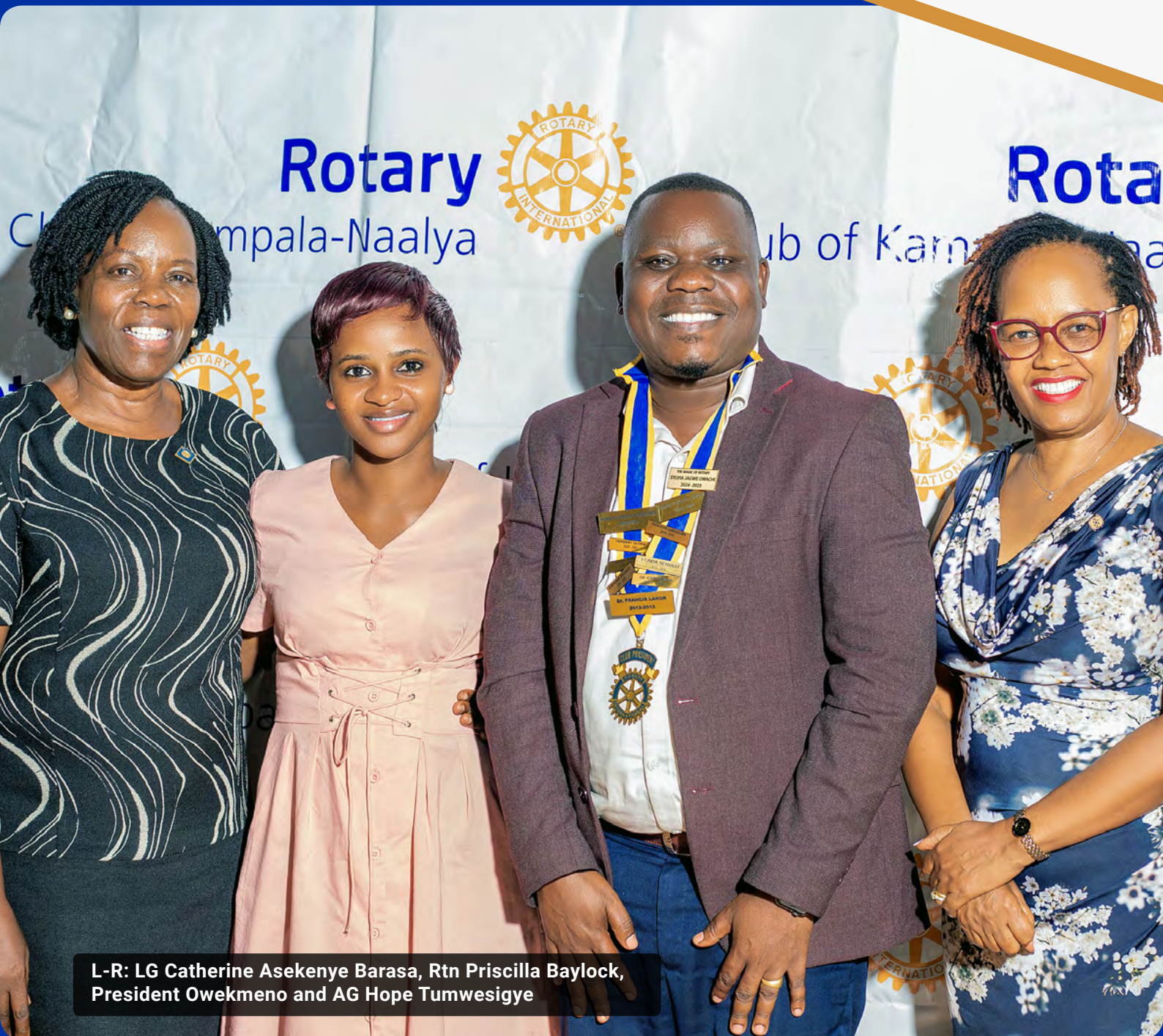


# Naalya Food Bulletin

25<sup>th</sup> November, 2025

Rotary  | **UNITE  
FOR  
GOOD**  
Kampala - Naalya

Issue 21 | RY 2025-26



L-R: LG Catherine Asekenye Barasa, Rtn Priscilla Baylock, President Owekmeno and AG Hope Tumwesigye

RC KAMPALA - NAALYA



SCAN TO LEARN MORE

## In This Issue

14

Rotaract D9213 wins top accolades  
at 25th Rotaract Africa Summit

22

Deriving satisfaction,  
contentment from giving





**RelaDental**  
Smile for Miles

## **Experience Our Best Quality Dental Care**



Dental Consultation, Tooth extraction, root canal treatment, scaling and polishing, filing and cementing, orthodontic treatment/braces, teeth whitening, fracture management, crown and bridge work, dental surgery, dental implants, cosmetic surgery



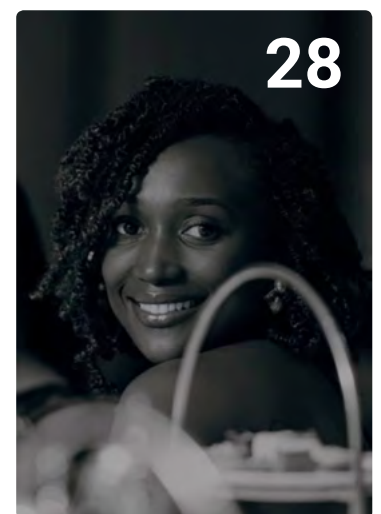
For More Information

**+256785834461**

# Menu

Tap any title to jump to page

- 4** Chef's Note
- 5** Let us give with Gratitude - RI President Arezzo
- 6** DG's Schedule Next Week
- 7** President Charles Owekmeno's Message
- 8** Speaking to the World: Representing Rotary with Authenticity
- 10** A Culture of Giving: LG shares practical strategies for effective Club-level fundraising for TRF
- 14** A Double Triumph for Rotaract District 9213 wins top accolades at 25th Rotaract Africa Summit
- 16** D9213 to redistrict: Strategic move to enhance support and impact in Uganda
- 19** The Price of Silence: Why we should support men who struggle with mental health
- 20** ESG: Rotarians urged to harness corporate partnerships to fund the Seven Areas of Focus
- 21** TRF: Let's balance giving with grants access messages
- 22** Deriving satisfaction, contentment from giving
- 25** Replicate Nakivale skilling model
- 27** Last week's fellowship
- 28** We Hang Out, Hang Here
- 29** Object of Rotary
- 30** Fun Facts



**Publisher:**

**CHUNZI Technologies**

RELIABLE DESIGNS FOR YOU!

WhatsApp us on +256 766 014 115





# Chef's Note

Dear Reader,

**N**ovember, our cherished Rotary Foundation Month, has once again reminded us why we serve. Within our Club and indeed across our District, Rotarians have demonstrated that generosity isn't an occasional gesture but a habit of the heart.

