

Naalya Food 17th February, 2026

Bulletin

Rotary  | UNITE FOR GOOD
Kampala - Naalya

Issue 30 | RY 2025-26



*Rtn Francesco Arezzo - President,
Rotary International 2025/2026*

RC KAMPALA - NAALYA



SCAN TO LEARN MORE

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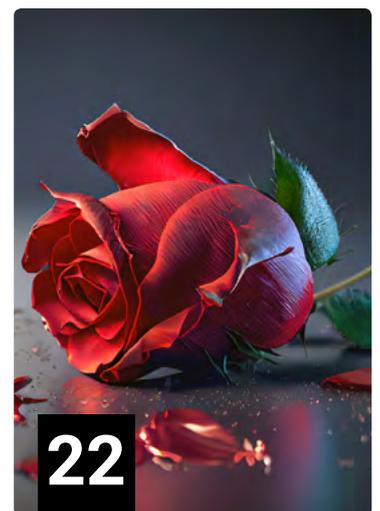
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Chef's Note

Fellow Rotarians and friends,

There are moments in our journey of service when the stars align perfectly. This week is undeniably one of them. As Uganda embraces February's theme of Peacebuilding and Conflict Prevention, we prepare to welcome the embodiment of Rotary's global vision - Rotary International President Francesco Arezzo.

President Arezzo's visit, from Friday 20th to 22nd February, is more than protocol. It is profound recognition of Uganda's strategic role in advancing Rotary's mission across East Africa.

His 2025 theme, 'Unite for Good,' resonates deeply in a nation that understands peace not as the absence of conflict, but as the presence of dignity, opportunity, and justice. From Kampala to Gulu, from Arua to Mbarara, Ugandan Rotarians have been building this peace - handshake by handshake.

Peace is the foundation upon which all our service rests. You cannot educate a child in a warzone. You cannot dig a well in a community torn by strife. Our work in water, health, and literacy only flourishes where stability takes root. This is why February's

focus is not peripheral but central to everything we do. In Uganda, we see this truth daily - in the refugee families seeking sanctuary at our borders, in the youth searching for purpose rather than trouble, in the communities choosing dialogue over division.

RI President Arezzo arrives at a pivotal moment. He comes not merely to witness our achievements but to listen, to validate, and to remind us that we are part of a global network of peacemakers. During his visit, he will meet Makerere University Rotary Peace Center fellows, and take a close look at projects transforming lives across our two Districts.

He will meet Rotarians and Rotaractors whose commitment turns modest contributions into lasting legacies.

Most importantly, he will experience the warmth and resilience of the Ugandan spirit.

This historic visit demands more than grand receptions and firm handshakes. It calls us to action. Every club should use this momentum to resolve lingering conflicts, launch peace initiatives, and strengthen our giving to Rotary's peace-building and conflict resolution initiatives.

Let us show President Arezzo the spaces where young people learn tolerance, where former combatants learn new trades, where leaders prioritize community and collaboration over competition. Let us demonstrate that Ugandan Rotary is not just participating in the global movement, we have what it takes to lead it.

To our distinguished guest: *Karibu sana*, President Arezzo. Your presence fills us with renewed purpose.

To my fellow Rotarians; the world is watching. Let us be so loud in our service so that the ripples of our work extend far beyond Uganda's borders.

Let us give President Arezzo a welcome that echoes all the way to headquarters of Rotary International in Evanston.

This is our season. This is our moment. Together, united for good, we will continue building a more peaceful, secure, and prosperous nation, one act of service at a time.

Let's do this!

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,**

**I warmly welcome you
back from the Valentine
weekend.**

Thank you for your active participation in last week's fellowship, where the Dean of Assistant Governors, Rtn Claire Amany, shared valuable insights on using estate planning to manage and mitigate family conflicts. I'm sure you picked something from her presentation.

**In this week's
fellowship, our focus
shifts forward to the**

highly anticipated Unite for Women Concert organized by Women in Rotary.

We will host a panel discussion highlighting what to look out for and how best to enjoy and support this special event. I invite everyone to mobilize widely and attend in large numbers.

As we count down to the Unite for Women Concert, let us join hands to boost ticket and table sales. I especially encourage all members of the Naalya Rotary Club to personally purchase and sell at least ten tickets each.

With Valentine's Day behind us, momentum is now

building toward International Women's Day, this is the perfect season to maximize our ticket sale efforts.

I extend heartfelt congratulations to all members who celebrated anniversaries and birthdays this past week.

**At the same time,
I offer sincere
condolences to those
who have lost loved
ones, and wish a
speedy recovery to
members who are
unwell, as well as to
those caring for sick
family members.**

Wishing you a wonderful Rotary week filled with service above self.

**YOURS IN SERVICE
ABOVE SELF,**



TEAM TALK

WEEK 3: Peace in Our Communities - Rotary as a Stabilising Force

BY AG FRANCIS LUBUULWA

Peacebuilding does not always look dramatic. In fact, some of the most effective peace work is quiet, practical, and consistent - the kind Rotary does best. When we hear the word 'peace,' many of us think of ceasefires, negotiations, or international diplomacy.

Yet, for many communities across our Rotary Districts, peace is far more local and far more fragile. It shows up in everyday interactions - how neighbors share water sources, how young people find purpose, how communities access basic services, and how trust is built or lost over time.

In this sense, peace is not something that simply arrives. It is something that is built, slowly and intentionally, through everyday choices and actions.

