

Naalya Food 10th February, 2026

Bulletin

Rotary
Kampala - Naalya



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FOR
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Issue 29 | RY 2025-26



RC KAMPALA - NAALYA



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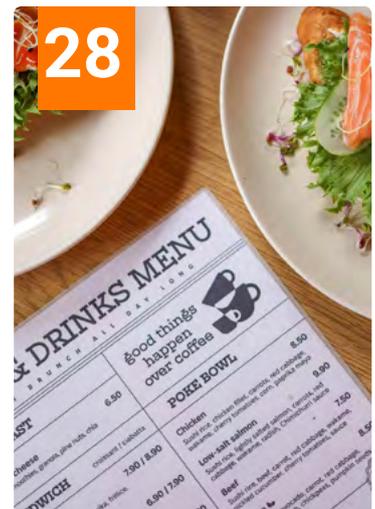
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Chef's Note

Fellow Rotarians and friends,

It has been said over and over again that peace is not simply the absence of conflict. It is far more than the silence after battles have ceased or the stillness of a land no longer at war.

True peace is vibrant and alive - it is the sound of children playing in school compounds. It's the sight of farmers tending their gardens.

It's the hope of a community rebuilding bridges where once there were walls.

This February, as Rotarians in District 9213 and around the world observe Peacebuilding and Conflict Prevention Month, we are called to reflect on the essence of peace and what it requires. Rotary International President Francesco Arezzo reminds us that peace is built on liberty, opportunity, and respect for human dignity. It is not a passive state but the result of deliberate, sustained action aimed at lasting impact.

Similarly, our own District Governor Geoffrey Martin Kitakule, encapsulates the core of this mission: "When there is peace,

our communities thrive." Uganda's own history illustrates this truth.

The nation has endured the wounds of conflict, but it has also demonstrated the resilience of its people and the transformative power of reconciliation. Northern Uganda, in particular, has shown how communities can rebuild through dialogue, inclusion, and justice. True peace is not just freedom from violence; it is justice, inclusion, and opportunity. It emerges when young people see a future worth building.

It thrives when differences in tribe, religion, or politics are addressed with respect rather than violence. Peace exists when gender equity is achieved, ending the silent battles fought within homes and hearts.

Peacebuilding is not achieved through grand gestures but through consistent, meaningful work at the grassroots level. Around the globe, there are Rotary clubs that are leading by example. Rotarians are uniquely positioned as peacebuilders.

By partnering with local leaders, civil society, and international organizations, they can bridge divides and foster reconciliation.

The Makerere Peace Center stands as a testament to the power of such collaboration. However, the greatest impact of Rotarians lies in their conduct - how they resolve disagreements and treat one another serves as an example for the next generation.

Young people are watching. They are learning how to lead by observing how we lead.

Let us show them that strength lies in dialogue, not domination; in reconciliation, not revenge. Let our actions define us as ambassadors of peace, prioritizing lasting impact over ceremony.

When Rotary works for peace, peace works for everyone. Together, we can create thriving, resilient communities by committing to justice, dialogue, and equity.

Peace is not just a goal; it is the foundation for a better future.

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.



FEBRUARY 2026

Fellow Rotarians,

Uganda's peace story is still being written. Challenges remain, but so does our responsibility. The impact we have made shows that peace is not beyond our reach when communities are empowered and values are lived.

Let us continue to strengthen dialogue, invest in youth, address inequality, and model ethical leadership. In doing so, we do more than

serve—we secure peace for future generations.

Uganda, like many nations, has known both the pain of conflict and the promise of peace. Our history reminds us that conflict leaves scars—not only on land and infrastructure,

but on opportunity and human dignity. Yet our story also shows something remarkable: the resilience of people and the power of reconciliation, as we have witnessed in Northern Uganda.

Peace is often misunderstood as the absence of war. But true

peace is much more than silence after guns fall quiet. Peace is justice, inclusion, dialogue, and opportunity.

Peace is when young people see a future worth building. Peace is when differences—of tribe, religion, politics, or opinion—are managed not with violence, but with respect. Peace is when one gender respects the other, ending gender-based violence.

Disagreement is natural. What turns disagreement destructive is how we handle it. When dialogue fails, when inequality grows, when fear replaces understanding, conflict becomes dangerous. That is why conflict resolution is not a reaction—it is a skill and a commitment. And this skill must be passed on to our communities.

“Peace is when differences - of tribe, religion, politics, or opinion - are managed not with violence, but with respect.”



In Uganda, Rotarians have been quietly and consistently shaping peace where it matters most: at the community level. Our impact is found in transformed lives, reduced tensions, and restored futures.

Across communities, Rotary clubs have brought together people of different

tribes, faiths, professions, and political views. By creating neutral spaces for conversation—through Rotary Community Corps, vocational meetings, and service projects—Rotarians help transform mistrust into understanding.

Dialogue is often the first step away from conflict, and Rotary has made that step possible. Many conflicts in our communities are fueled by poverty, unemployment, and limited access to basic services.

“
Many conflicts in our communities are fueled by poverty, unemployment, and limited access to basic services.”

Rotary projects in clean water, sanitation, health, education, and economic empowerment have reduced competition over scarce resources. When communities have water, livelihoods, and hope, conflict loses its fuel.

Through Interact and Rotaract clubs, leadership training, mentorship, and community service, Rotary equips young people with values of tolerance, service, and responsible leadership. Youth who feel included and empowered are far less likely to be drawn into violence—and far more likely to become peacebuilders in their communities.

In post-conflict and vulnerable communities like Northern Uganda, Rotary-supported initiatives in health and education have helped restore dignity and rebuild trust.

Healing is a critical but often overlooked part of conflict resolution. I was deeply impressed by the

Rotary Club of Gulu City, which supports young women affected by years of conflict in Northern Uganda. Rotary understands that peace must reach the heart as well as the mind.

Our strength as Rotarians lies in partnership. We work with local leaders, civil society, faith institutions, government agencies, and international Rotary networks. The Makerere University Peace and Conflict Studies Centre—often called the Makerere Peace Center—has contributed meaningfully to Uganda and the wider region by strengthening peacebuilding, conflict resolution, and evidence-based policy.

By engaging with local leaders, traditional institutions, and civil society, these partnerships multiply impact and ensure that peace efforts are locally owned and sustainable.

I thank Rotarians for leading by example. The way we conduct our meetings, resolve disagreements, and treat one another demonstrates that conflict can be managed respectfully and constructively.

The Rotary Four-Way Test remains a powerful guide for peaceful engagement in both public and private life.