---

**As our own Godfrey Okello-Omoding aptly states in his column, there's a priceless satisfaction and contentment derived from being generous to the less fortunate.**

---

And our club, the Rotary Club of Kampala Naalya has set a remarkable example. During Foundation Month, the club has proudly pinned new Paul Harris Fellows (PHFs), members whose sustained contributions have crossed the US \$1,000 threshold. These newly recognized PHFs have transformed quiet commitment into visible legacy. To each of you: your contribution ripples far

beyond Kampala, touching lives across continents. On behalf of every child who will never know polio, every mother who will safely deliver her baby, and every community that will drink clean water because of projects your dollars will seed, we all say a big 'THANK YOU.' Your example is contagious, and we confidently anticipate that when November 2026 arrives, Kampala Naalya will pin even more PHFs, inspiring clubs across the District to follow our lead, as the "Governor's Club" of course.

As the calendar turns to December, we step purposefully into our month for Disease Prevention and Treatment. This theme couldn't be more aligned with Rotary's soul. The battle against polio is not yet fully won. HIV/AIDS still steals too many futures in sub-Saharan Africa. Malaria claims a child's life every two minutes. Inadequate sanitation and unsafe water remain silent accomplices in cycles of illness and poverty.

Yet, in many communities across the country, Rotary's response has often been the game-changer.

---

**From mosquito-net distributions and rapid diagnostic kits to water filters, medical camps and maternal-health services, our clubs stand tall on the front lines.**

---

December is our annual reminder that every immunization campaign we support, every medical camp we conduct, and every water filter we install is an act of defiance against despair.

---

**Let November's gratitude fuel December's action. Let the glow of new PHF pins illuminate the path toward healthier communities.**

---

The connection between these months is profound: the Foundation provides the resources, and Disease Prevention and Treatment demonstrates their impact.

**Rtn. Peter Nyanzi**  
*Bulletin Officer*

## LET'S GIVE WITH

# Gratitude

RI President's Message - Rtn. Francesco Arezzo

NOVEMBER 2025

**T**his November, as we celebrate The Rotary Foundation, I invite you to consider not only what we give but also why we give. The Foundation is more than a fund for projects. It is the beating heart of our promise that service, rooted in trust and friendship, can create lasting change.

Our Action Plan calls us to increase our impact, and the Foundation is how we make this vision real. Since 1988, Rotary and our partners have immunized nearly three billion children against polio.

**We have committed more than \$2.6 billion to this cause, and last year alone we directed \$146 million toward the final push for eradication.**

These numbers are significant, but the true impact is not in statistics — it is in the lives of children who will never again fear polio. It is in the hope restored to families and the peace built in communities once defined by disease.

But polio is only one story among many. Each year, Rotary Peace Centers train new generations of leaders



who will transform conflict into dialogue and division into understanding. In 2023-24, nearly 100 new fellows began their studies, continuing a legacy of more than 1,800 peacebuilders from over 140 countries. When we invest in them, we are planting seeds of peace that will bear fruit for decades to come.

The Foundation also touches lives through district and global grants - supporting projects large and small. A clean water well for a rural community, scholarships for young professionals, medical care in the wake of disaster — these are not temporary gestures, but steps toward

dignity, resilience, and opportunity. This is how Rotary service becomes lasting impact. And when natural disasters strike, our Foundation allows Rotary to act quickly with disaster response grants.

**Our Foundation is not about what we can do alone but what we can do together. Each contribution, no matter its size, joins with others to create a collective act of faith in humanity and in the future.**

The last mile of any great journey is always the hardest. We see this in our final steps toward ending polio, in our work for peace, and in every project that seeks to lift people out of despair. Yet, every time we give, we declare that our work will continue regardless of the challenge.

**This November, let us give with gratitude, with joy, and with hope. Through our Foundation, we Unite for Good, and in doing so, we leave behind not only projects but also a legacy of peace, trust, and 'Service Above Self.'**





**WEEKLY  
SCHEDULE**

MON 24 - SUN  
30 NOV 2025

DISTRICT GOVERNOR

**GEOFFREY MARTIN  
KITAKULE**

## NOV WEEK XXIII

**25**



**DG's Official Visit to RC Wobulenzi**

5:30pm - Hotel Network

**26**



**Launch of a Childhood Center**

9:00am - St. James Primary School Bukandula, Kabulasoke

**DG's Official Visit to RC Kira**

7:00pm - Zebra Spot Kira

**27**



**DG's Official Visit to RC Wakiso**

6:00pm - Wakiso Town Council

**28**



**Launch of the Digital Community Center**

8:00am - Butabika National Referral Hospital

**29**



**DG's Official Visit to Teso Sub Region Rotary Clubs**

10:00am - Kumi

**30**



**Hiking Fundraiser - RC Nansana Metro**

7:00am - Kabulengwa Hills, Nansana

# President's Message

RTN CHARLES OWEKMENO  
*Unite For Good President*  
2025-2026



Dear Rotarians, Rotaractors  
and Guests,

**W**elcome to yet another week of Rotary service! I would like to thank all members and friends who attended the fellowship last Tuesday, when we hosted LG Catherine Asekenye Barasa.

In the same spirit, I want to extend my heartfelt gratitude for your commitment towards supporting The Rotary Foundation (TRF).

**I am particularly grateful for your generous contributions during the last fellowship where we were able to raise a remarkable cash and pledge contribution of over \$4,000 toward TRF.**

Each contribution, no matter the size, demonstrates our collective dedication to Rotary's mission of service above self. We therefore

encourage every member to kindly contribute to the Foundation however little it is.

I would also like to take this opportunity to congratulate and thank the new Paul Harris Fellows at our club. These include our TRF Director, Sylvia Nankya (PHF-2), yours truly, Joachim Buwembo,

Pamela Kawadwa, and Dorcas Mwanje. Your recognition is a testament to your dedication and philanthropic spirit. We are proud to have you as part of our Rotary family, and we encourage all members to continue supporting the Foundation's efforts. Your contributions are instrumental in enabling Rotary to carry out its global and local initiatives that change lives.

Additionally, I want to thank the members who attended the Rotary Foundation Dinner on Saturday at Kabira Country Club. Your presence and active participation underscore our club's commitment to Rotary's initiatives. Let us all keep mobilizing and working together to promote the Foundation's noble causes, ensuring our collective efforts

continue to make a difference.

Looking ahead, I am pleased to invite all members to join us for a special fellowship this Tuesday, 25<sup>th</sup> November 2025. We will be celebrating the pinning of the new Paul Harris Fellows, an occasion that highlights our shared commitment to service and philanthropy. It will be a wonderful opportunity to connect, celebrate our achievements, and renew our dedication to Rotary's values.

