enabling professional and personal development for the teams.**

Being the child of the founder shouldn't automatically make one the deputy managing director, general manager or whatever fancy title that is available for grabs. The founder must observe the children and assess their interest, business acumen, tenacity and work ethic while mentoring them. Sometimes they may have to let the children work elsewhere or do their thing that is aligned to their interests and/or competence.



The practice of sending the children to universities in America or Europe and then bringing them back to be managers without experience is one of the challenges founders in Uganda face. A child goes for the MBA at an elite university, returns to Uganda at the age of 25 and is straight away made the chief operations officer before gaining the requisite experience to be in that position.

Yet, they could have started in the lower positions and risen meritocratically or simply remain in those lower positions. If an incompetent son is given a key position just because of genetics, the business can't survive the founder's death.

Letting go also doesn't mean only the management but the shareholding as well. It is easier to own a rabbit than a cow. Always, the owner of the cow will make more money than one who owns a rabbit ceteris

paribus. The founder must decide whether they want to keep a rabbit or a cow. Obviously, the cow needs much more investment and sometimes that capital may come from elsewhere.

This would mean several people owning a cow. If four or five people owned a cow, they would still be worth much more than one who owns a rabbit 100%.

But also, because there are many people with interests in the cow, it will be looked after better. A better herdsman would be hired. A better kraal would be built. The cow would be able to give birth to more calves, yield more milk and provide better returns to the owners than a single rabbit owner would ever make. The cow won't die or be eaten at the vigil if one of the founders died.

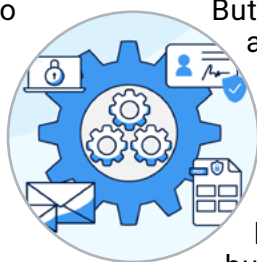
Founders can list their businesses on the Uganda Securities Exchange or bring in private equity partners to invest. There are many Ugandans and people from elsewhere who are willing

to invest as long as they know that the business is well managed. That way, we move from owning a 'rabbit' to a small piece of a 'cow' but that is still more valuable than owning the rabbit alone.

The children of the founder wouldn't have the burden of running the business that they are probably not interested in or have no competence for. They could simply sit on the beach in Maldives or Bali and wait for their dividends from the inherited shares while seasoned professionals run the business.

Many big companies in the world are not run by their founders or their children and that perhaps explains why many have existed for many decades or even centuries while many of ours collapse within months of the founder's death.

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



Last week's fellowship



FAMILY MATTERS



BY PASTOR RONNIE MUTEBI

DIFFICULT CONVERSATIONS

COLOSSIANS 4:6 (NIV): "LET YOUR CONVERSATION BE ALWAYS FULL OF GRACE, SEASONED WITH SALT, SO THAT YOU MAY KNOW HOW TO ANSWER EVERYONE."

The art of life is designed to model around conversations; however, these depend on the relationship. One of the greatest challenges in marriage is the lack of open communication.

Many couples live under the same roof but carry silent frustrations for

years. Instead of sharing their thoughts and feelings, they remain quiet, and this silence builds walls. Sadly, by the time they finally speak, it is often not to each other but to a counselor, a pastor, or even a relative.

Love does not avoid hard questions in conversations. It is guided on how and when to have them. It embraces honesty, even when it feels uncomfortable. Talking things through builds trust, heals pain, and strengthens relationships.