As Rotarians, we are uniquely positioned to be peacebuilders. Let us also remember that peace is not someone else's responsibility. Governments, institutions, and international bodies matter—but lasting peace is sustained by citizens, by families, by community leaders like us.

The next generation is watching us and learning how to disagree by watching how we disagree. They are learning how to lead by watching how we lead. Let us therefore show them that strength is not found in domination, but in dialogue; not in revenge, but in reconciliation.

Let us commit—through our clubs, our projects, and our personal conduct—to be ambassadors of peace. Let us resolve conflicts with wisdom, build bridges where walls once stood, and leave behind communities that are more united than we found them.

Because when Rotary works for peace, peace works for everyone.



President's Message

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



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

**A wonderful new
week to you all!**

I would like to extend my sincere thanks to everyone who attended last week's fellowship. Special appreciation goes to the Rolex Buddy Group for securing an outstanding guest speaker, Rotarian Peter Paul Opata from the Rotary Club of Sonde.

His presentation was truly insightful, clearly articulating the importance of sustainable peace rather than short-term approaches.

“
Finally, we are just 27 days away from the Unite for Women Concert!”

As we continue observing the month focused on peace and conflict resolution, this week we shall host Rotarian Claire Amany, Dean of Assistant District Governors.

She will share valuable insights on handling conflicts at the family level. I warmly invite you all to join us tonight, Tuesday 10th February 2026, at Ndere Cultural Centre, starting at 7:00 pm.

This week is also special for the Rotary family as we celebrate Valentine's Day on Saturday, 14th February 2026.

We extend our heartfelt and fraternal love to you and your loved ones. Thank you for your continued love for the Rotary Club of

Kampala Naalya and for dedicating your time and resources to our club.

It is also the start of the new school term, so as a club, we wish all your students a healthy, successful, and joyful term that brings happiness to your families.

Finally, we are just 27 days away from the Unite for Women Concert! We urge all members to purchase tickets and promote sales to your loved ones, friends, and colleagues.

We look forward to celebrating women together with you all in attendance.

Wishing you a fantastic week ahead!

**YOURS IN SERVICE
ABOVE SELF,**



TEAM TALK

WEEK 2: Peace in Our Clubs Building Strong, Healthy Rotary Spaces

BY AG FRANCIS LUBUULWA

Rotary clubs are built on fellowship, shared values, and a commitment to service above self. Yet even the strongest and most well-intentioned clubs experience tension from time to time.

Differences in opinion, leadership styles, expectations, generational perspectives, and levels of commitment are inevitable especially in clubs that are active, growing, and ambitious. The challenge is not avoiding conflict. The real challenge is managing it well.

In many Rotary clubs, conflict rarely explodes openly. Instead, it simmers quietly beneath the surface. Attendance starts to drop. Once-vibrant meetings feel flat. Committees struggle to deliver. Conversations shift to WhatsApp side-groups and private calls. Over time, enthusiasm erodes not because members stopped caring, but because issues were never addressed openly, respectfully, and early enough.

Peace in our clubs is not about keeping everyone comfortable or avoiding difficult conversations. It is about creating an environment where members feel safe enough to speak honestly, where



disagreement is respectful, and where leadership is trusted. A peaceful club is one where:

- Members feel heard, not dismissed
- Roles and expectations are clear
- Leadership is transparent and accountable
- New ideas are welcomed without fear
- Long-serving members still feel valued

“Over time, enthusiasm erodes not because members stopped caring, but because issues were never addressed openly, respectfully, and early enough.”

Strong clubs normalize healthy dialogue. They understand that tension handled well can actually strengthen relationships and sharpen purpose. When issues are discussed openly rather than whispered about, trust grows. Leadership plays a critical role in shaping this culture. Presidents, board members, and committee chairs set the tone not

only through the decisions they make, but through how they listen, respond, and engage. When leaders invite feedback and model humility, members follow.

When leaders shut down dissent or label questioning as “troublemaking,” silence grows and silence is rarely peaceful.

For many clubs, this conversation is particularly timely. Clubs are navigating growth, increased membership diversity, changing professional pressures, and generational transitions.

Younger members often seek faster decision-making and more hands-on engagement, while long-standing members value tradition and continuity.



Both perspectives are valid, but without intentional dialogue, misunderstandings can easily arise.

This month offers an invitation for honest reflection at club level:

- Are members still genuinely engaged, or simply attending out of obligation?
- Do new members feel welcomed, mentored, and included in meaningful ways?
- Do long-standing members still feel energized, or quietly sidelined?
- Are disagreements addressed constructively, or avoided altogether?

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

Peace within our clubs also affects our ability to serve our communities. A club that is internally fractured will struggle to deliver impactful projects, raise funds effectively, or present a united Rotary image. Conversely, clubs with strong internal trust tend to collaborate better, attract stronger partnerships,

and sustain long-term service initiatives.

What can clubs do practically to build and protect peace?

Start with intentional conversations.

Set aside time, whether during fellowship, a retreat, or a board meeting, for a structured but safe

conversation. One simple question can open powerful dialogue: “What would make our club stronger and more peaceful?” The key is not defensiveness, but listening.

Clarify expectations early.

Many tensions arise from unspoken assumptions. Clear role descriptions for leaders and committee members, shared calendars, and transparent decision-making processes go a long way in reducing frustration.

Create feedback channels.

Not every concern needs to be raised in a full meeting. Mentorship pairings, one-on-one check-ins, and confidential feedback

avenues help issues surface before they escalate.

Model respect at all levels.

How leaders speak to one another sets the standard for the entire club. Respectful disagreement is not weakness it is maturity.

Remember why we are here.

Our shared purpose, rooted in the values of Rotary International, should always outweigh personal differences. When service remains central, egos naturally take a back seat.

Peaceful clubs are not those without disagreement. They are those built on trust, open communication, and shared responsibility.

As Rotarians committed to peacebuilding in our communities, let us also be intentional about building peace within our clubs because strong, healthy Rotary spaces are the foundation from which meaningful service flows.

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

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Africa Re-zoned, A Legacy Multiplied

The Historic Division of Zone 22 and What It Means for Rotary in Africa



BY EDITORIAL DESK

In January 2026, the Rotary International Board of Directors made history with a unanimous vote that will reshape the face of Rotary across Africa. Effective July 1, 2027, Zone 22—the vast expanse that has represented all of Africa—will divide into two zones: Zone 22 (Northern and Western Africa) and Zone 23 (Eastern and Southern Africa).