**Finally, please mark your calendars for our upcoming Club Assembly, scheduled for 2<sup>nd</sup> December 2025. This will be an important opportunity to discuss club matters, review progress, and plan our future activities to ensure that we continue to serve effectively.**

Thank you once again for your dedication to service above self. I wish everyone a great Rotary week ahead.

WARM REGARDS,

**“**  
It will be a wonderful opportunity to connect, celebrate our achievements, and renew our dedication to Rotary's values.”  
**”**



## TEAM TALK

## LANGUAGE OF LEADERSHIP: *Speaking to the World: Representing Rotary with Authenticity*

BY AG FRANCIS LUBUULWA

Over the past few weeks, we have explored how Rotary leaders communicate: by understanding people, sharing vision, and listening with empathy. Now we take the final step outward: How we represent Rotary to the world.

**Every time we speak about Rotary at a fellowship, a community service project, a fundraising dinner, or even in a casual conversation, we become its voice.**

The words we choose, the stories we tell, and the attitude we project either strengthen or weaken Rotary's image. Authentic communication is therefore not just a skill; it is a form of service.

Leadership expert John Maxwell reminds us: "People may hear your words, but they feel your attitude." When you speak as a Rotarian, you carry more than information. You carry emotion, conviction, and the weight of our collective goodwill. Presence is often louder than words. A warm smile, punctuality, a thoughtful response, or even a simple "thank you" speaks

volumes about Rotary values. Whether addressing senior Rotarians, dignitaries or welcoming a first-time visitor, your demeanor tells people what Rotary stands for long before your words do.



People remember authenticity far longer than perfectly crafted sentences. Great communication is not about perfection; it's about authenticity. As Brené Brown notes, people connect more deeply to sincerity than to polish. A Rotary leader does not need to sound like a politician or a communications expert. What matters most is speaking from the heart on a number of key factors such as:

- Why Rotary matters to you
  - How service has shaped you
  - What moment moved you during a service project
  - Why fellowship is your weekly highlight
- Every Rotary club has thousands of untold stories: stories of change, hope, restoration, and human dignity. Sharing these stories is how we make Rotary real and relatable. Leadership writer Steve Denning (2011) calls storytelling "the language of leadership."

Facts may impress, but stories inspire. A simple, human story – "This is

Sarah. Before Rotary intervened, she lost her first child because she had to walk 10km to access a health center. Today, Sarah walks less than a km to access a health center built by Rotary." That communicates impact more powerfully than

a paragraph of statistics. Before telling any story, use the "So what?" test:

- What does this story reveal about Rotary's values?
- What does it teach about who we are

**“**  
When you speak as a Rotarian, you carry more than information. You carry emotion, conviction, and the weight of our collective goodwill..**”**



and why we serve?

**The world understands Rotary better when we tell stories that reveal our heart, not just our activities. Every Rotarian is a brand ambassador. That means every public interaction: digital or physical, reflects on our organization.**

A few practical reminders for us to maintain a strong and credible Rotary identity in the community include the following:

1. **Speak positively** about your club, district and Rotary World over. Challenges should be solved internally, not advertised externally.
2. **Dress and behave with dignity** at Rotary events: professionalism communicates respect.
3. **Be thoughtful on**

**social media:** what you post, share, or comment on becomes part of Rotary's public image.

**4. Acknowledge partners and beneficiaries** with humility. Respect builds long-term trust.

5. Use digital platforms to amplify Rotary's voice far beyond club borders and to:

- Highlight **impact**, not self-promotion
- Celebrate **people**, not just projects
- Share **impactful stories** of transformation in the communities

Rotary doesn't just need good speakers. Rotary needs **genuine storytellers**. The world doesn't need us to speak louder; it needs us to speak truer. Everything spoken on behalf of Rotary should carry truth, optimism, empathy and hope. When we communicate with authenticity, humility,

and vision, we do more than represent Rotary: we embody it.

As this series concludes, I strongly encourage our readers to remember three key lessons:

“

Speak positively about your club, district and Rotary World over. Challenges should be solved internally, not advertised externally.”

**Words build trust. Stories build connection. Authenticity builds Rotary.**

#### References

- Maxwell, J. C. (1998). The 21 Irrefutable Laws of Leadership.
- Brown, B. (2018). Dare to Lead.
- Denning, S. (2011). The Leader's Guide to Storytelling.
- Rotary International. (2023). Brand Center and Public Image Guidelines.

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





## *A culture of giving: LG shares practical strategies for effective Club-level fundraising for TRF*

BY EDITORIAL DESK

Last week, our club was honoured to host LG Catherine Asekenye Barasa, who came to share her insights on the topic; “Tips on Raising More for TRF at Club Level.” She started her talk by stating that across Rotary, one truth is universal: The Rotary Foundation is the engine of our impact. Whether through polio eradication, peace fellowships, global grants, or disaster response, the Foundation translates our generosity into life-changing outcomes.

---

**For clubs to play their part, fundraising must be intentional, strategic and rooted in a culture of shared responsibility.**

---

So effective was her talk that it resulted in several

members pledging a total of more than \$4,000 to TRF in the next six months, which was a very positive sign of better things to come for the Rotary Club of Kampala Naalya, which she kept describing as the “Governor’s Club.”

According to Catherine, at the heart of successful club-level fundraising lie several general principles - beginning with intentionality. Giving may be voluntary, but for a Rotarian it is also a commitment grounded in the ideals of service and the global pledge embedded in Rotary’s Action Plan. To give intentionally means to plan, decide and act consistently. This intentionality can be summarised through the “Four Ds”: decisiveness in setting giving goals, designing clear strategies to achieve them, dedication to follow-through, and determination to reach targets early in the Rotary year. A second guiding principle is deepening member

understanding of the Rotary Foundation. Members give more confidently when they understand where their money goes, what it achieves, and how their individual contributions, however modest - fit into Rotary’s global mission. Self-learning, mentorship, visiting strong-giving clubs, and engaging Paul Harris Fellows within the club are proven ways to expand this knowledge.

---

**Buddy groups, quizzes, and informal Q&A sessions help build interest, correct misconceptions, and keep Foundation conversations alive throughout the year.**

---

Another powerful principle is the recognition of the value of small giving. Too often, Rotarians assume that meaningful giving requires large sums. Yet, Rotary is filled with stories of individuals who began with \$10 and steadily grew into Paul Harris Fellows and beyond. Teaching members that giving can be incremental removes fear, builds confidence, and encourages a lifestyle of consistent generosity.

Crucially, clubs must document and communicate the impact of giving. When Rotarians learn that the Foundation has helped immunise over three billion children against polio, funded



Residents of Acholi Quarters await services at the medical camp organized by Rotary recently.



more than 70 disaster-response projects in a single year, or supported nearly 1,800 Peace Fellows worldwide, the value of even \$1 becomes undeniable. Impact stories inspire action far better than reminders alone.

