

Naalya Food 17th March, 2026 Bulletin

Rotary  | UNITE FOR GOOD
Kampala - Naalya

Issue 34 | RY 2025-26



*Rtn Francis
Tusubira*



*Rtn Rita Aciro
Lakor*



*Rtn Moses
Oteng*



*Rtn Christine
Atuheirwe*



*Rtn Deborah
Kamugisha Kakande*



*Rtn Annie
Ninyesiga*



*Rtn Elizabeth
Kalemera*



*Rtn Jacqueline
Mukasa*

Women In Rotary 2026 Champions



*Rtn Brownie
Ebal*



*Rtr William Kusemererwa
Atwooki*

RC KAMPALA - NAALYA



SCAN TO LEARN MORE

In This Issue

09

Sustainability: The Real Test of WASH Projects

20

Ten Milestones in the Evolution of the Rotary Magazine



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 Infomation

+256785834461

Menu

Tap any title to jump to page

- 4** Chef's Note
- 5** Water: The Foundation of Peace and Opportunity - RI President Arezzo
- 6** Bringing Clean Water to Communities - DG Kitakule
- 8** President Owekmeno's Message
- 9** Sustainability: The Real Test of WASH Projects
- 12** Celebrating Our Women In Rotary 2026 Champions
- 17** WASH: A Case for Rotary-NGO Partnership
- 20** Ten Landmark Milestones in the Evolution of Rotary Magazine
- 22** Emotional Awareness: The Foundation for Mental Well-being
- 24** Object of Rotary
- 25** Water is Central to All Aspects of Human Development
- 27** Gold: How BoU Can Make Ugandans Wealthy
- 29** Last Week's Fellowship in Pictures
- 31** Fun Facts



Publisher:

CHUNZI Technologies
RELIABLE EDITORIAL SYSTEMS
Visit our website: chunzi.cloud



Chef's Note

Dear Rotarians and Guests,

The applause has faded, the banners have come down, and the warmth of our Women in Rotary celebrations still lingers in our hearts.

What a fitting reminder it was of the extraordinary women who anchor our organisation – in service, in fellowship, and in purpose. But as Rotarians, we are people of action. And action is precisely what this season demands of us.

Foremost among our immediate priorities is the rollout of our Mental Health Global Grant targeting vulnerable youth in Acholi Quarters. These are young people burdened by invisible wounds – anxiety, trauma, and despair that too often go unaddressed.

This grant is not merely a line item in our programme calendar; it is a covenant with a community that has waited long enough.

Fellow Rotarians, the time to move from planning to implementation is now. Let us honour the spirit of our Women in Rotary celebrations by channelling that energy into meaningful, measurable change on the ground.

Additionally, March, as many of you know, is Rotary's month dedicated to Water

and the Environment – and this year, the theme lands with particular resonance.

In his column in this publication, our own PP Okello-Omoding offers what I can only describe as a remarkable meditation on water.

He examines it across three dimensions: the physical necessity that sustains our bodies, the biological reality that underpins all life on earth, and the spiritual significance that cultures and faiths across millennia have placed in its flowing depths.

I commend his piece to you wholeheartedly. It is the kind of writing that makes you pause, reflect, and look at a glass of water quite differently.

The reflection deepened considerably last week when our club hosted a representative from Wells of Life, an NGO whose work in rural water provision is nothing short of inspiring.

Their approach – community-centred, sustainable, and transformative – showed us that access to clean water in the most deprived corners of our country is not a distant dream. It is an achievable reality.

What struck our members most was not the scale of their projects, but the simplicity of their model.

When intention meets organisation, wells get dug, taps get turned, and lives change for the better.

And so this editorial closes with a direct call – not just to fellow club members, but to every reader of these pages. Water is life. Yet, millions of Ugandans still lack reliable access to clean water.

The rivers we swim in as children, the rains we celebrate, the springs our grandmothers once drew from – many are threatened by pollution, deforestation, and neglect.

Each of us has a role to play: preserve what remains, conserve what we consume, and advocate fiercely for provision to those who have none. Whether it means supporting a community borehole, championing better sanitation at a local school, or simply being more deliberate about how we use water in our daily lives – do something.

As Rotarians, we have the networks, the resources, and the goodwill to lead. Let March 2026 be remembered as the month our clubs turned reflection into resolve, and resolve into rivers of life.

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,

“It starts with how we treat one another and the commitment we keep to the world's most vulnerable.”

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.”

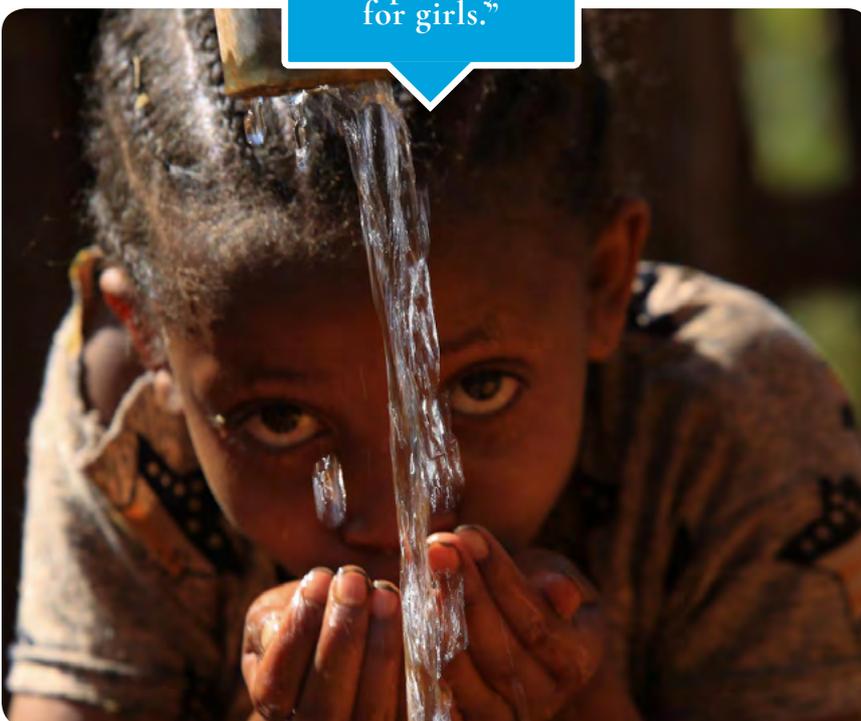
Rotary clubs such as the Rotary Club of Yumbe have drilled boreholes that have transformed communities. Other clubs have installed piped water systems