For those of us who have watched Rotary's footprint expand across

this magnificent continent, this isn't merely an administrative adjustment. It is a declaration. A testament. A promise.

The rezoning news was broken by our own Rotarian Emmanuel Katongole, Rotary International Director-Elect, who described the change as **“both structural and symbolic, noting that Africa's voice within Rotary is now stronger, more visible, and more assured.”**

This sentiment captures not just what has been approved, but

what has been earned through decades of growth, service, and unwavering commitment to Rotary's ideals.

To understand this moment's magnitude, we journey back to 1921, when the first Rotary club on the African continent was chartered in Johannesburg, South Africa. That single spark has grown into a blazing constellation of service.

What began as District 55 in 1929 has evolved through multiple reconfigurations—including the 2013 division into Zones 20A and 20B—

“...the vast expanse that has represented all of Africa—will divide into two zones: Zone 22 (Northern and Western Africa) and Zone 23 (Eastern and Southern Africa).”

into today's powerhouse of over 20 districts spanning all 54 African nations.

The catalyst for this latest transformation is both simple and profound: Africa is Rotary's fastest-growing region globally.

The explosive membership growth, the youngest demographic in the Rotary world, and the continent's remarkable service impact have created what might be called a "success problem." According to Rotary International Bylaws, the world must be divided into 34 zones of approximately equal membership.

Africa's unprecedented expansion means the boundaries must shift to ensure that every Rotarian's voice carries equal weight in Evanston.

Every eight years, Rotary conducts a comprehensive zone review to maintain balance. The 2025-2026 cycle brought together three regional workgroups to reimagine the global structure.

Their consolidated proposals, submitted to the Zones Review Steering Committee, led to the Board's unanimous approval in January 2026—confirming what African Rotarians have known for years: our time has come.

Zone 22 will now comprise Districts covering Northern and

Western Africa, including nations like Egypt, Morocco, Senegal, and Nigeria, while Zone 23 will unite Districts representing Eastern and Southern Africa, including Uganda, Kenya, Tanzania, Ethiopia, and South Africa. This configuration honors both geographic logic and cultural affinity, accounting for linguistic patterns (French and Arabic in the north and west; English, Portuguese, and Swahili in the east and south) and facilitating more effective collaboration.

The benefits extend beyond administrative efficiency. Zone 23's

creation establishes a new Director position, expanding leadership opportunities and ensuring dual representation at global governance levels. Smaller zones mean reduced travel, more localized training, faster decisions, and stronger partnerships—amplifying our voice in shaping priorities from malaria eradication to economic empowerment.

The timing is particularly poignant. As Olayinka

H. Babalola from Nigeria, only the second African to hold the office, serves as Rotary International President for 2026-2027, this rezoning ensures the infrastructure beneath him is modern, efficient, and ready to deliver on his theme: "Create Lasting Impact."

It builds on the legacy of milestones like the establishment of the Rotary Peace Center at Makerere University in Uganda (operational since 2021), which trains peace fellows and positions Africa as a global leader in conflict resolution and peacebuilding.



“Now, as we become two zones, we double our capacity to lead, to serve, and to change lives.”

This division is not a fracture or all about drawing lines on a map; it is about drawing circles of connection that are tighter, stronger, and more responsive to our continent's needs.

From that lone club in Johannesburg a century ago to twenty districts serving 54 nations today, Zone 22's history has been one of steady expansion, bold vision, and transformative service. Now, as we become two zones, we double our capacity to lead, to serve, and to change lives.

For every Rotarian across Africa, whether seasoned or newly inducted, this moment is yours. The foundation has been laid. The structures are in place.

The only question that remains is: what lasting impact will you create?





'Peace-Building, Good Governance are Inseparable'

BY EDITORIAL DESK

Good governance and the rule of law form the essential foundation for sustainable peace-building in Uganda, a prominent peace advocate told the Rotary Club of Kampala Naalya this week.

Peter Paul Opata, a Rotary Peace Fellow, delivered a compelling presentation linking governance structures to community peace initiatives, drawing lessons from Uganda's regional history and contemporary challenges.

"Good governance provides the bedrock, the foundation on which peace-building will thrive," Opata told the audience. "Without it, even the most well-intentioned peace initiatives crumble."

Opata distinguished between what peace scholar Johan Galtung termed "positive peace" and "negative peace" - a distinction he argued is critical for understanding Uganda's current reality. "Negative peace is the absence of violence or the fear of violence," he explained. "Many of our societies actually coexist under negative peace. We fear, we are afraid, yes, but perhaps there are lots of similar cases of violence actually happening."

In contrast, positive peace

represents something deeper: the attitudes, institutions, and structures that create and sustain peaceful societies. Opata emphasized that communities with high levels of positive peace demonstrate better development outcomes and stronger resilience when confronted with crises.

Drawing on regional history, the peace advocate reminded his audience of uncomfortable truths. "In 1994, something happened in our neighborhood," he said, referring to the Rwandan genocide. "In many scholarly thoughts, they say it was a structural condition that could have as well been done our way. This is why peace-building becomes important for all of us in our day-to-day living."

Pillars of peace

Opata outlined eight pillars of good governance identified by the United Nations: participation, rule of law, transparency, responsiveness, consensus orientation, equity, effectiveness,

and accountability. He argued that these pillars mirror the requirements for positive peace, demonstrating their inseparable nature.

"Good governance almost demands that you have positive peace, or you have a peaceful society," he stated. "If we have a society where even sections of it feel that they are not at peace, it becomes difficult to convince anyone that you're exercising good governance."

“He argued that these pillars mirror the requirements for positive peace, demonstrating their inseparable nature.”

Using Rotary International's own governance structure as an example, Opata illustrated how principled leadership transitions build institutional strength. "Our structure provides that you serve one year. It doesn't matter how exceptional you are. One year, handover, boom," he said. "Picture a scenario where we are changing term limits for our own good as opposed to the



good of the community that we serve. I think it would be very challenging.”

The presentation highlighted Uganda’s specific struggles, including restricted information flow during elections, persistent regional poverty disparities, and corruption.

“We cannot have real positive peace thrive in a society that still grapples with high levels of corruption,” Opata declared. “This is very, very critical.”

Practical initiatives

However, Opata offered practical examples of successful peace-building initiatives. He cited a Kenyan community, the Samburu, who despite hostility toward outsiders, have chosen complete non-violence

within their own community. Another community near Nairobi established a “peace zone” where anyone crossing its boundaries must cultivate peace regardless of their emotional state.