---

**Alongside these general principles, clubs can strengthen fundraising by adopting tested short-term strategies that deliver immediate results.**

---

One of the most effective is leading from the front. Members look to their leaders especially presidents and past presidents for direction. Many clubs now require club presidents to be Paul Harris Fellows, while some past presidents jointly join the Paul Harris Society to model consistent giving. When leaders walk the talk, members follow.

Clubs have also succeeded by integrating small contributions into annual dues, ensuring every Rotarian begins the year having already given at least a minimum amount. Birthday contributions, “cake-to-cash” conversions, and birthday group “circles” that support members to achieve Paul Harris status have also proven effective and culturally fitting in our Ugandan context.

General fundraisers remain useful, particularly when clubs use proceeds as matching funds to top up members’ individual contributions. Matching systems create excitement, leverage small gifts, and encourage participation from members who may

otherwise hesitate.

Timely communication is another critical short-term strategy. Regular updates on both club performance and individual giving energise members. Clubs that update members monthly on their giving status find greater engagement, especially when individuals learn they are close to a recognition milestone.

Equally important is resolving remittance challenges, which often hinder members who are willing to give. Clubs must survey members to identify the most comfortable and reliable remittance options, whether through mobile money facilitation, simplified credit-card alternatives, or club-level support from the TRF chair.

Complementing these are monthly recognition sessions, early-year pledge drives, standing orders for pledged amounts, and public appreciation through flyers or recognition moments during fellowship.

Beyond short-term tactics, every strong Rotary club must invest in long-term strategies that secure sustainability in giving.

A key long-term approach is developing a long-range vision for the club’s giving

culture. Instead of planning only one year at a time, clubs should look three to five years ahead: Where do we want to be in terms of membership? How many Paul Harris Fellows should we have? What level of annual giving do we want to consistently achieve? Such visioning creates continuity between leadership teams and prevents fragmentation of efforts.

Another long-term strategy is strengthening functional club committees. A robust TRF committee with trained and mentored members ensures continuity, effective member engagement, and adequate awareness of Foundation activities and district giving cycles.

---

**Finally, long-term fundraising success demands intentional budgeting by members. Rotarians should be encouraged to plan for their Rotary commitments; dues, annual giving, installations, district events just as they plan for personal expenses. This discipline ensures giving is not accidental but well-prepared and sustained.**

---

Fundraising in Rotary is not merely about money - it is about deepening our commitment to serve. With intentionality, strong leadership, strategic planning and a vibrant culture of recognition and learning, every club can grow its fundraising capacity and amplify Rotary’s impact in the world.



**Rotary**  
District 9213



The  
**Rotary**  
Foundation



**US\$ 1,000**  
**CLUB GIVING**  
**RECOGNITION**

Proudly Presented to

**RC KAMPALA NAALYA**

for generously contributing \$1,000 to The Rotary Foundation.  
Your kindness, commitment, and support are helping create lasting change in  
our communities and beyond. Thank you for leading by example.



# RECOGNITION OF GIVERS AND PINNING CEREMONY



**PP SYLVIA NANKYA**  
PHF+2



**PRESIDENT CHARLES  
OWEKMENO**  
PHF



**PN PAMELA  
KAWADDWA**  
PHF



**RTN DORCAS  
MWANJE**  
PHF



**RTN JOACHIM  
BUWEMBO**  
PHF



**PDG MIKE SEBALU**  
CHIEF GUEST



**TUESDAY 25TH NOVEMBER , 2025**



**7.00PM**



**NDERE CULTURAL CENTRE**

[www.RotaryKampalaNaalya.org](http://www.RotaryKampalaNaalya.org)



### A DOUBLE TRIUMPH FOR ROTARACT

## District 9213 wins top accolades at 25<sup>th</sup> Rotaract Africa Summit

#### BY EDITORIAL DESK

What a thrilling occasion for the Rotaract community in Uganda! The dynamic center of service in the Pearl of Africa, Rotaract District 9213, has returned from the 25<sup>th</sup> Rotaract Africa Summit (RAS 25) in Cotonou, Benin, with two outstanding first-place awards in hand.

This silver anniversary summit, which took place from November 20–23, 2025, under the auspices of Rotary International and Rotaract Africa and graciously hosted by Rotaract Benin, was filled with the unrestrained enthusiasm of more than 500 young leaders from more than 30 districts throughout the continent.

**Africa's youth demonstrated their everlasting dedication to "Service Above Self" at this brilliant gathering of passion, education, and camaraderie.**

For District 9213, with its impressive network of over 114 clubs spanning Uganda's Central, Eastern, Mid-Western,

and Northern regions, this triumph cements its status as a continental powerhouse, redefining excellence in Zone 22.

The summit's grand finale; the Closing Dinner & Awards Gala was nothing short of magical. Under shimmering chandeliers, amidst the warm glow of camaraderie and the rhythmic beats of African music, delegates gathered to celebrate a year of transformative impact.

Keynote addresses from dignitaries, including inspiring reflections from Babalola on how Rotaract is "lighting the path for Rotary's tomorrow," set a tone of pride and boundless possibility. As the evening unfolded, the air crackled with anticipation for the continental awards, signed by RA-MDIO President Allan M. Ntambi (2024-2025), honoring those who turned Rotary's global ideals into tangible realities.

It was here, in this electric atmosphere, that District 9213's stars aligned, propelling Uganda's Rotaractors to the pinnacle of recognition.

First, the Membership Growth & Development Award—claimed triumphantly in first place. This award recognizes the

district's brilliant tactics for drawing in, keeping, and developing young professionals, guaranteeing Rotary's prosperous future.

District 9213 experienced an impressive 20% year-over-year growth through creative outreach to

firms, institutions, and underprivileged neighborhoods. A strong leadership pipeline was strengthened, members were empowered via focused training, and new clubs were enthusiastically chartered.

**Today, this dynamic family multiplies the power of active Rotaractors who feel appreciated and prepared to lead by touching over 10,000 lives every year.**

What a monument to the district's progressive agenda, demonstrating that

“When District 9213 was declared the first-place recipient of The Rotary Foundation (TRF) Award, the festivities reached even greater heights!”



the movement thrives forever when we invest in people.

When District 9213 was declared the first-place recipient of The Rotary Foundation (TRF) Award, the festivities reached even greater heights! This award honors unmatched commitment to Rotary's philanthropic force, which supports international projects and programs like education, clean water, maternity health, and polio eradication.

