

Naalya Food 8th April 2025 Bulletin

Rotary
Kampala - Naalya



Issue 38 | 2025



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Uganda Breweries pledges UGX
100m towards 100th Discon



Kamulegeya's school for the deaf
model needs to be emulated

EDITOR'S NOTE



Dear Reader,

The 100th District Conference is this week! 9 - 12 April 2025. Exciting, isn't it? The DISCON organizing committee has created a very special and meaningful conference experience for our District.

This issue of the Naalya Food Bulletin carries the program for the upcoming days.

Thank you for registering to take part in these wonderful events throughout the conference.

Enjoy.

Keno Lillian - Bulletin Officer

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Feedback

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RI President's Message

BY STEPHANIE A. URCHICK
PRESIDENT ROTARY
INTERNATIONAL

APRIL 2025

As the chill of winter gives way to the warmth of spring, we have an opportunity to rejuvenate our commitments to each other and to the communities we serve.

A shining example is the Rotary Club of Windsor-Roseland in Ontario, whose members support a program providing hot meals to people facing homelessness and food insecurity. On any given evening, the Soup Shack run by Feed Windsor-Essex serves up to 130 people, offering nourishment and a sense of community and care.

Club member and Past District Governor Aruna Koushik got the club involved after seeing a news segment about the Soup Shack.

Koushik collaborated with club members to quickly approve the purchase of a stove, pots, and pans for its new permanent space. Soon after, club members met with the Soup Shack team, toured the new location, and presented a check for 3,000 Canadian dollars (about US\$2,000) to support its efforts. They also committed to volunteering their time to prepare and serve meals once the facility is operational.

This exemplifies how Rotary members can come together to address community needs, foster engagement, and make a tangible impact. By identifying opportunities for service and mobilizing resources, we not only support those in need but also strengthen our bonds with each other and with the communities we serve.



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**Commit
to ongoing
involvement:
Beyond initial
contributions,
pledge continued
support.”**

As we embrace the renewal that spring offers, let's take inspiration from the Windsor-Roseland club. Consider these ways to reinvigorate engagement within your club:

Identify emerging needs: Stay attuned to the evolving challenges in your communities. Engage with local organizations to understand where your club's support can make the most difference.

Mobilize resources quickly: When opportunities arise, act swiftly. Leverage the skills and networks within your club to gather resources, from financial contributions to equipment to volunteer time.

Foster collaboration: Encourage members to take initiative and collaborate on projects. Empowering individuals to lead and contribute their unique talents enhances engagement and drives success.

Commit to ongoing involvement: Beyond initial contributions, pledge continued support.

Regular service keeps members connected and reinforces the club's commitment to sustained impact.

By embracing these approaches, we can harness the energy of spring to renew our dedication to service and engagement. Let's seize this season as an opportunity to revitalize our efforts, strengthen our connections, and continue making a positive difference in the world.

**This is *The Magic of Rotary* —
transforming lives, inspiring hope,
and creating lasting change for the
communities we serve.**

District Governor's Message - April 2025



Nearly two years ago, I together with the District Governors of D9212 and D9213 sat to discuss meaningful ways of commemorating the 100th DISCON and over a hundred years of Rotary service in Africa. After considering a number of ideas – we zeroed in on doing something related to the Environment. We reasoned that after 100 years, it was important to focus on ensuring Rotary's continued relevance and its sustainability.

Trees are often referred to as the 'lungs' of our planet; and protecting our environment was thus perceived as priority number one in ensuring our continued existence. The initiative code named: "Planting our Balance" was our way of linking the environment to the conferences.

It is therefore a great coincidence that D9213's DISCON 100 is taking place in April, the month when all of Rotary turns its attention to the Environment. What is even better is that our conference is big on "green" and on sustainability. There is a "green" element in everything. Right from the choice of the venue, to the color of the conference shirts and blouses, the choice of partners, and even the speakers. Our keynote speaker is the *Green Sheikh*; and our mobility partner – Kiira Motors will be transporting delegates on the EV buses. UBL has also promised a sizeable number of green bottles. Surely, we could



Rtn. Anne Nkutu
District Governor, D9213



I urge all clubs to take advantage of the on-going rains to plant more trees."

not get more green than that!