“These can be projects that we can actually undertake as clubs,” he suggested, emphasizing that such initiatives require solid governance mechanisms and dedicated time to succeed.

“As Uganda continues navigating complex social and political challenges, Opata’s message resonated greatly.”

Opata concluded with a call to action for Rotarians. “For all of us Rotarians, we are invited to work with communities in whichever format to ensure that there’s a focus on peace-

building, and I believe this is doable,” he said.

The presentation underscored that sustainable peace-building is not abstract work but practical choices - establishing accountability structures, ensuring equitable participation, protecting the rule of law, and demanding transparency at every level of society.

As Uganda continues navigating complex social and political challenges, Opata’s message resonated greatly. The foundation beneath peace is not wishful thinking but good governance, rule of law, and the daily choice to build rather than destroy.

Rtn Opata is a Rotary Peace Fellow, working with the Finnish Refugee Council, and a member of the Rotary Club of Sonde.



Chief Justice Rtn Nzeija swears in recently



Road To Taipei: Rotary's Greatest Gathering Beckons

BY EDITORIAL DESK

As Rotarians across Uganda start preparing to pack their bags for Taipei this June, we join a pilgrimage that began 116 years ago in a modest Chicago meeting room. But the 2026 Rotary International Convention isn't merely a calendar appointment. It is the constitutional heartbeat of our movement, where fellowship transforms into global action.

When 1,500 Rotarians gathered in Chicago on August 15, 1910, they did something revolutionary: they chose

unity over isolation. Those 16 founding Clubs could have remained social gatherings.

Instead, they formed the National Association of Rotary Clubs and planted a seed that would grow into today's 1.2 million-member movement spanning 200 countries. That first convention established our enduring principle: together, we achieve what no single club can accomplish alone.

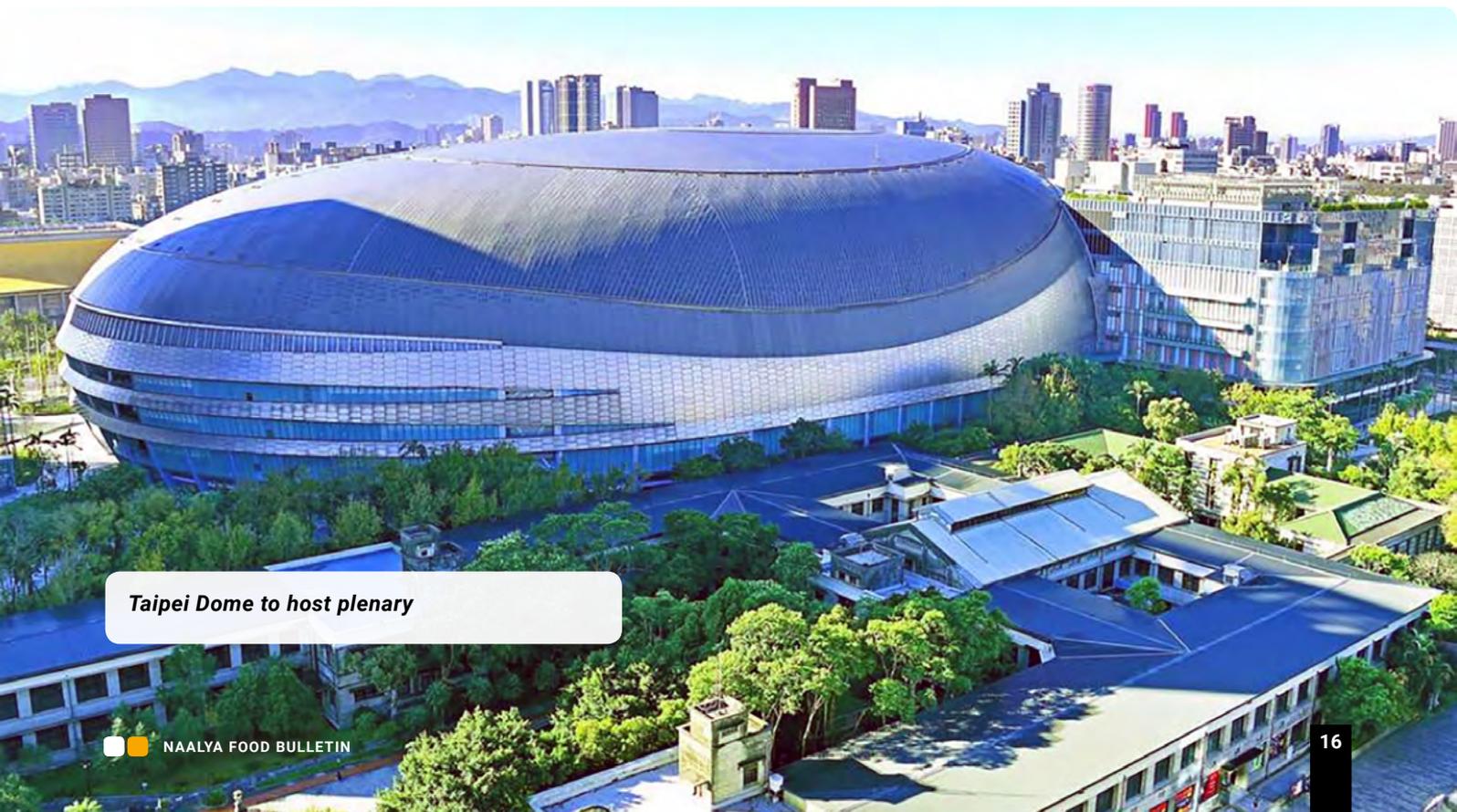
“In 1921, Edinburgh hosted our first international convention, cementing Rotary's identity as a global fellowship.”

The conventions that followed weren't just mere meetings. They were launching pads for world-changing ideas. In 1917,

at the Atlanta Convention, outgoing President Arch Klumph stood with \$26.50 from his own pocket and proposed “an endowment for the purpose of doing good in the world.”

That modest beginning became The Rotary Foundation, which today channels over \$400 million annually into humanitarian projects. In 1921, Edinburgh hosted our first international convention, cementing Rotary's identity as a global fellowship.

By 1922 in Los Angeles, we officially became “Rotary International” - the name reflecting our expanding soul.



Taipei Dome to host plenary

But conventions have always been more than organizational business. In 1940, as war raged across a third of the world, Rotarians gathering in Havana adopted Resolution 40-15, calling for “freedom, justice, truth, and respect for human rights.”