Across Uganda, conflict rarely begins with ideology. More often, it grows from unmet needs - unemployment, inequality, exclusion, limited access to services, and the quiet frustration of feeling left

behind. When livelihoods are threatened and hope feels distant, tension finds space to grow. This is where Rotary's work becomes deeply relevant.

A borehole does more than provide water; it reduces daily conflict and competition. A vocational skills project does more than teach a trade; it restores dignity and creates

opportunity. A youth mentorship programme does more than occupy time; it redirects energy away from frustration and toward purpose.

A health camp does more than treat illness; it rebuilds trust in systems that people rely on. Many Rotary clubs are already contributing to peace without calling it 'peacebuilding.' Yet, the impact is real, lasting, and

deeply transformative. Rotarians occupy a unique position within society.

We are business owners, professionals, educators, health workers, and community leaders. We understand systems, manage resources, and influence decisions.

More importantly, we are trusted. That trust gives Rotary a quiet authority, one that carries responsibility.

Rotarians at the centre

Clubs often sit at the intersection of communities and institutions: local government, schools, health centres, religious leaders, and civil society organisations. When Rotary engages thoughtfully in these spaces, we can stabilise situations that might otherwise fracture.

“A borehole does more than provide water; it reduces daily conflict and competition.”





Peacebuilding, in this sense, is not about taking sides. It is about creating conditions where people feel included, heard, and hopeful.

February invites us to think of peace not only as an outcome, but as a process. A process that begins long before conflict becomes visible. It asks difficult but necessary questions: Who is being left out? Whose voice is missing? Where are tensions quietly forming? How can dignity be restored before frustration turns into conflict?

For Rotary clubs, this may require a subtle shift in how projects are designed and implemented. Beyond asking *what* we do, we

“
Small, deliberate actions are all it takes to make a difference.”

ask *how* we do it. Are we involving local leaders meaningfully? Are young people participating in ways that give them ownership? Are women and marginalised groups part of the conversation? Are we addressing root causes or simply responding to symptoms? Peace grows where inclusion is intentional and dialogue is encouraged.

The good news is that peacebuilding does not require large budgets or complex interventions. Small, deliberate actions are all it takes to make a difference. Integrating a peace lens into existing projects, engaging young people proactively, creating safe spaces for dialogue, supporting livelihoods,

and modelling respectful leadership, are all powerful ways Rotary strengthens community stability.

As we move through this month, every club is encouraged to pause and reflect. Which of your current or past projects has contributed to peace in your community, even indirectly? How might your club become more intentional about peacebuilding in the year ahead?

Peace rarely announces itself loudly. It grows quietly where dignity is restored, opportunity is created, and hope is renewed.

That is Rotary at its best. That is Rotary as a stabilising force.

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>

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

#CoverStory

RI President Arezzo Arrives This Friday



RI President Francesco Arezzo launches the newest Rotary Peace Centre Symbiosis International University in India recently.

BY EDITORIAL DESK

In a defining moment for Rotary in Africa, International President Francesco Arezzo will grace Uganda with his presence from Friday February 20-22, 2026.

This landmark visit, conducted under his presidential theme 'Unite for Good,' marks one of the first major international tours since the Italian orthodontist assumed leadership following the unexpected resignation of Mário César Martins de

Camargo in June 2025.

For Uganda's nearly 12,000 Rotarians across Districts 9213 and 9214, this three-day engagement represents both recognition of our achievements and a renewed call to amplify our impact across the Pearl of Africa.

“The visit commences with a critical inspection of the Oxygen for Life project at Kawempe National Hospital...”

President Arezzo's itinerary reflects Rotary's deepest commitments to health, education, and peacebuilding. The visit commences with a critical inspection of the Oxygen for Life project at Kawempe National Hospital, where a dedicated oxygen

supply initiative valued at approximately \$15,000 will support maternal and emergency care.

This aligns perfectly with Arezzo's medical background and his passion for healthcare initiatives that save lives.

The tour continues to the Makerere University Rotary Peace Centre, the only one in Africa, where the President will engage with Peace Fellows and the Board of Trustees.

Beyond project visits, President Arezzo will engage in high-level diplomatic consultations with government and civic

leaders, demonstrating Rotary's commitment to partnership with traditional and governmental leadership.

These meetings underscore a strategic truth: sustainable community transformation requires collaboration between civil society, government, and cultural institutions.

Youth engagement

A particularly exciting dimension of this visit is the focus on youth engagement. President Arezzo has emphasized attracting members under 45, and Uganda's vibrant Rotaract community provides fertile ground for this vision.

A dedicated membership conversation session will inspire young professionals

to assume leadership roles, while visits to polio immunization drives, a mega health camp, and the JCRC Bone Marrow Transplant Unit will showcase how Rotaractors are already driving transformative change.

The Saturday evening Membership Gala Dinner at Speke Resort Munyonyo will celebrate this intergenerational commitment to service.

“Let us rise to this historic moment with the excellence and dedication that defines Ugandan Rotarians.”

President Arezzo's visit forms part of a broader continental tour that includes Ethiopia, South Africa, and Ghana - positioning our nation as a torchbearer for Rotary excellence in Africa.

This recognition carries profound significance as we prepare to host the 7th All Africa Zone Institute in Kampala from September

29 to October 3, 2026. The convergence of these events - and the fact that the 2026-27 International President, Olayinka Hakeem Babalola, hails from Nigeria - signals Africa's rising prominence within the global Rotary movement.