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 Naalyakos, Rotarians, Rotaractors, and Guests,

Happy new week to you all. I extend my heartfelt congratulations to our Charter President, Dr. Francis Lakor, Charter Members, and the entire club, upon marking our 14th Charter Anniversary last week. Your resilience, dedication, and love for the club continue to inspire us all.

In addition, I am grateful to the members of Naalya and our guests who joined the fellowship on Tuesday, 10th March 2026.

Our guest speaker's presentation on WASH emphasized the importance of building healthy communities, transforming livelihoods, and promoting education.

We are delighted to share the good news that Wells of Life will be joining us

as a corporate partner for WASH initiatives.

I also wish to thank Immediate Past District Governor Anne Nkutu and PP Flavia Serugo for continuing the Sisterhood Spaces program during Women's Month.

This initiative is a powerful source of inspiration to many young women and a reminder of the impact of mentorship and collaboration.

This week, our focus shifts to the Mental Health Project. We are working to raise the funding required to launch this project within the next two months.

I invite all of you to attend fellowship tomorrow, Tuesday, 17th March 2026, at 7:00 PM at Ndere Cultural Center, and to support this important cause.

We are also preparing for the induction of prospective members on 31st March 2026. Please encourage potential members to join the prospect groups and attend the training scheduled for Saturday, 21st March 2026.

To all those who celebrated birthdays and anniversaries this past week, especially our President Elect Christine Amucu, I extend warm congratulations. May the year ahead be joyful and fruitful.

“
We are also preparing for the induction of prospective members on 31st March 2026.”

To those who are unwell or caring for loved ones, I wish everyone a speedy recovery.

I wish you all a joyful week of Rotary service.!

**YOURS IN SERVICE
ABOVE SELF,**



TEAM TALK

Sustainability: The Real Test of WASH Projects

BY AG FRANCIS LUBUULWA

Across many parts of Uganda, it is not difficult to find water points that once represented hope, celebration, and progress, but now stand silent.

A pump handle hangs loosely. The concrete base is cracked. The community has gone back to the old water source. What was once a proud Rotary project slowly becomes a reminder of good intentions that did not last.

In most cases, the problem is not that the project was poorly meant. It is that sustainability was not fully planned.

Water projects are not events; they are systems.

A borehole, a rainwater harvesting tank, a school sanitation block, or a handwashing facility does not end when the installation is complete.

In many ways, that is when the real work begins. Every WASH project enters a life cycle that includes maintenance, ownership, accountability, and long-term follow-up. Without these, even the best-funded projects can fail. This is the sustainability test.

As Rotarians, we are naturally drawn to action. We like to see visible results. We enjoy the excitement of project launches, handover ceremonies, and the joy on the faces of communities receiving new facilities. These

moments inspire us, and they remind us why we serve. But true impact is measured years later.

Is the water still flowing?
Are the toilets still usable?
Is the community still engaged?
Does the school still maintain the facility?

If the answer is yes, then the project succeeded. If the answer is no, then we must ask ourselves difficult but necessary questions.

“Every WASH project enters a life cycle that includes maintenance, ownership, accountability, and long-term follow-up.”

Sustainability does not happen by chance. It begins at the design stage. Before a single hole is drilled, we should be asking:

Who owns this facility?
Who is responsible when something breaks?

Is there a trained local committee?
Is there a small but realistic maintenance contribution from users?
Has the local government been involved?
Does the district water office know this installation exists?

These questions may not feel as exciting as



fundraising or construction, but they determine whether the project will last five months or fifteen years.

One of the strengths of Rotary is that our membership includes people with diverse professional skills. In our clubs we have engineers, accountants, administrators, business leaders, teachers, health workers, and community leaders.

This pool of expertise is one of the greatest assets we have, yet sometimes we do not use it fully when planning service projects.

A sustainable WASH project is not only a technical exercise. It is also about governance, finance, behaviour change, and community ownership.

Imagine the difference if every Rotary WASH project included a clear sustainability structure: A written maintenance plan that remains with the community

A trained water or sanitation committee with defined roles
A simple financial arrangement for repairs, even if contributions are small
Formal engagement with local authorities and technical officers
Scheduled follow-up visits by the Rotary club after installation

“Leadership in Rotary is not proven at the launch of a project. It is proven in its longevity.”

None of these require very large budgets. They require planning, discipline, and commitment. In fact, sustainability often depends more on leadership than on money.

Communities remember projects that last. They also remember projects that fail. When Rotary installations continue to serve people year after year, our credibility grows.

When schools continue to use facilities we built, when health centres maintain systems we supported, when villages protect water sources we helped install, the Rotary name becomes associated with reliability and trust.

That reputation is powerful. It opens doors for future

projects, strengthens partnerships, and inspires confidence among donors and communities alike.

On the other hand, when installations break down and no one returns, communities may begin to see service projects as temporary gestures rather than lasting solutions.

As Rotarians, we should aim higher than that. This month, as we reflect on Water, Sanitation, and Hygiene, every club can take a moment to review not only what we plan to do, but how we plan to sustain it. Before approving a project, we might ask:

- Have we planned for maintenance?
- Have we involved the right local leaders?
- Have we made the community part of the solution?
- Have we allowed for follow-up after completion?

