

Naalya Food 10th March, 2026

Bulletin

Rotary
Kampala - Naalya



UNITE
FOR
GOOD

Issue 33 | RY 2025-26



Rtn Rita Aciro Lakor, the Executive Director of UWONET, receives the National Champion Leadership Award from Rotary Foundation Director Dr. Francis Tusubira

RC KAMPALA - NAALYA



SCAN TO LEARN MORE

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Chef's Note

Dear Rotarians and Guests,

There are moments in the life of a Rotary club that you simply do not forget. The first ever Women in Rotary Concert was one of them.

What began as an idea - bold, perhaps even a little over-ambitious - became an evening that reminded every person in Ndere Centre why we took the risk with this event in the first place.

The music was memorable. The energy was electric. But what will endure long after the final note faded is the quiet, determined work of the men and women who made it happen.

To the organizing committee: you have set a standard. You conceived, planned, and delivered an event that was equal parts celebration and statement - a declaration that women in Rotary are not merely present, they are essential.

You did not ask for a seat at the table. You built the table, laid the cloth, and invited us all to sit. On behalf of this publication and the wider Rotary family in D9213 and D9214, we say, simply and sincerely: Well done!

But a concert, however magnificent, is not the

end of the story. It is, if we are honest, only the beginning of a conversation about women and girls that we must now be willing to finish.

March is Rotary's Water and Sanitation Month - and in Uganda, that is not a calendar theme. It is a daily reality for millions of people, especially women and girls.

Consider this: over 21 million Ugandans still lack access to safely managed drinking water. Girls as young as eight years old wake before sunrise and walk distances that would exhaust most of us, carrying jerricans that weigh more than they should, to collect water that is often unsafe before they have even reached home.

In rural health centres, mothers deliver babies in facilities where running water is a luxury. In our schools, children - particularly girls - drop out, not because they lack mental ability, but because they lack a decent toilet.

These are not distant statistics. They are the realities of our communities. They are our responsibility.

The Women in Rotary Concert proved something important: when we channel creativity, commitment,

and collective effort, we move people. Now we must move them further - toward action for the provision of safe water.

As AG Lubuulwa argues in his column, we are uniquely positioned to bridge the gap between awareness and impact.

Whether you are a club president mapping out your service calendar, a younger member looking for a project that truly matters, or a sponsor wondering where your investment will have the deepest return - water and sanitation is your answer.

Rehabilitate a broken borehole. Partner with a school to build gender-sensitive sanitation facilities. Advocate at the local government level for water infrastructure budgets that reflect the urgency of the need.

The women who organised that concert did not wait for perfect conditions. They acted.

That is the spirit we carry into this month, and beyond. Clean water is not a favour we extend to communities. It is a right to dignity that we are duty-bound to defend.

Rtn. Peter Nyanzi
Bulletin Officer

Water: The Foundation of Peace and Opportunity

RI PRESIDENT'S MESSAGE
By Rtn. Francesco Arezzo



MARCH 2026

Cari amici,

In the Rotary calendar, March is designated as Water, Sanitation, and Hygiene (WASH) Month. While we often talk about strategy and membership, this month reminds us of the most basic human requirements that allow a community to thrive.

Clean water is more than a resource; it is the spark for transformation. When a village gains access to safe water, we aren't just installing a pump or drilling a borehole—we are reclaiming time for women and girls, reducing the burden of disease, and providing the dignity that every human being deserves.

As an orthodontist, I spent decades understanding that you cannot treat a patient without first earning their trust

and understanding their environment.

The same is true for our WASH projects. Rotary does not just “build and walk away.” We integrate hygiene education and local maintenance into every project.

When a child learns to wash their hands and stays in school because they are healthy, that is where our impact becomes permanent.

Unite for Good is our guiding principle this year. This month, I ask you to see how water unites us.

Our work with partners like USAID and the WASH Rotary Action Group (WASH-RAG) shows that no nation can solve the water crisis alone.

It requires a “peace machine”—which is exactly what Rotary is. Every clean water system is a step toward global peace

because it removes a source of conflict and replaces it with opportunity.

I also want to reflect on my recent visit to Nigeria and Uganda. Seeing the dedication of Rotarians on the ground - managing global grants for boreholes and school latrines - reminded me that transformation starts with character.

It starts with how we treat one another and the commitment we keep to the world's most vulnerable. Let us use this month to dream big.

Take those projects you thought were too bold and bring them into the light. Whether it is a small club project or a large-scale Global Grant, let us ensure that the flow of clean water reaches everyone.

Together, we Unite for Good - for our clubs, our communities, and our world.