As we welcome President Arezzo, let us remember that this visit is not merely ceremonial. It is a call to action - to deepen our service, strengthen our clubs, engage our youth, and unite us for good in ways that transform communities.

The world is watching Uganda, and through our collective commitment to friendship, trust, and meaningful service, we have the opportunity to demonstrate what Rotary at its best can achieve.

Let us rise to this historic moment with the excellence and dedication that defines Ugandan Rotarians.



RI President Francesco Arezzo and wife Anna Maria during a tour of Rotary projects in Ghana during his ongoing Africa Tour.

Official Visit Programme - RI President Francesco Arezzo

Date/Time	Activity	Venue/Details
DAY 1: FRI FEB 20		
12:55 AM	Arrival	Entebbe Airport to Hotel
10:30 AM - 12:00 PM	Oxygen for Life Project	Kawempe National Hospital
12:30 PM - 1:30 PM	Rotary Peace Centre Visit	Makerere University
5:00 PM - 6:30 PM	Leadership Meeting & Press Conference	Speke Resort Hotel Munyonyo
7:00 PM - 10:00 PM	TRF Recognition Fellowship	BCF Courts
DAY 2: SAT FEB 21		
9:30 AM - 10:30 AM	Blood Bank Visit	Nakasero Blood Bank
11:00 AM - 11:30 AM	Polio Immunization	JJanyi Health Centre, Kajjansi
11:30 AM - 12:30 PM	Mega Health Camp	Kajjansi (RC Medical Stars)
2:00 PM - 3:00 PM	Rotaractor Engagement	Lweza
3:30 PM - 4:00 PM	RYLA Programme	Lweza
4:30 PM - 5:00 PM	Bone Marrow Transplant Unit	JCRC, Lubowa
5:00 PM - 10:00 PM	Membership Gala Dinner	Speke Resort Hotel Munyonyo



Rtn Francesco Arezzo - President, Rotary International

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**





WOMEN'S DAY

Rotary Women's Day Exhibition Set For Ndere Centre

BY RTN FLAVIA SERUGO

The Women in Rotary celebration is only three weeks away and we can't wait to unveil the 11th edition at our home ground - Ndere Cultural Centre!

In the true spirit of the 2026 International Women's Day theme "Give to Gain," the upcoming event will move beyond the traditional keynote

address and fine dining - transforming into a vibrant eco system where the exchange of resources, friendship, fun and knowledge will create a memorable experience.

“Through the exhibition, we have an opportunity to tell our stories of the transformative work we are doing...”

This is going to be a whole day celebration and you shouldn't miss out on! The day's activities will include: Unite for Women Concert, Sisterhood Spaces, Awards and Recognitions

and Women's Exhibition.

The Women's Exhibition - Showcasing Impact, & Innovation

One of the key activities that will highlight Rotary's priority is the Women's exhibition, which will showcase innovative and transformative work for women in our communities.

In addition, it will put a spotlight on businesses led by women thereby providing opportunities.

Through the exhibition, we have an opportunity to tell our stories of the transformative work we are doing in the communities with an aim to inspire others into action as well as connect with our potential clients and attract partners. Some of the exhibitors' stalls will include:

- Branded Rotary merchandise
- Textiles and Crafts
- Adolescent Clinic
- Legal aid Clinic
- Community Innovative transformative projects
- Food Court & Bar

Are you running a women-led business, a side hustle, a caterer specializing in local Ugandan delicacies, or running a community project that is changing lives for women? The exhibition

Rotary Clubs of Uganda

WOMEN IN ROTARY Transforming Lives Together

LIMITED SPACE AVAILABLE BOOK NOW!

WOMEN FOR WOMEN EXHIBITION

EMPOWERMENT • INNOVATION • COMMUNITY

Food Court

SATURDAY, MARCH 7 2026 10.00A.M - END

NDERE CULTURAL CENTRE

FEES: SHS 120,000/=

HOSTED BY: Rotary Club of Kampala Naalya in collaboration with District 9213 & D9214 Family of Rotary Committee

Proceeds go towards skilling Teenage mothers in Acholi Quarters-Kampala and Kamuli District

FOR INFORMATION

- PAG Marion Ntukunda - 0774 29064 OR Rtn Kengoma-07729308610- (Community Projects)
- Rtn Brian Mayanja-0782-363645- (Business)

#RotaryEyamba #GiveToGain #WomenInRotary



will offer a high visibility platform to reach over 500 attendees including key decision makers, potential clients and partners.

For the foodies, prepare your tastes buds: A variety of our foods named after RCK Naalya Buddy Groups including Rolex, Katogo, Kikomando and Kitoobero will be available. Gates will open at 10.00a.m till late.

“Please secure your spot before the February 28th deadline.”

What You Gain: A dedicated space with a table and two chairs and the opportunity to pitch your business or project to potential investors and collaborators.

Exhibition Fee: UGX 120,000 per exhibitor.

How to book your slot: Contact Rtn Brian Mayanja for the Business

Projects on 0782363645. For the Community projects, contact Rtn Marion Natukunda on 0774 290640 or Rtn Kengoma Khamisi on 0772930861.

Please secure your spot before the February 28th deadline.

Link to pay: https://www.nextticket.com/events/unite_for_women_concert

By giving your time, your talent, and your resources to this space, you will not only gain a new network of clients but a stronger platform for your vision.

