

Naalya Food 24th February, 2026

Bulletin

Rotary
Kampala - Naalya



UNITE
FOR
GOOD

Issue 31 | RY 2025-26



Rotary International President Francesco Arezzo and wife Anna Maria pose with Makerere University Rotary Peace Fellows during his visit last week.

RC KAMPALA - NAALYA



SCAN TO LEARN MORE

In This Issue

20

Women in Rotary 2026 Awards:
Recognising the Change-Makers

25

Let's Make Peace A Top
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Menu

Tap any title to jump to page

- 4** Chef's Note
- 5** Let Action Define Us - RI President Arezzo
- 6** When There Is Peace, Our Communities Thrive - DG Kitakule
- 8** President Owekmeno's Message
- 9** Peace as a Rotary Legacy: Passing It On To Youth
- 12** When Rotary Came Home
- 14** RI President Arezzo's Visit in Pictures
- 17** Women in Rotary 2026: Putting Purpose at the Centre of Celebration
- 20** Women in Rotary 2026 Awards: Recognising the Change-Makers
- 22** The Silent Mental Crisis in Ghettos That No One Notices
- 25** Let's Make Peace A Top Development Prerequisite
- 28** Fun Facts
- 29** Object of Rotary



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Chef's Note

Dear Rotarians and Guests,

What a transformative and memorable February this has been! It has been nothing short of transformative.

Dedicated to Peacebuilding and Conflict Prevention, this month has reminded us that peace is not merely an aspiration but an action. It's a daily commitment to healing, dialogue, and unity.

Dialogue forums, reconciliation workshops, interfaith alliances, and youth peace initiatives lit the way toward harmony. You mediated disputes in schools, empowered communities with conflict resolution skills, and organized peace walks and virtual seminars, ensuring that sparks of discord were extinguished before they could ignite flames.

Your tireless dedication has woven a tapestry of trust and unity across our communities. For this, we extend our heartfelt gratitude. Together, we have shown that peace is not a dream for tomorrow but a deed for today.

February's crescendo was marked by the historic visit of Rotary International President Francesco Arezzo, a moment that will remain etched in our memories. President Arezzo, accompanied by his dear wife, Anna Maria, toured our landmark projects,

celebrated our strides in polio eradication, and applauded our peace initiatives. His words, sharp with purpose yet warm with hope, reminded us of Rotary's global rhythm: interconnected, resilient, and relentless.

His visit was not just an honor but a call to action, reaffirming Uganda's pivotal role in Rotary's worldwide mission. To every Rotarian who did something to make it a success, a big thank you. You didn't just host a leader; you ignited an enduring flame of fellowship.

As February yields to March, we carry this momentum into a new focus: Water, Sanitation, and Hygiene (WASH). Just as peace sustains the soul, clean water and proper sanitation sustain the body. Across Uganda, too many still lack access to these basic necessities, and it is our responsibility to change this narrative.

Let us rally together to install handwashing stations, organize hygiene education drives, and invest in infrastructure that ensures no child misses school due to waterborne illnesses.

Imagine communities thriving with clean water, schools equipped with proper sanitation facilities, and villages

free from preventable diseases. This vision is within our reach if we act now.

Amidst these efforts, we look forward to a landmark event: the Women in Rotary 2026 Concert on March 7 at the Ndere Centre in Ntinda. This vibrant celebration of women's contributions to Rotary will feature musical performances while raising funds for health and sanitation initiatives.

It is more than a concert; it is a declaration of Rotary's commitment to diversity, equity, and inclusion. By attending, you celebrate the women who lead boldly in our clubs, from spearheading WASH projects to championing peace.

Secure your tickets today, as your presence is a pledge to amplify women's voices and make the lives of vulnerable girls better.

As February's sun sets, let us carry forward its lessons of unity. Together, as Rotarians, we move from peacebuilding to health, creating a legacy that transforms lives. Let service be our eternal flame, lighting the way for generations to come. Together, I give you Rotary International.

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 Esteemed Guests,**

Happy new week, everyone!

Thank you for turnout for last week fellowship that was focused on Women in Rotary, I appreciate you all for showing up and for all the support towards the event!

With only 13 days remaining until our flagship Women in Rotary event on March 7, 2026, I want to extend heartfelt gratitude to everyone who has already registered or contributed in any way.