More than 2,000 lives have already been changed by our Rotaractors thanks to contributions exceeding an anticipated US\$50,000 in the 2024–2025 Rotary Year and their deft handling of several grants. These initiatives, which range from literacy programs and cancer awareness races to malaria prevention drives, exemplify the mutually beneficial relationship between local action and global reach. Indeed, Uganda's Rotaractors are the catalysts for change—

it's a thunderous applause for philanthropy that spreads knowledge, inspiration, and hope around the globe!

These victories are the collective triumph of every Rotaractor in our district, from club presidents to dedicated volunteers who roll up their sleeves for community projects. They reflect the visionary leadership of outgoing IPDRR Simeo Ssebukulu, whose strategic planning turned ambition into achievement, and set an inspiring stage for Abesage Nahabwe, the current DRR. Amid fierce competition, our district's culture of passion, accountability, and excellence shone brightest, forging partnerships that will echo far beyond Cotonou.

Uganda's DRR Abisage Nahabwe) was recently elected Vice President of Rotaract Africa MDIO. "You guys made this possible. The best district that I have ever witnessed. I will always choose you and remember you. Let's support our

successors to achieve even more," said Ssebukulu.

As social media buzzed with #RAS25Memories - posts of beaming Ugandans hoisting trophies and captions like "Proud to be part of Africa's service revolution!" - it's clear these awards are more than trophies; they're catalysts for greater grants, international collaborations, and sustained growth. Dear fellow Rotarians and Rotaractors, let us revel in this momentum!

---

**At the recent Rotary International Summit in Brussels, District 9213 was also crowned with several accolades, which spelt a truly 'Magical' and historical year for the District. D9213 has not just won, it has ignited a brighter future, proving that Ugandan service is proudly, powerfully leading Africa's rise. One act at a time, we soar.**

---



The Ugandan delegation to Benin was led by Rtn Emmanuel Katongole (2R)

## D9213 TO REDISTRICT:

# Strategic move to enhance support and impact in Uganda



### BY EDITORIAL DESK

**D**istrict Governor Geoffrey Martin Kitakule has announced a groundbreaking proposal that could reshape Rotary's landscape in Uganda. After careful analysis and extensive consultations, District 9213 leadership is recommending the strategic division of the district into two strong, viable districts effective July 1, 2027.

District 9213's remarkable growth story has created both celebration and challenges. With 142 Rotary clubs serving 5,291 Rotarians and 140 Rotaract clubs with 3,293 Rotaractors, the district has become one of Africa's fastest-growing Rotary districts, maintaining an impressive 11% annual

growth rate over four years.

**In a November 21 email to the Rotary fraternity, Governor Kitakule extended his gratitude for the unwavering dedication to service, which continues to transform communities across Uganda.**

He said D9213 stands as a shining example of Rotary's potential, but with growth comes the need for evolution and after thorough analysis and consultations, the leadership has proposed redistricting District 9213 into two viable

districts, effective July 1, 2027. This initiative, driven by the District leadership rather than external mandates, aims to strengthen club support and sustain momentum.

District 9213 has achieved remarkable expansion, emerging as one of Africa's fastest-growing Rotary districts. As of September 2025, it boasts 142 Rotary clubs serving 5,291 Rotarians and 140 Rotaract clubs engaging 3,293 Rotaractors. This represents an impressive 11% annual growth rate over the past four years, fueled by innovative projects, robust membership drives, and committed Foundation giving.

Yet, this success has strained operational capacity. Spanning vast regions of Uganda, the district's size makes it challenging for a single leadership team to provide adequate support.

**“District 9213 has achieved remarkable expansion, emerging as one of Africa's fastest-growing Rotary districts.”**

Governors and assistants struggle to conduct meaningful club visits, offer timely assistance to underperforming clubs, and mentor leaders on key areas like membership retention, project



execution, and contributions to The Rotary Foundation.

**“As I have observed firsthand, these limitations hinder our ability to foster deeper engagement and maximize impact,” he said.**

Recognizing these structural constraints, our District Redistricting Committee—chaired by PDG Xavier Sentamu and including Rtn. Maureen K. Tumwebaze—conducted extensive reviews. The outcome is a proactive, home-grown plan to divide the district, ensuring both new entities are balanced in membership, geography, and service potential.

### The proposed structure

The redistricting would create two robust districts:

- District 9217: Encompassing 80 clubs with approximately 2,765 members, covering Central (Kampala-Nakawa), Eastern Uganda, Mid-Western, and North-Eastern regions.
- District 9218: Comprising 62 clubs with about 2,540 members, serving Central (Kampala-Central & Kawempe), Northern Uganda, and the Hoima Road corridor.

This division prioritizes equitable distribution, with each district featuring established “anchor clubs” for leadership stability and financial viability. Boundaries remain flexible, allowing adjustments

based on club feedback to optimize connectivity and effectiveness.

### Key benefits

This strategic realignment offers tangible advantages, directly addressing our current limitations:

- Closer leadership engagement: Smaller districts would enable governors to visit clubs more frequently, providing personalized mentorship, coaching, and support. This will build stronger relationships, improve member retention, and enhance overall club vitality.
- Streamlined governance and operations: Focused

teams can implement tailored strategic plans, allocate resources efficiently, and ensure better accountability in programs like service projects and Foundation initiatives. Decentralization will reduce administrative burdens and promote

innovation.

- Sustained and accelerated growth: By fostering regional ownership, the new structure will empower local leaders to develop initiatives suited to their areas, maintaining our growth trajectory. More leadership roles at the district level will cultivate emerging talent and invigorate participation.
- Deeper Rotaract integration: With over 3,200 active Rotaractors, smaller

districts would facilitate better collaboration, mentorship, and transition pathways into Rotary clubs, strengthening our intergenerational partnerships.

Ultimately, redistricting is about amplifying Rotary’s mission: creating lasting change through service. It positions us to reach more communities, deliver greater impact, and uphold our commitment to excellence.

### A transparent process

True to Rotary’s principles, this decision empowers our clubs. Each club must review the proposal using the provided concept paper and FAQs, discuss it openly, and conduct a formal YES/NO vote. Redistricting will advance only if a simple majority of clubs approve.

**To align with Rotary International’s timelines, clubs must complete discussions and submit results by November 30, 2025. Club presidents will communicate outcomes as instructed.**

For further clarifications, members were encouraged to contact PDG Xavier Sentamu or Rtn. Maureen K. Tumwebaze.

**Governor Kitakule appealed to every Rotarian and Rotaractor to support the proposal with a YES vote, which would secure a future where clubs thrive, leaders are accessible, and our collective efforts create even more hope.**

A high-contrast, black and white close-up photograph 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.

# MENTAL HEALTH SUPPORT FOR ADOLESCENTS IN GHETTOS IN UGANDA

Support 600 vulnerable adolescents  
in overcoming mental health  
barriers to thrive in school and life.