WITH GRATITUDE AND AFFECTION,

Bringing Clean Water to Communities

DG'S MESSAGE

By Geoffrey Martin Kitakule



MARCH 2026

Rotarians are transforming lives by ensuring that people especially children and women have safe water to drink, clean sanitation facilities, and the knowledge to practice good hygiene.

and improved learning outcomes

- Reduced burden on women and girls who previously walked long distances to collect water
- Empowered communities with the skills to manage and maintain WASH services

in underserved towns and villages, providing reliable access to safe, clean water for the first time.

These improvements lead to:

- Better health and fewer waterborne illnesses
- Higher school attendance

“Access to clean water and safe sanitation directly affects children’s health, school attendance, and dignity—especially for girls.”

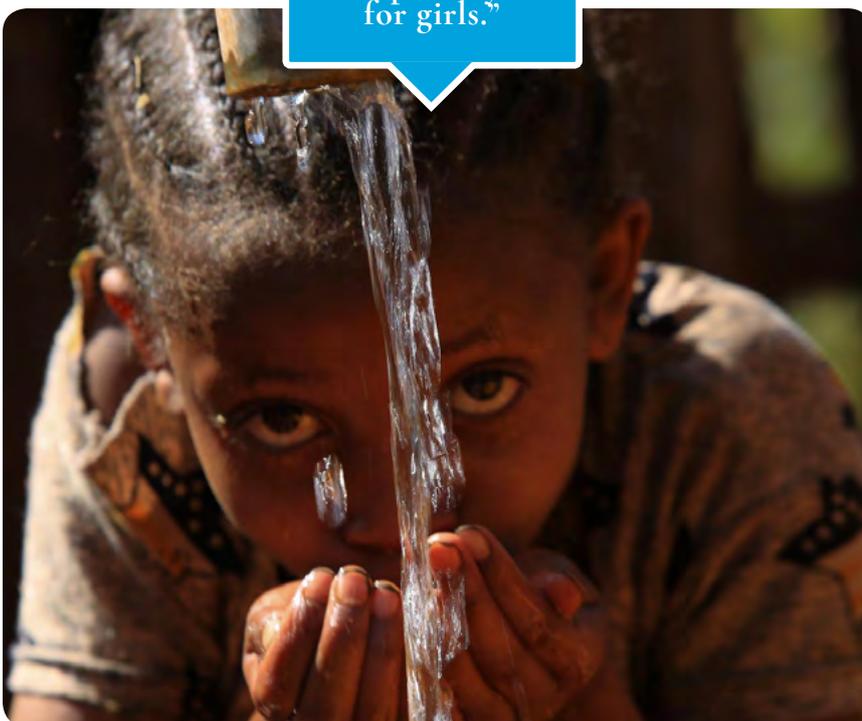
Rotary clubs such as the Rotary Club of Yumbe have drilled boreholes that have transformed communities. Other clubs have installed piped water systems

For example, a project by the Rotary Club of Kampala North delivered a solar-powered piped water system in Busunju. This initiative has transformed daily life by reducing waterborne illnesses and the time people spend collecting water.

Access to clean water and safe sanitation directly affects children’s health, school attendance, and dignity—especially for girls.

Rotary initiatives have also:

- Built water catchment and storage systems in rural areas such as Agago District, enabling communities like Akwang Village to collect and use rainwater.
- Constructed latrines and handwashing facilities in multiple schools, including two schools supported this year by the Rotary Club of Wakiso.
- Provided WASH facilities for girls through the Rotary Club of Nansana Metro.



- Delivered hygiene education and menstrual hygiene support to pupils through the Rotary Club of Kisasi-Kyanja.

In partnership with EACOP, under the Greening Schools Initiative, Rotary is also improving WASH facilities in more than nine schools.

These projects help reduce disease, keep children healthy, and encourage regular school attendance.

Providing infrastructure is only one part of the solution. Rotarians also focus on education and behavior change. Training sessions—such as those conducted at Kabule Health Center III—equip community health teams, educators, and local leaders with essential hygiene practices and sanitation

maintenance skills.

Many WASH initiatives are delivered through Global Grants, which bring together Rotary clubs in Uganda and international partners.

One example is the “Bugiri WASH for Schools – Phase II” project, implemented jointly by the Rotary Clubs of Ntinda and Bugiri, together with international partner clubs.

This project has significantly improved water and sanitation facilities in multiple schools in Bugiri District.

WASH work is also closely connected to disease prevention. By combining safe water access with latrine construction,

handwashing stations, and community health tools, these initiatives drastically reduce incidences of diseases such as diarrhea and malaria.

Beyond direct service, Rotary is expanding its partnership capacity with organizations such as Davis & Shirtliff to support long-term WASH solutions.

“
This is the power of Uniting for Good, and a clear demonstration that Rotary Cares.”