This resolution became a direct precursor to the UN’s 1948 Universal Declaration of Human Rights. By 1945, some 49 Rotarians were drafting the UN Charter in San Francisco – sufficient proof that our conventions shape not just Rotary, but the world.

The numbers tell their own story. From 1,500 attendees in 1910, conventions grew to 11,019 in 1935, then 39,834 in Tokyo (1978), and reached a historic peak of 45,381 in Osaka (2008). Melbourne 2023 welcomed 37,000 Rotarians from 140 countries – talk of a true mini-United Nations. Each gathering amplifies our collective voice.

Yet, no convention moment compares to 1985 in Kansas City, USA, when we made our “big bet” on PolioPlus - the first internationally

coordinated private-sector health initiative.

By the 1988 Philadelphia Convention, we had exceeded our \$120 million goal, raising \$247 million.

That momentum helped launch the Global Polio Eradication Initiative. Today, we’ve mobilized \$2.6 billion, immunized 2.5 billion children, and prevented 20 million cases of paralysis. At Calgary 2025, delegates raised \$27 million in one night—matched 2:1 by the Gates Foundation. Nigeria’s 2020 polio-free declaration, celebrated at recent conventions, stands as testament to what unity achieves.

The one of 2020-2021 also made history as it was the first to be held virtually, thanks to the COVID-19 pandemic.

Africa beckons

For Africa, conventions have evolved from viewing us as mission fields to recognizing us as powerhouses of leadership. While no African city has yet hosted an RI Convention, our impact has been central. The

“...every resolution adopted on the plenary floor continues what began in 1910.”

2021 Convention launched the first “Programs of Scale” grant - \$2 million (matched to \$6 million) for Partners for a Malaria-Free Zambia, designed and led by African Rotarians.

The 2025 Calgary Convention’s Healthy Communities Challenge targets malaria, pneumonia, and diarrhea across four African nations. We are no longer recipients; we are architects of global innovation.

Never before held in Africa, the path toward an African convention is clearing. All Africa Zone Institutes now attract thousands; the 7th Institute comes to Kampala in September 2026. Peace forums in Cairo and Cape Town prove our cities can host world-class events.

With RI’s revised criteria requiring only 10,000 attendees for Africa (versus 25,000 elsewhere), cities like Cape Town, Cairo, and Marrakech are on stand ready. The realistic window? 2031-2035 - perhaps even the historic 2035 milestone.

As we prepare for Taipei, we carry forward that 1910 Chicago spirit. From Klumph’s \$26.50 to today’s multi-million dollar grants and from 16 clubs to 46,000 clubs under one roof.

Every handshake across continents, every project planned in the House of Friendship, every resolution adopted on the plenary floor continues what began in 1910: the audacious belief that ordinary people, united in service, can heal the world.

Taipei here we come!



Rotary
District 9213
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GOOD**

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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**





FINANCE TALK

Financial Lessons To Learn As Early As Possible

BY PP SYLVIA JAGWE OWACHI

This week, someone posted on their status that we should have spent time in school learning financial literacy than parts of a grasshopper! I couldn't agree more.

The reality though is this subject is not likely to make it to the syllabus anytime soon and so the responsibility falls on us as parents.

Our children must understand how money is earned, how to save or invest it, and why it should be spent wisely. Helping children understand these key questions about money provides a solid base for them to become financially literate adults.

In my 25-year experience as a banker, I have engaged with many business entities, small, medium and large. I have learnt that the most successful businesses are always led by people with a good grasp of "the how and

why" of handling money. Many successful business owners have told me that they gained these skills at an early stage in their lives.

These days, there are many programmes focused on teaching business owners the basics of financial literacy and while this is important, these teachings, in my view, are taking place very late in life.

It is for the above reason that I started Mom's Money Classes with my boys randomly during the

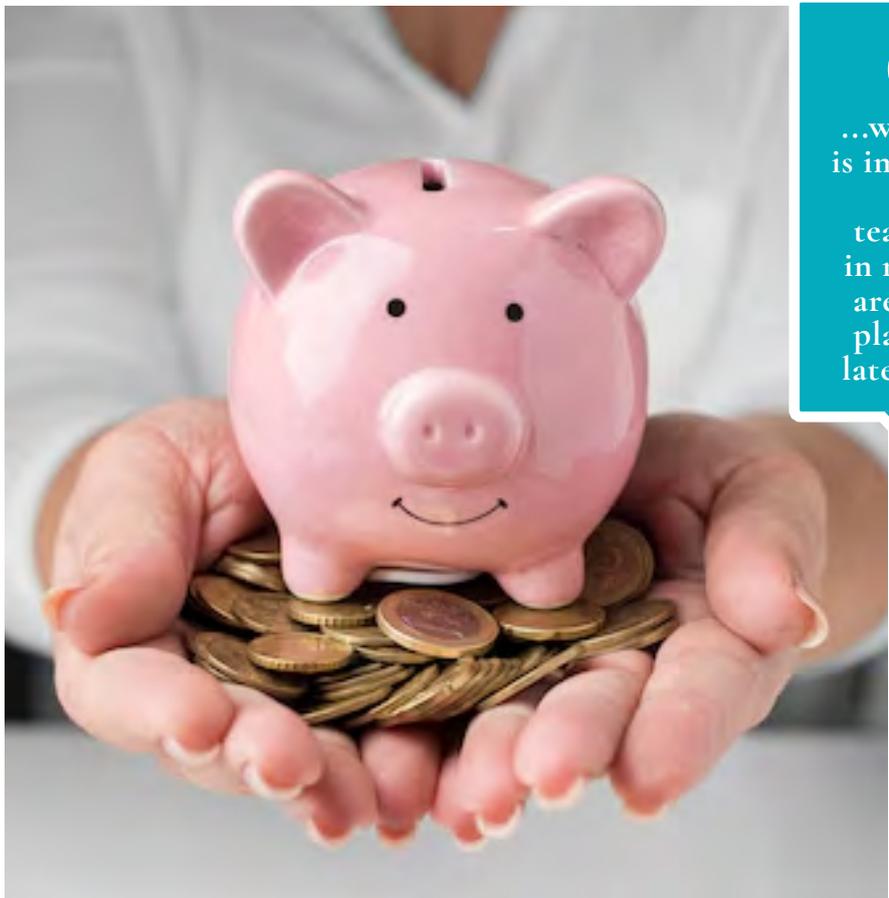
COVID-19 lockdown period. Years down the road, the lessons are coming in handy now that the boys are transitioning to university and becoming independent.