SCAN ME  
TO SUPPORT

CONTACT:

+256-774-222-696

+256-782-363-645



**Rotary**   
Kampala-Naalya



## THE PRICE OF SILENCE:

# Why we should support men who struggle with mental health

BY RTN JACKLINE MUTIMBA



He sits quietly at the taxi park, lost in thought. Bills pile up, work slows, but when someone asks if he's fine, he answers, "I'm okay." For many Ugandan men, silence is survival — and strength is measured by how much pain they can hide.

Society has long taught men that emotion equals weakness. Boys are told not to cry. Men are told to "man up." These lessons become emotional cages. The Ministry of Health (2022) estimates that suicide rates among Ugandan men are nearly three times higher than among women, yet men are far less likely to seek counseling.

A 2023 Uganda Counselling Association survey found that nearly 70 percent of men experiencing depression never disclose their struggles, often due to stigma, fear of judgment, or lack of accessible services.

### Hidden Wounds

Workplace pressure, unemployment, and family responsibilities weigh heavily. Many men carry intergenerational trauma silently, fathers who never spoke, sons who learned to endure. This quiet endurance turns into irritability, substance abuse, or social withdrawal. For boda boda riders,

police officers, or teachers, long days of physical and emotional strain leave little room for vulnerability. One wrong word can be mistaken for weakness, threatening respect or stability.

### Breaking the Silence

Change begins with conversation. Uganda's growing mental health advocacy movement offers hope. NGOs like StrongMinds Uganda and Minds Ahead Foundation are creating safe spaces for men to talk. Faith institutions are also beginning to host dialogues around emotional well-being.

**Let's normalize emotional honesty in schools and workplaces to encourage open discussion of**

### mental stress.

Organise male-focused campaigns i.e use relatable figures such as coaches, artists, pastors, to promote help-seeking.

Provide affordable services, expand mental health access through community clinics and toll-free lines.

**Vulnerability is not failure. It's courage in its truest form. When men speak, families heal. When they seek help, communities grow stronger.**

Uganda's progress depends not only on what men build with their hands, but what they heal in their hearts.

**Rtn Jackline Mutimba is a Monitoring and Evaluation Specialist / Mental Health Advocate**



## ESG: ROTARY'S BIG OPPORTUNITY

*Rotarians urged to harness corporate partnerships to fund the Seven Areas of Focus*

BY EDITORIAL DESK

**T**he era of traditional philanthropy is over. The landscape of corporate giving in Uganda is undergoing a seismic shift, and Rotary clubs across the nation stand at the precipice of a monumental opportunity. The key to unlocking this new frontier is not merely a change in tactics, but a fundamental shift in mindset: from seeking short-term charity to offering long-term, strategic investment through the Environmental, Social, and Governance (ESG) framework. This is not just a global trend; it is the definitive strategy for securing significant corporate funding and maximising grants from The Rotary Foundation.

**The urgency for this evolution is driven by a critical national development: the Institute of Certified Public Accountants of Uganda (ICPAU) Roadmap for Sustainability Reporting 2032. This mandate means that major Ugandan companies will soon be legally required to report on their ESG performance.**

Consequently, corporate



Rotary has partnered with EACOP to launch the Green Schools Initiative, aimed at instilling environmental conservation skills in schools along the pipeline corridor.

boards are no longer just looking for goodwill projects; they are actively and urgently seeking verifiable, high-impact initiatives that generate the mandatory data they need for compliance. They need partners who can deliver measurable, reportable outcomes. Rotary is uniquely positioned to be that indispensable partner.

Why Rotary? Because upon inspection, Rotary International is, in its very DNA, the original ESG organisation. Our foundation is a perfect match for this new

corporate imperative. Our Governance is robust, featuring a decentralised yet audited global structure, stringent financial oversight, and the timeless Four-Way Test as our ethical core. For the Social and Environmental pillars, our projects are inherently designed for impact, guided by community-led needs assessments and the Seven Areas of Focus, which now formally include our dedicated priority for the Environment.

“It’s not just a global trend; it is the definitive strategy for securing significant corporate funding and maximising grants from The Rotary Foundation.”

Most critically, our model of Accountability, with its mandatory and measurable grant reporting,



provides corporate partners with the exact, auditable data they require for their sustainability reports.

This powerful alignment transforms our club projects from being perceived as a charitable “cost centre” into a strategic “investment” for “good business.” When a Ugandan corporation invests in a Rotary-led initiative, they are not making a donation; they are acquiring a pre-packaged, verifiable ESG solution.

### Areas of Focus

Our most potent opportunities lie in TRF-ready environmental projects that align directly with corporate decarbonisation goals. Think of renewable energy solutions like solar installations that reduce a company’s Scope 1 and 2 emissions; water and waste management programs that tackle Scope 3 emissions; and reforestation efforts that provide carbon sequestration.

By strategically focusing on the Environment, the seventh Area of Focus - we directly unlock the powerful funding mechanism of The Rotary Foundation’s Global Grants. This is the essence of our new strategy: securing corporate ESG investment allows us to generate matching funds from TRF at an exponential rate, turning local shillings into global impact.

As we reflect during Foundation Month this November, the call to action is clear and compelling. We must reframe our funding requests. We must stop asking for charitable donations and start proposing strategic ESG partnerships. Identify the corporate leaders in your network who are grappling with these new

reporting targets. Approach them with a proposition that offers an indispensable service: a turnkey project that delivers tangible, sustainable results for the community and the verifiable data their business requires.

---

**The future of funding for Ugandan Rotary clubs is here. It is strategic, it is sustainable, and it is immensely powerful.**

---

By embracing our role as Uganda’s premier ESG implementation partner, we transform our clubs from fundraisers into powerful engines for lasting community development and massive, sustainable investment. The opportunity is undeniable. Let us seize it together.

### Top 10 high-impact, ESG-aligned projects:

- Solar-Powered Water Access for Agribusiness Communities (Kakira Sugar and Mehta Group).
- Plastic Waste Recycling Social Enterprises: Coca-Cola Beverages Africa and Mukwano Group.

- Maternal Health Ward Upgrades with Medical Equipment: Stanbic Bank, Centenary Bank, Letshego Uganda, and NCBA Bank).
- Corporate-Backed ‘Fruit Tree for Carbon’ Programs (Reforestation): Uganda Breweries Limited (UBL), Hima Cement, Roofings Group, and East African Crude Oil Pipeline (EACOP) Ltd. [via the Green Schools Initiative].
- Vocational Training in Green Energy Technologies: MTN Uganda and Airtel, Roke Telkom.
- Sanitation and Menstrual Hygiene (MHM) in Schools: Jesa Dairy.
- Sustainable Agriculture for Food Security: NUCAFE
- Digital Libraries and E-Learning Hubs for Rural Schools: Roke Telkom.
- Medical Equipment Calibration and Maintenance Partnerships: National Medical Stores (NMS), MTN Uganda
- Public Health Campaigns with Corporate Outreach (Disease Prevention): Centenary Bank, dfcu Bank (Blue Hearts Initiative), National Medical Stores (NMS), and Cipla/QCIL



The Rotary Club of Kampala Naalya has partnered with SPROUTS to supply Purifaya water filters in Kampala.