These partnerships provide discounted equipment and technical support, making vital projects more achievable.

This is the power of Uniting for Good, and a clear demonstration that Rotary Cares.

#ROTARYEYAMBA



President's Message

RTN CHARLES OWEKMENO
Unite For Good President
2025-2026



**Dear Family of Rotary
and Esteemed Guests,**

A warm welcome back to all of you the vibrant celebrations of International Women's Day!

At the Rotary Club of Kampala Naalya, we remain steadfast in our commitment to championing the empowerment of vulnerable women and girls.

This cause lies at the heart of our service, and we continue to work tirelessly to create opportunities and uplift the women and girls who are in the most need, especially the teen-mothers.

I extend my heartfelt thanks to everyone who supported and participated in the highly successful and truly memorable

Unite for Women Concert held on March 7th.

Your presence, and generosity made the evening an outstanding success, blending entertainment, recognition, and meaningful impact.

A special applause goes to our dedicated organizing committee, led by Rotarian Pamela Kawadwa and PAG Flavia Serugo, for

their exceptional leadership, hard work, and passion in bringing this event to life. Well done!

This month, our focus turns to Water and Sanitation, one of Rotary's vital areas of service.

We are privileged to have a guest talk from Wells of Life,

an inspiring organization dedicated to providing safe, clean water to rural communities in Uganda through borehole wells and WASH education.

Their work aligns perfectly with our shared goals, and I look forward to the insights they will share.

In the spirit of fellowship and care, we sympathize deeply with those among us who have recently lost loved ones, especially Rotarian Sylvia Nankya who lost a brother.

Our thoughts and prayers are with you and your families during this difficult time. To those who are unwell, we wish you a speedy and full recovery; please know that the club stands with you.

As we continue through this month of celebrating women, may it be filled with inspiration, unity, and renewed energy for service.

Wishing you all a great month ahead!

YOURS IN ROTARY SERVICE,

“
This month reminds us of our commitment to providing clean water, promoting proper sanitation.”



TEAM TALK

Water: A True Measure of Human Dignity

BY AG FRANCIS LUBUULWA

Last week, we reflected on why Water, Sanitation and Hygiene (WASH) is foundational to everything Rotary seeks to improve: health, education and peace. This week, let us go a level deeper.

If water is foundational, then how we deliver it matters profoundly. There is a subtle but critical distinction between charity and dignity. Charity responds to visible need. Dignity designs systems that prevent that need from recurring.

Rotary was never designed to be a charity organisation in the narrow sense of the word. We are a leadership organisation that serves.

Across Uganda, many Rotary clubs have proudly installed boreholes and sanitation facilities. These are good and necessary interventions. But March invites us to ask an honest question: Are we building projects? Or, are we building standards?

Because dignity is not simply about access. It is about reliability. It is about excellence. It is about long-term functionality. A borehole that works on commissioning day but fails two years later does



more than inconvenience a community. It quietly erodes trust. It communicates, even unintentionally that our involvement was temporary.

That the responsibility ended with the ribbon cutting and swalloship that followed. That is not the Rotary brand we aspire to represent.

In our professions, we operate differently. A banker does not issue a credit facility without assessing sustainability.

An engineer does not design a structure without proper load calculations. A business leader does not launch a product without considering lifecycle

cost and maintenance.

“ But March invites us to ask an honest question: Are we building projects? Or, are we building standards? ”

Why then should our service be less rigorous than our careers? If water is infrastructure and it is, then it demands infrastructure thinking.

Infrastructure thinking asks disciplined questions.

Who owns this asset once Rotary steps back? What financial mechanism exists for maintenance?

Is there local technical capacity? Is there accountability? Is there monitoring beyond installation? These are not technical questions. They are leadership questions.



Perhaps the most powerful action a Rotary club can take this month is not to announce a new WASH project, but to audit an old one. Visit a water point commissioned three or five years ago. Do not go first with a camera. Go with curiosity and ask:

Is it functioning consistently?
 Who repairs it when it breaks?
 Has usage grown with population increase?
 Has it improved school attendance?
 Has it reduced the disease burden?

If the answers are encouraging, celebrate them. If there are gaps, learn from them. Either way, Rotary grows stronger.

There is also the question of quality. If we would not accept a certain standard of infrastructure for our own homes, businesses, or

children's schools, then we should not accept it for the communities we serve.

Dignity demands that what we build reflects the highest responsible standard we can deliver. Excellence is not extravagance. It is respect.

Water is also deeply economic. Reduced healthcare costs mean more disposable income. Reliable water increases agricultural productivity.

Girls who remain in school consistently expand their lifetime earning potential. Time saved from fetching water is time reinvested into enterprise. Water is not just a social intervention. It is an economic multiplier.