A very special shout-out goes to CP Francis Lakor and PP Dr. John Mugisa for their generous support and leadership, your

commitment truly inspires us all.

I warmly invite every member of our club who hasn't yet done so to join this meaningful cause, whether through registration, sponsorship, volunteering, or simply spreading the word.

**“
I warmly invite every member of our club who hasn't yet done so to join this meaningful cause.”**

This week, we're turning up the joy with a fun-filled fellowship celebrating the Month of Love while building the momentum for Women's Month and our March 7 celebration.

A huge thank you to the Rolex Buddy Group for steering February with such creativity. During the next month of March, the Kitoobero Buddy Group will take the lead with the powerful theme of Water and Sanitation. Get

ready for another inspiring month of service!

Warmest congratulations to all members who marked birthdays or wedding anniversaries this month, may your special days be filled with love and laughter!

At the same time, our thoughts and prayers are with those who have recently lost loved ones, those who are unwell, and anyone caring for sick family members.

May you find strength, peace, and comfort in the Lord and in the support of your Rotary family.

Wishing you a truly wonderful week filled with Service Above Self, fellowship, and the spirit of Rotary.

YOURS IN ROTARY SERVICE,



TEAM TALK

Peace as a Rotary Legacy: Passing It On To Youth

BY AG FRANCIS LUBUULWA

Peace is not something we complete within a Rotary year. It is something we hand over. As we conclude Rotary’s month of Peacebuilding and Conflict Prevention, it is important for us as Rotarians to pause and reflect on a simple truth: peace is not a project with a deadline. It is a culture that must be passed from one generation to the next.



RI President Arezzo receives a gift at the RYLA event

One of Rotary’s most powerful peacebuilding tools is its investment in young people: Interactors, Rotaractors, and young professionals who are discovering their leadership voice. Across the world, including here in Uganda under Rotary International, this commitment is deliberate and strategic.

“
Young professionals who learn ethical leadership within Rotary carry those values into boardrooms...”

When young people are taught dialogue instead of dominance, collaboration instead of competition, and service instead of entitlement, conflict is prevented long before it begins. However, this does not happen automatically.

It requires intentional mentorship. It requires inclusion in leadership conversations. It requires seasoned Rotarians who are willing not only to guide, but also to listen.

Peacebuilding does not only happen at high-level conferences or international forums. It begins in the way we conduct our weekly meetings. It is visible in how we handle disagreements. It is reflected in how we speak about one another especially when we differ.

Every Rotary Club in Uganda has younger members watching. Interactors observe how Rotarians debate club issues. Rotaractors notice how decisions are made. New members study the culture they are entering. Peace is transmitted through behavior more than through speeches.

What culture are we modelling?
Are we demonstrating respectful dialogue even when opinions differ?
Are we creating space for new ideas?
Are we mentoring with patience rather than authority?

In a country like Uganda, where more than 75% of the population is under 30, investing in youth is not optional. It is paramount.

The future of our communities, businesses, institutions, and families depends on the values that today’s young people absorb and practice.

For many of us, Rotary has been a school of leadership. We have learned how to plan projects, mobilize resources,



RI President Arezzo poses with Peace Centre Board Members and Peace Fellows.

resolve conflicts, and serve communities with integrity. That experience is valuable, but only if it is shared.

Mentorship is not simply advice. It is access. It is introducing a young Rotarian to networks. It is inviting a Rotaractor to sit at the planning table. It is trusting emerging leaders with responsibility.

In Uganda's dynamic and youthful society, mentorship within Rotary can shape not only club strength, but national stability. Young professionals who learn ethical leadership within Rotary carry those values into boardrooms, government offices, hospitals, schools, and businesses. That is peacebuilding at scale.

Preparing successors

Passing on peace also means making space. Sometimes peace is preserved not by holding tightly to positions, but by preparing successors. Leadership renewal is not a

threat; it is a safeguard for sustainability. As Rotarians, we must ask ourselves:

- Who am I intentionally mentoring this year?
- Which young leader have I encouraged to step forward?
- Have I created room for fresh thinking?
- Am I open to learning from the younger generation?

“Peace endures when it is taught. Peace deepens when it is modeled.”

Legacy is not only measured in completed boreholes, medical camps, or school blocks. It is measured in values transferred. A project may last ten years. A mentored leader may influence thousands over a lifetime. One of Rotary's unique strengths is its intergenerational character.