When two people from different backgrounds purpose to live together, there will always be challenging moments. Picture this: your spouse is upset about something you did, but they never

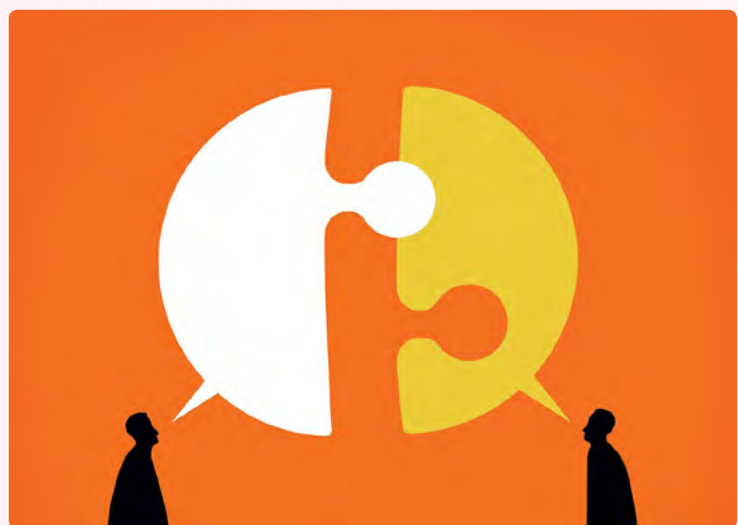
mention it. Years later, you hear about it for the first time in a pastor's office. That is not how God intended marriage to work.

God calls couples to speak openly and kindly. If something bothers you, say it in love. If you are confused, ask. If you are hurt, explain. And when you listen, do so with your heart, not just your ears.

Do not wait for a problem or a third party to force a conversation. Speak now, speak often, and speak in love.

Take Home: Love does not avoid hard conversations. It is guided on how and when to have them.

“
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A Light in the Storm

BY PAMELA KAWADDWA

It starts as a whisper,
a fear you can't name.
The world shifts quietly,
and nothing feels the same.

Hair may fall, strength may fade,
but courage stays — unafraid.
For even in the darkest place,
hope still dares to
show its face.

Love becomes the
fiercest flame,
holding you when you
feel the pain.
Each breath, each
tear, each fight,
a story of grace, a spark of light.

Cancer may wound,
but it never owns
the heart that fights,
the soul that grows.

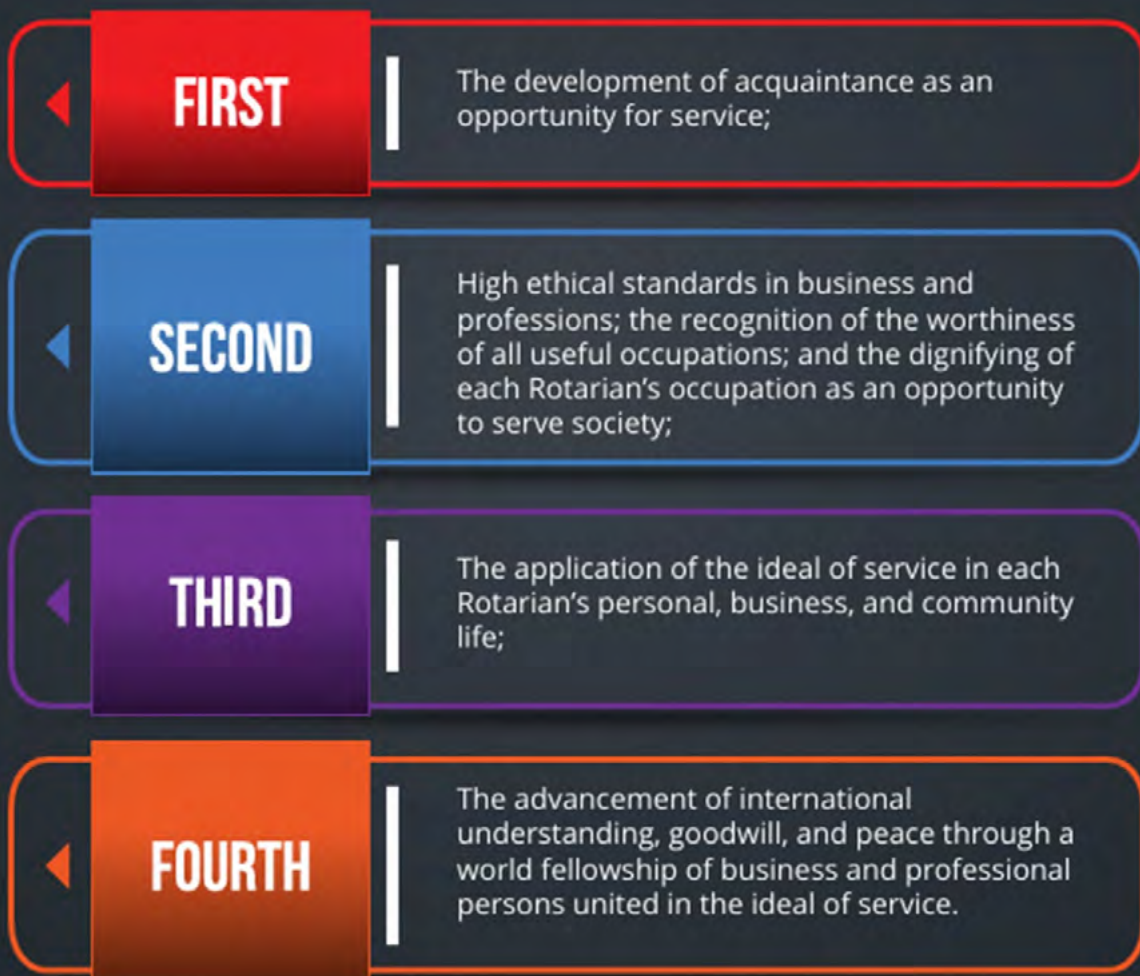
Till again...