For Rotarians who are entrepreneurs, executives, professionals, and public servants, WASH should be viewed as a strategic platform investment. It creates conditions in which

all other development efforts become more effective. This week, I invite clubs to discuss something bold at their meetings:

If Rotary in our district were evaluated not on the number of projects completed, but on the functionality of projects five years later, how would we score? That is a leadership metric. Dignity is not measured in photographs. It is measured in longevity.

March is not simply about drilling deeper into the ground. It is about drilling deeper into our standards. Because when Rotary touches water, we are not just solving today's problem.

We are shaping tomorrow's expectations. And that is the true measure of dignity

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

“
 We are shaping tomorrow's expectations. And that is the true measure of dignity.”

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WIR 2026: From Dinner Dresses to a Movement With Impact

BY EDITORIAL DESK

There was a time when Women in Rotary meant one thing: people dressing up in their Sunday best, ladies showing up in high heels, and sitting in an airconditioned hall to listen to a keynote address over a formal dinner.

It was elegant, well-intentioned – and, if we are honest, a little predictable. Year after year, the event followed the same script: the high heels came out, the dinner tables and flowers were set, and the celebrations were polite, measured, and confined to a single evening.

On March 7, 2026, that script was torn up entirely. The event emerged as a vibrant ecosystem where women and men of all ages came together to exchange resources, build friendships, and celebrate shared achievements.

What unfolded at Ndere Cultural Centre in Ntinda was beyond dinner dresses; it was a movement.

Organised by the Rotary Club of Kampala Naalya and embraced by Rotarians and Rotaractors from across East Africa, the 2026 Women in Rotary celebration was a full-day, free-style festival built around four distinct pillars: the Unite for Women Concert, an Exhibition, Sisterhood Spaces, and the Women in Rotary Awards.

“It was the kind of honest, grounding conversation that rarely happens in boardrooms...”



Together, these events loudly announced, unmistakably, that the annual celebration of women in our clubs had grown up.

The day began with anxious eyes fixed on grey skies. March rains in Uganda are no joke, and the forecast was not friendly. The organisers debated whether to hire a rain tent - and seriously debated it - before choosing faith over logistics. The tent stayed unhired.

And as if on cue, the clouds parted, the sky cleared, and the day unfolded without a single drop of rain.

For an organising team that had poured months of work into this event, it felt like a sign of great things to come.

Key highlights

The day opened with Sisterhood Spaces, the brainchild of PDG Anne Nkutu – intimate, purposeful gatherings where women across the Rotary family sat

together to share knowledge, wisdom, and lived experience.

There were no PowerPoint presentations or formal panel scripts. Just women talking to women: mentors and mentees, seasoned Rotarians and eager Rotaractors, strangers becoming friends. It was the kind of honest, grounding conversation that rarely happens in boardrooms, and it set the tone for everything that followed.

Alongside the Sisterhood Spaces, an Exhibition gave space to women-led initiatives, enterprises, and Rotary projects - a visible, public affirmation that the women in our clubs are not merely attendees but builders, innovators, and community architects.

Everywhere you looked, there were heartfelt smiles, warm hugs, and joyful greetings among Rotarians, Rotaractors, and guests. It was more than an event; it was a vibe.

One of the highlights of the day was the Women in Rotary Awards, where outstanding women leaders were recognized for their contributions to Rotary and society at large. These awards served as a reminder of the transformative impact women have had on Rotary's mission, proving that excellence and leadership naturally follow when women are entrusted with responsibility.

As the sun glided down the horizon, Ndere came alive. Celebrated artiste Vinka, clad in her animal-print dress, delivered a performance that defied description, setting the tone for an unforgettable night.

The first-ever Women in Rotary Concert brought the Rotary family together in a joyous atmosphere filled with laughter, energy, and camaraderie.

The event lived out this year's International Women's Day theme: Give to Gain - not as a slogan on a banner but as a lived reality: a full ecosystem of exchange, friendship, fun, and knowledge compressed into one extraordinary day.

Tributes worth repeating

As chief guest, District Governor Geoffrey M. Kitakule did not arrive with pleasantries and platitudes. He arrived with conviction.

Speaking from personal reflection, the DG acknowledged that every person's very identity is shaped by women - their strength, compassion, and reliability woven into who we are and what our communities become.

"Behind every resilient community lies the quiet strength of women," DG Kitakule remarked. "Their compassion and



D9213 Governor Geoffrey Martin Kitakule makes his remarks at the event

reliability consistently shape our communities. When you entrust women with

“
...the funds raised will go toward vulnerable girls in Kamuli District and Acholi Quarters.”

responsibility, excellence follows naturally.” He praised the Rotary Club of Kampala Naalya for reimagining how women are celebrated, culminating in this groundbreaking event.