Within one room, we often find seasoned professionals with decades of experience sitting alongside ambitious young leaders just beginning their journey. That bridge must remain strong.

Clubs that thrive are those where respect flows both ways where wisdom is honoured and innovation welcomed. When Interact, Rotaract, and Rotary collaborate meaningfully rather than operate in silos, peacebuilding becomes embedded in culture.

The transition from one Rotary year to the next should not feel like starting over. It should feel like building on foundations carefully laid.

As we conclude this month focused on peace, let us reflect not only on what we have done but on what we are handing over. Peace endures when it is taught. Peace deepens when it is modeled.

Peace survives when it is lived across generations. May each of us commit to being custodians of a Rotary culture that values dialogue, integrity, mentorship, and inclusion.

Because peace is not something we finish. It is something we pass on.

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

Rotary 
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District 9214

Rotaract 
District 9213
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When Rotary Came Home

CELEBRATING PRESIDENT AREZZO'S HISTORIC VISIT TO UGANDA

BY EDITORIAL DESK

There are visits that leave a good impression, and then there are visits that leave a mark. The recent tour of Rotary International President Francesco Arezzo to Uganda was unmistakably the latter.

From the lecture halls of Makerere University to the open grounds of a village medical camp, his presence was more than symbolic. It was a rallying call, a celebration of what Rotarians can achieve when they stop working in silos and start working as one.

Unity in Action

What stood out most about President Arezzo's itinerary was not any single event, but the breadth of partners who made it possible. Government institutions, private sector players, civil society organisations, and Rotary clubs all came together seamlessly.

At the Polio Vaccination Drive in Jjanyi, for example, clubs including RC Kajjansi, RC Kampala South, and RC Kampala Blue Hearts partnered with DFCU Bank to commission a dedicated vaccination centre – a tangible, brick-and-mortar



The Katikiro of Buganda Kingdom Charles Mayiga with RI President Arezzo at the TRF Awards Dinner at Muyenga.

result of what collaboration looks like when everyone pulls in the same direction.

Similarly, the Mega Medical Camp at the NMS Grounds in Kajjansi, organised by RC Medical Stars and supported by over twenty clubs, served more than 3,500 people with free testing, consultations, and medicines in a single day.

“His presence was a rallying call, a celebration of what Rotarians can achieve when they stop working in silos and start working as one.”

That is not a small feat. That is what Rotary at scale looks like – organised, generous, and effective.

Peace For Health

One of the most important threads running through this visit was the connection between peace and Rotary's broader service agenda, particularly health.

At the Makerere University Rotary Peace Centre, President Arezzo spoke about the Fellows who leave their home countries to study peacebuilding, carrying those lessons back to communities in conflict. Peace, he reminded us, is not an abstract idea – it is a discipline, something that must be taught, practised, and passed on.

And here is what we must not miss: peace and health are deeply intertwined. Communities cannot access healthcare when conflict disrupts supply chains, displaces families, or collapses institutions.

Rotary understands this. By investing in both peacebuilding programs and grassroots health initiatives - blood transfusion services, bone marrow transplant support, polio eradication, and community medical camps - Rotary is addressing root causes and immediate needs simultaneously.



RI President Arezzo vaccinates a baby during his recent visit

The visit to Uganda Blood Transfusion Services in Nakasero and the JCRC Bone Marrow Transplant Unit in Lweza was a quiet but powerful statement: Rotary is not just here for the visible wins; it is here for the long haul, strengthening systems that save lives every single day, year in, year out.

A Celebration of Giving

At the TRF Recognition Dinner in Muyenga, the evening carried real emotional weight. The Katikkiro of Buganda, Charles Peter Mayiga, graced the event as Guest of Honour - a moment that underscored the respect Rotary has earned from Uganda's highest cultural authorities.

“
Invite
them into
boardrooms,
committees,
and decision-
making
spaces.”

His message was both simple and profound: the things Rotary does, providing clean water, planting trees, immunising children - these apparently small acts, as described them, “might just change the world.”

President Arezzo, in recognising donors from Paul Harris Fellows to Major Donors, put it plainly:

“If Rotary does good in the world, it’s because of you and your generosity.” That sentence deserves to sit with us for a while.

Rotary’s impact is not the result of institutional machinery alone.

