

Naalya Food 3rd March, 2026 Bulletin

Rotary  | UNITE FOR GOOD
Kampala - Naalya

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Chef's Note

Dear Rotarians and Guests,

This weekend, the melodic echoes of the Women in Rotary Concert will fill the Ndere Centre air, marking a vibrant intersection of our fellowship and our commitment to the March theme of Water, Sanitation, and Hygiene (WASH).

As we gather to celebrate the extraordinary contributions of women in our two Districts (9213 & 9214), we must remain acutely aware that our gathering and our laughter carries a noble mission – supporting vulnerable girls in eastern Uganda and in Acholi Quarters here in Kampala.

What a way to set the tone for the March theme of WASH. In Uganda, the rhythm of daily life is often dictated by the proximity of a clean water source, and more often than not, it is the women and girls of our communities who bear the weight of that rhythm.

As AG Francis Lubuulwa has argued in his column, water is not merely a basic need; it is the foundation of dignity and economic stability. When a Rotary club commissions a borehole in a rural sub-county or installs a rainwater harvesting system

at a community school, we are doing more than providing a liquid resource. We are gifting them valuable time saved. By shortening that distance through concerted Rotary action, we enable young girls to stay in the classroom.

As Rotarians, our “Service Above Self” must manifest not merely in the construction of dignified facilities but also in the promotion of robust hygiene education and communication and education. As PP Okello-Omoding has stated, this month, let us challenge Rotarians to move beyond the hardware of pipes and taps to the ‘heart-ware’ of behavioral change through information and communication.

Our upcoming concert, a district event, is a testament to the growth of our organization since women were first officially welcomed into Rotary’s ranks. In Uganda, our female members are not just participants; they are the architects of some of our most impactful sustainable projects. They bring a unique perspective to the WASH sector, understanding intuitively how water security affects maternal health and household resilience.

This event is our opportunity to amplify their voices. The

funds raised will directly fuel our district’s ability to respond to the issues that affect women and girls, ensuring that the dignity that Rotary advocates is felt in every drop of clean water we provide. We are not just patrons of the arts this weekend; we are investors in a healthier, more peaceful and more equitable Uganda.

I urge you to be part of this weekend’s highly anticipated festivities with a sense of purpose. Let the music, the food, the laughter and the testimonies remind you of the harmony we strive to create in the world.

Our goals for water and sanitation are ambitious, but they are achievable if we work in concert - leveraging our professional diverse skills to solve the most pressing challenges of our neighbors.

We have the resources, the expertise, and the will. Let us ensure that by the end of this Rotary year, more communities in our districts can sing their own songs of progress, backed by the steady beat of a reliable, clean water source.

Rtn. Peter Nyanzi
Bulletin Officer

President's Message

RTN CHARLES OWEKMENO
Unite For Good President
2025-2026



Dear Family of Rotary and Esteemed Guests,

Happy New Month! As we step into March 2026, I greet you with warm in the spirit Rotary fellowship and service above self.

We are now just six days away from our much-anticipated Unite for Women Concert on 7th March 2026 at the iconic Ndere Cultural Centre.

This special evening promises inspiring performances, heartfelt recognitions of outstanding women leaders and dedicated male champions of gender equality, and a powerful celebration of unity and progress.

I warmly invite every Rotarian to secure your ticket, attend in full force, and actively mobilize your family members, friends, colleagues, and networks to join us. Your presence and support will make a meaningful difference, as all proceeds will directly

empower vulnerable teen-mothers in Acholi Quarters (Kampala) and Kamuli District through skills training, economic opportunities, and restored hope.

March also brings Rotary's global focus on Water, Sanitation, and Hygiene (WASH), one of our core Areas of Focus. This month reminds us of our commitment to providing clean water, promoting proper sanitation, and fostering

hygiene practices that save lives, improve health, and build stronger communities. As a club, we shall soon be announcing.

As we begin this month, let us pause to celebrate those among us who marked birthdays and wedding anniversaries

in February.

We extend our special appreciation and warmest congratulations to His Majesty the Kwar Adhola, King of the Jopadhola, father to our own beloved Past District Governor and club member Princess Anne Nkutu, who joyfully celebrated his 100th birthday. What an extraordinary milestone

of wisdom, leadership, and legacy! May his life continue to inspire us all.

To those who are unwell or caring for sick loved ones, we hold you close in our thoughts and prayers. We wish you and your families comfort, strength, and a speedy recovery.

Finally, a gentle yet urgent reminder of our New Member Induction fellowship is scheduled for 31st March 2026. Let us mobilize with purpose and enthusiasm to welcome up to 10 new members into our Rotary family.

Reach out to potential members who share our values of service, fellowship, and impact - your invitation could change a life and strengthen our club for years to come.