Coming from a DG who rarely hands out compliments

lightly, that meant something.

The commendations that poured in from Rotarians after the event told their own story. CP Francis Lakor was unequivocal: this was, he said, the best version of Women in Rotary he had ever witnessed.

PAG Flavia Serugo, who coordinated the women's exhibition, spoke with characteristic clarity about the work ahead: they would hold a close-out meeting, gather feedback, and come back even stronger next year.

WIR Concert chair Rotarian Pamela Kawadwa, whose energy drove the event from idea to reality, noted that

the event's success was a collective effort. "What started as a simple idea has now become a beautiful memory we all share. Thank you to the organizing committee for your dedication and resilience. Your spirit made all the difference."

Host President Charles Owekmeno of the Rotary Club of Kampala Naalya echoed these sentiments, calling the event a milestone for the club and a "blueprint for future celebrations." Beyond the dancing and the awards and the laughter, the funds raised will go toward vulnerable girls in Kamuli District and Acholi Quarters.

Indeed, the evening was more than just entertainment; it was a vibrant expression of Rotary's values of friendship, service, and unity.

The success of the concert was a testament to the support of sponsors like Centenary Bank, Uganda Breweries Limited, Rela Dental, and NBS Television. Their contributions added color and energy to the event, ensuring that it was both impactful and memorable.

Women In Rotary 2026 Award Winners in pictures



Male Champion - **Rtn Francis Tusbira**
- RC Kampala North Winner



Innovation and Impact Award - **Rtn. Jacqueline Ayuya Mukasa** - RC Kampala



Innovation and Impact Award - **Rtn. Jacqueline Ayuya Mukasa** - RC Kampala



Inspirational Woman of the Year Award - **Rtn. Marion Natukunda** - RC Kiwatule- D9213



Leadership Award - **Rtn. Anne Ninyesiga** - RC Bwebajja



Community Social Impact Award - **Rtn. Elisabeth Kalemera** - RC Kasangati

Women In Rotary 2026 Award Winners in pictures



Male Champion - **Rtn. Moses Oteng**
- RC Nalumunye- D9214



Male Champion Award - **Rtn. William Atwooki** - RC of Kaihura



National Champion – Leadership Award - **Rtn Rita Aciro Lakor**- RC Kampala Naalya



Youth Change Maker Award - **Rtn. Brownie Ebal**- RC Bugolobi Morning Tide

Women in Rotary 2026 Highlights in Pictures

#Impact

On March 7, 2026, the RC of Kampala Naalya hosted the first-ever Women in Rotary Concert at Ndere Centre in Ntinda. Here are some of the highlights from the event:



Women in Rotary 2026 Highlights in Pictures

#Impact



WIR 2026 Exhibition Highlights

#Impact

As part of the WIR 2026, dozens of entrepreneurs and innovators exhibited their products and services. Here are some of the highlights:



WIR 2026 Exhibition Highlights

#Impact





Rotary Annual General Meeting Date Set

BY EDITORIAL DESK

On 26th March 2026, Rotarians from Districts 9213 and 9214 will gather at Silver Springs Hotel in Kampala for the 4th Annual General Meeting of Rotary Uganda Limited.

On the surface, it is a routine statutory obligation – directors’ reports, audited accounts, elections.

However, a closer look shows that what is before us is something considerably more significant: a deliberate reckoning with who we are as a Rotary movement in Uganda, and a conscious decision about the kind of institution we intend to become.

The agenda carries weight that demands our full attention. Chief among the proposals is a seemingly simple name change – from Rotary Uganda Limited to Rotary Clubs of Uganda Limited.

Do not be deceived by the brevity of that amendment. Names carry identity. This change acknowledges, plainly and publicly, that this body is not an abstraction; it is a confederation of clubs – our clubs – each one a living expression of Rotary’s ideals at the grassroots. The renaming is a statement of

belonging, and it matters.

Equally consequential is the proposed restructuring of the board. The current composition will give way to a leaner seven-member board, drawn from individuals with the specific and contemporary skill sets required to lead a serious organisation.

This is not a diminishment – it is a sharpening. Good governance demands that the right people are in the room.

A smaller, more focused board with clearly defined competencies is far better positioned to serve our movement than a

larger one assembled by convention alone.

The proposed changes to membership of the subscribers – six in total, four drawn from the Governor’s Council and two from the wider Rotarian membership – introduce a structured representation that formally links the company’s governance to the heartbeat of our clubs.

“
Good governance demands that the right people are in the room.”

Paired with the provision that the Board shall report to the Governor’s Council at least once a year, this creates a system of accountability that is both transparent and appropriately



...erating and reclaiming
...; centering... cal
...nthropy in... nda



Rotarian in spirit.