Phvy



Object of Rotary

The Object of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster:





Happy Birthday

PE Christine Amucu

Wishing you the
happiest and brightest
day ever!

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SOCIAL ENTREPRENEUR

Rapport

Ever been in a conversation where the words just flow, the jokes land, and you finish feeling like you've known the other person for years? This linguistic gem, pronounced 'ra-POR,' is all about that magical vibe when you and someone else are basically finishing each other's sentences over a shared love of pizza. That magical, invisible thread connecting two minds? Congratulations, you've experienced rapport!

But where did this fancy-sounding word sneak into our lexicon, and why do we rely on it so much to avoid awkward silence?

The word 'rapport' is an immigrant, having been parachuted directly from the French language. Its journey to English is less about diplomacy and more about a busy-body verb getting a noun promotion.

In French, the verb is rapporter, which means to bring back, to report, or to refer (as in, to relate to something). It's rooted in the Latin 're-' (back) and portare (to carry). Think of it as a little mental



courier. When it was converted into the noun rapport in English around the 17th Century, it kept a bit of that 'bringing things together' energy.

Essentially, when you have rapport with someone, you've established a connection where ideas, feelings, and understanding are 'brought back and forth' smoothly. It's the linguistic equivalent of a perfectly paved highway between two brains—no potholes, no traffic jams, just smooth sailing!

So, how do we use this social powerhouse? Think of rapport as the secret sauce for any situation involving human beings. A therapist without

rapport is just a person asking annoying questions. The best salespeople don't sell products; they sell rapport. If you're on your first date and there's no rapport, you're not having a conversation; just two people interviewing each other.

The core idea is this: Rapport is the state of mutual understanding and harmony. It's the difference between saying 'hello' to a stranger and someone wondering whether you've been friends for years. It's the sweet sound of two souls humming on the same frequency; it's what makes life, and conversations, significantly less sticky!

Jokes of the week

1. Why don't eggs tell jokes? They'd crack each other up!
2. What's the favorite fruit of twins? Pears.
3. A slay queen visits her boyfriend in prison. Before leaving, she tells the Prison warden: "You shouldn't make my guy work like that. He's exhausted!" The warden laughs: "He just eats and sleeps!" Slay queen:

"Bullcrap! He just told me he's been digging a tunnel for months!"



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Najjera- Buwaate Rd, Kira
+256 75 811 1409 +256 740 863 399
vipventuresltd@gmail.com