May this month be filled with joyful Rotary service, meaningful connections, abundant God's favours, and the satisfaction that comes from living "Service Above Self."

WITH SINCERE ROTARY SERVICE,

“ This month reminds us of our commitment to providing clean water, promoting proper sanitation.”



TEAM TALK

Beyond The Borehole: Water For Human Dignity

BY AG FRANCIS LUBUULWA

March in Rotary is dedicated to one of our most fundamental Areas of Focus: Water, Sanitation and Hygiene (WASH). At first glance, it may feel like a technical theme; something for engineers, hydrologists, contractors, or NGOs.

But pause for a moment. Water is not technical. It is personal. It is economic. It is educational. It is deeply human. And that why it's every Rotarian's concern.

Across Uganda, water quietly shapes daily life in ways many of us rarely think about. A young girl wakes up before sunrise to walk several kilometres to fetch water before school. By the time she returns, she is already exhausted.

Some days she arrives late. Some days she does not go at all. A mother spends her limited income treating preventable waterborne diseases. A school headteacher

struggles with attendance because sanitation facilities are inadequate.

A small agro-processing business cannot operate efficiently because the water supply is unreliable. Water influences health, education, productivity, and economic growth. In other words, it influences the very outcomes Rotary exists to improve. That is why this month matters.

Throughout March, we will move beyond seeing WASH as just another 'Area of Focus.' Instead, we will explore it as a leadership responsibility. Over the next five weeks, we will reflect on water as dignity, sustainability as our signature, hygiene as behavioural leadership, water as an economic enabler, and ultimately, the legacy Rotary leaves behind.

Charity vs dignity

But let us begin with a simple truth: Water is not charity. It

is infrastructure. Charity is temporary relief. Infrastructure is long-term empowerment. When a community gains reliable access to safe water, something shifts. Girls attend school more consistently. Health centres function more effectively.

Women spend less time walking long distances and more time on productive activities. Families save money previously spent on medical treatment. The ripple effect is enormous.

“Are those projects still functioning? When was the last time we visited a site commissioned three or four years ago?”

Many Rotary clubs across Uganda have proudly implemented boreholes and sanitation facilities. That is commendable. But perhaps March invites us to go deeper.

Are those projects still functioning? When was the last time we visited a site commissioned three or four years ago? Is there a maintenance system? Is there a local committee responsible? Is the community confident in managing minor repairs?

The Rotary difference should not be measured at the ribbon-cutting ceremony. It should be visible five years later. As professionals, we understand systems. In our businesses, we would never invest without a sustainability plan.





In governance, we would never establish a structure without accountability.

is foundational deserves excellence. In Rotary, we speak of Service Above Self.

consider these questions personally and as a club:

Why should our service projects be any different? If we apply the same discipline to service that we apply in our professions: planning, budgeting, monitoring, follow-up, etc our WASH interventions move from well-intentioned to transformational.

“
Ask what has broken. Ask what they would improve if starting again. The answers will refine future projects.”

But service without sustainability risks becoming symbolism. Sustainable service builds trust. And trust builds Rotary’s credibility in the communities we serve.

As we begin this month of reflection on water,

Do we see water as charity or as infrastructure? Do we design projects or do we design systems? Do we measure activity or do we measure long-term impact? If our club did no new water project this year but strengthened an existing one, would that be progress?

March gives us space to think differently. To refine. To elevate. To recommit. Because when Rotary touches water, it touches education, health, gender equity, economic development, and peace all at once.

This month is an opportunity for honest reflection. As a club, perhaps schedule a simple exercise: identify one previous WASH project and plan a follow-up visit. Not for a photo opportunity, but for learning. Ask the community what is working. Ask what has broken. Ask what they would improve if starting again. The answers will refine future projects.

Time for reflection

Water may seem basic, but it is foundational. And what



Water is foundational. And what is foundational must matter to every Rotarian.

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

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All Set For Women in Rotary 2026 This Saturday

BY EDITORIAL DESK

We are sorry: the Women in Rotary Exhibition spaces have sold out.” Those words, delivered by organising committee member Flavia Serugo, are perhaps the best possible advertisement for what is happening at Ndere Centre in Ntinda this Saturday, 7th March 2026.

When exhibition slots fill before the event even opens its doors, it tells you something important: this is not a routine Rotary gathering.

Women in Rotary 2026, jointly organised by Districts 9213 and 9214, is the most ambitious iteration of this celebration yet, and the Rotary family, in Uganda and beyond, has taken notice.

The theme is Uniting for Impact and Opportunities, drawn from both Rotary International’s global framework and the 2026 International Women’s Day message of Give Today.

