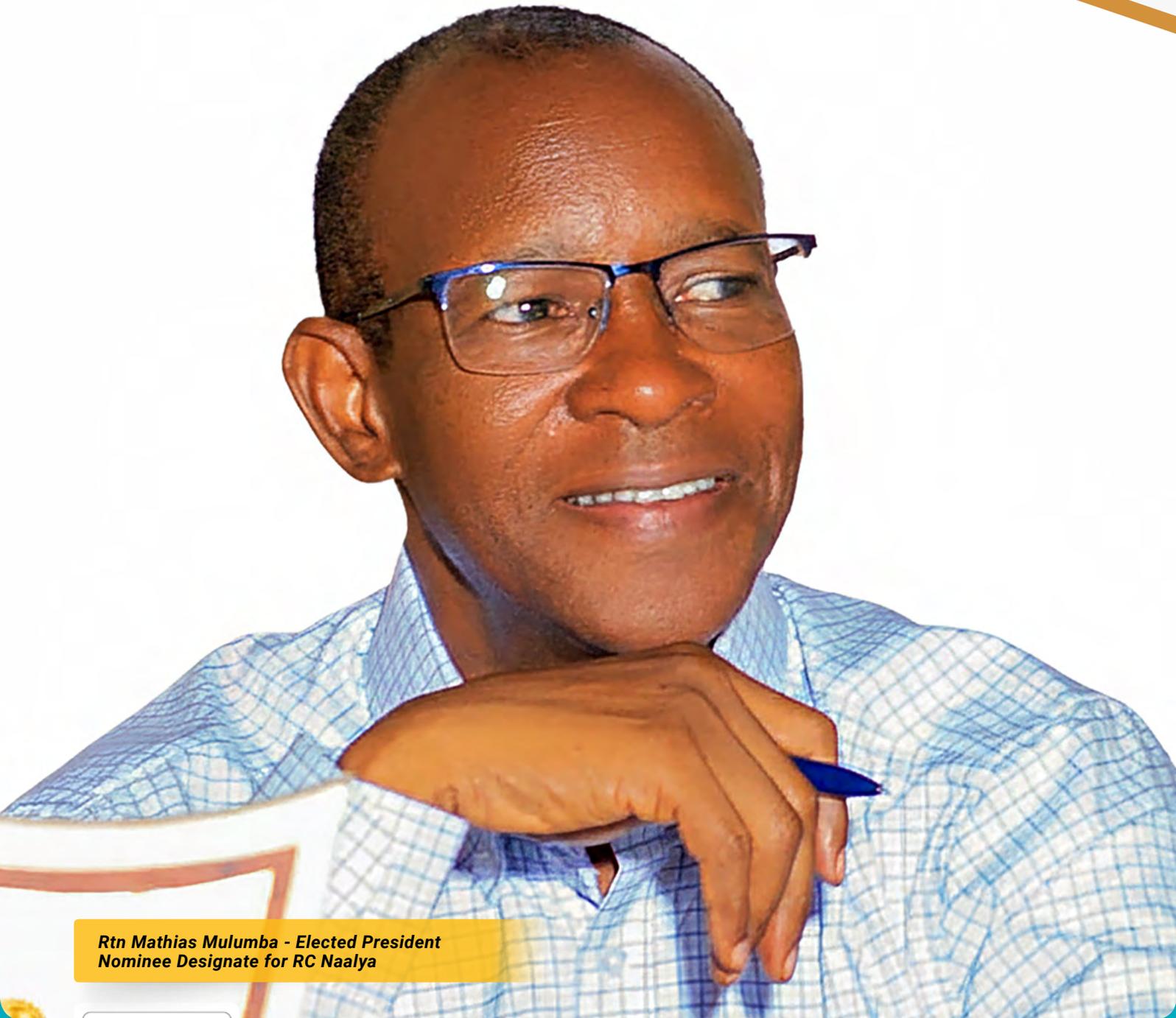


Naalya Food 3rd February, 2026 Bulletin

Rotary 
Kampala - Naalya

UNITE
FOR
GOOD

Issue 28 | RY 2025-26



**Rtn Mathias Mulumba - Elected President
Nominee Designate for RC Naalya**

RC KAMPALA - NAALYA



SCAN TO LEARN MORE

In This Issue

13

2024-25 Financial Report:
Numbers That Tell Our Story

19

DG calls for
nominees for DGND



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 Let Action Define Us - RI President Arezzo
- 6 President Owekmeno's Message
- 7 Peace Starts With Me, Practically
- 10 Mathias Mulumba Elected President Nominee Designate
- 12 Tribute to Rtn Mathias by PP Sylvia Nankya
- 13 2024 - 2025 Financial Report: Numbers That Tell Our Story
- 16 President Christine Amucu's Leadership Team: 2026 - 2027
- 19 Success Planning: DG calls for nominees for DGND
- 22 Mental Health in Ghettos: Why We Should Care
- 23 Let's be champions of peace, conflict prevention
- 25 Object of Rotary
- 26 Last Week's fellowship
- 28 Family Matters
- 30 Fun Facts



Publisher:

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



Chef's Note

Fellow Rotarians and friends,

The dust has settled on Uganda's general elections. As Rotarians, we commend everyone who participated with patience and dignity. Yet, the true test of our character begins not on voting day, but in what follows.

February is Rotary's month for Peacebuilding and Conflict Prevention, and its timing could not be more fitting. Elections, by their nature, create winners and losers, highlight differing manifestos, and sometimes leave invisible wounds. But now, the essential work begins, the work of healing and moving forward together.

The peace we champion is not simply the absence of conflict. It is the farmer sharing tools with a neighbour who supported a different candidate.

It's the trader serving every customer with equal warmth. It is parents sending their children to school side by side, regardless of the party colours once won. This is practical peace - rooted in our shared humanity and the recognition that Uganda's common challenges do not recognise political affiliation.

Youth unemployment, maternal health, clean

water access affect everyone regardless of the party slogan.

They demand our united hands and hearts. The mother walking miles for water cares not which party won; she needs a borehole. The motorist driving on broken roads doesn't care about "gains" or flags. Our work remains, and it requires all of us.

This is where Rotarians lead by example. In our clubs, we already gather across party lines, tribal backgrounds, and generations. We're united by Service Above Self. Let us carry this spirit into our communities. Listen to someone whose vote differed from yours. You will discover shared dreams beneath the surface.

Whether your preferred candidate won or lost, the mandate is the same: get back to work! We must gently lay down the passions of the campaign season. Clinging to victory breeds arrogance; nursing defeat breeds bitterness. Both poison the well from which our communities draw strength.