PAG Serugo is the District Planning, Implementation, Monitoring & Evaluation Chair [2025/2026]

#GiveTo Gain
#RotaryEyamba
#WomenInRotary
#RotaryKampalaNaalya



Rotary
Clubs of Uganda



**WOMEN
IN ROTARY**
Transforming Lives Together



UNITE FOR WOMEN CONCERT

ROTARY/ROTARACT CLUBS PERFORMANCES
LIVE BAND, LIVE DJ & RENOWNED FEMALE ARTISTS

TIME : 4.00P.M - END

SATURDAY , MARCH 7 2026

NDERE CULTURAL CENTRE

FEEES: 50K (Rotaract);100K (Ordinary);
120k(Exhibitors); VIP Table of 8-1.5M;
150k (VIP Ticket)

HOSTED BY: Rotary Club of Kampala Naalya in collaboration with District 9213 & D9214
Family of Rotary Committee

Proceeds go towards skilling Teenage mothers in Acholi Quarters-Kampala and Kamuli District



#RotaryEyamba #GiveToGain #WomenInRotary

FOR INFORMATION

- Rtn Pamela Kawaddwa-0774794144-Chair Concert.
- Rtn Mary Namuwaya 0784735997- Family of Rotary D9213
- 0783809369-Family of Rotary D9214



Preventing Family Conflicts Through Estate Planning

BY CLAIRE AMANYA RUKUNDO KAKEETO

Touch your heart and say it: 'I am not going to die.' Good. Now let's talk about something equally uncomfortable but far more urgent - writing a will does not hasten your death. What it does is prove you love the people you will leave behind.

We have all witnessed the tragedy. A successful businessman dies, and even before the burial, his children are in court over property.

For example, the late Garuga Musinguzi had only four children and substantial wealth, yet family conflict erupted immediately after his demise. These aren't isolated incidents; they are preventable disasters that repeat across Uganda, affecting the village elder and the professionals alike.

The pattern is devastatingly predictable: someone spends a lifetime building something meaningful, then dies without clear instructions. What follows is confusion, conflict, and the systematic destruction of everything they built.

Family members who rarely spoke become experts on inheritance. Children drop out of school. Dependents lose support. Relationships fracture beyond repair.

Why does this happen? Several predictable causes fuel family conflicts. First, there are no written instructions—someone has died with property, loans, and investments, but left no blueprint.

Second, unclear ownership creates disputes when families don't know who owns what. Third, multiple spouses and blended families complicate matters when there's no documentation.

Fourth, cultural expectations clash with legal realities, especially in our beautifully diverse Ugandan society. Finally, women and dependents excluded from decisions during life are often excluded after death.

Most Rotarians think estate planning means writing a will. It doesn't. Estate planning is the comprehensive exercise of identifying your assets and taking deliberate steps to manage and preserve them - both during your lifetime and after death. This shift in thinking is crucial. Plan for a long, dignified retirement,



“Estate planning isn't just for the wealthy. It's for everyone who cares about the people they'll leave behind.”

not an early death.

Beyond the will, several tools ensure your legacy survives. Life insurance guarantees your children's education even if you're broke—monthly contributions of 200,000 shillings become millions in ten years.

Trusts prevent children from selling everything within months, ensuring properties generate income for generations. Powers of attorney allow trusted individuals to make decisions when you're incapacitated but not dead, remember COVID-19 patients needing NSSF access?

Advanced medical directives specify end-of-life care wishes, preventing families from draining resources for hopeless causes.

If you write only one document after reading this, make it your will. Be specific: use full names, clear titles, and residential details.

List all your children - every single one, including those from outside relationships. Don't be shy or try to appear holy; unlisted children could invalidate your will.

Document all assets: shares, partnership deeds, bank accounts, rental properties, land. Name your dependents: elderly parents, cousins you support, children you're educating.

Specify independent executors. Detail your debts transparently. Keep multiple copies in strategic locations—with your lawyer, club president, parish priest.

Here's a practical challenge for our clubs: we meet as friends and fellowship, but when a member dies, we struggle to help

their families navigate the aftermath. What if our club presidents maintained sealed copies of members' wills?

Not to read them, but to ensure they exist and can be accessed when needed. This club has existed for over a century—let's extend real, lasting value to membership. If you're a Rotarian, your children shouldn't suffer because you died without clear instructions.

“Name your dependents: elderly parents, cousins you support, children you're educating.”

The difference is stark. If you die with a will, you've died testate—your spouse obtains letters of administration and proceeds according to your wishes.

If you die without a will, you've died intestate, and your

family will join the long queues at the Administrator General's office. The choice is simple: clarity or chaos, peace or conflict, dignity or degradation.

Estate planning isn't just for the wealthy. It's for everyone who cares about the people they'll leave behind. So, start today. List your assets. Have that



uncomfortable conversation with your spouse. Draft your will. Consider insurance policies. Set up a trust if you have substantial property.