These questions do not slow down service; rather, they strengthen it. Leadership in Rotary is not proven at the launch of a project. It is proven in its longevity. When a borehole is still working ten years later, that is Rotary.

When a school sanitation block is still clean and usable, that is Rotary. When a community still takes pride in a facility we helped build, that is Rotary at its best.

From boreholes to systems, the real test of service is sustainability.

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



Rotary 
District 9213
District 9214

Rotaract 
District 9213
District 9214

 **TAIPEI**
2026

**LAST
CALL**
TO THE
**END OF
EARLY BIRD**

ROTARY INTERNATIONAL CONVENTION

TAIPEI, TAIWAN

Registration fees:

26th June - 15th Dec 2025: **475** (Early Registration)

16th Dec 2025 - 31st Mar 2026: **\$575**

1st Apr - 17th June 2026: **\$675**

Register and pay in full by 15th December 2025 to secure the lowest registration price at <https://convention.rotary.org>

#Unite4good9213 #OneActAtATime
#RotaryEyamba
 <https://rotaryd9213.org>

@rotarydistrict9214     
Rotary District 9213     
<https://rotaryd9214.org> 

#CoverStory



Celebrating Our Women In Rotary 2026 Champions

NATIONAL CHAMPION AWARD

Rtn Rita Aciro Lakor – RC Kampala Naalya UWONET Executive Director, EU Human Rights Defenders Award recipient, and 2026 national medal honoree with twenty-plus years championing women's rights.



Rtn Rita Aciro Lakor



Rtn Deborah Kamugisha

WOMEN'S LEADERSHIP AWARD

Rtn Marion Natukunda – RC Kiwatule, D9213 Senior Health Communications Officer championing WASH, malaria elimination, and youth mentorship, serving as District Community Service Chair and TRF Technical Adviser.

Rtn Deborah Komugisha Kakande – RC Nalumunye, D9214 HR executive and ICF-certified coach who grew her club by 26 members, formed two new clubs, and exceeded USD 20,000 in Foundation contributions.

YOUTH CHANGE MAKER AWARD

Rtn Brownie Ebal – RC Bugolobi Morning Tide Legal professional and founder of the Kitabu-Buk Project, delivering literacy materials to over two million children across underserved Ugandan communities.



Rtn Brownie Ebal

INNOVATION & IMPACT AWARD

Rtn Jacqueline Ayuya Mukasa – RC Kampala
RC Kampala President harnessing baking, jewellery, and hiking to fund menstrual hygiene programmes and empower girls in hard-to-reach communities.



Rtn Jacqueline A. Mukasa



Rtn Elizabeth Kalemera

COMMUNITY/SOCIAL IMPACT AWARD

Rtn Elizabeth Kalemera – RC Kasangati
Educationalist and child-protection advocate who has empowered over 618 adolescent mothers through vocational skilling, re-entry education, and community outreach.

ROTARY WOMAN ENTREPRENEUR AWARD

Rtn Christine Karya Atuhairwe – RC Ntinda
Metro Founder of Quality International School, Kyanja, creating employment for young women while advancing girl-child development through education and economic empowerment.



Rtn Elizabeth Kalemera



Rtr William Atwooki

MALE CHAMPION AWARD

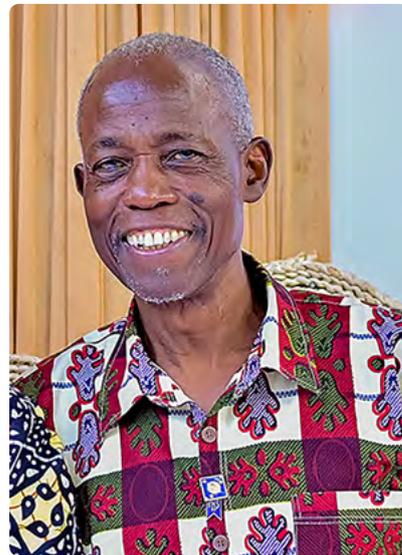
Rotaractor William Kusemererwa Atwooki – Rotaract Club of Kaihura Western Uganda Rotaract builder who established six new clubs, mentored female Rotaractors, and trained 90 women in sexual and reproductive health.

Rtn Moses Oteng – RC Nalumunye, D9214 Oil-and-gas administrator and Blue Rose member leading GBV advocacy campaigns and transformative CSR programmes for women and youth in underserved communities.

Rtn Francis Tusbira – RC Kampala North, D9213 Past District Governor, newly appointed RI Trustee, and 35-year Rotary champion passionately empowering women, youth, and persons with disabilities globally.



Rtn Moses Oteng



Rtn Francis Tusbira



Rtn Annie Ninyesiga

GOVERNOR'S CHOICE LEADERSHIP AWARD

Rtn Annie Ninyesiga – RC Bwebajja, D9214 Past Assistant Governor and District Membership Chair recognised for exceptional efforts driving sustained membership growth across District 9214.

Rtn Joyce Sadoori – RC Upper Kololo, D9213 District TRF Fundraising Chair distinguished for her tireless mobilisation of Rotary Foundation contributions across District 9213.

Rotary 
Club of Kampala Naalya

CELEBRATING



**Thank you All for your Commitment
& Service over the years.**

We couldn't have done it without YOU!

www.RotaryKampalaNaalya.org

Rotary
Kampala-Naalya



Investing in
Youth Mental Health:
Mobilizing Partners for the
MSAG Global Grant **(GG2570450)**



Virtual and Physical
Fellowship



scan code to join

Tuesday, 17th
MARCH 2026 
@ 7:00pm

Ndere Cultural Centre 

 RotaryNaalya

 rotarykampala-naalya

 www.rotarykampalanaalya.org



WASH: A case for Rotary-NGO partnership

BY EDITORIAL DESK

Every morning, before the sun fully rises over rural Uganda, millions of women and girls set out on a journey that will consume half their day. They are not going to school or to work.