To our seasoned Rotarians: be the anchors of stability. Use your influence to

calm heated rhetoric and mentor the next generation in constructive dialogue.

To our young Rotarians: be the bridge-builders. Channel your energy into inclusive spaces where diverse ideas are welcomed, ensuring that the vibrancy of youth builds rather than breaks.

As Rotarians, our commitment to peacebuilding lives in small, deliberate acts of reconciliation. It lives when we choose conversation over confrontation, common ground over division. As we move through February, let us be architects of harmony. Not by ignoring differences, but by refusing to let them define our relationships.

The elections are over. Our shared work is not. Let us return to it together as brothers and sisters, as compatriots.

The peace we build today becomes the foundation for the prosperity our children will inherit tomorrow.

Now, that is a victory worth winning, together.

Rtn. Peter Nyanzi
Bulletin Officer

Let Action Define Us

RI PRESIDENT'S MESSAGE
By Rtn. Francesco Arezzo



FEBRUARY 2026

At last month's International Assembly, President-Elect Olayinka "Yinka" Hakeem Babalola called on members of the Rotary world to live out our presidential message for the 2026-2027 Rotary year, **Create Lasting Impact**.

This February, as we observe Peacebuilding and Conflict Prevention Month, we have an opportunity to channel Yinka's call to action into real change.

Peace is not simply the absence of war. A life free from conflict but marked with hunger, instability, or the inability to care for one's family is not peace. Peace requires liberty, opportunity and respect for human dignity. Yet fear often blocks that path - fear of change, of cultural loss, of people we don't understand.

Fear isn't defeated through avoidance or aggression. Knowledge is the first step toward peace. Rotary embraces this idea. Our Rotary Peace Centers and their peace fellows, along

with other peace education initiatives, demonstrate how knowledge builds trust and helps communities find solutions to conflict.

In Columbia, decades of conflict have left deep wounds. The 2025 Rotary Foundation Programs of scale awardee, Pathways to Peace and Prosperity, partners with the United Nations World Food Program to expand opportunity, improve conflict resolution, and connect people with social services. Its goal is to break cycles of violence, poverty and food insecurity so peace can take root.

“More than 1,100 farmers now participate and over 50 villages have adopted the model.”

In Maharashtra, India, People of Action honoree, Swati Herkal built peace through prosperity. Her project confronted farmers' declining soil health, rising debt and illness caused by chemical fertilizers.

She and her Rotary partners launched a regenerative agriculture program that revitalized the land, lowered costs, and restored stability.

More than 1,100 farmers now participate and over 50 villages have adopted the model. Rotary also advocates peace by restoring dignity. In Chad, Rotary Peace fellow Domino

Frank discovered more than 1,500 women who fought in a rebellion had been erased from reintegration programs.

His advocacy led to Chad's first Rotary Foundation global grant and the creation of Corridors of Peace. More than 100 women - triple the goal - completed literacy and vocational training and formed a cooperative to support their families.

From Columbia to India to Chad, the lesson is clear: Peace is not a dream. It is the result of sustained action with a focus on true, lasting impact.

To replicate these successes, Rotary clubs can take three steps: Learn from peace fellows and other peace experts in our organization, apply a peacebuilding lens to community assessments, and prioritize impact over ceremony.

In a world filled with fear, Rotary cannot be satisfied with half measures of empty words. If we are truly people of action, then action must define us.

Together, we can **Create Lasting Impact**, across the globe, in our communities and in ourselves.

President's Message

RTN CHARLES OWEKMENO
Unite For Good President
2025-2026



**Dear Rotarians,
Rotaractors, and Guests,**

Happy New Month!

Thank you for your support throughout January and for helping maintain peace and unity during a challenging election period.

I also extend my sincere thanks to all the Naalyakos and our guests who actively participated in last week's fellowship and club assembly.

A special word of appreciation and congratulations goes to President Elect Christine Amucu, who has now fully constituted the club officials for the upcoming Rotary year. I

further congratulate Rtn. Mathias Mulumba on his election as President Nominee Designate.

My heartfelt gratitude goes to the Katogo Buddy Group for their excellent leadership during January, especially amidst the difficulties caused by the internet shutdown.

This month of February, we will be led by the Rolex Buddy Group.

February is designated by Rotary International as the month to focus on Peace Building and Conflict Resolution.

Peace is essential, not only in our country, but also in our homes, workplaces, and communities. I urge

each of us to be active agents of peace in every sphere of our lives.

As we begin this new month, let us redouble our efforts to give generously to The Rotary Foundation. We remain significantly below our targets, and every contribution counts.

On 31 March 2026, we will induct new members into our club. Please mobilize and invite potential Rotarians to join us. Every Rotarian should aim to bring at least one new member.

Wishing you a productive, peaceful, and joyful week ahead.

**YOURS IN SERVICE
ABOVE SELF,**

“
Let us redouble our efforts to give generously to The Rotary Foundation.”



TEAM TALK

Peace Starts With Me, Practically

BY AG FRANCIS LUBUULWA

When we speak about peace, our minds often travel far to nations in conflict, to diplomatic negotiations, or to headlines that feel distant from our daily lives. Yet Rotary invites us to begin elsewhere: within ourselves.

For many Rotarians in Uganda, this is not an abstract idea. We carry real weight every day. We are employers managing payrolls in a tough economy, parents navigating rising costs of living, professionals under pressure to perform, and community leaders expected to have answers even when the path ahead is unclear.

We sit in meetings where decisions affect livelihoods. We balance Rotary commitments with already full calendars. In such an environment, inner peace is not automatic. Rather, it must be cultivated intentionally.

Inner peace does not mean the absence of stress, disagreement, or strong opinions. It means having the discipline to respond thoughtfully instead of reacting emotionally.

It is the difference between correcting firmly and



humiliating publicly; between listening to understand and listening to reply; between leading with authority and leading with intimidation.

In Rotary, leadership often rotates yearly, but character is on display every week. How we chair meetings, how we handle disagreement, and how we respond when plans fall apart all send powerful signals.

A president who stays calm when attendance drops sets a tone of confidence. A committee chair who invites diverse views builds trust. A member who chooses restraint over sharp words

“Inner peace does not mean the absence of stress, disagreement, or strong opinions..”

quietly prevents conflict long before it escalates. Think about a familiar scenario: a club meeting running late, tempers rising, opinions clashing over budgets, projects, or priorities.