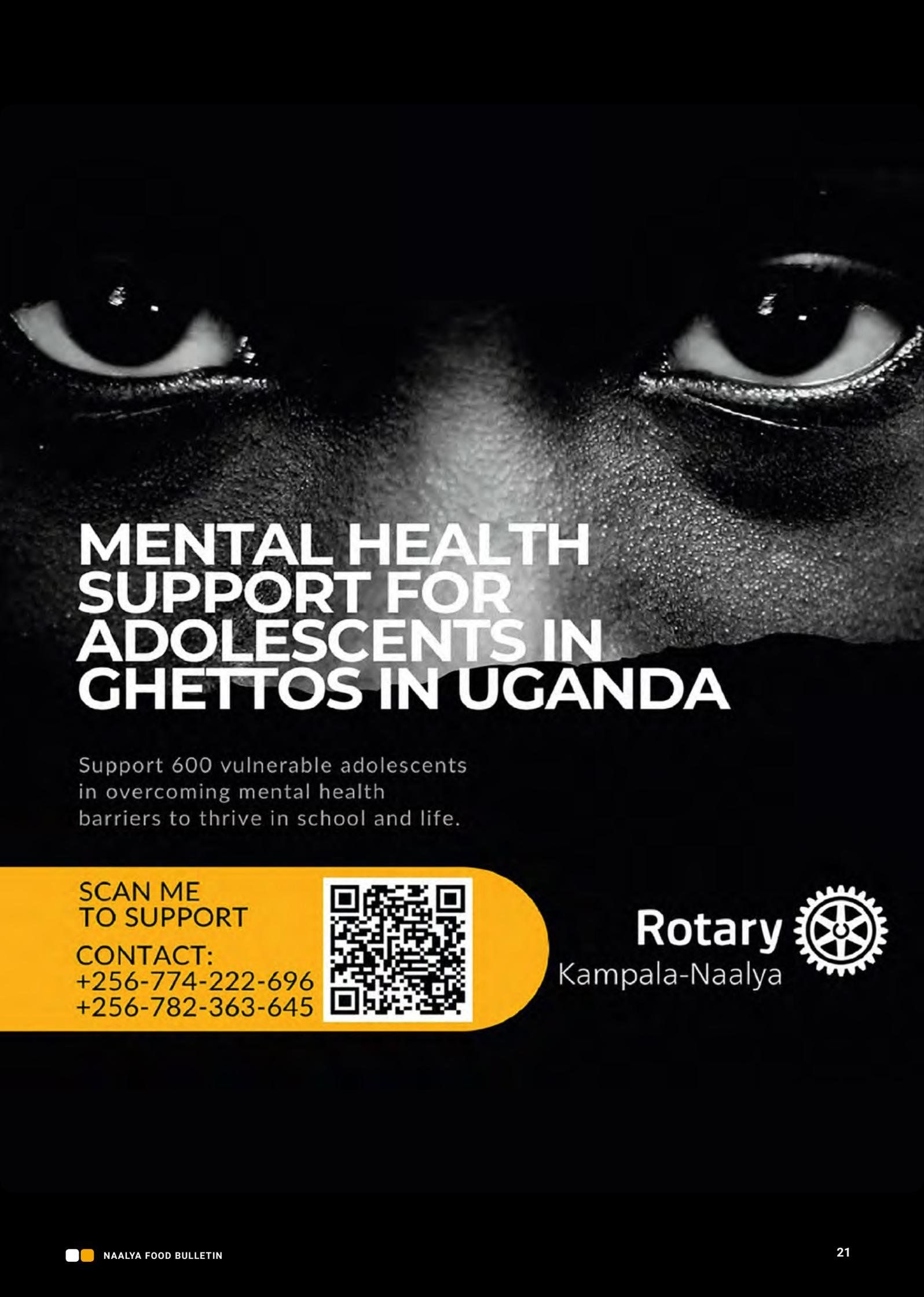
Touch your heart again and say, 'I am not going to die.' But act as though you might.

Estate planning doesn't hasten death; it honors life by ensuring everything you've worked for serves the people you love, long after you're gone.

Don't let your legacy become another cautionary tale. Contact your lawyer today. Update your will. Your family's future peace depends on the decisions you make today.

Rtn Claire made this presentation at the Rotary Club of Kampala Naalya on Feb. 10





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#Impact

Valentine's Day and the Mental Health We Don't Talk About

BY RTN JACKLINE MUTIIMBA

**ON FEBRUARY 14TH,
TIMELINES TURN RED.**

Couples post roses. Restaurants fill up. Surprise proposals trend. Romantic captions flood social media feeds. Everywhere you look, love appears effortless, dramatic, glowing. But behind the filtered photos and curated gestures, something quieter is happening. For many people, Valentine's Day is not romantic.

**It is triggering.
It is heavy.
It is lonely.
It is complicated.
And almost no one
talks about that part.**

Valentine's Day has slowly shifted from being a celebration of affection to becoming a social performance. You are expected to be loved, to be chosen, to be celebrated publicly.

If you are single, the day can feel like a spotlight on what you "don't have."

If you are in a struggling relationship, it can magnify what is broken. If you recently experienced heartbreak, the day can reopen wounds that were beginning to heal. If you lost someone you love, it can feel like grief dressed in red. The problem is not love. The problem is comparison.

When love becomes something measured by visibility, gifts, or public affirmation, mental health quietly absorbs the pressure.

The Comparison Trap

Research consistently shows that social comparison, especially online, impacts emotional well-being. On Valentine's Day, comparison intensifies.

You may start asking yourself:
Why am I still single?
Why is my relationship not as exciting?
Why was I not chosen?
Why did my relationship fail?
Am I unlovable?

These thoughts are rarely logical. But they are deeply human. We compare our internal reality to someone else's highlight reel. And when we do, anxiety increases. Self-worth

decreases. Emotional stability shifts.