They are fetching water. Two to four hours of walking, carrying heavy jerricans, simply to bring home water that is often unsafe to drink.

This is the daily reality for nearly a third of Uganda's population — and it is a reality that Mr Pascal Olinga, Deputy Country Director of Wells of Life, brought home with quiet force when he addressed members of the Rotary Club of Naalya on March 10.

Olinga's talk was not a lament. It was a masterclass in what is possible when determination meets community-centred innovation — and a compelling invitation for Rotary to play a bigger, smarter role in Uganda's water, sanitation and hygiene (WASH) story.

Uganda has made measurable progress on WASH. Nationally, roughly 70% of the population has access to basic drinking water — meaning a source within a 30-minute round trip.



Rotary MoU with Davis & Shirtliff for water provision

Yet that figure masks a stark rural-urban divide. In villages, water collection routinely stretches to hours. Sanitation is grimmer still: only one in five Ugandans has access to safely managed facilities.

In schools, where policy mandates one latrine per 40 pupils, the reality is often 63 to 70 children sharing a single facility. For adolescent girls, this is not merely inconvenient — it is a barrier to education, dignity and safety.

Underlying these challenges is Uganda's rapid population growth — from 34 million in 2014 to over 45 million today, adding roughly one million people each year.

Climate change compounds

“
...only one in five Ugandans has access to safely managed facilities.”

the pressure, disrupting rainfall patterns and lowering water tables.

And there is a harder truth closer to home: spot checks across Rotary-funded water projects reveal that 15 to 20% of installations are non-functional at any given time.

Good intentions and generous funding are not, on their own, enough.

Wells of Life: A Better Model

Founded nearly 15 years ago, Wells of Life has constructed over 1,000 boreholes across rural



districts including Mubende, Mityana and Kassanda.

But it is their approach, far more than their numbers, that sets them apart.

Their flagship project in Kitebere illustrates this clearly. Rather than sinking a single hand-pump well, Olinga’s organisation engineered a solar-powered production well feeding 20,000-litre storage tanks.

Underground pipelines – initially spanning five kilometres, later extended by seven more – now deliver clean water to a secondary school, primary school, preschool, church and town centre.

Students turn a tap. Water flows. In communities where that simple act was once impossible, it is nothing short of transformational.

The project did not stop at water. Four new latrines were built across the two schools, restoring privacy and dignity, especially for girls. Classroom blocks were remodelled and furnished.

The village church, once dilapidated, was rehabilitated. In the following phase, prepaid water kiosks were introduced – community members purchase water using mobile money tokens, similar to how they buy electricity units. The revenue sustains maintenance. When the NGO steps back, the water keeps flowing.

“We don’t just drill and leave,” Olinga explained. “We build systems that communities own, maintain and are proud of.”

“
The SDGs
will not be
achieved by
any single
club, district
or nation
working
alone..”

The results confirm it: children reclaim study time, girls pursue ambitions instead of jerricans, and entire communities become healthier, more productive and more resilient.

A Call to Collaborate

Rotary clubs across Uganda have a proud record of investing in water. But Olinga’s presentation raised an important question: are we investing as wisely as we could be?

There are remote valleys and hard-to-reach villages where Rotary clubs have no physical presence – but where organisations like Wells of Life are already embedded,

trusted and effective. The invitation is not to step back from WASH, but to step forward more strategically.

Global Grants, club-to-NGO partnerships, and direct co-financing are all pathways through which Rotary can extend its reach and dramatically multiply its impact.

By pairing Rotary’s fundraising power and global network with the on-the-ground expertise of organisations that understand local communities, local languages and local systems, we can ensure that every investment endures – that the tap keeps flowing long after the ribbon is cut.

As Uganda marks Water and Sanitation and Environment Week, aligned with World Water Day, clubs across the country could pick key lessons from Wells of Life.

The Sustainable Development Goals will not be achieved by any single club, district or nation working alone.

They will be achieved by partnerships – and by the willingness to reach, together, where neither partner could go alone.

Rotary 
District 9213

The
Rotary 
Foundation

Rotaract 
District 9213

Give

\$1000

To TRF

DATES OF GIVING :
RECOGNITION DATE :

Now till 15th March, 2026.
19th March, 2026.

#UniteForGood
#RotaryEyamba #Give&Impact



Rotary District 9213



Ten Landmark Milestones in the Evolution of Rotary Magazine

BY EDITORIAL DESK

SINCE ITS MODEST DEBUT OVER A CENTURY AGO, WHAT WE NOW SIMPLY CALL ROTARY MAGAZINE HAS GROWN FROM A HUMBLE CLUB BULLETIN INTO ONE OF THE MOST DISTINGUISHED SERVICE-JOURNALISM PUBLICATIONS IN THE WORLD.

Here are ten of the most important highlights in the magazine's rich history, reflecting its role as a chronicler of service, a platform for global leaders, and a catalyst for change:

1. The Birth of a Vision (January 1911) – The story begins with a 12-page tabloid called *The National Rotarian*, launched by Chesley R. Perry on a shoestring budget of just \$500. The inaugural issue carried a founding essay by Paul P. Harris, giving scattered Rotarians a shared “centre of gravity.”

2. Going International – The First Rebrand (September 1912) – As Rotary expanded into Canada and Great Britain, the word “National” became a contradiction. The magazine was renamed *The Rotarian*, signalling that this was a publication for a worldwide fellowship.

3. The First Regional Magazine (1915) – The launch of a regional edition in Great Britain and Ireland planted the seed for what is now the *Rotary World Magazine Press* – over 30 publications in more than 20 languages, across 130 countries.

4. The Golden Age of Art (1920s–1940s) – Norman Rockwell's iconic cover illustrations, including the beloved “Barefoot Boy Playing Flute” (June 1938), cemented the magazine's place in cultural history.