In those moments, peace is not restored by who is right, but by who is grounded. The Rotarian who pauses before speaking.

The one who acknowledges another's point before disagreeing. The one who remembers that fellowship matters as much as efficiency.



Many conflicts we encounter in clubs, businesses, or families do not begin with bad intentions. They begin with fatigue, unspoken expectations, wounded pride, or unresolved personal pressure.

When these pressures remain unchecked, they leak into conversations, decisions, and relationships.

February challenges us to ask a difficult but honest question: What am I carrying that may be spilling onto others? For Ugandan Rotarians, this reflection is particularly important. Our culture values respect, hierarchy, and harmony.

While this is a strength, it can also mean frustrations go unspoken until they surface sideways through silence, disengagement, gossip, or sudden outbursts. Inner peace gives us the clarity to speak truth with kindness, and to receive feedback without

defensiveness. It also helps us recognise when to step back.

Sometimes peace looks like choosing not to push an argument further. Sometimes it looks like asking for time before responding. Sometimes it looks like admitting we are tired and need support. Rotary does not need perfect people. It needs self-aware leaders.

Practical Actions for the Week

- Pause before responding in moments of tension even a few seconds can change the outcome
- Listen fully before forming a reply, especially when opinions differ
- Assume positive intent; most conflict is about perspective, not malice
- Check your tone, not just your words — how something is said often matters more than what is said

Clubs may invest heavily in projects, trainings, and strategies, yet overlook the quiet power of emotional maturity. A peaceful Rotarian stabilises rooms, teams, and conversations without ever being appointed to do so.

“
A peaceful Rotarian stabilises rooms, teams, and conversations without ever being appointed to do so..”

Peace does not begin in meetings, policies, or resolutions. It begins in posture, attitude, and self-awareness.

As Rotarians, our greatest influence often lies not in what we say, but in how we show up especially when things are uncomfortable.

February invites us to start there.

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> 



Mathias Mulumba Elected President Nominee Designate

BY EDITORIAL DESK

Members of the Rotary Club of Kampala Naalya have elected Rotarian Mathias Mulumba Mayombwe as President Nominee Designate for the 2028-2029 Rotary Year. The election, which he won with a landslide, took place at a Club Assembly on January 27, 2026.

Mathias had initially been hesitant, citing a full schedule that might prevent him from serving wholeheartedly. But members remained hopeful, and their patience has paid off.

Mathias was sponsored and nominated by workmate and PP Sylvia Nankya, who has given a glowing tribute about him.

Mathias brings over 20 years of leadership experience in development communication and civil society engagement - credentials that align perfectly with Rotary's mission of service above self.

As Projects Coordinator at Uganda Radio Network, a journalism and communications civil society organization, he has managed projects funded

“
Mathias has demonstrated strong governance credentials.”



Rtn Mathias Mulumba will be Club President in 2028 - 2029

by international partners including the Democratic Governance Facility and European Union, leading a team of 40 staff members across multiple initiatives.

His commitment to community transformation is particularly impressive. Throughout his career, Mathias has focused on strengthening civic engagement, promoting accountability, and empowering marginalized communities - values that resonate deeply with Rotary's Four-Way Test and Areas of Focus. His work spans conflict-sensitive journalism, reproductive health

coalitions, and training Civil Society Organizations.

Excellent manager

Beyond professional achievements, Mathias has demonstrated strong governance credentials. He has served as Chair of the Center for Media Literacy and Community Development since 2015 and holds an advisory role with Youth Integrated Development Organisation.

These positions reflect his understanding of fiduciary responsibility, strategic direction, and volunteer mobilization, all of which are critical for effective

club leadership.

In his acceptance remarks, Mathias, who holds a Bachelors in Mass Communication and an MA in Monitoring and Evaluation, shared insights from his journey in development work: "Over the years, I have earned experience of turning collective ideas for initiatives into clear actionable projects that deliver results among target groups in communities," he said. "I have learned that leadership is about foresight, discipline to manage teams towards goals and building trust."

He emphasized the importance of relationships in achieving impact. "I believe human efforts through the projects conducted could only succeed where strategy met people," Mathias noted, highlighting his work with civil society actors, media houses, government ministries, and political party agencies across the country.

Mathias reflected on how his work has shaped practitioners and strengthened civic voices. "Such interactions have produced a crop of media practitioners some whose first encounter at professionalisation was from the encounter," he explained. "Among civic actors, rekindled the muffed voices supported dialogue with security agencies in negotiating a shared vision to the destiny our country." His leadership philosophy centers on participation and teamwork.

"I am humbled by colleagues' teamwork," he said. "In my journey, I have learnt that every voice matters."

My style is participatory and energising to move projects forward and inspire colleagues to better themselves."

Mathias also spoke about the rigorous foundation underlying his warm approach. "Behind the warmth in my character is rigor, committed to sense-making of evidence, learning from evaluation growing body of practice and frameworks that keep projects accountable," he explained, noting the importance of adapting to indigenous knowledge that anchors change in community.

He concluded with a powerful reminder about collaborative achievement. "Attaining progress is never a solo act, but a shared story, trust towards the vision,"

“
My style is participatory and energising to move projects forward and inspire colleagues to better themselves.”

Mathias said. "The passion that fuels my drive is not about numbers on a page; it is about stories of impact and growth."

Members' commendation

Club members expressed enthusiasm about the election. Past President Godfrey Okello-Omoding praised Mathias's

qualities: "He is such a person who does things meticulously. Whatever he put his hands, you see a person who exhibits meticulousness. He is driven by dedication, expertise, commitment and experience."

PP Okello-Omoding added: "Indeed, as a Club, it is another significant milestone to have Mathias, with passion for Rotary. We shall benefit from his knowledge and expertise in community work. Very importantly, he is a trustworthy person. We look forward to his tenure, and with members' support, the Club will realise more."

Charter President Francis Lakor expressed great excitement about the Club's leadership pipeline, noting that the next three Club Presidents – Rtn Christine Amucu, Rtn Pamela Kawadwa and now Rtn Mathias Mulumba - all bring outstanding profiles and Rotary experience. "I have no doubt that they are going add a lot to what their predecessors have done," he said.

With Mathias's vision for improved governance and his conviction that informed active citizenry drives accountable leadership, the Rotary Club of Kampala Naalya looks forward to a promising future under his stewardship.



DG Geoffrey Kitakule hands over a certificate to Rtn. Mulumba at his graduation from the Rotary Leadership Institute recently

#Tribute

Mathias Lived the Four-Way Test Before Learning the Words



BY RTN SYLVIA NANKYA

When I first invited Mathias to join Rotary, it was because I had already seen the traits of a leader in him. Having shared office space with him for nearly ten years, I knew him to be ambitious, disciplined, and deeply goal-driven.