The dress code captures the spirit just as well: fun, funky, and comfortable shoes. This is a day to celebrate, to connect, and to mean it.



“
Men are warmly invited to join later in the day. But first, the women take the floor.”

Here is what the day holds.

The Women in Rotary Exhibition

From 10:00am, Ndere Centre will host a showcase of community projects and women-led businesses.

Though exhibition spaces are sold out, the floor will be open to buyers, supporters, and anyone who believes in the power of grassroots enterprise. Come ready to discover, shop, and put money where your values are.

The Sisterhood Spaces

This is the heart of the day, and Past Governor Anne Nkutu articulates it with a clarity that deserves to be repeated. “Women give. Throughout the year women are giving of themselves – in their families, their workplaces, their churches, and in organisations such as Rotary. We want to support ourselves in order to continuously give, but in a manner that is sustainable and good for us.”

The Sisterhood Spaces begin as a women-only forum, built around two pillars. The first is physical wellbeing – not punishing diets or quick fixes, but science-guided approaches to health and longevity.

The second, under the theme *If I Knew Then What I Know Now*, brings older and younger women into honest intergenerational dialogue on financial literacy, leadership, relationships, and lived experience. Think of it as mentorship reimagined as conversation, where wisdom flows in both directions.

Men are warmly invited to join later in the day. But first, the women take the floor.

The Women in Rotary Concert

Concert chair Pamela Kawadwa is deliberate about the shift from a hotel



dinner to a concert format.

The ceiling of a ballroom, however elegant, simply cannot match the reach of Ndere Centre’s iconic cave space, with MC Pablo, atmospheric lighting, a live band, female and male DJs, live performances, and a headline celebrity female artiste.

This event is designed to draw in people who have never attended a Rotary dinner in their lives: spouses, friends, colleagues, neighbours, and the wider community.

Naalya is named as such because of food, so among other delicacies, the day’s food court will serve local favourites - Rolex, Kitobero, Kikomando, Katogo - keeping things celebratory

and accessible for everyone.

The Women in Rotary Awards

The awards close the evening and carry real weight. Seven categories honour women and the men beside them, who have led with courage, built enterprises, driven innovation, served communities, and mentored the next generation.

“For those young women, this is not a party; it is a promise.”

The Male Champion Award deserves special mention: its

inclusion is a clear statement that women’s empowerment is not women’s work alone.

Equally important is what the awards raise funds for: a skilling centre for teenage mothers in Kamuli District and livelihood

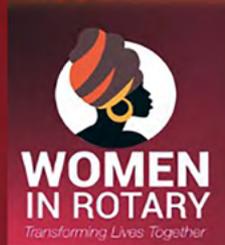
interventions in Acholi Quarters here in Kampala City. Every seat filled, every award presented, contributes directly to those lives. For those young women, this is not a party; it is a promise.

A Word to the Gentlemen

Show up. Bring your colleagues. Buy a table. The cause is not abstract; it is the women in your club, your family, your community, who give without ceasing and deserve to be celebrated, supported, and seen. Saturday is your opportunity to make that tangible.

Women in Rotary 2026 | Saturday, 7th March 2026 | Ndere Centre (Cave Space), Kampala Exhibition: 10:00am | Concert & Main Event: 4:00pm Tickets: Rotarians & Non-Rotarian Adults UGX 100,000 | Rotaractors UGX 50,000 | VIP Table UGX 1.5M Dress Code: Fun, funky, and comfortable shoes

Rotary
Clubs of Uganda



WOMEN FOR WOMEN EXHIBITION

SOLD OUT!



SATURDAY, MARCH 7 2026



10.00A.M - END



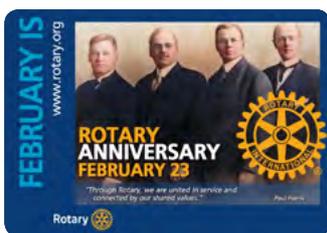
NDERE CULTURAL CENTRE

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



Rotary @121: 10 Milestones That Shaped a Global Movement

BY EDITORIAL DESK

ON FEBRUARY 23, 1905, FOUR MEN GATHERED IN A SMALL CHICAGO OFFICE WITH NO GRAND MANIFESTO AND NO BLUEPRINT FOR WORLD CHANGE. JUST A DESIRE FOR FELLOWSHIP AND HONEST BUSINESS RELATIONSHIPS.

One hundred and twenty years later, that meeting has produced 1.4 million members across more than 46,000 clubs in over 200 countries, a philanthropic foundation

worth billions. Below are our ten most important milestones that, in our view, best define how Rotary became what it is today.

“
...four men gathered in a small Chicago office with no grand manifesto and no blueprint for world change.”