At the upcoming conference, we will also take a moment to celebrate the remarkable achievements of the RY 2024/25, including our

collective effort to protect the environment through our tree planting initiative. Under the banner of "Planting our Balance," we have developed a straightforward yet effective formula designed to help each club set clear and actionable targets for their contributions to this vital task. The approach is simple: each club must subtract its years of existence from 100. This number is then multiplied by 100 to determine the target number of trees each club should commit to planting over the next three years.

This method not only establishes personalized goals for clubs based on their longevity but also fosters a sense of accountability and

shared responsibility towards environmental sustainability. Talking of which, I would like to applaud D9213's collaboration with ABSA Bank and My Tree Initiative (MTI) – which is supporting clubs to plant fruit trees in primary schools, and to foster environmental stewardship.

However, while we applaud clubs that have embraced this tree planting initiative, one significant challenge persists. Maintaining an accurate record of both the trees that have been planted, and the survival rates of those trees is still problematic. Therefore, during this month – I urge each and every club to task its Mission Green Officer to work on improving record keeping of tree planting activities. Accurate tracking is essential, not only for accountability but also for understanding the impact of our efforts. We must strive to prove what we have achieved.

I also urge all clubs to take advantage of the on-going rains to plant more trees. We have just survived an unbearable heat wave that reminded us that climate change is real. And so as we commemorate the Environment month, let us renew our commitment to sustainability. By taking action today, we can ensure a healthier planet for ourselves and generations to come. Remember the Chinese proverb that goes: **"The best time to plant a tree was twenty years ago. The second best time is now."**

President's Message

RTN SYLVIA JAGWE OWACHI
Club President 2024-2025



Dear Rotarians and Friends,

In last week's meeting we had an interesting topic on Artificial Intelligence by Rtn Dorothy Kyeyune. Indeed, Artificial Intelligence is deeply integrating in our daily routines though many ways. For Rotary Clubs Artificial Intelligence can be used in communication, content creation, activity scheduling and member data / behavior analysis among others. We are encouraged to embrace Artificial Intelligence and purposefully continue learning more about it and adopt it in our Clubs being mindful of the challenges as well.

The month of April is quite busy as most of us will be heading to Jinja for 100th District Conference (DISCON) taking place from 9th April to 13th April. Over 1200 Rotarians

will be attending this year's DISCON. We are looking forward to all the exciting activities ranging from the speakers, sessions, theme nights, tours and networking with other Rotarians.

At the conference we take time to celebrate the achievements in this rotary year and the clubs that have excelled in various areas. For our club Kampala Naalya it is a special one as we will be hosting the District Governors Banquet which is the highlight of the DISCON in which our member District Governor Ann Nkuutu will be handing over to the District Governor Elect Godfrey Kitakule. We are excited and looking forward to a magical night.

In Rotary leaders serve for only 1 year and therefore the transition is not only happening at District level

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A lot of the learning happens when you serve so it is important that each Rotarian gets to serve within their club.”

but also at Club level. The clock has continued to tick and we are soon closing the Magic Year and moving on to Unite for Good year.

In preparation for the new Rotary year we spent last Saturday at the incoming Board Training session. A lot of the learning happens when you serve so it is important that each Rotarian gets to serve within their club.

See you all in Jinja!

Be Blessed!!