The Governor's Council will serve in an advisory capacity – not as a veto bloc – preserving the board's ability to act decisively while remaining answerable to those it serves.

For those who may be wondering whether any of this concerns them directly, the answer is an unequivocal yes.

Every Rotary and Rotaract club in Uganda – whether long-established or newly chartered – is expected to participate.

Each club is entitled to send two elected representatives, and clubs not yet formally registered as members of Rotary Uganda Limited have until 24th March to regularise their standing.

This is not a bureaucratic technicality; it is an invitation to ownership. If you want a voice in how

Rotary is structured and governed in this country, the mechanism to exercise that voice is here.

It bears saying, too, that the AGM will receive annual reports from all Rotary programmes and initiatives owned by Rotary Uganda Limited.

This is the moment of collective stocktaking – a chance to measure not only financial stewardship but programme impact.

“
We are building something that outlasts any one club or any one Rotarian.”

Clubs and programme leads are urged to have their reports submitted to ugrotary@gmail.com by 20th March, ahead of the meeting. Accountability is not a burden; it is the currency of trust.

Rotary has always been at its strongest when its people show up – not merely in fellowship, but in governance meetings.

The 4th AGM is one such moment. The amendments on the table are measured, purposeful, and forward-looking.

The elections will shape the leadership that carries this institution through the years ahead. Proxy arrangements are available for clubs unable to send representatives in person, but the spirit of the occasion calls for presence.

We are building something that outlasts any one club or any one Rotarian. Rotary Uganda Limited – soon, perhaps, Rotary Clubs of Uganda Limited – is our collective instrument for influence, accountability, and impact at the national level.

The AGM on 26th March is not a formality to be delegated away. It is a conversation about our future, and every one of us has a seat at that table.

Be there. Be prepared. Be counted.

4TH AGM OF ROTARY UGANDA LIMITED | 26th March 2026 | Silver Springs Hotel, Kampala | 9:00 AM



#Impact

When Women Gain Mental Health, Everyone Gains

BY RTN JACKLINE MUTIIMBA

Women give leadership, care, resilience, and emotional support every day. But when the world celebrates what women give, we must also ask: who is protecting their mental health?

Every year on International Women’s Day, the world celebrates women’s achievements, leadership, and resilience.

The day recognizes the immense contributions women make to families, communities, and economies.

The 2026 theme, “Give to Gain,” emphasizes

generosity, collaboration, and shared progress. When individuals and societies give – through opportunity, support, and empowerment – everyone benefits.

Yet, behind this celebration lies a quieter reality.

Many women are already giving far more than the world sees.

They give emotional support within families. They give stability in workplaces. They give care to children, partners, and parents.

They give solutions when challenges arise. But as we celebrate what women give, an important

question remains: what are women gaining in return when it comes to their mental wellbeing?

Reality of Women’s Mental Health

Mental health research consistently shows that women carry a disproportionate emotional burden.

“
When individuals and societies give through opportunity, support, and empowerment - everyone benefits..”

Globally, women are nearly twice as likely as men to experience anxiety and depressive disorders. Surveys also show that 66 percent of women report that stress significantly affects their daily lives, compared with 58 percent of men.

These differences are not about weakness. They reflect the complex roles many women carry – as professionals, caregivers, community supporters, and household managers.

Balancing these responsibilities often creates constant psychological pressure.

Beyond visible responsibilities lies something harder to measure – the mental load.



This refers to the continuous emotional and cognitive effort required to anticipate needs, manage relationships, coordinate responsibilities, and ensure daily life runs smoothly.

Remembering schedules, organizing family commitments, supporting emotional conversations, and maintaining social connections are tasks women frequently carry.

Because this work is largely invisible, its impact is often underestimated. Yet over time, the mental load can lead to chronic stress, fatigue, and emotional exhaustion.

Uganda's scenario

In Uganda, the conversation around women's mental health is becoming increasingly urgent.

According to the Uganda Demographic and Health Survey, about 7 percent of women aged 15–49 report having been diagnosed with depression by a health professional. However, experts believe the true prevalence is likely higher due to stigma and limited access to mental health services.

Research among young women in informal settlements in Kampala

highlights deeper concern. Studies indicate that 65 percent reported experiencing at least one mental health challenge, while 58 percent showed symptoms linked to depression and 35 percent experienced anxiety symptoms.

These challenges often intersect with broader social pressures such as economic hardship, caregiving responsibilities, and gender-based violence.

At the same time, mental health services remain underfunded. Mental health receives around one percent of Uganda's national health budget, limiting access to counseling and community-based psychological support.