1. The Founding of Rotary (23 February 1905)

When Paul P. Harris and three friends - Gustavus Loehr, Silvester Schiele, and Hiram Shorey - met in Chicago, they created not just the world's first service club, but the template for organised civic life that millions would follow for the next twelve decades.

2. The Rotary Foundation (1917)

Proposed by Rotary's sixth president Arch C. Klumph with a founding donation of just \$26.50 "to do good in the world," the Foundation now invests over \$4 billion in humanitarian projects globally.

3. Becoming Rotary International (1910–1922)

The decision to expand beyond American borders – extending its tentacles to Canada, Ireland, and the UK within years, and formalising the name Rotary International in 1922.

4. The Four-Way Test (1932, adopted 1943)

Created by Rotarian Herbert J. Taylor during the bleakness of the Great Depression and adopted by Rotary International in 1943, those four simple questions: Is it the truth? Is it fair to all concerned? Will it build goodwill and better friendships? Will it be beneficial to all concerned? - gave every Rotarian, in every context, a moral compass that still holds.

5. Partnership with the United Nations (1945)

With 11 Rotarians serving as consultants at the 1945 San Francisco conference that established the United Nations, Rotary earned



consultative status with the UN Economic and Social Council - formalising our role not just as a service club, but as a genuine voice in global governance and international peace.

6. The Launch of PolioPlus (1985)

When Rotary launched PolioPlus in 1985, it became the first and largest private-sector initiative in history to take on global polio eradication.

7. The Gates Foundation Partnership (2007)

The Bill & Melinda Gates Foundation's decision to match every dollar Rotary raised for polio eradication not only injected billions into the campaign, but signalled to the world that Rotary's credibility and reach

made it the right partner for the most ambitious public health goal of our time.

8. Rotary Peace Centers (1999–2002)

The establishment of Rotary-supported Peace Centers at leading universities worldwide, including Makerere, is helping to train over 1,600 Peace Fellows from more than 140 countries in conflict resolution and peacebuilding. It transformed Rotary from an organisation that talks about peace into one that professionally trains its architects.

9. Allowing Women Rotarians (1989)

Rotary International officially opened membership to women worldwide in 1989, when the Council on

Legislation (Rotary's legislative body) amended the Rotary International Constitution, removing the restriction that limited membership to men.

10. The Global Grants Era (2013–Present)

The shift from 3-H Grants to Global Grants model built on sustainability, measurable outcomes, and alignment with Rotary's Seven Areas of Focus, has fundamentally changed what clubs can achieve.

“
The next milestone is being written right now. The question is: will your name be part of it?”

The milestones above were not achieved by institutions; they were achieved by individual Rotarians who showed up, raised their hands, and did the work.

The next milestone is being written right now. The question is: will your name be part of it?





ESSAY COMPETITION

March 8 Deadline To Enter Essay Competition

BY EDITORIAL DESK

Young people in Uganda have an opportunity to participate in the Second Edition of the International Peace Essay Competition organized by the Rotary Club of Istanbul in Turkey, and stand a chance to win millions of shillings in prizes.

In a circular to clubs across the district, District Executive Secretary Kaziro Kyambadde urged Rotary clubs, Interact clubs, schools, and every eligible young person within reach to ask young people to participate, ahead of the 8th March 2026 deadline.

And the prizes are substantial: USD 3,000 for first place, USD 2,000 for second, and USD 1,000 for third.

Winners and a parent travel to Antalya, Türkiye for the awards ceremony at the District 2420 Annual Conference on 18th May 2026. But the real prize is the platform, a global audience for a young Ugandan voice.

This is not a small thing. It deserves our full attention.

The Istanbul Rotary Club Essay Competition was launched in 2025 to mark two landmark events: the establishment of the Otto & Fran Walter Rotary Peace Center at Bahçeşehir University - one of Rotary International's prestigious peace centres - and the Rotary International Presidential Peace Conference

held in Istanbul that same year.

The inaugural edition drew 470 entries from 41 countries across every continent. The second edition now continues that momentum, and Uganda's youth have every right to be part of it.

This year's topic is: "A Gateway to Peace: An Education-Based Roadmap Shaped by Youth."

It is a topic that speaks directly to the lived experience of young Ugandans. Participants aged 14 to 19 - high school students and Interactors - are invited to explore how education can build a lasting culture of peace.

“The world is asking Uganda's youth what peace looks like from their perspective.”

Specifically, they are asked to identify three key areas they believe should be prioritised in the high school curriculum to strengthen peace-oriented values, and to explain how these areas develop the cognitive, emotional, and ethical competencies that the world urgently needs.

It is a question that rewards original thinking, personal reflection, and serious engagement with the world as young people actually experience it.