5. A Platform for the World's Greatest Minds (1940s) – Sir Winston Churchill, Gandhi, Shaw, H.G. Wells, and Pearl S. Buck all wrote for its pages during WWII, establishing *The Rotarian* as a moral compass for a world at war.

6. Championing the United Nations (1945) – With Rotarians as delegates at the UN Charter Conference in San Francisco, the magazine gave readers an inside track on the birth of modern international diplomacy.

7. The Inclusion Revolution (1987) – Following the Supreme Court ruling admitting women to Rotary, the magazine's editorial voice and imagery transformed, celebrating female leadership with full conviction.

8. Chronicling the Polio Eradication Campaign (1979–Present) – From the Philippines to Nigeria and Afghanistan, the magazine has documented the journey from 350,000 annual polio cases to the brink of total eradication.

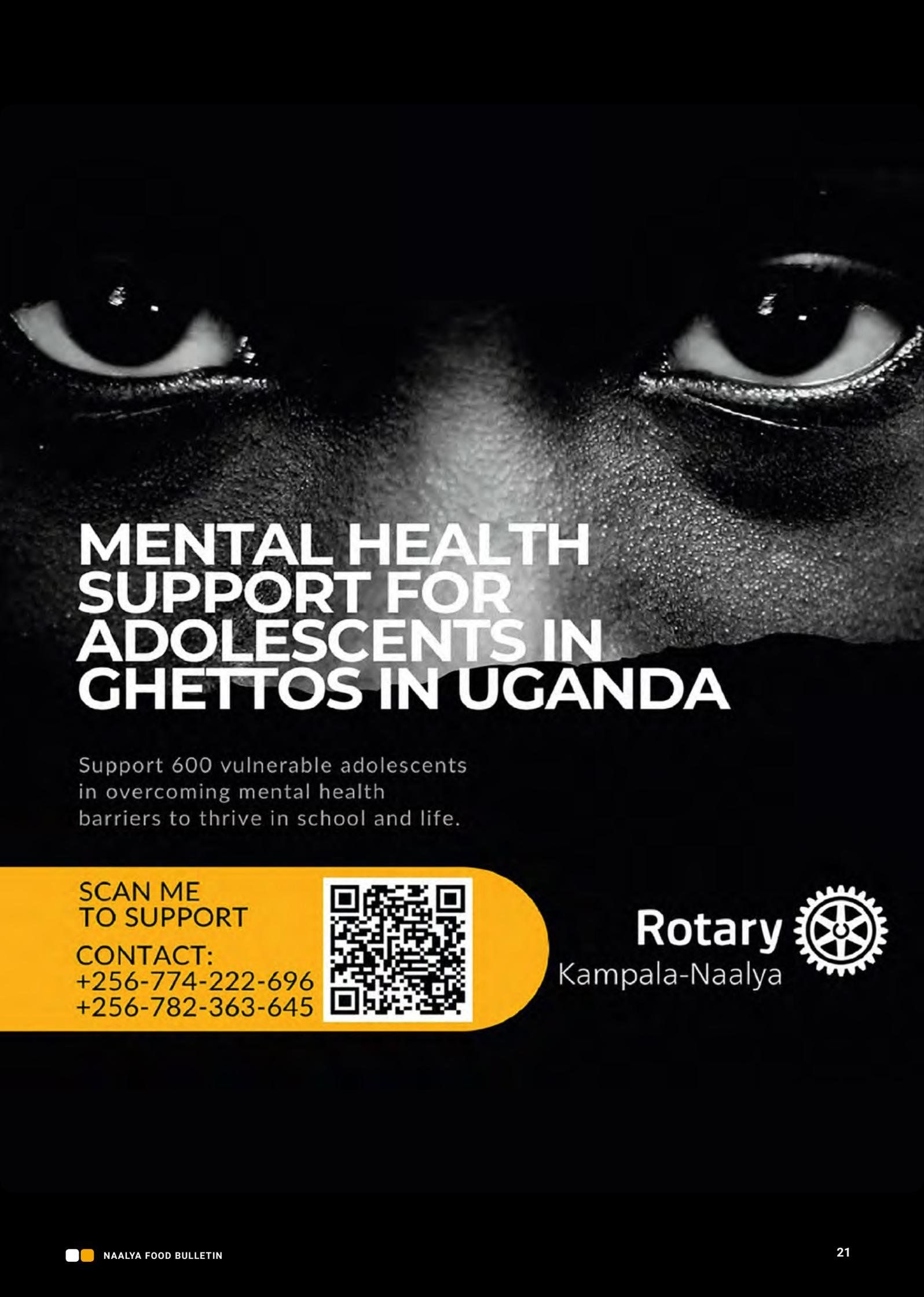
9. Strategic Rebranding to Rotary (September 2020) – After 110 years, the magazine shed *The Rotarian* for the single, resonant word *Rotary* – a name that belongs to every member, everywhere.

10. The Digital Era – Accessible to All (2020s) – With its full archive online and digital editions reaching every corner of the globe, *Rotary magazine* now connects Rotarians from Kampala to Kyoto in real time.

From a \$500 tabloid to a global publication with a combined circulation of over 750,000, *Rotary magazine* remains what it has always been: the living voice of our shared commitment to *Service Above Self*.

“
Rotary magazine remains what it has always been: the living voice of our shared commitment to *Service Above Self*.”





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





#SolRise

Emotional Awareness: The Foundation For Mental Well-being

BY RTN JACKLINE MUTIIMBA

A few months ago, I had one of those days that looked completely normal on the outside but felt unusually heavy on the inside.

Work responsibilities were piling up. Messages kept coming in. Deadlines were approaching. By the end of the day, I felt drained, yet I could not clearly explain why.

When someone asked how I was doing, my response was automatic: "I'm fine."