Valentine's Day can unintentionally become a trigger for:

Low self-esteem
Rejection sensitivity

Attachment anxiety
Emotional dysregulation
Loneliness
These experiences are not weakness. They are psychological responses to perceived social exclusion.

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

**For some,
February 14th
brings more
than comparison.
It brings grief.
The widow remembering
her spouse.
The woman navigating
infertility while
surrounded by pregnancy
announcements.**

The person healing from an abusive relationship.
The couple silently battling unresolved conflict.
The individual who feels unseen even while in a relationship.
Love, when fragile or absent, can feel heavier than solitude.

Mental health does not operate in isolation from relationships. Our sense of belonging, security, and attachment significantly influences emotional well-being.



When Valentine's Day amplifies perceived disconnection, it can heighten:
Sadness
Irritability
Emotional withdrawal
Overthinking
Sleep disruption
And yet, most people smile through it.

One of the most damaging narratives around Valentine's Day is the subtle belief that being chosen equals being valuable. But worth is not assigned by relationship status.

Being single is not a diagnosis. Being heartbroken is not a character flaw. Being in a relationship is not proof of emotional health. Some people are deeply loved and deeply unhappy. Some people are single and emotionally thriving. Romantic validation and psychological stability are not the same thing.

Redefining Valentine's Day

What if Valentine's Day became less about public affection and more about emotional alignment? What if instead of asking, "Who

loves me?" we asked, "Am I emotionally safe with myself?"

Mental wellness on Valentine's Day can look like:
Setting boundaries around social media exposure
Choosing not to attend events that trigger emotional discomfort
Acknowledging grief without shame
Checking in with your emotional needs
Practicing self-compassion
Reframing singleness as a season of identity growth
Self-love is not indulgence. It is emotional responsibility.

Here are a few practical ways to protect your mental health during the Valentine's Day season:

If this season feels heavy, consider:
Limit comparison triggers. Curate your social media intake intentionally.
Name your emotions. "I feel lonely" is healthier than suppressing it.
Resist impulsive decisions. Avoid reaching out to past relationships out of emotional vulnerability.

Invest in meaningful connection. Spend time with friends, family, or community. Redefine celebration. Celebrate love in all forms - friendship, family, purpose, faith, growth. Seek support if needed. If feelings of sadness or anxiety

feel overwhelming, professional support is strength, not failure.

Broader Than Romance

Valentine's Day markets romantic love. But mental health thrives on multiple forms of connection:
Emotional safety
Healthy friendships
Self-respect
Purpose-driven living
Community belonging

When romantic love is elevated as the highest form of validation, all other forms of love are undervalued. Yet for many people, friendship has saved them. Purpose has anchored them. Faith has sustained them. Growth has healed them.

Romance is one dimension of love – not the only one. If Valentine's Day feels joyful for you, celebrate it fully.

If it feels neutral, that is okay. If it feels heavy, you are not alone – even if the world appears loudly in love.

Mental health is not seasonal. It does not pause for public holidays. It deserves attention every day, including February 14th. Love is beautiful. But your emotional well-being matters just as much as any bouquet!

“
Love is beautiful.
But your emotional well-being matters just as much as any bouquet!”



Rotary 
Club of Kampala Naalya

*Happy
Anniversary*

**AG Francis & Jane
Lubuulwa**

Wishing you both all
the love and
happiness today
and forever



14.02.2026

www.RotaryKampalaNaalya.org



ELDER'S EYE

Conflict is human, resolving it is divine

BY RTN GODFREY
OKELLO-OMODING

How we respond to conflicts is core to their prevention. Good responses sustain peace. It is imperative to explore, understand and appreciate fundamentals of a particular conflict.

The origins of conflicts are tied to human beings and their behaviours. The behaviour of an individual or a group which is purposely set out to block or inhibit another individual (or group) from achieving their goals bring conflicts. This implies that there is more than one party in any conflict. One party purposely stands in the way of another in achieving its goals; be it good or bad.



spheres bear entities that are controlled and managed by human beings. Each entity strives to exist, and obtains its form of life and acquires its own characteristics. The human beings that live or work or derive livelihoods in these entities have interests, attitudes, goals, expectations and many other characteristics.

be harmful when not viewed from a harmonious and cooperative way. They are seen from a natural state of human affairs where, at best, is an undesirable interruption to smooth flowing normality.

Conflict is based on incompatibility of goals and rises from opposing behaviours. It plays out in a sphere which can be between individuals, within a family or between families, communities, organizations, and nations.

“The failure to obtain harmonization, at whatever degree, a result is a conflict.”

In the interplay, emerges conflicts which need appropriate handling in order to attain or maintain harmony.

Sources of conflict

Conflicts tend to set in where there are missed opportunities to hold harmony. It is not always that harmonization is obtained. The failure to obtain harmonization, at whatever degree, a result is a conflict. Conflicts can

On the other hand, by the very nature of human behaviors, conflicts are perfectly natural and specific channels for handling them should be set up.

This allows, in the eventual occurrence of a conflict to be in a relatively ordered way; the way it should not causes disruptions. There ought to be existence of cooperation or harmony naturally.

Also, conflicts can be inherent in society as whole. Take, for instance, between the interests of the owners of enterprises and the workers (disparity

Human beings co-exist in these spheres. These



in power and control). Here, a conflict manifests as a feature of the unequal nature of life and means of bringing about change.

Another view of looking at conflicts from neither inherently bad nor good, but just from inevitability.