AI-generated essays will not be accepted - and that is entirely the point. The competition wants original young voices, not synthetic ones.

Why This Matters

Rotary's commitment to peace is not rhetorical. It is structural, expressed through peace fellowships, peace centres, and now an international platform that invites the next generation to think rigorously about what peace requires and how to build it.

When a young Ugandan student sits down to answer this question, they are doing exactly what Rotary has always believed: that peace is built by people who think carefully, speak honestly, and act with purpose. For our Interact clubs especially, this competition is a direct expression of what membership means - not just service in the community, but engagement with the world's most pressing challenges.

The submission deadline is Sunday 8th March, which means that there is very little time to spare. Essays must be 500 words or fewer, written in English, submitted in PDF format, and sent directly by the participant to PeaceEssay@istanbulrotary.org.

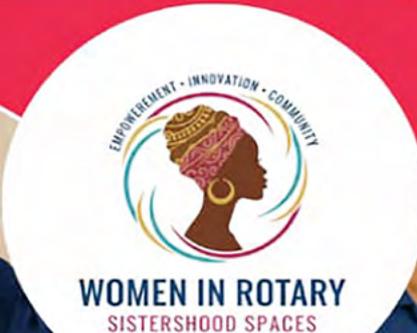
Every Rotarian reading this has young people in their orbit - children, students, Interactors, neighbours. Pass this on today. The world is asking Uganda's youth what peace looks like from their perspective. Let's make sure they have the chance to answer and to stand a chance to win thousands of Dollars.

Submission deadline: 8th March 2026 | Submit to: PeaceEssay@istanbulrotary.org | Open to youth aged 14-19



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- PDG Anne Nkutu 0752659143 -D9213
- PAG Susan Ssamula 0772503296 -D9214

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

#RotaryEyamba #GiveToGain #WomenInRotary #TogetherOneActAtaTime



District Announces Last Chance to Qualify for Rotary Grants

BY EDITORIAL DESK

District Executive Secretary Kaziro Kyambadde has reminded clubs across the district that while more than 100 Rotary and Rotaract clubs have already attained qualification status for Rotary Year 2025/26, a significant number have not, and the window to do so is closing fast.

“This is the final opportunity for Rotary and Rotaract Clubs that have not yet attained the qualification status for RY2025/26 to do so,” Kyambadde stated in a February 28 email, announcing three remaining Grant Management Seminars: Kampala on 8th March, Mbale on 15th March, and Gulu on 22nd March 2026.

The participation fee is just UGX 20,000 at the door. Critically, Kyambadde also noted that attendance at these seminars will count toward qualification criteria for the next Rotary year - making them doubly valuable for clubs thinking ahead.

For seasoned Rotarians, the significance of that message needs no translation. For newer members, it may prompt a simple question: what exactly is a Grant Management

Seminar, and why does it matter so much?

A Grant Management Seminar is not a formality, as some Rotarians might be tempted to think.

It is the mandatory, structured training that qualifies your club to apply for and manage any type of Rotary Foundation grants.

“A typical grants seminar covers the full lifecycle of a grant: from community needs assessment and project design.”

A typical grants seminar covers the full lifecycle of a grant: from community needs assessment and project design, through the application process and financial management, to reporting and closeout.

You learn what makes a strong proposal, how to work with an international partner club, and how to keep every shilling or dollar accountable to the people





it is meant to serve.

No seminar attendance means no grant eligibility. It is that straightforward.

Why it's a must

The most compelling argument for attending is financial leverage. Through the Rotary Foundation's World Fund matching system, a club that understands the process can turn a modest contribution into a project budget several times larger.

Clubs that have gone through proper training consistently write stronger applications, get approved faster, and execute projects that endure long after the funding period ends.

Beyond the money, there is the matter of sustainability. Well-intentioned projects that skip proper design often

collapse within months. The seminar teaches you how to build community ownership into a project from day one – so that when Rotary's formal involvement ends, the project lives on. That is the difference between a donation and a legacy.

There is also the matter of risk. Managing international funds without proper training exposes your club's project to mismanagement, reputational damage, and potential financial liability.

“The question is not whether you can afford to attend. It is whether your club can afford not to.”

The seminar gives you the tools to protect your club, your members, and the people you serve.

And then there is the human element. These sessions consistently bring together Rotarians from across clubs who are looking to do more.

Many lasting partnerships, including co-funded Global Grants between clubs in Uganda and partner clubs abroad, have been born in seminar rooms exactly like the ones scheduled this month.

The time commitment is modest. The UGX 20,000 entry fee is negligible. But the return in terms of funding access, project quality, personal skills, and club credibility, is enormous.

If your club has not yet sent its President, President-Elect, Treasurer, or Projects Director to a seminar this year, there are three dates left on the calendar.