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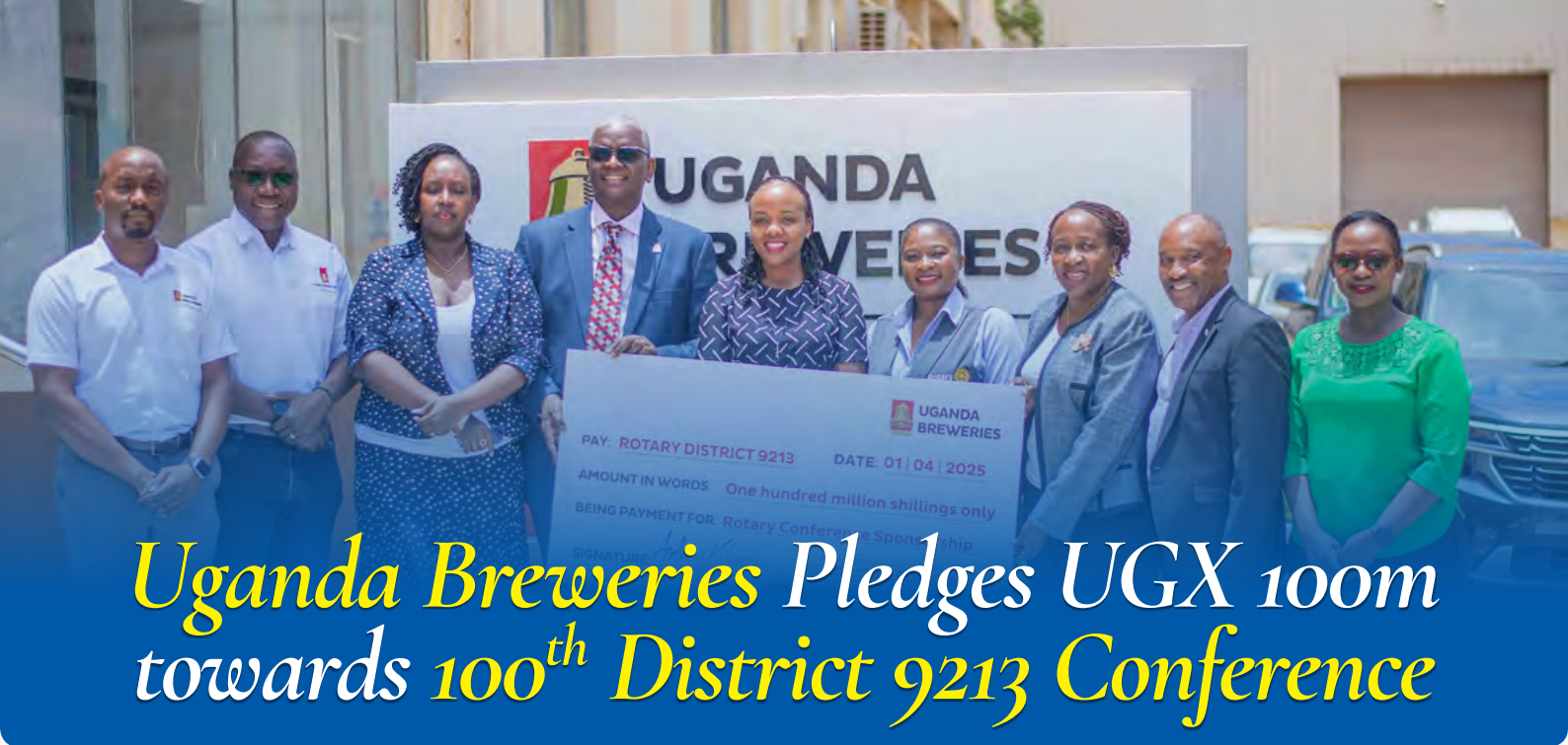


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Uganda Breweries Pledges UGX 100m towards 100th District 9213 Conference



BY RTN SYLVIA NANKYA

Uganda Breweries Limited (UBL) has contributed 100 million Shillings towards the 100th Rotary District 9213 Conference. Scheduled to take place this week in Jinja.

During the conference, which starts on April 9, at the Civil Service College in Jinja, Rotarians will celebrate milestones and evaluate achievements during the Magical Year and forge stronger commitments for the year ahead (Unite for Good).

Speaking at the sponsorship announcement, Uganda Breweries Managing Director Rtn Andrew Kilonzo emphasized the long-standing relationship between UBL

and Rotary, highlighting shared values in water and sanitation initiatives.

“Rotarians are known for their selfless service, and UBL has a history of supporting causes that make a tangible impact. This partnership underscores our commitment to fostering positive change in our communities,” Kilonzo stated.

He added that the commitment reinforces a belief by UBL Board Chairman Jimmy Mugerwa, who always reiterates that engagements like these are proof of the power and impact that can be seen when Rotarians come together for a common cause.

“Today, Uganda Breweries has shown commitment to supporting initiatives that drive positive change and promote social responsibility. I urge all of us to embrace the spirit of service above self and the volunteerism that

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DG Anne Nkutu expressed gratitude for UBL’s support, emphasizing the importance of long-term collaborations in environmental conservation and water sustainability.”

Rotary embodies,” he added.

District Governor Anne Nkutu expressed gratitude for UBL’s support, emphasizing the importance of long-term collaborations in environmental conservation and water sustainability.

“We welcome partnerships to protect the lake. We appreciate your support and believe that this conference will be both impactful and enjoyable,” she said.

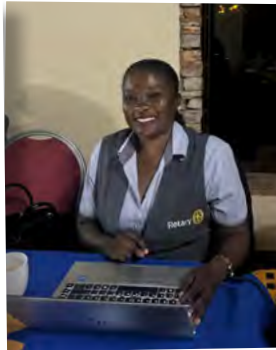
Look out for more at the UBL Stall in the House of Friendship.