It is powered by ordinary people who choose, month after month, to give – of their time, their money, and their expertise.

Bringing Youth to the Table

Making history as the first Rotary International President who was once an Interactor, Arezzo spoke to Rotaractors with genuine authority and affection.

His challenge was direct: stop treating young members as guests at the table. Invite them into boardrooms, committees, and decision-making

spaces. Let the transition from Rotaract to Rotary be natural, not a leap of faith.

This inclusion is not charity. It is strategy. Uganda’s Rotary movement will only sustain and grow if the next generation feels genuinely invested, not just welcomed for their energy, but trusted with responsibility.

The Work Continues

Rotary Districts 9213 and 9214 greatly celebrate all those who put in the hard work and the sleepless nights to make President Arezzo’s visit to Uganda a tremendous success.

Indeed, it was a mirror held up to what we are capable of when we collaborate with purpose. Government, private sector, civil society, and Rotary - together, they served thousands, built infrastructure, celebrated generosity, and advanced peace.

Now the question is simple: what do we do with this momentum?

The visit is over. The work is not.

RI President Arezzo's Visit in Pictures



RI President Arezzo's Visit in Pictures



RI President Arezzo's Visit in Pictures





WOMEN IN ROTARY CONCERT

Putting Purpose at the Centre of Celebration

BY EDITORIAL DESK

That women need to be refilled before they can keep giving is the beating heart of the Women in Rotary 2026 celebration.

It signals a maturity in how Rotary in Uganda is thinking about women, not just as beneficiaries or background support, but as leaders whose wellbeing is a prerequisite for sustained service.

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

to the ground in service of others, she framed the concept around a simple but powerful truth: you cannot give from an empty cup.

“Women give. Throughout the year women are giving of themselves – in their families, their workplaces, their churches, and in organisations such as Rotary,” she said. “We want to support ourselves in order to continuously give in the long term, but in a manner that is sustainable and good for us.”

To illustrate the point, Governor Nkutu reached for the familiar airline safety instruction – put on your own oxygen mask first,

before assisting others. It is a metaphor that lands with particular force in a Rotary context, where the culture of selfless service can sometimes tip into self-neglect. The Sisterhood Spaces are, in essence, Rotary’s oxygen mask for its women.

The spaces will focus on two areas. The first is diet and physical wellbeing, not the restrictive, punishing kind, Governor Nkutu was quick to clarify, but science-guided approaches to health that prioritise longevity and vitality.

The second, and arguably more resonant, is intergenerational dialogue.

Under the theme ‘If I Knew Then What I Know Now,’ older and younger women will share the platform, exchanging lessons on financial literacy, leadership, relationships, and the full spectrum of lived experience. It is mentorship reimagined as conversation, where wisdom flows in both directions.

Set for March 7 at the Ndere Centre in Ntinda, a venue chosen deliberately, in recognition of more than thirteen years of faithfully hosting the Rotary activities, the event will unfold across four distinct experiences: a Concert, a Women’s Exhibition, an Awards Dinner, and, perhaps most meaningfully, the Sisterhood Spaces.

Together, they represent the broadest, most ambitious iteration of Women in Rotary yet, jointly organised by Districts 9213 and 9214 and open to the entire family of Rotary.

Past Governor Anne Nkutu gave the Sisterhood Spaces their fullest and most compelling articulation. Speaking with the candour of someone who has watched women run themselves

The Sisterhood Spaces will begin as a women-only forum, though men are warmly invited to join later in the day - a sequencing that feels both practical and symbolic.

In support of vulnerable girls

For all the warmth and festivity that Women in Rotary

promises, Governor Nkutu was equally clear that the event carries a serious charitable purpose. The funds raised will directly support two projects serving some of Uganda's most vulnerable young women and girls.

The first is a skilling centre for teenage mothers in Kamuli District – young women who fell pregnant during the COVID-19 pandemic, many through rape, incest, or vulnerable relationships, and who are now raising children without the means to support them.

The centre is designed to centralise and formalise the income-generating work these mothers already do – making soap, shoes, and knitwear - so that their skills translate into sustainable livelihoods for themselves and their children.

The second project focuses on Acholi Quarters, a community near Banda in Kampala where a Rotary mental and medical camp revealed the depth of unmet need. Scarred by the effects of the rebel war in northern Uganda, residents lack access to clean water and basic dental care.