## ELDER'S EYE

# Deriving satisfaction, contentment from giving

BY RTN GODFREY  
OKELLO-OMODING

**S**atisfaction is a good feeling. Everyone wants it. You cannot touch nor see it. It is derived from different things that you do or someone does for you. In any way, you who feels satisfaction has a part to play either actively or passively.

During this month of the Rotary Foundation, you could have given something or witnessed giving. These two acts somehow caused a feeling in you. Certainly, this feeling radiates from the inner you. It strikes as a rare opportunity to experience satisfaction out of exchange of invisible items. You gave not to receive a service nor a product. This is a wonderful feeling in one's life.

**Satisfaction which is derived from no direct exchange of a service or an item is a registered mark of being contented. Since the beginning of this month, there has been messages of giving and also witnessing of giving.**

Indeed, giving was done and it continues. It is intrinsic giving coming from persons with different resource base but with a focus on one cause; making humanity better. Here, there is no measure of haves or complains but satisfaction of taking part in the cause.

**Giving is a manifestation of the human spirit. The human spirit when channeled for a right purpose can cause tremendous positive changes. Its limit is elastic.**

It has ways of touching and turning lives, right from basic things to complex

ones. This is so because at every level or amount of giving, there is satisfaction. Besides, it comes with contentment.

**“Don't compare with what others give. Doing so keeps you constantly uncontented, and eventual fail to give and feel unsatisfied.”**

Contentment literally is an acceptance, if looked at it spiritually, is that you brought nothing into this world and you will leave everything here. Therefore, it is good to extend something to others. There are many wealthy people who have understood this

contentment and are giving massively to human causes. For instance, Bill Gates, has put his resources aside for human causes. He has promised by 2045, he would have given away everything and closed his foundation.

This month has been a reminder to us as Rotarians that giving is part of being contented. No amount is small because giving gives satisfaction to giver as per his/her own conviction. It is being convicted in the heart that first matters, then it gets manifested through the giving. Some people get troubled with comparisons. Don't compare with







what others give. Doing so keeps you constantly uncontented, and eventual fail to give and feel unsatisfied. Give without comparison, you shall have your peace.

When you spend time reflecting on why you don't have this, other, is when your mind regresses from giving. Discontentment fills you and you miss moments to derive satisfaction. Yet moments of satisfaction enhance thinking and relaxes the body, enabling it to journey on.

---

**There are instances in life where being satisfied**

**has an attraction force. It pulls good things. One of it is health, and among other is friends and friendship.**

---

Rotarians, as we come to the end of this month, let us celebrate satisfaction. Hold on to your derived satisfaction by constantly giving in small amounts whatever and whenever you can. Be contented and enjoy it in wholeness. Remember you are a member of

the family of Rotary. Know that your family is wide and big. Big in the art of giving, big in the heart of care, and wide to embrace your giving and channel it for the betterment of humanity.




---

**It is joy to give and do something good for others.**

---

'Unite for Good' means doing good and doing good brings satisfaction. TRF brings us together in this shared humanity.





# Family of Rotary HOME HOSPITALITY AND GIFT EXCHANGE

Celebrate **Yourself** and honor your  
**Friend of the Year** this festive season!

**14<sup>TH</sup>** **SUNDAY**  
**DECEMBER 2025**  
**AT 1.30 PM**

Plot 4 Chorley Lane Portbell Luzira

*"A friend is a gift you give yourself."*

**RSVP: - 0772120208**  
**Family of Rotary**



# Replicate Nakivale skilling model

BY RTN. DENIS JJUUKO



Airpods in the ears. Hands busy with a smartphone. Shoulders holding a leather laptop carry bag. Legs covered by sagging pants. Torso well covered in a jumper with a hoodie. Hair spiked. Sunglasses on.

It is a familiar sight at a building in Kampala where young people trying to replicate Silicon Valley converge to work on largely their fintech applications. At least a floor in the building provides open spaces where these people work on their ideas while sipping iced coffees sold at a cafeteria in the corner. Walls are covered with inspiring graffiti of quotes by famous people or even Bible verses.

The young people are on a mission to make it big in the tech world. Those who find some breakthrough which usually means finding somebody willing to invest in their ideas or provide a grant move to the office cubicles partitioned with glass, providing more inspiration to those still on the journey.

These workspaces have many names: Incubation centres, ideation labs, entrepreneurial hubs, job centres. They are usually funded by development partners as a way of subsidizing the cost for these emerging entrepreneurs, developers, inventors, creators or whatever they prefer to call themselves.

“It’s not just a global trend; it is the definitive strategy for securing significant corporate funding and maximising grants from The Rotary Foundation.”

Perhaps having seen some impact in urban areas, these centres were replicated in many of Uganda’s refugee settlements across the country. At these centres, youthful refugees and host-communities access high speed internet, get access to computers and sometimes machinery and tools that enable them to bring their ideas to life.

**The development partners sometimes throw in training like how to use multimedia platforms to market their businesses or find work. Small grants for groups with innovative ideas or even for those who are dedicated to their work are common.**

Access to high-speed internet has helped a few of them to create great products. On a visit to the Nakivale Refugee Settlement, I found an interesting group that makes guitars.

**They taught themselves using YouTube tutorials and they are able to market their shiny guitars to global customers through social media.**

They have been supported by Partnership for improving prospects for forcibly displaced persons and host communities (PROSPECTS) - a project implemented by the International Labour Organization and funded by the Government of Netherlands.

It is remarkable what young people can do once they are enabled to innovate. Skilling is critical not just in vocational skills. But also, in soft skills such as communication and digital marketing. How can they use WhatsApp Status, YouTube or TikTok to push their products out? How can they use YouTube to learn a new skill? I don’t think there is a vocational school that sets itself out there to teach making guitars but



those refugees in Nakivale found a niche and made it work. Even though they have a long way to go. I have heard of people who taught themselves baking, weaving, and a few other things via YouTube tutorials and are now earning a living and even employing others.