Where there exists no conflict, ideas are never challenged, and this stifles any impetus to change things for the better. There is an optimum level of conflict which brings change and innovation, and learning how to manage it effectively is important.

Appropriate responses

Rotarians, these views of looking at conflict enable us to define appropriate responses. The acceptance is that conflict is inevitable, and is appropriate to provide a ground for addressing fundamentals of the inevitability.

What is clear is the role behaviours play in

conflicts - triggering them or preventing them. Whatever level or form a conflict occurs, the focus of prevention should be in addressing the behaviours and their underlining interplay. We ought to look at the triggers.

Today, even established institutions meant for conflicts prevention and resolution are challenged by the growing intensity and diversity of conflicts. The dynamics in the interplay in various conflicts calls for new approaches in preventions.

For Rotarians, as peace builders, you ought to revisit and retool yourselves as to march the current dynamics on conflict prevention. The response to conflicts of today need thorough understanding, exploration and analysis of the triggers.

Conflict as an inevitability in human beings' interactions require management. Negative conflicts should be isolated and minimized for avoidance of harmful effects. Harmony can

be attained where there are, for instance: clarity of objectives; fairness in resource distribution; enabling policies and procedures; equity and accessible opportunities; supportive leadership and good governance; fair legal framework, social support systems; and people-centred development.

Rotarians have a role to play in creating and widening opportunities for settling and preventing conflicts.

They can do this through influencing policies and development agendas, direct involvement in growth and development, and lobbying and advocacy.

Also, through providing people with opportunities to acquire skills. This guarantees lifetime opportunities in employment and other ventures. It goes a long way in contributing towards minimizing conflict.

Thursday Clubs Pre-Valentine Fellowship hosted by RC Namugongo





OUT TO LUNCH

Open Letter to My Newly Elected MP

BY RTN DENIS JJUUKO

Dear Honorable,

I would like to congratulate you upon your victory as the newly elected Member of Parliament for your constituency for the first time. Your title of 'Honorable' is well-deserved.

I must confess that I have never run for any elected public office and I only largely see the parliamentary building on TV and newspapers. I have only visited on occasions. So perhaps I shouldn't be the one writing this but I keep my ear to the ground many times. You will forgive me for writing to you.

The office you now hold comes with great responsibilities but also with significant financial rewards. There aren't many people who are given Shs 315m to buy themselves a car and some more for clothes.

A huge monthly salary and allowances await you for five years. Deserving, we don't want beggar honorables in our midst.

Once you shake off the hangover from the victory

parties, you should look for somebody you trust who once served as MP and was defeated in an election. If they are kind enough, they will tell you of a colleague or two who run on hard times when they left the marble floored parliamentary building.

Phone calls were no longer being answered. Woke up to doing nothing and they run broke. Trying to get a job was difficult. Not many people can hire a former MP.

They will tell you that they spent all their money on ungrateful constituents (you can ask Hon Yusuf

Nsibambi or watch his image crushing video interviews after he lost).

Yet, unless you are a thief, you won't be able to solve all your constituents' problems. Even the government that levies taxes can't do it and

that is probably one of the reasons you were elected.

Remember, the promises of constructing roads, markets and bringing electricity to every

household was just electioneering. You can only give so much personally.

If your constituency isn't in Kampala, you may feel the peer pressure of buying a house in the city from which you will cruise to Parliament from Tuesday to Thursday.

Decent houses in Kampala that befit your new status are expensive. Kampala real estate brokers are unforgiving. Remember the old saying: Kampala isn't just high-rise buildings.

If brokers are unforgiving, the money lenders – formal or informal – don't joke. They will lend you money while smiling. They will demand it with a mean face. I have seen a few

“The office you now hold comes with great responsibilities but also with significant financial rewards.”



MPs spend nights in Luzira after failing to pay debts. Borrow responsibly.

You may feel that your children now have to go to an expensive school. The school where they are now is just fine. You don't have to bring your whole family to Kampala now.

Kampala's buildings especially the malls or arcades or whatever they call them downtown have very beautiful young damsels. Muscular young men with well chiseled bodies exist too if you are a woman. Just note that they love money more than witchdoctors.



And since you will be earning a lot, you will be within shooting range. They love smartphones, apartments in Kyanja, a compact SUV and trips to Dubai or at least Diani.

Those things don't come cheap. And remember,

they don't appreciate what you did yesterday. What they demand today is what matters.

The MP you defeated didn't probably do anything wrong (Hon. Nsibambi claims he installed electricity, sunk boreholes and still lost). They probably did what was within their means and power. That is why you have seen some of the MPs who were defeated in 2021 being voted in again last week.

The electorate are sometimes excited about the premise of something new or they simply voted your party. Don't think that you are very special. If they voted out the guy you are succeeding now, they can vote you out too.

Many MPs, sometimes as many as 60% of the entire house, are voted out. It isn't because they aren't charismatic or didn't go back to 'check' on the constituents regularly.

Having a budget will help you. You can decide a

certain amount of money you can spend on the constituents every week or month. Once that amount of money is spent, the rest can wait for next month. There is no dead body that won't be buried because you didn't contribute some Shs50,000.

You can instruct your bank to save some money for you every month or send it to a unit trust or buy treasury bonds for you or get in other businesses.

Imagine if you saved and invested just Shs10m every month for 60 months, you would have at least Shs600m by the end of your term.