10 critical lessons

Here are a few lessons;

1. You need to have multiple income streams. Income can be from employment, investments or side hustles. You can earn by offering a service or skills that solves a problem or meets a need.
2. For every income earned always remember to apportion it just like the The Jews did in the 5 jars. 10% in Jar 1

“...while this is important, these teachings, in my view, are taking place very late in life.”



towards tithing, 10% in Jar 2 towards giving, 10% in Jar 3 towards saving, 20% in Jar 4 for investments and 50% in Jar 5 to spend. Maintain this discipline and with time it will pay off.

3. Understand the difference between savings (money you set aside for safety and goals) and investing (money you put into assets to grow wealth).
4. On investments, always diversify investments to spread the risk. In addition always take time to understand the different investment options, the risks and returns. Don't invest in something you do not understand and don't invest because everyone else is doing it.
5. Understand the difference in investing in assets that put money into your pocket and assets that take away money from your pockets (the liabilities).



6. Always remember that there is power in compounding and it is the importance of starting early. Money indeed grows!
7. Always live within your means. Learn to differentiate between needs and wants.
8. Always track your expenses and compare your spend to what you

had budgeted. When you track your expenses, you will realise how much you spend on things you actually don't need.

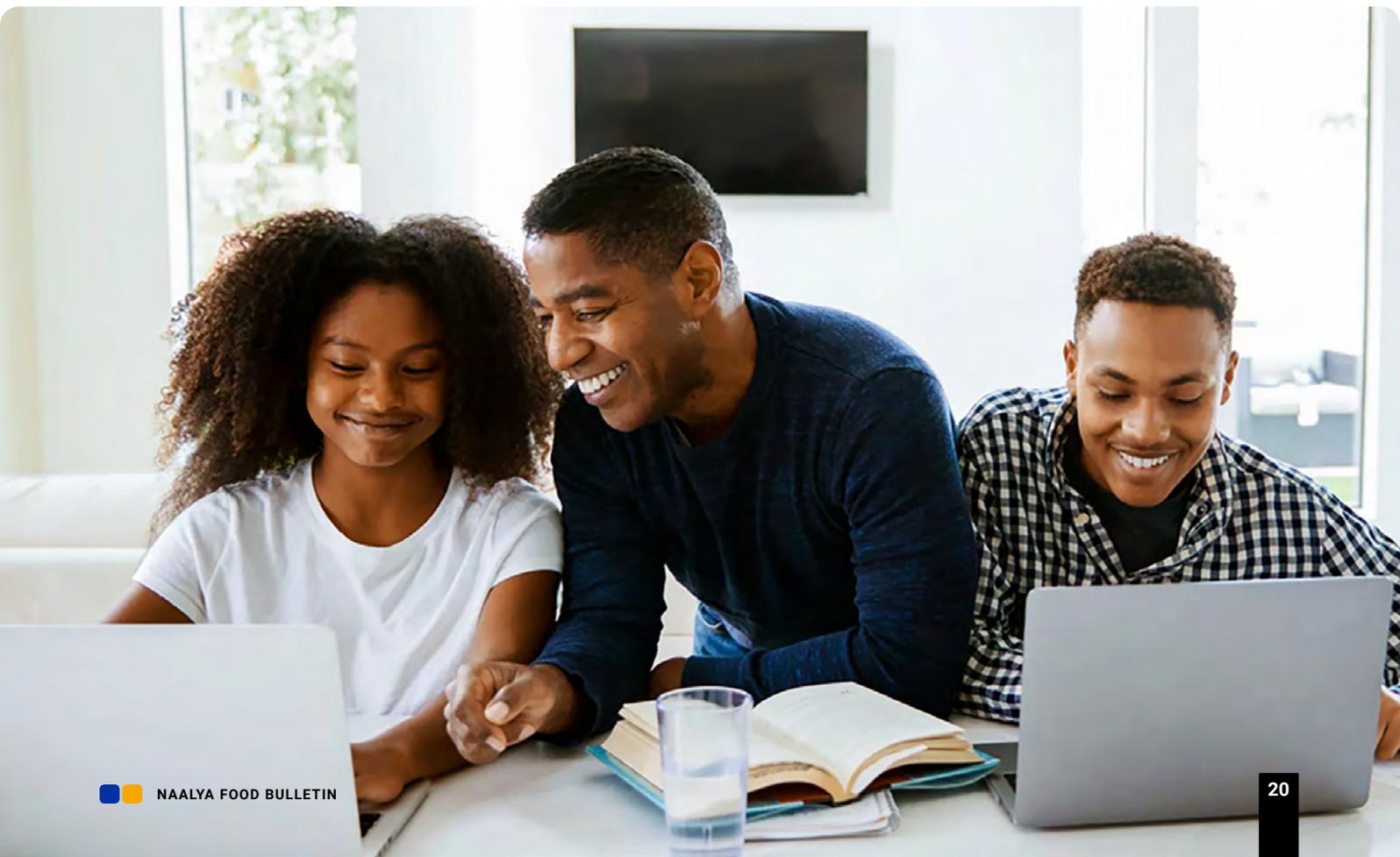
9. Understanding debt, loans, credit cards, interest and using it wisely. Only borrow to generate future returns and avoid debt for consumption.
10. Recognize that they are seasons of plenty and seasons of scarcity. Always build up your emergency fund

during the season of plenty to take you through the season of scarcity.

“
Don't invest in something you do not understand and don't invest because everyone else is doing it.”

I'll end with a reminder to all parents to teach your children early in their lives everything you learnt late in your life.

PP Sylvia Jagwe Owachi is a Mother, Banker and Mentor





#Impact

How Environment Shapes Mental Health

BY RTN JACKLINE MUTIIMBA

Mental health does not develop in a vacuum. It is a cumulative outcome of daily lived experiences that are shaped by physical spaces, social relationships, economic pressure, and exposure to risk. For adolescents growing up in urban poverty, mental health is not simply a personal issue; it is a direct reflection of the environments in which they are raised.

In informal settlements such as Acholi Quarters, adolescents navigate daily life in contexts defined by overcrowding, economic precarity, and chronic instability. Multiple families often share single-room dwellings.

Noise is constant. Privacy is absent. Conflict, whether domestic or communal, is normalized. Exposure to substance abuse, drugs, and violence is frequent rather than exceptional. Safety is uncertain, and stability remains fragile.

A 14-year-old girl described her evenings this way:

“At night, there are fights outside. Sometimes my mother cries because

there is no money. I pretend to sleep, but I am always awake.”