But the truth was different. I was overwhelmed.

Later that evening, I paused and asked myself a question I had not asked all day: What am I actually feeling right now?

The answer was surprisingly simple. I was not just tired; I was mentally overloaded and emotionally stretched. That moment reminded me of something important: we cannot manage emotions we do not first recognize. This is where emotional awareness begins.

Defining Emotional Awareness

Emotional awareness is the ability to recognize, understand, and name what



we are feeling in a given moment.

It is a core element of emotional intelligence and an important foundation for mental well-being. Yet, for many people, it is a skill that was never intentionally taught.

Many adults move through their daily routines fulfilling responsibilities effectively while remaining disconnected from their emotional experiences.

We easily notice physical signals such as hunger or fatigue, but emotional signals often go unnoticed.

Over time, this disconnection can contribute to stress,

“We easily notice physical signals such as hunger or fatigue, but emotional signals often go unnoticed.”

burnout, strained relationships, and emotional exhaustion.

Emotions function as internal signals. They help us understand what is happening within us and around us.

Stress may indicate that we are overwhelmed. Anger may signal that a boundary has been crossed. Sadness may reflect disappointment or loss.

Joy often points to something meaningful in our lives. When we ignore these signals, we lose valuable

insight into our needs, limits, and priorities.

People who develop emotional awareness are often better equipped to manage stress, communicate clearly, and maintain healthier relationships. In simple terms, emotional awareness helps us respond to life with greater clarity and resilience.

For many adults, emotional awareness was not encouraged while growing up.

Common messages often included: "Be strong," "Stop crying," or "Don't dwell on feelings." While these statements were meant to build resilience, they sometimes encouraged emotional suppression instead of emotional understanding.

As a result, many people learned to keep moving forward while ignoring their emotional signals.

Unfortunately, emotions that are constantly suppressed rarely disappear. Instead, they often resurface later as irritability, anxiety, fatigue, or burnout.

Emotional awareness in practice

Developing emotional awareness does not require complex techniques. It begins with small moments of reflection.

First, pause and ask yourself: What am I feeling right now? Naming emotions - whether it is frustration, anxiety, relief, or excitement - helps the brain begin processing them.

Second, try to understand what may have triggered the emotion. A difficult conversation, pressure at work, or personal worries may all influence how we feel.

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

Finally, use this awareness to choose a thoughtful response. Instead of reacting immediately, you may decide to take a break, communicate openly, or set a healthy boundary.

This small pause between feeling and reacting is where emotional awareness becomes emotional strength.

Life will always include pressure, uncertainty, and unexpected challenges.

Emotional awareness does not eliminate these realities. What it changes is how we experience and respond to them.

When we understand what we feel, we gain clarity, self-compassion, and greater control over our reactions.

Sometimes the most important step toward better mental health begins with a simple pause and an honest question: What am I really feeling right now?

Listening to that answer may be the first step toward a healthier and more compassionate relationship with yourself.

Reflection

Take a moment today and pause. Not to solve anything, but simply to notice. What emotion has been present in your day that you may have ignored?

Emotional awareness often begins with that small moment of honesty. When we learn to listen to what we feel, we begin to understand ourselves better, and that understanding is the foundation of mental well-being.



CREATE HOPE in the WORLD



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



ELDER'S EYE

Water is Central to All Aspects of Human Development

BY RTN GODFREY OKELLO-OMODING

Water has always played a pivotal role in shaping human life, and in the growth and development of the world around us.

Access to water wheels human activities and practices - from its consumption to human discoveries, breakthrough and beliefs.

Water sets off a chain reaction of human advancement, transforming societies, economies, spiritual practices and daily life.

Water has impacted people's social, economic and spiritual advancement. For instance, a single act of Jesus looking for water to drink caused Him to meet a Samaritan lady at the well.

It opened the gospel to the gentiles in that region of Samaria. Remember, Samaritans were considered unclean by the Jews.

Even today, water remains central in Christian rituals - right from baptism (entry) to death (exit). In communication too, particularly in a rural setting, water sources are usually places where women share

news, views and stories.

It's where they connect and sometimes where they make cornerstone decisions for their lives.

Commerce continued to prosper in the advancement of access and availability of water.

Clean water is a commodity of commerce and access to it is a measure of modern life.

Its availability is transformative - changing human lives, making society better.

Very often, society with good access to safe water has good human development indices.

Water is indispensable for sanitation and hygiene.

“
Very often, society with good access to safe water has good human development indices.”

Where access to and availability of safe water becomes a given, redesigning and integrating sanitation and hygiene interventions become much easier.

It's catalytic, and allows developers and different stakeholders to participate in spreading better sanitation and



hygiene applications.

For us as Rotarians, it is important to look out to have affordable technological innovations and models for increasing access to and availability of safe water.

This can come with building a range of partners and conceiving workable solutions. For sure, one success story of water access and availability can spur better sanitation and hygiene solutions too.

Making paradigm shifts in ways of increasing access to safe water and its availability can let in sanitation and hygiene delivery at the same time.

The challenge here is looking out for a delivery model that

can instantaneously accommodate all. And the model is acceptable to a community.

A better way through is ensuring that a model is more versatile; integrating technology, community engagement and sustainability.

Rotarians, today with various social networks and access to information, seeking for workable models and partners has become easier. What may be a challenge is a willingness to put one's self forward to lead.

“
What may be a challenge is a willingness to put one's self forward to lead.”

More than before, globalization is getting enhanced with people connecting as low as at individual level and very instant. There is now a sense of people willing to share knowledge and resources.

For instance, Rotary Clubs all over the world are willing to partner - a sense of fostering global communities.

When we chorus together, United for Good, in this month of water, sanitation and hygiene (WASH), let us remember that there are many ways we can do better when we decide.

These include grouping as WASH movements; enabling us to organize, mobilize and act in unprecedented ways.