The question is not whether you can afford to attend. It is whether your club can afford not to.

Register at the venue. Participation fee: UGX 20,000. Kampala – 8 March | Mbale – 15 March | Gulu – 22 March 2026.



#Impact

Everyone Else's But Your Own

BY RTN JACKLINE MUTIIMBA

There are people who can walk into a room and immediately sense what is happening beneath the surface.

They notice the tight jaw before the argument starts. They hear the strain behind the "I'm fine." They adjust their tone, soften their words, shift their posture - almost automatically.

They are the emotional barometers. The steady ones. The peacemakers. And yet, when someone turns to them and asks, "How are you feeling?"

The response is often a pause. A shrug. A carefully neutral, "I'm okay." Not because they are dishonest. But because they genuinely do not know.

Survival Strategy

This pattern is more common than we admit. On the surface, it looks like emotional intelligence. And in many ways, it is. But it is emotional intelligence directed outward - finely tuned to other people's needs, moods, and reactions.

For many, this ability was not just a personality trait.



It was adaptive. Maybe you grew up in a home where tension could escalate quickly.

Maybe approval depended on being agreeable. Maybe love felt safest when you were helpful, calm, low-maintenance.

So, you learned. You learned to read footsteps. You learned to decode silence. You learned that if you could anticipate someone else's emotional state, you could prevent conflict, avoid rejection, or maintain stability.

Over time, your nervous system became highly trained in external scanning. But no one taught you how to scan inward. From the outside, you appear composed and

“
When making decisions, you rely on logic because your feelings are faint.”

dependable. People confide in you. They trust your judgment.

They say things like, "You're so emotionally mature." But internally, something feels vague.

When making decisions, you rely on logic because your feelings are faint. When someone asks what you want, you default to, "I don't mind."

When you are overwhelmed, you push through because you cannot clearly identify what boundary has been crossed. You may feel tired, not just physically, but emotionally.

Not from dramatic crises, but from the constant



background work of monitoring everyone else's emotional climate. It is exhausting to be the thermostat for every room you enter.

The Subtle Cost

The cost of this pattern is rarely dramatic. It is cumulative. Boundaries blur because your limits are unclear, even to you. Resentment builds quietly because needs go unnamed.

Decisions feel heavy because there is no internal compass guiding them. You may feel disconnected, not because you lack empathy, but because your empathy has no anchor in yourself.

Eventually, you might realize: You can describe everyone else's emotional landscape in detail, but your own feels like static. It is important to understand this clearly: this is not a personal failure.

It is an adaptive response that once served a purpose. At some point, paying close attention to others kept you safe, valued, or connected. Your system did exactly

what it needed to do. But patterns that protect us in one season can quietly limit us in another.

Relearning Yourself

Reconnection does not happen through grand emotional breakthroughs. It begins in small, intentional pauses. Instead of asking, "What should I do?" Try asking, "What am I feeling?" At first, the answer may be unclear.

That is normal. Start with the body: Is your chest tight? Is your jaw clenched? Are you unusually tired?

Do you feel restless, heavy, irritated?

Physical cues are often the doorway back to emotional awareness.

Then name what surfaces, without fixing it, minimizing it, or explaining it away. "I feel anxious." "I feel disappointed." "I feel left out." "I feel tired of being the strong one."

Emotions are not weaknesses. They are information. Data points. Signals.

Without that data, self-advocacy becomes nearly impossible.

Balance, Not Withdrawal

Learning to understand your own emotions does not make you less caring. It makes your care sustainable. When you include yourself in the emotional equation, empathy becomes balanced instead of self-erasing.

Support becomes mutual instead of one-sided. Presence becomes genuine instead of performative. You can still be attuned to others. But you are also allowed to be attuned to yourself.

Reflection

When was the last time you paused long enough to identify what you were actually feeling, without editing the answer, without packaging it to sound acceptable, without immediately turning your attention back to someone else? Your emotions are not an inconvenience. They are part of you.

“When was the last time you paused long enough to identify what you were actually feeling.”



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ELDER'S EYE

Improving WASH Through Information, Communication

BY RTN GODFREY OKELLO-OMODING

From peace building and conflict prevention in February to water and sanitation in March. What a great sequencing of themes!

In many communities or nations, some conflicts are due to water or its inadequacy. Indeed, some analysts say that major world conflicts in future will be anchored on water resources.

While on other hand, poor sanitation causes diseases and death. Therefore, addressing water and

sanitation provision also goes along with peace building, mitigating conflicts and building healthy communities.

The theme for March, Water and Sanitation, is a reminder as well a call to Rotarians to keep the issue of water and sanitation high on the agenda.