He initially hesitated, concerned that his schedule might not allow him to attend weekly fellowships.

But what stood out most was his repeated concern

about the Four-Way Test, specifically, his fear that he might not be able to memorise it.

To me, that fear was entirely baseless. His concern was never about living the Four-Way Test, only about recalling it word for word. Had he expressed doubt about living its values, I would have immediately stopped persuading him to join Rotary. But this was a small hurdle, and once addressed, it became easy to win him over.

Mathias was inducted on 12 March 2022, and from that moment, he has remained an exceptionally active and committed member of the club.

His love for Rotary deepened even further after attending the Rotary Leadership Institute, where he successfully

completed both the undergraduate and graduate courses. From there, his Rotary journey expanded, visiting clubs across districts, engaging with fellow Rotarians, and fully embracing the spirit and values of Rotary. He did not just join Rotary; he lived it.

In nominating Mathias for the presidency, I saw hope. I saw growth. I saw transformation. I saw a leader ready to take the baton and guide the club forward. Team Kikomando can attest that he is one of the best Buddy Chefs we have had.

Mathias; it is now your turn to “speak the big English” at the helm of our club. Thank you for accepting the call to serve humanity, and for accepting the responsibility to lead



2024-2025 Financial Report: Numbers That Tell Our Story

BY EDITORIAL DESK

In line with the Bylaws and Rotary’s well-documented commitment to transparency and accountability, District Secretary Kaziro Kyambadde has circulated the draft audited financial statements for the 2024-2025 Rotary year for members’ review and input before submission to the District Finance Committee for approval.

“Your timely feedback is highly valued and will contribute greatly to strengthening our financial governance processes,” Kyambadde

said in a January 30 email to all Rotarians.

A quick review of the report indicates that District D9213 can claim real positive progress. The audited financials show a district that’s growing, innovating, and improving its financial discipline, but also one that remains financially vulnerable.

Let’s start with the good news. Our total income jumped to \$359,736, up 23.5% from last year.

Membership dues climbed to \$158,165, reflecting better collections and engagement across our clubs.

Our Rotary Foundation contributions held steady at \$84,696, maintaining our district’s reputation as generous contributors to global humanitarian work. And the Peace Concert? A standout success, bringing in \$45,703 and proving we can innovate when we need to.

But here’s the reality check: we still finished the year in deficit. Yes, it was only \$3,278 compared to last year’s \$31,566 loss - a dramatic improvement - but it’s our second consecutive year of operating losses.

Our fund balance sat at just \$186 in June 2025.

That’s not a typo. One hundred and eighty-six dollars. Barely enough to cover a few weeks of routine operations.

What does this mean practically? It means we have zero room for error. A single unexpected cost, a delayed payment from a club, or an emergency could push us into negative territory. For an organization committed to making lasting impact in Ugandan communities, that’s unacceptable.

“A single unexpected cost, a delayed payment from a club, or an emergency could push us into negative territory..”



Magical Governor Anne Nkutu (2024-2025)



The Rotary Peace Concert 2025 was one of the biggest contributors to revenue growth

The bright spot is cash management. We improved our cash position from \$1,206 to \$7,989, generating positive operating cash flow of \$6,783 compared to negative \$38,232 the year before.

That's solid financial management under pressure. But we also increased our payables to \$13,430, largely prepaid dues that commit us to future expenses.

On expenditure, we spent \$363,014, with major investments in youth leadership programs (\$26,175 for RYLA), district training (\$22,542), and public image (\$16,764). These aren't wasteful expenses; they're critical investments in our future. But every investment must deliver measurable value, and we need to track that rigorously.

The membership picture deserves attention. While

“Our books are transparent and our processes sound. That's the foundation.”

overall dues collection improved, some clubs show worrying patterns. Katakwi dropped from 30 to 6 members.

Other clubs show negative adjustments. These aren't just statistics. They are clubs struggling, members leaving, and service capacity shrinking. We must understand why and act decisively.

So where do we go from here? First, we need a reserves policy. Operating with \$186 in the bank is financial brinksmanship, not stewardship. Second, we must sustain our revenue growth while controlling costs.

The Peace Concert model shows what's possible when we innovate. Third, we need every club paying on time. Late payments stress district cash flow and undermine our collective mission.

Most importantly, we need honest conversations

about priorities. Do all our programs justify their cost? Are we spreading ourselves too thin? Can we do more with less? These aren't comfortable questions, but they're necessary ones.

The independent auditors gave us a clean opinion. Our books are transparent and our processes sound. That's the foundation. Now we need to build on it with disciplined execution, strategic thinking, and unwavering focus on sustainability.

District D9213 has proven it can grow and innovate. This year we narrowed our deficit by 90% while expanding programs and improving cash management. That's real progress.

But progress isn't victory. Victory is spelt as consistent surpluses, healthy reserves, and financial resilience that lets us serve confidently for years to come. We're on the path. Now we need to stay on it.

Rotary
District 9213
District 9214

**UNITE
FOR
GOOD**

Rotaract
District 9213
District 9214

SAVE THE DATE



Uganda Welcomes

the Rotary International President

**Francesco
Arezzo**

Dates



**FRI. 20TH - 22ND
FEB. 2026**

**A historic moment for
Rotary in Uganda**

#TogetherOneActAtATime

#RotaryEyamba



**Centenary
Bank**



President Christine Amucu's Leadership Team: 2026-2027

At the Club Assembly on January 27, President Elect Christine Amucu introduced the formidable team that she will be serving with during the 2027-2028 Rotary Year.

The team was unanimously approved by the Club members.