Today, there are number of tools for mobilization, and technology is enhancing this.

The capacity to share knowledge is high and can potentially uplift different communities and promote to light up the centrality of water in human development.





OUT TO LUNCH

Gold: How BoU Can Make Ugandans Wealthy

BY RTN DENIS JJUUKO

In recent years, gold has become Uganda's leading export earner, bringing in a record US\$6.4 billion in 2025 from US\$1.26b in 2019 thereby overtaking coffee (US\$2.46bn).

That is a huge surge in revenue. Gold has been surging worldwide due to increased geopolitical tensions forcing Central banks to increase their purchases as a measure to hedge against rising inflation and US Dollar instability.

These geopolitical tensions will only increase, and gold - known to hedge against inflation and instability more than paper assets – will see its value rising even higher.

This perhaps explains why the Bank of Uganda (BoU) is set to buy at least 100 tons of gold between March and June this year worth US\$160m or nearly Shs600 billion through its Domestic Gold Purchase Program.

But although gold brings in significant returns to Uganda, the majority of ordinary Ugandans are not benefitting from it. The impact of the surge in gold



prices is incomparable to that of coffee.

If you drive through districts where coffee is grown, say Bukomansimbi in Buddu, you will see how the recent coffee earnings have transformed communities.

Recently, my sister's domestic worker asked for leave to attend a family event in greater Masaka. When she returned, my sister was eager to know how the event was.

It turned out, the event was a celebratory party. For the very first time, the family was able to buy a vehicle, a Toyota

Probox, and therefore left no stone unturned in celebrating this milestone.

The money to buy the family car came from coffee. The family, my sister's worker said, is grateful to **Emmwanyi Terimba**, the grow-coffee campaign championed by Charles Peter Mayiga, Buganda Kingdom's Katikkiro (Prime minister).

Coffee is responsible for better housing conditions for ordinary people. Hitherto poor families are able to send their kids to school while wearing shoes. Yes, shoes.

People's lives have been transformed. The government of Uganda is now creating coffee parks

“
The impact of the surge in gold prices is incomparable to that of coffee.”

everywhere. Uganda is now the leading coffee exporter on the continent.

Gold brings in almost three times what coffee earns Uganda but you hardly hear about ordinary people whose lives are being transformed by the surge in gold earnings compared to coffee.

Most of the stories about ordinary people in gold mining communities are depressing. Either they are being buried in informal unsafe mines or being evicted from the land.

You hardly hear how they are buying vehicles, replacing their roofs with fancy tile-esque iron sheets or sending their kids to schools with shiny black shoes.

Ordinary people must significantly benefit from gold. There is, therefore, a need to demystify gold. The Ministry of Energy and Mineral Development has done well to increase the number of licensed refineries to the current nine.

How can now gold move from being a mineral snake oil salesmen use to con the public into a tradeable item that many Ugandans could benefit from? How could more people trade it the same way they trade coffee? The licensing doesn't need to be cumbersome and expensive.

If many ordinary Ugandans participate in the gold trade, the way they do with coffee, the more benefits for the country. More jobs will be created. More tax revenue will be realized.

More people will move from poverty to the real middle-income status. And that way, more Ugandans will have a stake in their country.

“Another way is by the Bank of Uganda to create a gold exchange where people can trade gold.”

Another way is by the Bank of Uganda to create a gold exchange where people can trade gold. A minimum can be set, say UGX1m to participate in this.

A person opens a central depository account (CSD) and loads money on it and then bids through an auction organised periodically by BoU similar to the treasury bonds/bills market.

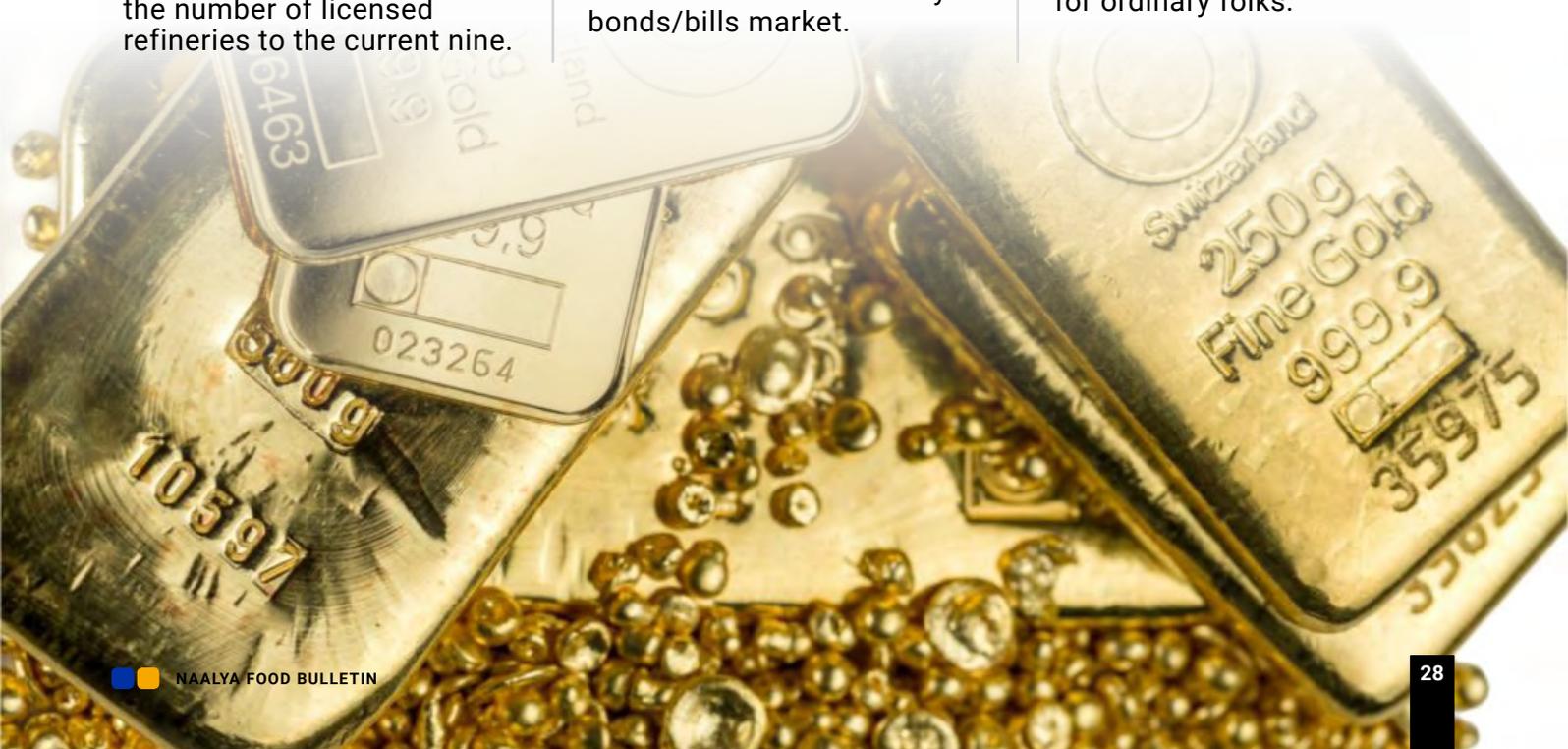
The successful bidder is then issued a certificate. They can then trade their values at prevailing rates, the same way the treasury bonds secondary market or even stock exchange works.