There are still people with no access to safe water. Poor sanitation is still prevalent. A better way to tackle water and sanitation

issues is having a targeted approach. This is possible if we use reliable data.

For Uganda, for instance, data from the last population census of 2024 revealed that nationally, the proportion of the population using; (i) safely managed drinking water services was 80.8%; (ii) safely managed sanitation services, including a handwashing facility with soap and water was 41.2%; and (iii) handwashing facilities with soap and water available at home was 24.3%.

“The theme for March, Water and Sanitation, is a reminder as well a call to Rotarians to keep the issue of water and sanitation high on the agenda.”



The data on proportions, though it has challenges of distribution, it helps to point out problems. Since water is among the basic needs, ideally the proportion would be 100%. Sanitation which is associated with hygiene, would also be high.

Such low proportions signal a potential disaster, no wonder there are occurrences of sanitation-related diseases like Cholera especially during the rainy seasons in mainly congested urban settlements.

Plans and funds

Today, this data suggests two key things: planning and funding. A healthy population is obtainable by addressing basic needs. Using the data properly for planning, targeting highly water-stressed areas and sanitation inadequate areas is very good approach.

Access to water and sanitation should not wait for a troubleshooting approach because lives can be lost out of preventable causes.

There is no better way to call it than borrow National Water and Sewerage Corporation (NWSC) motto, 'Water is life.'

Rapid urbanization in the country should come with planning. Where planning is lacking, even building of water and sanitation infrastructure becomes a challenge. Clear cases are there to show this. Settlement areas occupied by the poor especially in the urban settings have challenges of water and sanitation facilities. Take a case of Kampala City, where the perennial

occurrence of poor sanitation-related diseases is always within the settlements for low-income population and poorly planned or not planned slums. This section of urban areas needs planning.

Funding for water and sanitation is another challenge. Increased funding goes with increased access to safe water and better sanitation, when targeted. Generally, funding of water and sanitation sector remains a challenge a cross the developing nations.

With rapid urbanization, to match it, it requires substantial water and sanitation investments in terms of infrastructure.

For instance, for the case of Kampala City, the sewerage system covers less than 10% of the city, particularly concentrated in the Central Division.

The majority of the housing units use on-site systems, which are not appropriate in modern cities. This trend applies also in other cities and towns in the country.

What role then can Rotarians play? To begin with, it would be prudent for Rotarians to include water and sanitation messages in

whatever interventions they carry out in regard to health and education institutions.

For example, Rotary Club of Kampala-Naalya did a commendable intervention in St. Mbaaga, Kiwatule Primary School through incorporating messages on water and sanitation and providing water filtering systems.

This was during the Thanksgiving Day and in its basic education and literacy project (BELEP).

The Club adopted the school for the BELEP project.

Indeed, increasing access to safe water and proper sanitation requires a multi-pronged approach. It can include carrying out health education and sensitization particularly

with sanitation.

Some of the activities for promoting good sanitation can be carried out at low cost if approached with the use of the existing village health teams (VHT) and medical personnel.

Rotarians, as we begin this month and rallied by the theme, let us consolidate our efforts to do whatever little we can - be it individually or collectively.

Avoiding a disease may simply need a targeted action at the right time.

Our 'Unite for Good' motto can be very easily translated into simple effective actions and solutions. Let us look out for those opportunities that are within our reach, to begin with.

“

Our 'Unite for Good' motto can be very easily translated into simple effective actions and solutions.”





OUT TO LUNCH

How Struggling National Airlines Can Be Supported

BY RTN DENIS JJUUKO

S ometime back, the Uganda Civil Aviation Authority decided to mark an anniversary by organizing a flying activity. What one needed to do was to arrive at Entebbe Airport with Shs50,000. They would then put them on a flight and fly them around Uganda. The number of people who wanted to fly was unbelievable.

The guys at CBS FM also did something similar during one of their Nkuuka y'Omwaka (end of year) events. Pay some little money and they fly you around

Kampala in a chopper. Thousands of people lined up for this once-in-a-lifetime opportunity.

If you watch TikTok regularly, you will see many people posting their trips. One I watched recently claimed they “catch flights, not feelings” and all sorts of things.

If there is anything many people in Africa love, it is flying even if it is flying to nowhere.

Many people on the continent consider flying as an element of success. I think it is linked to widespread poverty. In many countries, domestic flights are rare as there is hardly any infrastructure. Where it exists, air tickets are expensive, thereby eliminating many people from boarding flights from one place to another. Those who manage to fly are considered the ‘lucky’ ones.

That probably explains why many family members escort their relatives to the airport in droves.

Minibuses full of people descend on airports, drumming and dancing as the traveler busks in glory. They have finally made it.

Upon return, some even hold parties. Parents pray for their children to also get an opportunity to board a flight.