Alarmingly, most of the mothers in the community are below the age of 20. Governor Nkutu spoke of a commitment to run quarterly medical camps and to create income pathways for the young women living there - because poverty and early motherhood feed one another, and breaking that cycle requires sustained, deliberate intervention. This is the reason every ticket sold, every table bought, and every exhibitor's fee paid matters. Attendees are not merely buying an evening of entertainment;

they are investing in a girl's right to a future.

Concert, Exhibition, Awards

Concert chair Pamela Kawadwa said the move from a dinner gala to a concert format was intentional. The world has changed - impact is increasingly about reach, and that a formal dinner in a hotel ballroom, however elegant, has a ceiling.

A concert at Ndere Centre, featuring a celebrity female artiste, and set in the distinctive cave space with atmospheric lighting, a live band, female and male DJs, and live performances, is a must-attend. It is designed to draw in people who might never have attended a Rotary dinner at Serena Hotel. The target audience is broad: Rotarians and Rotaractors, yes, but also their spouses, friends, colleagues, neighbours, and the wider community.

The Women's Exhibition, open from 10:00am, will spotlight community projects and women-led businesses - giving exhibitors a platform to market their work and buyers a chance to support grassroots enterprise. An Awards ceremony will honour women who have made a difference, and the men who have championed them. Naalya is a food space so a food court featuring local favourites - Rolex, Kitobero, Kikomando, Katogo - will ensure that the day's sustenance is both celebratory and affordable.

The theme running through all of it is 'Uniting for Impact and Opportunities' - drawn from both Rotary International's global framework and the 2026 International Women's Day theme of Give Today. The dress code captures the

spirit perfectly: fun, funky, and comfortable shoes.

A Movement That Grows

Women in Rotary 2026 is a first in its current form - two districts collaborating, a new venue, a new format, a new scale of ambition. It is, by the organisers' own admission, a pilot. But the vision is clear: an annual event that grows large enough to channel a meaningful share of its proceeds back to clubs doing outstanding work in women's and girls' empowerment.

That vision only becomes reality with collective effort – selling tickets, sharing links, buying tables, showing up. As Governor Nkutu and her fellow organisers made plain, the team is spread thin and the work is real. What they are asking of the Rotary family is not passive attendance but active mobilisation.

On one day, in the caves of Ndere Centre, Rotary will do what it does best: bring people together, celebrate what is possible, and direct the proceeds toward vulnerable lives that need a decent future.

Indeed, for the teenage mothers of Kamuli and the young women of Acholi Quarters, Women in Rotary 2026 is not a party. It is a promise.

EVENT DETAILS

Date: March 7, 2026

Venue: Ndere Centre (Cave Space), Kampala

Time: Exhibition opens 10:00am | Concert/Main Event from 4:00pm

Tickets: Rotarians UGX 100,000 | Rotaractors UGX 50,000 | Non-Rotarian Adults UGX 100,000 | Exhibitors UGX 130,000 | VIP Table UGX 1.5M

Dress Code: Fun, funky, and comfortable shoes

“...the vision is clear: an annual event that grows large enough to channel a meaningful share of its proceeds back to clubs.”

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

FEES: 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



WOMEN IN ROTARY AWARDS

Recognising the Change-Makers

BY EDITORIAL DESK

Rotary has always believed that service deserves to be celebrated - not because those who serve expect recognition, but because celebrating excellence calls others forward.

It is on this foundation that the Women in Rotary 2026 Awards rest, and it is why they matter beyond the evening's applause.

As President Charles Owekmeno put it when outlining the awards framework: this day is about celebrating women. But it is equally about celebrating the men who have stood beside them, championed their ambitions, and helped create the conditions in which women lead.

The awards also serve a second purpose - raising funds for the skilling centre for teenage mothers in Kamuli District and livelihood interventions in Acholi Quarters.

Every award presented, every seat filled, contributes to that cause.

The Awards Categories



Inspirational Woman of the Year honours a woman whose courage, resilience, and leadership have inspired those around her to act differently.

Nominations are open to all, and the organisers are calling on the Rotary family to look beyond

familiar names toward women whose stories deserve a wider stage.

The Youth Change Maker Award turns the spotlight on rising young women who are not waiting for

permission to lead – those already demonstrating exceptional initiative in business, advocacy, or social causes, and inspiring their peers to do the same.