Rtn. Christine Amucu
President 2026 - 2027



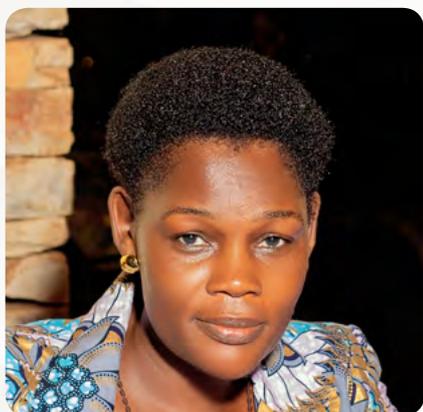
Rtn. Sylvia Nankya
Vice President



Rtn. Pamela Kawaddwa
President-Elect (PE)



Rtn. Mathias Mulumba
President-Nominee (PN)



Rtn. Theo Fokukora
Club Administrator



Rtn. Joachim Buwembo
Club Membership



Rtn. Juliet Nabunya
Club Secretary

President Christine Amucu's Leadership Team: 2026-2027



Rtn. Sylvia Jaggwe Owachi
TRF Director



Rtn. Edgar Ategeka
Treasurer



Rtn. Jackie Mutimba
Public Relations



Rtn. Brian Mayanja
Service Director



Rtn. Charles Ofwono
Youth Service



Rtn. Stephen Kakonge
Sergeant at Arms / Cancer Run



Rtn. Herbert Oloka
Family of Rotary



Rtn. Godfrey Omoding
Strategic Planning

President Christine Amucu's Leadership Team: 2026-2027



Rtn. Charles Owekmeno
Women in Rotary



Rtn. Peter Nyanzi
Bulletin Officer

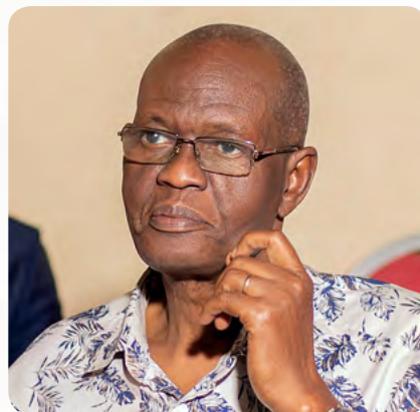
President Amucu's Advisory Team



PDG Anne Nkutu



CP Francis Lakor



PP John Mugisa



PP Denis Jjuuko



Success Planning: DG calls for nominees for DGND

BY EDITORIAL DESK

With the District Conference drawing near, D9213 Governor Geoffrey Martin Kitakule has issued a call for nominations for District Governor Nominee Designate (DGND).

In an email to Rotarians in District 9213, DG Kitakule stated that we must recognize the nomination of the DGND as a defining moment in our shared commitment to Rotary's future.

The position of the DGND is more than just an administrative formality. It represents the very foundation of Rotary's

continuity and succession planning efforts.

Think of it as a three-year journey of preparation and service.

The persons nominated now as DGND will advance to District Governor Nominee in 2026-2027, take office as District Governor Elect in 2027-2028, and finally assume the full responsibilities of District Governor in 2028-2029.

This extended timeline allows for comprehensive training,

relationship building, and strategic planning, all of which are essential elements for effective district leadership.

This structure can be mistaken for bureaucratic complexity. However, it's wisdom distilled from over a century of Rotary experience. Leadership transitions that happen overnight rarely succeed.

“The qualifications, according to DG Kitakule, are straight-forward and achievable.”

By contrast, this measured approach ensures that when challenges arise, The District is led by someone who has spent some time being prepared, learning from predecessors,

and building the networks necessary to serve effectively.

Your participation matters

Every club in District 9213 has a responsibility in this process. The best leaders often emerge from unexpected places.

That member in your club who has quietly demonstrated excellence in service, might be exactly who our District needs.

The qualifications, according to DG Kitakule, are straight-forward and achievable. The candidate must be a member in



D9213 Governor Geoffrey Martin Kitakule

good standing, have served as club president for a full term or as charter president for at least six months, and demonstrate the willingness and ability to fulfill the demanding responsibilities ahead.

Additionally, DG Kitakule noted that Article 13.010 of the Rotary International Bylaws prohibits campaigning or any effort to influence the selection process positively or negatively.

The best qualified candidate should rise to the top naturally, supported by their track record and demonstrated commitment to Rotary's values.

Action steps

DG Kitakule urged Club presidents and secretaries to identify potential candidates within their membership and have honest conversations about the commitment required.

Secondly, they should hold a regular club meeting to adopt a resolution naming your suggested candidate.

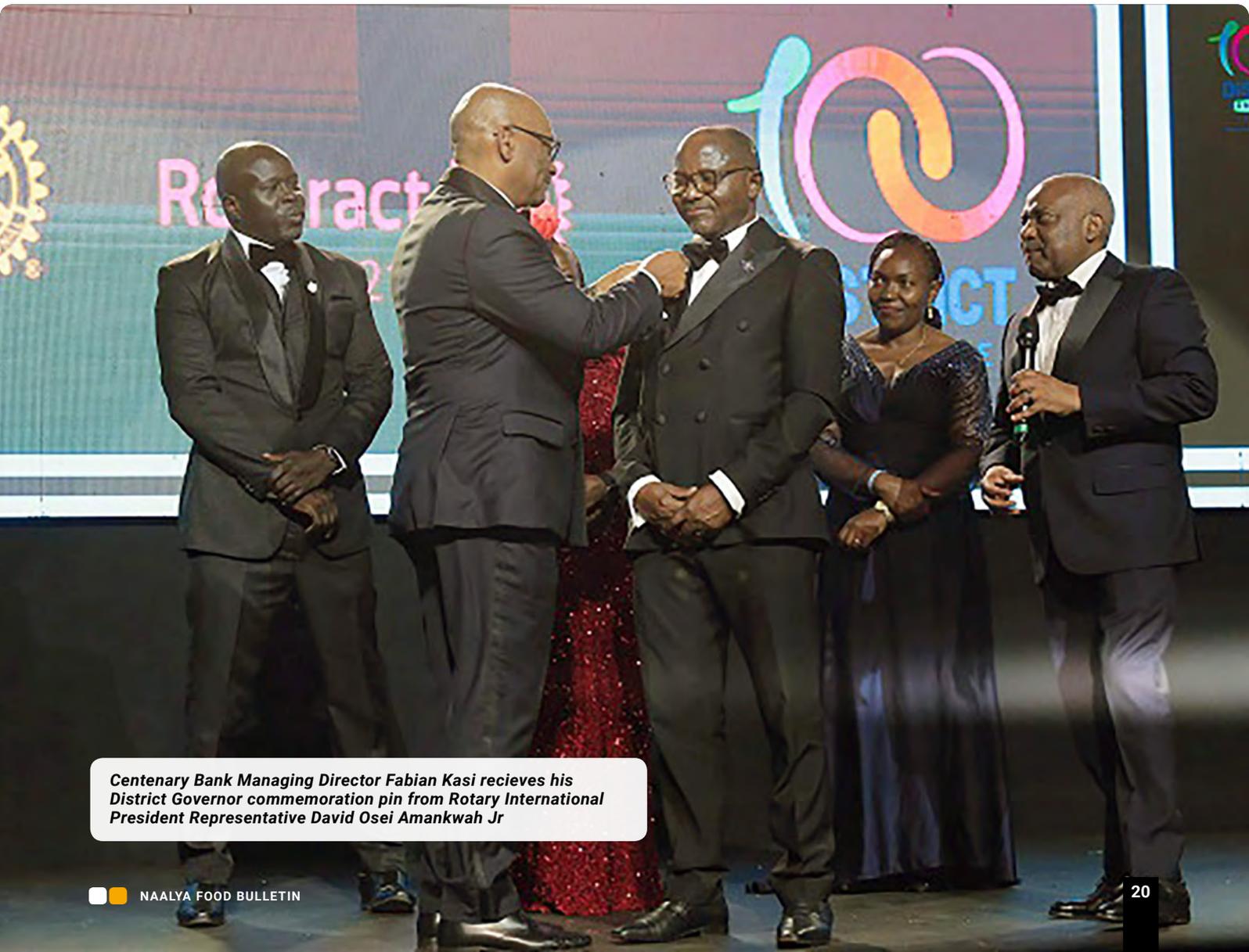
Remember, each club may suggest only one of its own members, and the resolution must be certified by the club secretary.