Strength Masking Struggle

Mental health struggles do not always appear obvious.

Many women experiencing emotional strain continue to work, care for families, and support others. From the outside, everything appears stable.

But functioning is not the same as thriving.

A woman can meet expectations while quietly experiencing anxiety, exhaustion, or emotional overload. This hidden reality is why conversations about

women's mental health remain so important.

Rethinking "Give to Gain"

The theme "Give to Gain" invites societies to rethink how they support women.

Giving should not mean constant sacrifice. If women give leadership, they should gain opportunity. If women give emotional labour, they should gain support.

If women give resilience, they should gain environments that protect their wellbeing. Mental health must become part of the gender equality conversation. Because empowerment without wellbeing is not sustainable.

**A Message to Women
If you sometimes feel tired or overwhelmed by the responsibilities you carry, you are not alone. Your exhaustion does not mean you are weak. It means you have been giving.**

This International Women's Day, continue to give your compassion and leadership – but also give yourself what you deserve: rest, support, and boundaries. Because when women gain mental wellbeing, families, workplaces, and communities gain too. And that is the true meaning of "Give to Gain."

“Mental health must become part of the gender equality conversation.”





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ELDER'S EYE

These Are The Fundamentals of Sustainable Water Investments

BY RTN GODFREY OKELLO-OMODING

Investing in providing water and sanitation for human consumption should come with caution. You don't just invest in providing water; it must be safe water. Today, there are all kind of investments in water being carried out.

We're required to be mindful of the environment. Very often, where sanitation in the surrounding is poor, it can be a wasted investment. Instead, it turns out as a source of diseases.

Studies done on protected water sources in Kampala City have revealed that most protected water sources are contaminated with faecal matter. The investments have turned out as sources of death rather than sources of life.

Everyone needs to consume safe and clean water. With poor sanitation, it is like administering slow poison.

While investing in the provision of water and sanitation, there are number of areas and aspects to consider. Other top consideration are preservation of life and affordability. Going for wide coverage is

good but it requires intensive preparation or else it may potentially cause more challenges.

Other aspects to be considered when investing in providing water and sanitation are knowledge and skills. Certain level of knowledge and appropriate skills are necessary.

Cases of poor workmanships are reported in the investment undertakings of water and sanitation infrastructure.

The resultant effects of some of these cases are manifested in the drying of water sources as soon as they are commissioned. While poorly built sanitation facility ends up being abandoned.

Some facilities are merely abandoned out of beliefs, taboos and attitude of users. I participated in the evaluation of Ecosan-latrines in Kitgum. The intended users abandoned the latrines because their use involved applying ash.

“Climatic conditions are increasingly making access and provision of water very expensive.”

Using ash in latrines is a taboo in the community. It is considered an act of bewitching! Having knowledge of communities and their respective customs is important.

Attaining universal access to these two essentials of life (water and sanitation) is understandably expensive. Some of the challenges are out of climatic factors, requiring far reaching interventions beyond one actor. Climatic conditions are increasingly making access and provision of water very expensive.



Climatic effects are manifested through floods, dry spells, and landslides. Also, changes in seasonal patterns, causing high costs in search for water and construction of infrastructure. Extraction of water is getting increasingly costly.



Natural water reservoirs are getting either depleted, polluted or destroyed, reducing the water holding capacity. The pattern is similar in sanitation too with climatic factors posing high costs.

Rotarians, as we engage in supporting and investing in the provision of safe water and suitable sanitation, ensure it is people centred. The concern is suitability. Whatever is invested should be sustainable, and it is only the people benefiting from them that can sustain them.

Sensitivity for messages disseminated must be taken in account. Often there is tendency to assume things, duplicate- copy and paste. Mind about the uniqueness of each community. Having knowledge about the intended beneficiaries is important.

Looking at investment on water and sanitation from only an engineering or hardware perspective under the assumption that “they need this or that” leaves out ownership. In the mind

of the beneficiaries, they are just users without ownership rights.

The maintenance of such facilities becomes a challenge.

People centred water and sanitation facilities call for inclusion of ‘software’ parts into the investment undertaking.

There is evidence that where software is neglected, such facilities have remained a mere name after those who installed them.

Where water and sanitation are concerned, society does not need sympathy, it needs empowerment. Sustainability is not achieved by sympathy but empowerment. Empowerment of people causes sustenance

of any water and sanitation investment.

“...there may be a need in some areas to re-examined choice of interventions, technology and ways undertaking them..”

Rotarians, in undertaking water and sanitation investments, there may be a need in some areas to re-examined choice of interventions, technology and ways undertaking them. This comes with bringing the intended beneficiaries to the front.