The Innovation and Impact Award recognises a woman who has created an innovative solution to a persistent challenge - whether in technology, health, or the environment. Innovation here is broadly defined: it is about problem-solving with originality, wherever that occurs.

The Community and Social Impact Award is directed at Rotary clubs. Three clubs

“Nominations are open to all, and the organisers are calling on the Rotary family.”

will be shortlisted for sustained, impactful work in women's empowerment, with one overall winner recognised. It is Rotary holding a mirror to itself, celebrating the clubs living its values most fully.

The Rotary Woman Entrepreneur Award

celebrates a woman with an outstanding business or entrepreneurial initiative.

As President Owekmeno noted, the world is driven by business, and women who are building enterprises and generating opportunity deserve to be recognised alongside those leading community projects.

The Male Champion Award honours a man who has been a consistent and genuine advocate for gender equality, through mentorship, sponsorship, or

creating space for women to lead. Its inclusion in the programme sends an unambiguous message: the work of women's empowerment is not women's work alone.

Finally, a special recognition will honour the 'Unite for Good Women Leaders' - Club Presidents, Assistant Governors, and senior Rotary leaders serving this year. Leadership exercised with integrity and commitment is itself a form of service worthy of celebration.

Nominate, make it count

Nominations are open now, and the process is deliberately accessible. The organisers are not looking only within Rotary's inner circle – they are calling on every member of the Rotary family to look into their communities and name the women, and men, who are doing extraordinary work that too often goes unacknowledged.

If you know someone, nominate them.

What President Owekmeno and the Women in Rotary committee understand is that recognition is itself a form of investment.

When we name excellence publicly, we do not merely honour one person; we reset the expectations of everyone watching. We say: this is what service looks like. This is what Rotary stands for.

The stage is being set. The only question is whose story will be told on it, and whether you will play your part in making sure the right names are in the room.

Nominations are open now. Contact your club leadership or the Women in Rotary organising committee to submit.





#Impact

The Silent Mental Crisis in Ghettos That No One Notices

BY RTN JACKLINE MUTIIMBA

The bell rings for break, and the school compound fills with noise – laughter, running feet, conversations about homework and football. Groups form quickly. Some students sit in circles sharing snacks. Others revise notes.

On the edge of a wooden bench sits Amina. She watches everything but joins nothing. If you asked her teachers, they would say she is well-behaved. Her caregivers would say she is responsible. Her classmates would say she is quiet but kind. Nothing appears wrong.

But Amina has not been sleeping well. She worries about school fees, about fights at home, about whether she will finish school at all. In class, her mind drifts. Assignments feel heavier than they used to. She cannot explain why. So, she says nothing.

Amina's story is not unique. Across many ghetto communities, adolescents are learning how to carry emotional weight without language, without safe spaces, and often without recognition. The crisis rarely announces itself loudly. It grows in small changes. A teacher notices first. A student who used to participate stops raising their



hand. Homework arrives late.

Eye contact disappears. When asked if everything is okay, the answer is always the same: 'I'm fine.' Peers notice too, though they struggle to interpret what they see.

A boy stops playing football. A girl withdraws from group conversations. Someone laughs less. Someone gets irritated more easily. These shifts are easy to dismiss as adolescence. Sometimes they are. Sometimes they are not.

Overwhelming evidence

Evidence increasingly mirrors what classrooms and homes are already witnessing. Research suggests that up to one in four adolescents in Uganda experiences symptoms consistent with anxiety or depression, particularly in high-stress urban environments. Globally, half of all mental health conditions begin before age fourteen.

The timing matters. Recognition matters.

Yet, support remains difficult to access. School counselling is limited. Services are centralized. Stigma lingers. Families are unsure what is normal and what requires attention.

So, adolescents adapt. Distress becomes headaches.

Anxiety becomes irritability.

Exhaustion becomes disengagement. What adults interpret as attitude may be emotional overload. Gender expectations shape how this appears. Girls often internalize – worrying, withdrawing, struggling silently.

Boys are more likely to externalize – showing frustration, risk-taking, or reluctance to seek help. When distress does not match expectations, it is frequently overlooked.

“
Protective environments do not remove adversity; they buffer it.”

Context amplifies everything. Financial uncertainty interrupts schooling. Overcrowded homes limit privacy. Exposure to conflict raises stress levels. Safe recreational spaces are scarce.