Third, prepare the required documentation: a completed Governor-

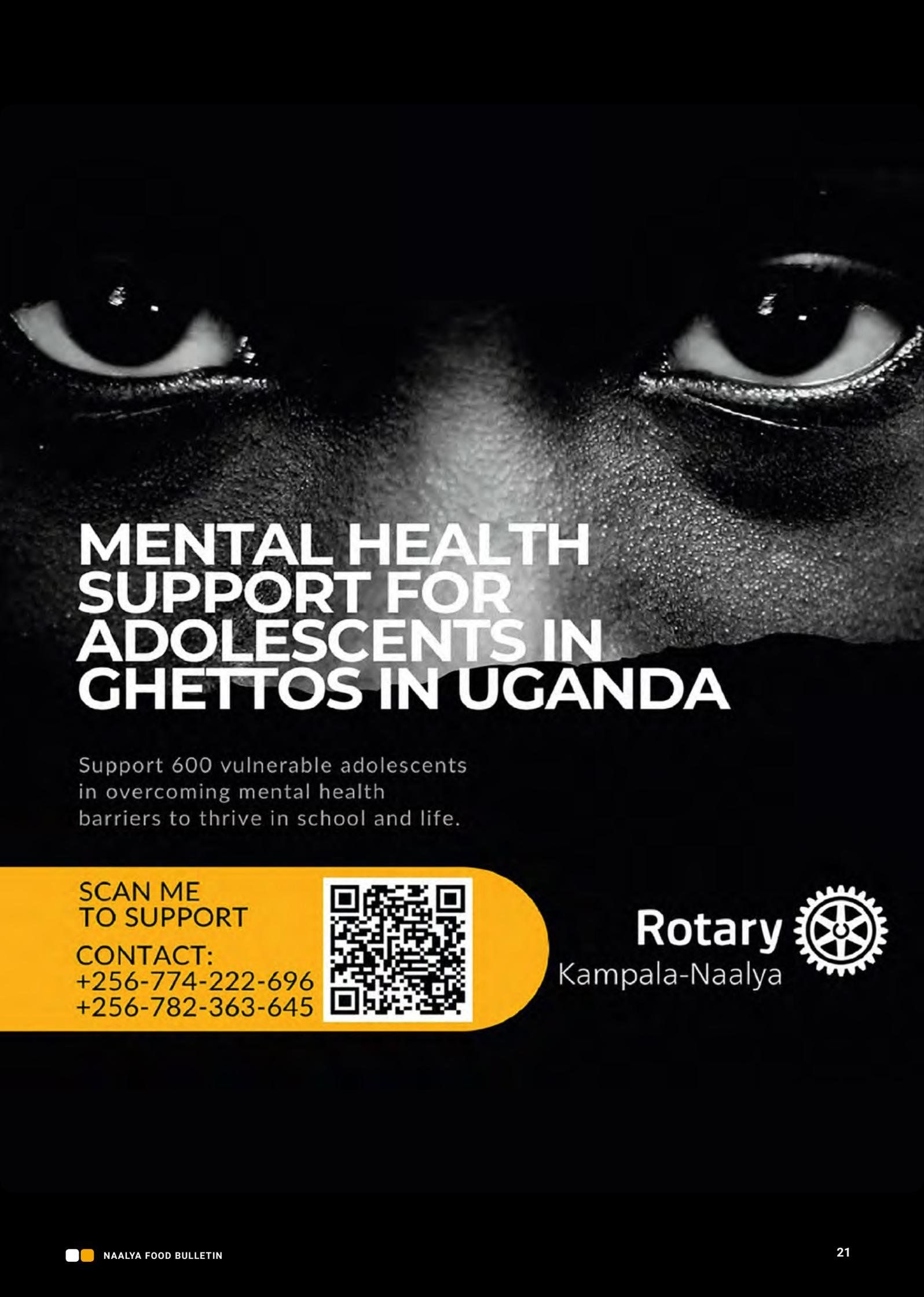
Nominee Designate Form, the club resolution, and the candidate's CV. Strictly send these to DG Kitakule at gkitakule@gmail.com before the deadline of April 3, 2026.

Given that the District potentially faces re-districting into two new Districts in the 2027-2028 Rotary Year, DG Kitakule noted that in the event that the go-ahead to Re-district is granted, the call for the nomination of the DGND would be updated accordingly.

The election of the DGND would be held during the District Conference in Entebbe in April.



Centenary Bank Managing Director Fabian Kasi receives his District Governor commemoration pin from Rotary International President Representative David Osei Amankwah Jr



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





#Impact

MENTAL HEALTH IN GHETTOS

Why We Should Care

BY RTN JACKLINE MUTIIMBA

At 6:00 a.m. in Acholi Quarters in Nakawa, Kampala City, the day begins loudly. Music from nearby bars fades into the shouts of vendors, boda bodas roar past narrow pathways, and children prepare for school in overcrowded rooms. For many adolescents here, this is not just a place they live, it is a place that shapes how they think, feel, and cope.

Adolescence is already a fragile stage of life. It's a period of emotional growth, identity formation, and vulnerability.

In ghetto communities, these normal developmental pressures are layered with poverty, violence, instability, and uncertainty. Mental health challenges do not begin suddenly; they accumulate quietly.