With that money growing at about 10% annually, you would have at least Shs748m according to some compound interest calculators. That is enough money to ensure you don't call anyone to beg for a board position or job once defeated in 2031. In the meantime, enjoy your well-earned new position.



Last Week's fellowship





FAMILY MATTERS

The Power of Integrity

BY PR. RONNIE MUTEBI

**PROVERBS 11:1 (KJV):
"A FALSE BALANCE IS
ABOMINATION TO THE
LORD: BUT A JUST WEIGHT
IS HIS DELIGHT."**

There is a delusion of people forgetting the duality of life. Why is the standard of living always based on 'the principle of twos'?

- Two eyes
- Two ears
- Two legs
- Two handed
- Left and right
- Correct and wrong
- Day and night
- Light and darkness
- Today and tomorrow
- Male and female
- Truth and lies, etc

God is deeply concerned with how people conduct themselves in business, careers, and professional responsibilities. The same faith we profess in our beliefs must be evident in boardrooms, offices and shops.

Many people encounter moments of quiet testing at work. A colleague suggests inflating figures. A supervisor hints at diverting

funds "just this once." A contractor offers a bribe to speed up a process.

Sometimes it is subtle - "Everyone does it" or "No one will notice." Other times, it is direct, an envelope slipped across the desk or an instruction to sign off on something dishonest.

Integrity is choosing what is right when compromise would be easier and seemingly more rewarding.

In today's world, integrity may feel costly. You may lose favor, promotions, or opportunities because you refuse to misuse funds, accept bribes, or manipulate

systems. But God commits greater responsibility to those who are faithful in little.

Always remember that as a Rotarian, TRUTH is embedded somewhere in the Four Way Test.

You should know that your enemy will always tempt you with shortcuts that pay less than God's ultimate reward of faithfulness. There is no such thing as "MIDDLE GROUND".

Take Home: Whatever is against your progress will always tempt you with shortcuts to deny you a full reward of faithfulness.

“
Always remember that as a Rotarian, TRUTH is embedded somewhere in the Four Way Test.”

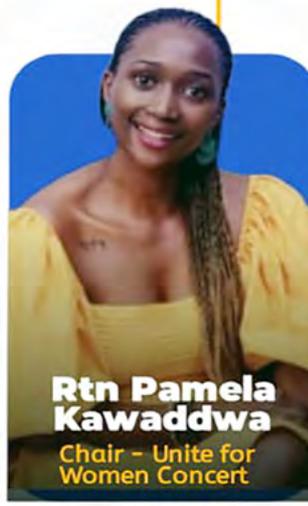




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TOPIC Uniting Women for Impact and Opportunity.

Speakers



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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

Barbecue

This week, let's uncover the deliciously convoluted journey of a word that makes mouths water worldwide: barbecue.

Now, you might have heard that charming tale about French colonial gentlemen exclaiming “**barbe à queue**” (“from beard to tail”) upon seeing a whole sow roasted. Splendid story! Utterly false. That’s what we linguists call folk etymology - the intellectual equivalent of your uncle’s dubious fish story. The French connection is pure fantasy, I’m afraid, invented by creative minds who preferred romance to research.

The truth? Far more fascinating. Our story begins in the sunny Caribbean, centuries before Columbus disturbed the peace. The Taíno people - indigenous inhabitants of what we now call Haiti, Dominican Republic, and Cuba - used a clever contraption called **barbakoa**. This wasn’t a cooking method, a sauce recipe, or a weekend social event. It was an actual physical object: a raised grate of green wooden sticks set on posts, like an elevated bed frame made of small sticks.

Why green wood, you ask? Brilliant engineering! Green

wood won’t catch fire immediately, allowing meat to be smoked slowly over low heat - the original “low and slow” technique that BBQ enthusiasts obsess over today.

The Taíno also used these elevated platforms as beds (cooler and safer from ground-dwelling pests). Practical chaps, those Taíno.

When Spanish explorers arrived in the early 1500s, they encountered this ingenious technology and promptly borrowed the word as barbacoa, marveling at the slow-smoking technique that preserved meat in tropical heat.

Here’s where linguistics gets delicious. The word underwent what we call metonymic shift - a fancy way of saying the name of one thing gradually becomes the name of something associated with it. First, **barbecue** meant the wooden grate itself. Then it meant the cooking method. Then the social gathering.

Finally, the food. It’s like if we started calling dinner



parties “tables” because that’s where they happen!

By the 1730s in colonial America, ‘barbecue’ meant the whole festive affair: politicians courting voters, communities gathering, meat sizzling, aromas wafting in the air. Even George Washington mentions attending “barbicues” in his diary. The spelling? Delightfully chaotic: barbicu’d, barbecue, bar-b-q, BBQ - take your pick!

So, there you have it: **barbecue** traveled from Caribbean ingenuity through Spanish colonization to English-speaking tables worldwide. Next time you’re at an evening cookout, remember you’re not just eating grilled meat. You’re participating in a 500-year linguistic journey that honors Taíno engineering brilliance.

Hey, mchomo on the menu, anyone?

Jokes of the day

1. “My New Year’s resolution was to finally laugh at my own jokes less. It’s February 17th and so far, I’m the only one who thinks I’m failing.”



2. “I finally got eight uninterrupted hours of sleep. It took me three days.”
3. “Her AI-assisted fridge gives her performance reviews: ‘We’ve noticed a decline in your vegetable engagement.’”

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