This experience illustrates more than fear; it reflects a sustained state of hypervigilance. For many adolescents in urban poverty, the brain remains locked in survival mode.

Prolonged exposure to stress disrupts neurological development, affecting concentration, memory, emotional regulation, and self-esteem. These adolescents are not disengaged by choice; their cognitive and emotional capacity is consistently overwhelmed.



Within school systems, these realities are frequently misunderstood. Adolescents affected by trauma are often labeled as “lazy,” “unmotivated,” or “undisciplined.” Behaviour becomes the focus, while underlying distress goes unaddressed.

Without trauma-informed approaches, educational spaces risk reinforcing stigma instead of serving as protective environments.

Urban poverty also reshapes family and community dynamics. Parents and caregivers are under constant economic strain, prioritizing survival needs such as food, rent, and safety. Emotional availability becomes limited, not due to neglect, but exhaustion.

“
Exposure to substance abuse, drugs, and violence is frequent rather than exceptional.”

Adolescents learn to suppress their emotions, internalizing the belief that vulnerability is a liability. Over time, silence becomes a coping mechanism, and distress is normalized.

The long-term implications are profound. Suppressed emotional stress increases the risk of anxiety, depression, substance use, school dropout, and disengagement from social systems.

When left unaddressed, these challenges perpetuate intergenerational cycles of poverty and poor mental health,



Policymakers and development partners must move beyond short-term interventions and invest in integrated, community-driven mental health systems.

The broader public must reject indifference - advocating, sharing accurate information, and supporting grassroots initiatives that protect adolescent well-being.

undermining both individual potential and community resilience.

The Mental Health Support for Adolescents in Ghetto Communities (MSAG) Project adopts a systems-level approach, recognizing environment as a critical determinant of mental health outcomes. Rather than focusing solely on individual counselling, the project addresses structural and social drivers.

By establishing adolescent-friendly spaces, the MSAG Project creates safe, consistent points of connection where young people can speak without fear and be heard without judgment.

Through capacity building for community health workers and teachers, the project integrates mental health awareness into everyday

community and educational structures—transforming them into early identification and support mechanisms.

However, sustainable impact cannot be achieved by projects alone.

“Counselling alone is insufficient. What is required is intentional environmental change, strengthened community awareness...”

Parents and caregivers must be supported and encouraged to create moments of emotional presence, even amid hardship.

Teachers and school leaders must shift from punitive models toward trauma-informed practice, recognizing that behaviour is often communication.

Community and faith leaders must leverage their influence to reduce stigma and normalize conversations around mental well-being.

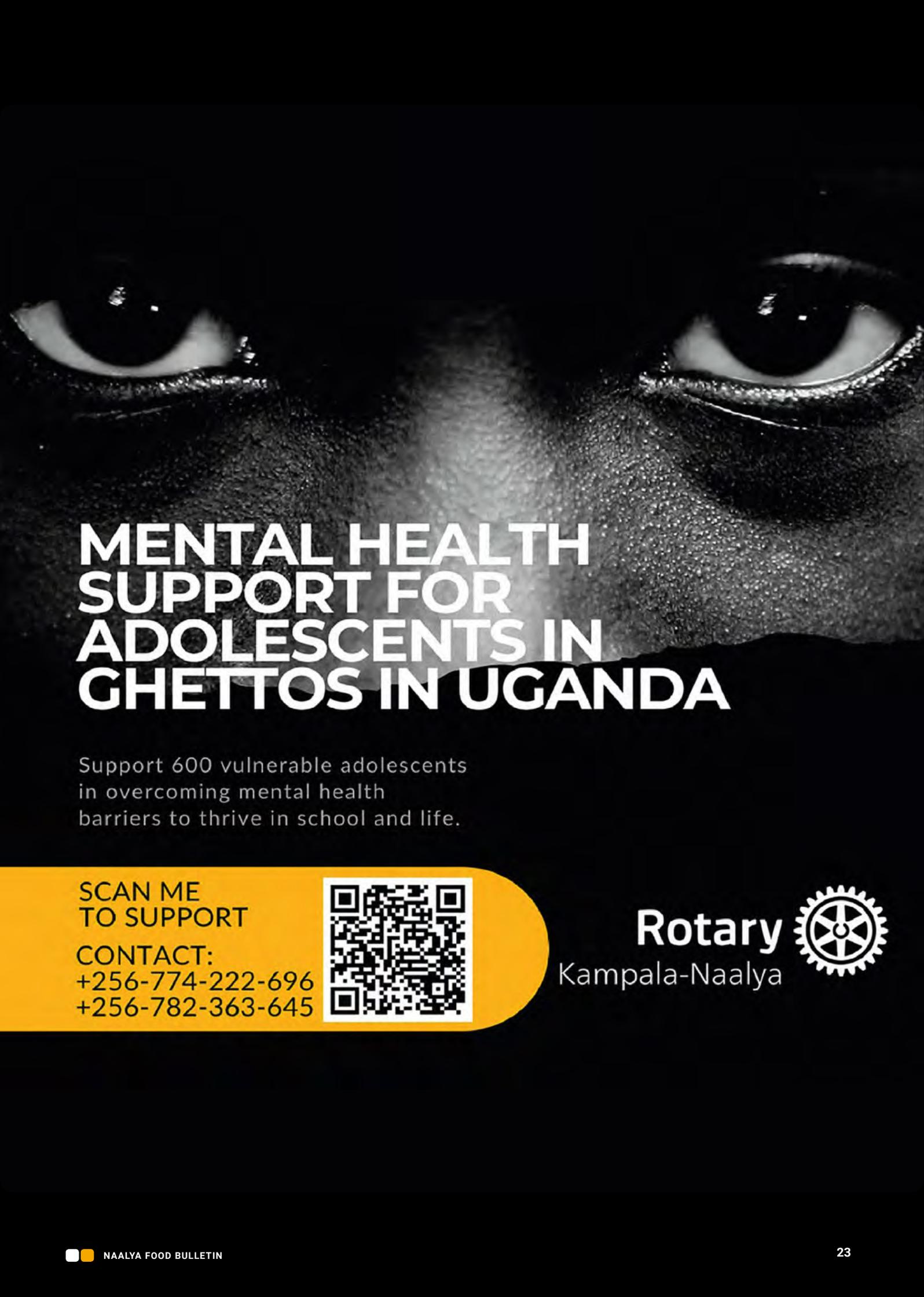
Health workers and social service providers must prioritize early detection and community-based psychosocial support.