Academic pressure continues regardless. No single factor explains the crisis. It is the accumulation that weighs on adolescents. And still, many cope. What makes the difference is rarely dramatic. Often, it is one relationship. One teacher who checks in. One caregiver who listens without judgment. One friend who notices a change. One space where emotions are allowed.

Protective environments do not remove adversity; they buffer it. Where these supports exist, adolescents remain engaged.



They recover faster. They seek help earlier. They imagine futures beyond survival. Where they do not, silence deepens.

Unaddressed distress can shift trajectories – toward substance use, school dropout, self-harm, or long-term mental health challenges. The impact extends beyond individuals into education systems, workforce readiness, and community stability. What begins quietly shapes development outcomes.

And yet, the story is not only about risk. It is about recognition. Communities are beginning to name what they see. Teachers are questioning behavioral labels.

Caregivers are asking new questions. Young people are speaking; sometimes cautiously, sometimes indirectly, but speaking. One adolescent described it simply: “You sit in class, but your mind is somewhere else.” Another said:

“**Breaking the silence is not only about encouraging conversation. It is about ensuring that when adolescents show small signs.**”

“Sometimes we don’t need advice first. We need someone to notice.” That noticing is where prevention begins.

The need for action

Addressing adolescent mental health does not require perfect systems before action. It begins with everyday practices - emotional check-ins in classrooms, open conversations at home, youth programs that include psychosocial support, policies that treat mental health as foundational rather than optional.

Small actions accumulate the way stress does - slowly, but powerfully.

Teachers can document behavioral shifts and ask gentle questions. Caregivers can create moments of listening without correction. Community organizations can integrate emotional wellbeing into existing youth work. Policymakers can invest in preventive services that reach adolescents before crisis.

Young people can check on each other. These actions do not eliminate the pressures adolescents face. They change how those pressures are carried.

The silent crisis is not inevitable. It is a signal that adolescents are navigating complex emotional realities within systems not yet designed to see them early. Breaking the silence is not only about encouraging conversation. It is about ensuring that when adolescents show small signs, someone recognizes them as meaningful.

Because emotionally supported adolescents remain in school. They take fewer risks. They build healthier relationships. They transition into adulthood with greater stability. And development outcomes follow.

Back on the bench, the bell rings again. Students return to class. Amina stands, adjusts her books, and walks inside. From the outside, nothing has changed. But the future often shifts the moment someone notices.



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ELDER'S EYE

Let's Make Peace A Top Development Prerequisite

BY RTN GODFREY OKELLO-OMODING

As we wrap up the theme of the month, Peace Building and Conflict Prevention, one question ought to have been answered: the place of peace in development at various levels - individual, family, organisations, community, national and global.

At both national and international level, funding of development versus security across the world is currently a key debate. For example, at the recent meeting of the world's top defence officials

known as the Munich Security Conference, a new debate among European nations arose.

The priority of the European nations is defence at the expense of development. Evidently, European nations are stepping up defence expenditure in a big way.

For instance, Germany's defence budget is set to reach Euro82.7 billion (\$98.23 billion) in 2026, with up to 10,000 more soldiers. Italy and the United Kingdom are boosting spending too.

Every NATO country is increasing defence outlays.

Clearly, defence budgets are on rise, while development assistance budgets are falling. The Organisation for Economic Co-operation and Development projects a 13%–25% drop in bilateral aid to least developed countries in 2025.

Germany has halved humanitarian aid and cut its development ministry budget. France and the UK are also reportedly slashing their official development assistance.

The ONE Campaign group, an NGO, warns: "A security architecture monopolized by defence undermines long-term stability, even as governments spend record sums on military preparedness." The argument is that stability underpins security. Development policy is security policy.

The balance is under strained. The needs for humanitarian response are increasing as observed by Geneva Call group, and noting that, "there are more needs on the ground, but the



ambulance is being shot at- the funding.”

There are similar warnings against folding development into defence coming from the voices in the G7+ Secretariat.

They argue that linking defence to development risks the securitization or militarization of development. It is not effective, impactful, and not the preferred choice. Instead, the first step is always peace.

Pro-development activism

If peace is the first step to development, then, how should it be realised or viewed? Does increase in defence spending bring peace? Or are there some things more than increasing defence spending? These are pertinent questions to interrogate further.