---

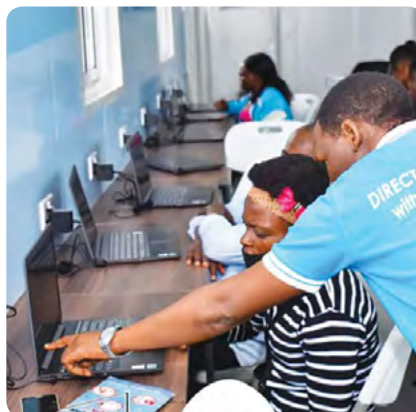
**Once young people have access to affordable internet, many can teach themselves similar skills once they appreciate what they can do with a smartphone.**

---

Multimedia skilling programs for youth such as those offered by the Uganda Communications Commission (UCC) through Uganda Communications Universal Service and Access Fund (UCUSAF) are a good starting point. I have seen people learn making professional posters through platforms like Canva or videos using CapCut thereby joining

the creator economy. I think there is a need to replicate the incubation hubs in Kampala and job centres in refugee settlements at subcounty level or even district level to start with. Here, young people would converge even if once a week to discuss with like-minded individuals, teach themselves skills and form partnerships and synergies that would enable them scale their ideas or enterprises. Of course, regular trainings would be important.

They would be able to access high speed internet, computers or virtual reality gadgets.



They would also test out their ideas and over time have access to those who may have been able to succeed. They would also provide markets to themselves. If one has mastered digital marketing, another involved in another industry would be able to become their customer.

We have also talked about value addition for a long time. Machinery is expensive. Knowledge is scarce. If people grow some coffee in Bukomansimbi and you want them to add value, a roastery can be created at this hub where those interested can roast and package their coffee. As they grow, they would be able to scale on their own.

---

**If the hubs are somewhat working for youths in Kampala and refugee settlements, they can work in rural communities as well.**

---

The writer is a communication and visibility consultant.  
Email: [djuuko@gmail.com](mailto:djuuko@gmail.com)



# Last week's fellowship

#Kimeeza - Pictorial





# We Hang Out, Hang Here

BY PAMELA  
KAWADDWA

**We gather in one place,**  
but everyone's miles away—  
faces lit, not by laughter,  
but by the glow of a tiny screen.

I speak,  
your thumbs reply before you do.  
I laugh,  
you scroll.  
I pause,  
you double-tap a stranger's life  
while ignoring the one sitting  
right beside you.

What's the point of meeting  
if your mind checks into another world?  
Why should I share my presence  
with pixels that don't even know your name?



message,”  
but now.  
Right now.

Because memories aren't made in notifications, friendship isn't built on half-listening, and nothing on your screen is more real than the people who showed up to be with you.

If we're hanging out,  
be here.  
Or tell your phone to enjoy the hangout for you...

Put the phone down!  
Pick the moment up.  
Look at me—  
not through a camera lens,  
not after you finish “just one

Till again,

*Phwgy*



# 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:*

## FIRST

The development of acquaintance as an opportunity for service;

## SECOND

High ethical standards in business and professions; the recognition of the worthiness of all useful occupations; and the dignifying of each Rotarian's occupation as an opportunity to serve society;

## THIRD

The application of the ideal of service in each Rotarian's personal, business, and community life;

## FOURTH

The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service.

## Charity

**O**f all the words in the English dictionary, 'charity' has pulled off the linguistic equivalent of a rags-to-riches story - fitting, since it's all about giving. As we celebrate Rotary Foundation Month this November, let's dust off our etymological spades and dig into the origins and versatility of this noble noun. Trust me, it's more fun than a big Arsenal win, and far more rewarding.

Our tale kicks off in ancient Rome, where caritas didn't mean handing out alms but 'preciousness' or high value. As Latin morphed through the ages, 'caritas' waltzed into Old French as charité, shifting gears from mere worth to something warmer: Christian love for humanity. It was precious, sure, but now in a heartfelt, hug-your-neighbor way.

By the 12<sup>th</sup> century, those pesky Normans hauled charité across the Channel to England. At first, it clung to its spiritual vibe - universal love, agape style. But the pragmatic English couldn't leave well

enough alone. By the 1300s, "charity" had grounded itself in the real world: actual acts of giving to the needy.

**It was as if the concept said, "Alright, enough with the abstract love. Is anyone going to give the widows something to feed their kids or not?"**

Ah, but here's where 'charity' earns its stripes as a verbal multitool, perfect for Rotary's toolkit of service. It's a Swiss Army knife of semantics: the inner drive ('Moved by charity, our Club members volunteered endlessly'), the deed itself ('I've been donating to charity since my high school days'), or the organization ("Rotary is a global charity powerhouse"). Flip it to adjective form 'charitable' and you've got versatility with a wink. It can laud a genuine gesture (Mr Bill Gates' charitable gifts have funded the polio fight for decades").



In Rotary Foundation Month, 'charity' reminds us of our own epic journey. From valuing jewels in Rome to valuing lives worldwide, it's evolved into the heartbeat of humanitarianism. The Rotary Foundation embodies this: transforming donations into polio eradication, education, and peace-building; no irony needed.

**So, next time you utter 'charity,' tip your hat to its past. It started appraising worth and ended up giving it away freely. And if this wordy romp has inspired a charitable impulse, well, TRF's donation portal awaits with open hands.**

## Jokes of the day

1. Why don't some couples go to the gym? Because some relationships simply won't work out.
2. My grandmother started walking five miles a day when she was 60. She's 97 now, and we don't know where the hell she is.
3. A lady went to the counselor and said, 'I keep thinking I'm a pair of curtains.' The counselor told her, 'Pull yourself together.'





# ROCKET

AFRICA'S CORPORATE GIFTS CO.



**ALL YOUR BESPOKE MERCHANDISE  
NEEDS IN ONE PLACE**

Affordable Prices and So Much More!

[uganda@rocketafrica.com](mailto:uganda@rocketafrica.com)  
[www.rocketafrica.com](http://www.rocketafrica.com)  
TANZANIA | UGANDA | KENYA | RWANDA | SYCHELLES

+256 783 202014 / +256 700 869474



# KITOOBERO BUDDY GROUP MEMBERS



Bobby Louis Ogwal

---



Charles Owekmeno

---



Sylvia Jagwe Owachi

---



Faith Nambozo

---



Flavia Serugo

---



Jackie Mutimba

---



John Mugisa

---



Julie Kisekka

---



Margaret Harriet Kugonza

---



Joy O Anena

---



Sylvia Nankya

---



WOULD YOU LIKE TO

# JOIN OUR CLUB?

---

**TAP THE BUTTON BELOW**

FILL THE FORM AND OUR  
MEMBERSHIP DIRECTOR WILL REACH OUT



**Tap to submit your details**



OUR CLUB MEETS EVERY TUESDAY AT 7-8PM

[www.rotarykampalanaalya.org](http://www.rotarykampalanaalya.org)



## Aluminium and Metal Fabrication



**Najjera- Buwaate Rd, Kira**  
**+256 75 811 1409 +256 740 863 399**  
**[vipventuresltd@gmail.com](mailto:vipventuresltd@gmail.com)**