One 15-year-old boy shared during a community dialogue, "When you are always worried about food, school fees, or being beaten at home, your head never rests. Even in class, your mind is somewhere else."

This is the reality many adolescents face daily. Anxiety, sadness,

anger, and withdrawal are often normalized as "bad behavior" rather than recognized as signs of psychological distress. Without early support, these struggles follow young people into adulthood, affecting education, employment, relationships, and overall productivity.

Mental health in ghetto communities is not just a health concern. It's a development and equity issue. Adolescents who are mentally unwell are more likely to drop out of school,

engage in risky behaviors, and remain trapped in cycles of poverty.

To respond to this gap there's a need to take mental health services where adolescents live, learn, and socialize, and prioritize early identification, psychosocial support, and community-based care.

“Mental health challenges do not begin suddenly; they accumulate quietly.”

We should acknowledge a simple truth: adolescents cannot thrive where their mental wellbeing is ignored.





ELDER'S EYE

Let's be champions of peace, conflict prevention

BY RTN GODFREY OKELLO-OMODING

In John 14:27, Jesus said to His disciples, "Peace I leave with you; my peace I give you. I do not give to you as the world gives. **Do not let your hearts be troubled and do not be afraid**" (NIV).

Of course, this kind of peace is divine, and its deeper internal peace. Not material peace, which the world is associated with.

The world today is in peace deficit. People are troubled with absence of internal peace, manifested through

unmet needs. Communities and families are seeking peace. Political leaders need peace. Citizens look upon their leaders for peace. So, where does this peace come from?

The theme of February is Peace and Conflict Prevention, reminding and awakening us the need for peace.

Just coming out of political elections,

glaringly in all the manifestos of parties are pages on peace and conflict.

Is this peace tangible such that is given by others to others or together we build it, work for it, share it, enjoy it and guarantee it? This is the dilemma in the minds of many.

“Peace is internal not necessarily absence of wars. War is a revelation of unsettled conflict.”

Rotarians, the theme is a challenge to us to reflect, as individuals and as a group. Do we exhibit the traces

of peace champions? How is our scorecard in building peace and conflict prevention wherever we are?

Often, when we gather as a group, we chorus peace and conflict prevention. Sometimes, by association, we have been conditioned to do so yet behind we are hurting.

Peace is internal not necessarily absence of wars. War is a revelation of unsettled conflict. Therefore, conflict prevention is essential in avoiding wars - be it at personal, family, community or national levels.

Today, there is an urgent need for champions of peace and conflict prevention.





Different resources are increasingly being demanded right from individual, community to national levels.

These demands breed and trigger conflicts. Conflicts get localized and hence needing different intervention measures.

Some conflict interventions bring better results to the affected.

It has been argued that some conflicts give birth to inventions, discoveries and innovations that better society. This is an acknowledgement that conflicts come out of gaps and needs. They bear a pain that needs addressing. They become 'negative conflicts' when they are not addressed appropriately. 'Negative conflicts' are never uniform.

What is uniform in them is that they bring pain.

This month's theme is beckoning onto us to join en masse as champions of peace and conflict prevention. You do not need to carry or be given a label. Wherever you are, be that person that

prevents conflict and builds peace. When you exhibit a state of peace you will bear peace.

A mango tree bears mango fruits because it bears a state of a mango tree. Likewise, peace comes from those who bear a state of peace-mind of peace.

You can talk about peace but you will not necessarily bring peace without you having a state of peace.

Rotarians, the challenge of peace and conflict prevention begins with

the state in which one is.

This month, let us gather ourselves and transform our various spaces to states of peace for us to advance peace and conflict prevention. Under our Unite for Good mantra, let it be sacred message.

Let it be our torch, illuminating the community with the light of peace. Let it be our collective pure embodiment of our intentions and genuine way of building peace and preventing conflict.

Let it bring out our genuine willingness and kindness. Let it mean bringing out our purposed actions. Let it reveal our motivation to see the world of peace, populations not held back by the barriers of conflict, and to have communities held together by the cord of brotherhood and sisterhood.

“ Let it reveal our motivation to see the world of peace, populations not held back by the barriers of conflict.”

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

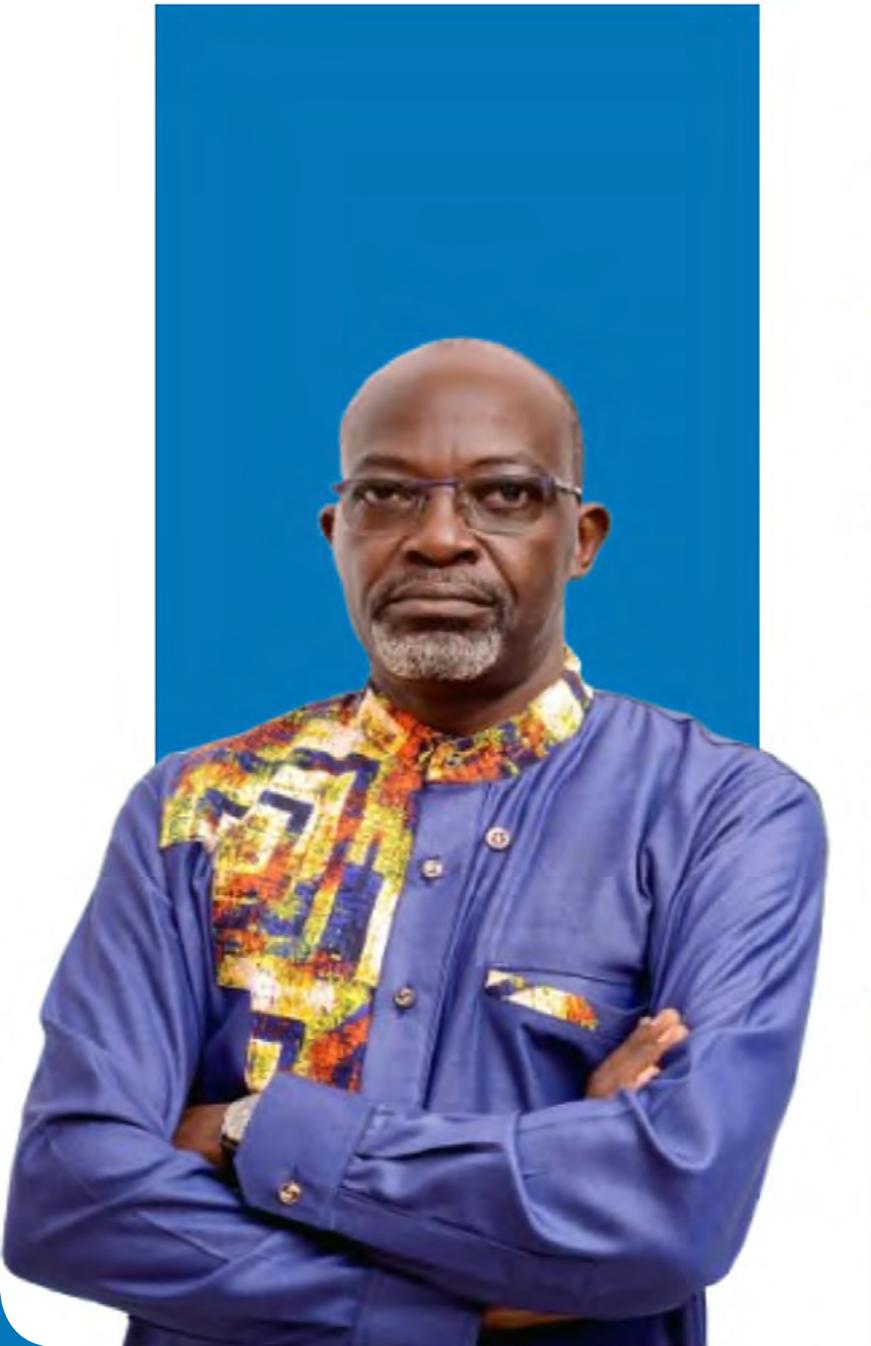
The application of the ideal of service in each Rotarian's personal, business and community life;