As nations rush to increase on their defence budgets, and governments tell their citizens that this is the only way to bring and sustain peace, there are compromises on human development aspects.

Social services budgets dwindle and the delivery of services is hit. In the developing nations, with decreasing development assistances, the worry is that the gaps in delivery of social services are getting wider.

Organisations like Rotary become one of the ‘gap fillers’; contributing towards creating sustainable peace. Therefore as Rotarians, you have a very key role in bringing and bridging development and in the delivery of social services.

Hence, contributing in building and sustaining peace. Peace per se is better brought by creating conditions that enable people to have hope, and realise livelihoods. These conditions enable the realisation of self-dignity and esteem.

On one hand, peace ought to be sustained by acceptable systems, rituals or habits that are re-enforcing and self-energizing in daily life, living and routine. Peace itself is upheld within non-negotiable routine.

As a people, peace is a shared collection of activities. These activities must lead to a common understanding and, in appreciation and appropriation of common humanity.

Often peace building must be purposeful; looking for common ground. This way, peace becomes a conduit for development. There will be a good feeling towards

each other, and building others becomes easy.

When you breed peace, you can give peace. Simply because you have peace, you have what to give out. You give what you have, not what you don't have.

Rotarians, as the month comes to an end, the challenge left for each one of us is how to take peace forward and keep actualising it.

“
Breaking the silence is not only about encouraging conversation. It is about ensuring that when adolescents show small signs.

Advocating for more spending to the areas that bring the desired peace outcomes and in sustainable manner is one way. It is only when we increase spending in development initiatives that touch people's lives directly that peace becomes sustainable.

With peace, development is catalysed. As a people United for Good, we must stand tall wherever we are, to see to it that we build peace and conducive environments that nature and nourish it.



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2026

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Fun Facts

Dessert

Let us begin with a confession: the word dessert (I'll pinch anyone who misses the second 's') is at its delicious core, about cleaning up. Yes, you heard me right. The diner's most anticipated word in the English language - derives from the Old French *desservir*, meaning quite simply 'to clear the table.'

Poetic, is it not? I mean, you have just endured the mushroom soup course (lukewarm), navigated the entrée (ambitious), and wrestled a hill of kitobero into submission. And what do the French offer as your reward? Clearance. A linguistic dustpan. The gastronomic equivalent of "right, let's tidy up now!"

And yet - and here is where French genius reveals itself - what happened after the clearing? The good stuff arrived. The mixed fruit combo. The chocolate situations - the stuff for the sweet tooth. Yes, you will salivate.

Over centuries of increasingly enthusiastic dining, we simply stopped naming the action and started naming the cake. A triumph of priorities, if ever there was one.

Now, a solemn interlude. There exists, lurking in the shadows of every menu sheet, a catastrophic spelling error that must be addressed with the gravity it deserves.

Desert - one 's' - is a barren, sun-scorched wasteland. Dessert - two sweet s's - is the syrupy sweetness waiting for you to dig in. The mnemonic is ancient and reliable: you always want more of dessert, hence more s's.

Should you serve your guests desert after a luncheon, you have not offered them pudding. You have offered them forty miles of arid sand land. Appetite-killing, frankly.

But let us return to the utility of this magnificent word.



In Rotary terms, 'dessert' is not merely a final course; it is civilization itself. During the entrée, we are occupied, combative even, battling spaghetti and avoiding eye contact whilst chewing.

But dessert? Dessert is leisure. The forks are smaller. The stakes are lower. The conversation unfolds like a linen napkin - slowly, graciously, without agenda or drama.

Etymologically, 'dessert' marks the moment sustenance ends and real kimeeza begins in earnest. It is the edible handshake.

So, clear the table, friends. The sweet part is starting.

Jokes of the day

1. "I asked my friend if he had a date for Valentine's Day. He said, 'Yes, February 14th.'"
2. "Can February March? No, but April May."



3. "Why did the Teddy Bear say no to dessert? Because she was already stuffed."
4. "What do you do on the last day of February? You March on."

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

ROLEX BUDDY GROUP IN CHARGE



Arnold Ntege



Dennis Osikol



Efrance Nakitto



Evelyn Mulinda



Francis Lubuulwa



Hadijah Nankanja



Laetitia Kiyingi



Sheila Kawamara Mishambi



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