Others could hold to their shares and wait for gains and determine when to sell. If BoU decides to sell their holdings, then the gold certificate holders could earn some interest on their holdings (or make a loss depending on the market conditions, again same way the stock exchange works). The central bank would charge a fee for storage and such other expenses.

Bank of Uganda wouldn't have to spend the US\$160m of its money on gold purchases this year alone.

It would use ordinary Ugandans' money while creating value and an opportunity for the majority of people to participate safely in the gold industry.

Retirement and other savings would be protected from inflation and other uncertainties while creating another investment vehicle for ordinary folks.



Last Week's Fellowship

#Kimeeza - Pictorial



Rotary 

Club of Kampala Naalya

10th March

Happy Birthday

PE Christine Amucu

On your special day, we just want to remind you how deeply you are loved—today and always. Wishing you the best in the year ahead!

www.RotaryKampalaNaalya.org

Fun Facts

Sauce

It seems so simple, doesn't it? A four-letter word that can mean the difference between a triumphant culinary masterpiece and a sad, dry lump of regret on a plate. But where did this magnificent word come from? Let's don our linguistic aprons.

Our story begins not in a French château, but with the ancient Romans and their love of a good, pungent, fermented fish stew. Yes, really. They had a condiment called salsa. And what did salsa mean? Simply, "salted things." That's it. The root is sal, the Latin word for salt.

This salsa traveled through time and language, hitchhiking a ride with the Franks and the Gauls, until it arrived in Old French as sauce. By the time it crossed the English Channel, it had taken on the meaning we recognize: a liquid or semi-liquid mixture designed to accompany food.

But why do we need it? Beyond the obvious "it tastes good," the word 'sauce' in a culinary context has a utility that is almost philosophical in scope. It's the great unifier, the diplomatic envoy between the protein and the palate. Let's break down its core functions:

1. The Moisture

Missionary: Let's face it, a lot of food, especially the roasted or grilled kind, can be dry. A chicken breast, left to its own devices, is often a sad, fibrous wasteland of regret. Sauce arrives like a delicious monsoon, rehydrating and rescuing. It is the oasis in the desert of steak.

2. The Flavor Multitool: A great sauce is a symphony. It can add fat, acid, sweetness, or flavour. (that Roman fish goo, now known as garum). It takes a single-note ingredient, like a piece of boiled fish, and gives it a whole backing band. It's the bass line, the rhythm guitar, and the killer sax solo all at once.

3. The Culinary Clutch

Player: Have a leftover vegetable? Toss it in a sauce. Some slightly sad leftovers? Sauce. A piece of bread that's a bit stale? Congratulations, you now have a vessel for sauce. Sauce is the ultimate team player. It never asks for credit, yet it makes

everyone else look better.

4. The Great

Camouflager: Historically, this was a big one. In the days before refrigeration, meat got... funky. A thick, heavily spiced sauce wasn't just a treat; it was a necessity. Today, it's less about covering up rot and more about covering up the fact that you slightly burned the garlic. Same principle, less botulism.

So, the humble word 'sauce', born from a desire for salt, has evolved into a concept that represents moisture, flavor, improvisation, and even a little bit of deception.

In the end, 'sauce' is the edible embodiment of the phrase, "I care." It's the difference between fuel and food. It is, and I do not say this lightly, the liquid soul of the dish.

Now, please pass the tomato sauce.



Jokes of the week

1. Why did the tomato turn red? Because it saw the salad dressing.
2. I'm on a seafood diet. I see food and I eat it.



3. Why did the banana go to the doctor? Because it wasn't peeling well.
4. White bread is like the sun – it rises in the yeast and sets in the waist.

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

ROCKET

AFRICA'S CORPORATE GIFTS CO.



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

Affordable Prices and So Much More!

uganda@rocketafrica.com

www.rocketafrica.com

TANZANIA | UGANDA | KENYA | RWANDA | SYCHELLES



+256 783 202014 / +256 700 869474

WOULD YOU LIKE TO

JOIN OUR CLUB?

TAP THE BUTTON BELOW

FILL THE FORM AND OUR
MEMBERSHIP DIRECTOR WILL REACH OUT



OUR CLUB MEETS EVERY TUESDAY AT 7-8PM

www.rotarykampalanaalya.org



Aluminium and
Metal Fabrication



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