Look out for how to attain sustainability and possible linkages to current programmes in the specific local authority. Planted island-like projects are no sustainable. It runs a risk of becoming akin to a ‘pain-killer’ intervention, leaving out how to sustain the cure.

Integrating and linking interventions to what is going in the respective communities brings out the centrality of the people. It eventually leads to sustainability of interventions.

Last Week's Fellowship

#Kimeeza - Pictorial





FAMILY MATTERS

Raising Contemplative Thinkers for Posterity

BY PR. RONNIE MUTEBI

PROVERBS 22:6 (KJV):
"TRAIN UP A CHILD IN THE WAY HE SHOULD GO: AND WHEN HE IS OLD, HE WILL NOT DEPART FROM IT."

Busy parents with busy schedules and busy children with too much to handle both at home and school, sounds like the "normal" routine in most homes today.

We live in a world where contemplative thinking is rare. Many people do not pause to reflect on events, life's circumstances, or the reasons behind why certain things happen.

Instead of examining issues deeply, they often gloss over them.

This is tragic because when we fail to get to the core of issues, we end up treating symptoms rather than addressing the real diseases in our society.

Without thoughtful reflection, patterns remain unbroken and problems persist across generations.

Now more than ever, it is the responsibility of parents to take up the mantle of raising contemplative thinkers. As a parent, your instruction must go beyond correction; it must intentionally direct your child's mind to consider the consequences of actions rather than merely rebuking misdeeds.

For example, when your young son takes something that belongs to his sister, it is not enough to simply tell him to return it. Sit

him down and ask, "What do you think happens when you take your sister's toy?"

How do you think she feels? Is that how a loving big brother should behave?" In doing so, you guide him to reflect, empathize, and take ownership of his actions.

“As a parent, your instruction must go beyond correction; it must intentionally direct your child's mind.”

Similarly, when your child says something inappropriate or hurtful, do not stop at correcting the words. Stir their thoughts. Ask, "How do you think that made the other person feel? What do you think they now think about you?" These questions train the child to consider impact.

In this way, you raise children who think deeply, who examine cause and effect, and who do not merely accept things at face value. You cultivate leaders, problem-solvers, and godly thinkers.

Take Home: As a parent, your instruction must go beyond correction; it must intentionally direct your child's mind to consider the consequences of actions rather than merely rebuking misdeeds



Fun Facts

Restaurant

Someone reading this right now was probably at a restaurant last week or plans to be at one soon.

But does anyone know the origin of that word?

Before 1765, if you were a weary traveler in France, dining out was a gamble. You stumbled into an inn, sat elbow-to-elbow with strangers of questionable hygiene, and ate whatever the cook had decided to make that day.

Menu? What menu? You ate the mystery stew, you thanked God it was warm, and you moved on. This was hospitality, European-style.

Then came one Monsieur A. Boulanger, a man who would change culinary history, not with a sword, but with a soup pot. In Paris, he began selling what he called bouillons restaurants -literally, 'restorative broths.'

The word comes from the French verb restaurer, meaning "to restore."

Because in 18th-century France, being alive was considered medically exhausting, and a good broth was essentially the Panadol of its day.

Boulanger's true genius, however, was not the soup itself; it was the experience. For the first time in recorded culinary history, a diner could choose from a menu and sit at a private table.

No sweaty strangers. No wandering minstrels stealing your gravy. Just you, your broth, and the radical, almost scandalous luxury of personal space.

The French Revolution of 1789 then acted as an enormous whisk for the concept. When aristocrats began losing their heads at an impressive rate, their private chefs - highly skilled, suddenly unemployed, and understandably keen to avoid a similar fate - opened their own public establishments.

The word 'restaurant' completed its evolution: from describing a restorative broth to describing the restorative place that served it. A noun became a venue. A soup became a civilization.

And so here we are, centuries later - sitting in our restaurants, waiting an hour for what the menu optimistically calls "fast food," being informed with a straight face that the tilapia is "almost ready." Yet, Boulanger's original promise endures.

The restaurant remains a place of restoration: where deals are sealed that the boardroom couldn't handle, where spouses are appeased after forgotten anniversaries, and where you bravely attempt to discuss Vocational Service after a full plate of katogo.

So, the next time you step through those doors, take a moment. You are not merely eating. You are participating in a 260-year-old French tradition of being restored - body, spirit, and, if the bill is reasonable, wallet.



Jokes of the week

1. Our sergent-at-arms was asked why he joined Rotary. He said, "I wanted to serve the community."
"And are you doing it?"
"Yes," he replied. "Every week I help to alert the president when the fellowship stretches too long."



2. A guest speaker asked the Rotarians: "How long do I have to speak?"
The president replied: "You have 20 minutes... but if you finish in 10, we'll applaud twice."

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

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

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