FOURTH

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

Last Week's fellowship





Rotary 
Kampala-Naalya

TOPIC

***The Relationship
between Good
Governance and
Peacebuilding***

SPEAKER

**RTN. PETER
PAUL OPATA**

03
FEB

7
PM



**NDERE CULTURAL
CENTER**



FAMILY MATTERS

Marriage as designed originally

BY PR. RONNIE MUTEBI

**GENESIS 2:24 (KJV):
"THEREFORE SHALL A
MAN LEAVE HIS FATHER
AND HIS MOTHER, AND
SHALL CLEAVE UNTO
HIS WIFE: AND THEY
SHALL BE ONE FLESH."**

Marriage was God's idea, not man's invention. From the very beginning, before culture, law, or tradition, God clearly defined His design for marriage.

Today, we live in a time when many people attempt to justify polygamous marriages, sometimes using culture, personal preference, or even selective readings of sacred writings. But God's original pattern has never changed. If polygamy had been God's intention, He would have created Adam with two or three women.

Instead, God made one Eve for one Adam, establishing a model meant for all generations.

In fact, when we examine the sacred scripts, we see that polygamy appears not as God's intention but



“We are not called to justify what culture accepts, but to uphold what God has established.”

as a reflection of human weakness and disobedience.

Consider Abraham. God promised him a son, but impatience led Abraham and Sarah to involve Hagar. Hagar was never God's choice. The result was conflict, pain, jealousy, and lasting division till present day.

Look also at king Solomon in all his wisdom as the most wise man born of a woman, He had many wives, and the sacred writings clearly tell us that "his wives turned his heart away from the Lord" (1 Kings 11:3-4).

Polygamy did not strengthen his devotion to God; it weakened it.

Moreover, the Lord expects more from us today than He did from the men of those times. We live under a better covenant.

This will always be a point of contention in different religious spaces, but the inner convictions will forever spell out and incline to God's master print of how marriage is defined.

Take Home: We are not called to justify what culture accepts, but to uphold what God has established. Let us honor marriage the way God designed it - one man, one woman, joined by God.

Rotary
Kampala-Naalya



Happy Birthday

RTN. RITA LAKOR

May your special day be filled with joy, love, and all the things that make your heart happy..

 RotaryClubOfKampalaNaalya

 RotaryNaalya

 www.RotaryKampalaNaalya.org

Fun Facts

Cuisine

Prepare your mental palate, for this week we explore the word 'cuisine' - a term that has done more heavy lifting in restaurant marketing than our district's fundraising committee for TRF.

Our culinary odyssey begins not in a swanky bistro in upper Kololo, but in ancient Rome. The word descends from Latin 'coquina,' meaning "kitchen," itself from 'coquere' ("to cook.") This Latin grandfather spawned an impressive family reunion: cook (obviously), kitchen, biscuit (bis coctus - "twice cooked"), etc.

The French, as they're wont to do, took this simple kitchen word and added the sauce of sophistication. By the 18th century, 'cuisine' arrived in English wearing a beret and smelling faintly of garlic, transformed from "kitchen" to "the art of cooking."

Suddenly, you weren't just eating; you were experiencing culinary theatre!

Why is this word so spectacularly useful? Consider: "I enjoy French cuisine" makes you sound

300% more refined than "I like French food." Food is what you throw to the dog. Cuisine is what you discuss while adjusting your reading glasses.

It's the diplomatic dodge that turns "ethnic food" into "I'm exploring Ethiopian cuisine" and suddenly, you're a brave culinary anthropologist rather than someone who just likes chips with excess chilli.

Here's the delicious irony: 'cuisine' and 'kitchen' are linguistic twins separated at birth! Both from Latin 'coquina,' but 'kitchen' took the Anglo-Saxon route while 'cuisine' vacationed on the French Riviera, arriving with a wine glass and superiority complex.

In our Rotary work across Uganda, we understand that 'cuisine'

represents more than just food. It's cultural identity, tradition, and dignity presented on a plate.

So, next time at our sumptuous dinner, when someone asks about the meal, remember: you're not eating Luwombo. You're experiencing authentic Ugandan cuisine - a bold fusion of indigenous agricultural excellence and time-honoured culinary traditions.

Just don't tell the waitress we called it that. They might charge us extra thinking that we're the kind that pay in USD.



Jokes of the day

1. What happened to the ATM that got addicted to money in December? It was suffering from withdrawals.



2. Why did the Rotarian bring a compass to the night club? So he could find his way back to "Service Above Self."
3. This graveyard looks overcrowded. People must be dying to get in.

ROLEX BUDDY GROUP IN CHARGE



Arnold Ntege



Dennis Osikol



Efrance Nakitto



Evelyn Mulinda



Francis Lubuulwa



Hadijah Nankanja



Laetitia Kiyingi



Sheila Kawamara Mishambi



Stephanie Gacukuzi



Stephen Kakonge



Sylvia Jagwe Owachi



Barbara Ninsiima



Ronnie Mutebi



Brian Mayanja

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