Improving adolescent mental health in urban poor settings requires a paradigm shift. Counselling alone is insufficient. What is required is intentional environmental change, strengthened community awareness, and sustained investment in dignity-restoring systems.

The MSAG Project demonstrates a fundamental truth: when environments become safer, more responsive, and more humane, adolescents are not merely surviving. They are given the psychological space to grow.

Mental health, in this context, is not an individual burden. It is a shared responsibility and a development imperative.

The question facing all stakeholders is no longer whether action is needed, but how urgently we are willing to act to shape environments that allow adolescents to thrive.



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ELDER'S EYE

Reducing The Peace Deficit Through Ubuntu

BY RTN GODFREY OKELLO-OMODING

We live in a world where the peace deficit is increasing. There are economic hardships shaped by widening income gaps - the rich becoming richer and the poor becoming poorer. There are stops and cuts in development assistance.

Turbulent times of war resulting into increased displacement of people. Nature, too, seems to rebelling as more climate catastrophes are being witnessed. Centres of politics are shaking and seemly at disarray. Fundamentally, all these, need people to redefine and redirect.

The shapes and shades for redefining and redirecting peace building and conflict prevention today may not necessarily come from the traditional hubs.

The call now is diverse so long as people have faith in whatever source is spearheading it. It is important in all this to have components of humanity.

This era of history needs collective effort embodied



“Nature, too, seems to rebelling as more climate catastrophes are being witnessed.”

heavily with human spirit of love (Ubuntu). Take a case of Uganda and refugees. By December 2025, the country hosted over 1.96 million refugees and asylum seekers.

The country's favorable policies enable these refugees to freely mingle with hosting communities and the rest of the population.

Of this refugee number, approximately 91% live in rural settlements and the remaining 9% live in

urban areas. It is in such situations that exercising humanity is key.

Rotarians, as peace champions, we ought to be asking several questions in our reflection this month.

Some of such questions are, “Have we visited any of these refugee settlements? How are these host communities managing amidst shared limited social facilities? What can we be doing towards the trend and reducing generation of refugees?”



Imagine in 2025, on average about 600 people per day were arriving in Uganda. Unless you witness some of these situations that we can appreciate the depth of the problem.

Take also a look domestically, look at what happens in some of the parts of the country where the thrust of nature is displacing people. Places like Kasese and Mt. Elgon are prone to landslides when it rains. Well, some of the resultant destruction is out of human activities and ignoring following technical advice. In all these, what is commonly affected is livelihood and lives.

Also, there are places of conflicts between conservation and people's survival. Survival of these people includes survival of their cultural identity. Communities of people like Batwa, Benet, Tepeth and Ik are on a margin of survival. They are traditionally hunters and gatherers. Such people need our humanity.

Today, there are a number of communities that suffer as a result of land grabbing. Their livelihood is threatened.

The “disease” of the wealthy members of society chasing away the poorer section of society from their sources of survival is fast spreading.

Here again a call is exercising a sense of humanity.

As we continue to reflect on peace building and conflict prevention, remember that a large portion of our population is engulfed in abject poverty, living less than one USD (UGX3,600) day. We live among these people.

This is not mere statistics; it's real people grappling to survive and see the next sun rise. These people are constantly in a situation of seeking basic means of survival. They

are not in peace; they are in conflict for survival.

Humanity towards them is very essential. This can be done through various ways; skill impacting, medical camps, support in income generation, etc.

Daily we are witnessing number of conflicts that are manifested in suffering, hopelessness, and predicaments. In all these, there is a fighting spirit of a human being to live. Regardless of the infliction, the denominated is the same; pain. Pain, hoping for a dose of humanity.

Rotarians, as we continued to be rallied by 'Unite for Good,' increase your dispensation of humanity. Reach out to those in need.

You could be that hope that can change a situation from conflict to peace. May you be the missing cog in the wheel.

TOPIC

Resolving Potential Family Conflict using Wills and Estate Planning

GUEST SPEAKER

**Rtn CLAIRE
AMANYA RUKUNDO
KAKEETO**

**TUES 10TH
FEB 2026**

7:00 PM

**NDERE CULTURAL
CENTRE**



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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

Fun Facts

Menu

Picture this: ancient Romans staring at their dinner plates, muttering 'minutus' - Latin for 'small.' They weren't commenting on portion sizes (though knowing Roman feasts, everything was supersized). They were describing something "made smaller," something detailed. This tiny word would eventually conquer the world, one meal at a time.

Fast-forward to Old French, where menu evolved from meaning 'small' to 'a ridiculously detailed list.'

By the 18th century, French aristocrats were showing off menus of how many courses they could afford while the peasants outside debated between cabbage or... more cabbage. Then came the French Revolution, chefs lost their palace jobs, opened restaurants, and democratized the 'menu.' Suddenly, everyone could pretend to be fancy while ordering soup.

The English, always fashionably late to linguistic parties, borrowed 'menu' in 1837. Before this, they called it a 'bill of fare,' which sounds less like dinner and more

like transportation costs. But "menu" had perfect for Victorian snobs wanting to sound sophisticated while ordering katogo and rolex. Here's where it gets wild: by the 1960s, computer nerds hijacked our beloved food list for their screens. "Click the menu," they said, as if pixels needed feeding. The word that once helped you choose between chicken tikka and kebabs now helps you choose between "File" and "Edit." Talk about career pivots!

From time immemorial, Rotary got its name from rotating meeting locations among members' offices - everyone taking turns, sharing the load. Sound familiar? That's exactly what a menu does: rotating our attention through options, ensuring variety without chaos.

Imagine Rotary dinner without menus. Pure pandemonium! Members debating over matoke versus posho while trying to discuss their polio eradication campaigns. The menu - that tiny Roman word - keeps us civilized, organized, and

focused on what matters: serving communities, not arguing about side dishes.

Both menu and Rotary embody the same principle: structured choice preventing chaos. One guides your fork, the other guides humanity toward "Service Above Self."

And honestly, without menus listing options clearly, our Rotary fundraising dinners would be as confusing as explaining to your jjaja why you need Wi-Fi.

So, next time you peruse a menu, remember: you're wielding centuries of linguistic evolution, one small choice at a time.



Jokes of the day

1. Why are Rotarians excellent at conflict resolution? Because we've had decades of practice deciding what the dress code should be the next District Conference.



2. What's a Rotarian's favorite peace treaty? The Four-Way Test, because it settles arguments before they even start.
3. What's the difference between a peace conference and a family dinner? At a peace conference, people actually listen to opposing viewpoints.

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



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