“
Flying for many Africans, isn't just a means of travel. It is status symbol. It is arrival on the big stage. It is success.”

If you eavesdrop on conversations at Entebbe before departure, you may hear of somebody calling a relative or friend to engage them in prayer so that they also find some luck





one day to fly. I am not making this up. It is that serious.

Flying for many Africans, isn't just a means of travel. It is status symbol. It is arrival on the big stage. It is success.

That same mindset many times explains the desire by countries to set up airlines. Every country on the continent wants to set up a flag carrier. The reasons given are many. National pride is usually among the top five.

Airport or aviation authorities also with the same mindset slap huge taxes on each ticket. Airport ground handling is one of the most lucrative businesses in Africa even when the number of passengers going through these airports is minimal.

Passengers who have longed to fly expect five-star experiences even when they don't want to pay for them - champagne to flow endlessly, great food, free internet, movies and the like. To keep these few passengers happy, airlines end up charging a premium, thereby eliminating many people who would have been able to afford a flight. It then becomes difficult to make

money from a very small base of regular passengers.

Yet, we many times complain about the exorbitant air ticket rates forgetting that everything we consume on board comes at a price. The equipment is expensive to buy, operate and maintain. Also, the majority of Africans have no reason to travel that much. Their incomes are meagre and majority are subsistence farmers without any real need to fly anywhere.

Better revenues

Without improved incomes, African airlines will continue to struggle. Also, because poor countries love owning national flag carriers without putting in enough resources, the airlines will continue to struggle to compete with middle eastern carriers.

How on earth is a national airline with global or even continental ambitions but operating just 4-6 planes going to compete with Emirates, Qatar or even Air Arabia? It is always going to be frustrations for passengers who in the era of social media are going to create one public relations crisis after another. Brand reputation tanks. The few passengers end up preferring to pay a premium to fly the reliable carriers from Middle East, Europe or even

Ethiopia. The national airline ends up in the cemetery.

Flying within Africa could provide a lifeline for African national carriers but many countries demand visas from each other while allowing Europeans and North Americans to fly in visa-free. If people need expensive visas that are also difficult to access, it then becomes very difficult to create a critical mass of travelers within the continent.

Look at Europe for example, it is almost borderless. People just wake up and travel without worrying about access. Although it is a very rich continent, being borderless is one of the reasons many people fly in Europe and air tickets are very cheap.

The African Union needs not be an organization that issues communiques only; rather; one that facilitates movement and trade across the continent by removing barriers that keep African countries under-developed.

The writer is a communication and visibility consultant. E:djuuko@gmail.com

Joint Fun Tuesday Fellowship with RC Bukoto

#Kimeeza - Pictorial



Fun Facts

Concert

This week, we're dissecting a word that is the talk of the town in Rotary circles: Concert.

Now, when you hear "concert," you likely think of three things: a symphony orchestra, a rock star in leather pants, or that one time the local high school tuba quartet accidentally performed in the wrong key for 20 minutes. But the etymology? That's where the real comedy begins.

The word traces back to the Italian concertare, which means "to harmonize." Simple, right? Wrong. The Italians actually pinched it from the Latin concertare, which - I kid you not - means 'to contend, dispute, or bicker.'

Early linguists were essentially watching a group of musicians argue over who was off-beat and decided, "Yes, this screaming match is exactly what we shall call

a musical performance." In the 16th century, a 'concert' wasn't just a show; it was a concerted effort to stop hitting each other with lutes.

By the time the word reached the French and eventually landed in our laps, it evolved into 'agreement.' It's the ultimate PR spin. It's like calling a Board of Directors meeting a 'serene gathering of minds' when we all know it's actually a 30-minute debate over the specific shade of blue for the new Rotary banners.

In its utility, 'concert' is a powerhouse. Rotarians and partners act 'in concert' to eradicate polio. The word bridges the gap between total anarchy (the Latin root) and perfect unity (the Italian dream).

So, on Saturday when you're sitting through

a three-hour performance at the Ndere Centre, remember: you aren't just listening to music.

You are witnessing a linguistic miracle where the MC Pablo, the DJs, and the band have temporarily agreed not to fight. It is a fragile, beautiful truce wrapped in laughter.

So, may your weekend be harmonious, your efforts be concerted, and your commercial breaks be mercifully brief.

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Jokes of the day

1. "Why was the mushroom invited to every single dinner party? Because he was a **fun-gi!** But why did he leave early? Because there wasn't **mush-**



room on the dance floor."
2. "I told my doctor I get heartburn every time I eat birthday cake. He told me to always take the candles off first."
3. What did the steak say to the grill? Nice to **meat** you!

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

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Sylvia Jagwe Owachi



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