UBL's contribution to 100th D9213 Conference



Last week's fellowship



Our Environment, Our Life

BY **IPP GODFREY OKELLO**
OMODING
Club Training Facilitator

In the last bulletin, we pointed out a need to have an appreciation of how the world is grappling with a host of pressing environmental challenges. What was partially highlighted clearly indicated our environment is our life.

Also, acknowledged is the turbulence co-existence of the environment and human beings. Indeed, environmental challenges are manifesting in several forms including disasters, losses and pollution, and affecting climate patterns, biodiversity, and living. In this bulletin, we continue to examine the coexistence equation (human beings and environment).

Following from where we stopped in the previous bulletin, here are additional environmental challenges. Deforestation is one of



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The World Health Organization (WHO) gives an estimate of 4.2 to 7 million people dying from air pollution worldwide every year.”

them, ‘agreed’ act of human being. It is reported that in every hour, forests the size of 300 football fields are cut down. Roughly, by the time you finish reading this article, at least 15 football fields of forests would have been cut! The worrying statistics is that by the year 2030, the planet might have only 10% of its forests.

We must act to stop deforestation. What a pity that we will be witnessing such a destruction in less than a century.

Outdoor air pollution is another environmental challenge. The World Health Organization (WHO) gives an estimate of 4.2 to 7 million people dying from air pollution worldwide every year. Nine out of ten people breathe air that contains high levels of pollutants. UNICEF put the figures in Africa this way, 258,000 people died as a result of outdoor air pollution in 2017, up from 164,000 in 1990. Remember Africa is not that industrialized.

In agriculture too, there are several environment challenges. For instance, studies shown that global food system is responsible for up to one-third of all human-caused greenhouse gas emissions. In this, 30% comes from livestock and fisheries. Crop production releases greenhouse gases such as nitrous oxide through the use of fertilisers. Sixty percent (60%) of the world’s agricultural area is dedicated to cattle ranching but it only makes up 24% of global meat consumption.



The farming practices have effect on soil, degrading it. According to the United Nations, about 40% of the planet's soil is degraded. This affects organic matter which is a crucial component of soil as it allows it to absorb carbon from the atmosphere. Globally, more than 68 billion tonnes of top-soil is eroded every year at a rate hundred times faster than it can naturally be replenished.

There are environmental challenges resulting to food and water insecurity. The rising temperatures and unsustainable farming practices have resulted in increasing water and food insecurity. With the global

population expected to reach 9 billion people by mid-century, the Food and Agriculture Organization of the United Nations (FAO) projects that global

food demand may increase by 70% by 2050. Already, around the world, more than 820 million people do not get enough to eat.

For water security, only 3% of the world's water is freshwater, and two-thirds of that is tucked away in frozen glaciers or otherwise

unavailable for our use. Some 1.1 billion people worldwide lack access to water, and a total of 2.7 billion find water scarce for at least one month of the year. This year, 2025, it is anticipated that two-thirds of the world's

population may face water shortages. Rotarians, take time to reflect on these figures. Depending on where you are, some of these figures may be very worrying and effects felt while to some, they may be still far remote. Since a Rotarian is a global citizen, do not wait to take actions as we continue to highlight environment challenges in the next bulletin.

You may choose to be an environment activist. Whatever the case, be prepared, do something and bring your rotary magic to solving environmental challenges.

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Since a Rotarian is a global citizen, do not wait to take actions as we continue to highlight environment challenges in the next bulletin.”



Rotary
District 9213



Rotaract
District 9213



**DISTRICT
CONFERENCE**

ON THE NILE

Over a Century of Rotary service in Africa

DG Anne Nkutu

**WELCOMES
YOU TO JINJA**



DISCON 100 PROGRAMME 2025

WEDNESDAY 9TH APRIL 2025

TIME	ACTIVITY	RESPONSIBLE OFFICER(S)
10.00AM - 7.00PM	ARRIVAL AND REGISTRATION OF DELEGATES VENUE: LIBRARY	RTN DOROTHY KYEYUNE
10.00AM - 9.00PM	DELEGATES CHECK INTO VARIOUS HOTELS	
2.00 - 4.00PM	THE ROTARY DISTRICT NOMINATING COMMITTEE VENUE: NILE ROOM (213)	DES PHYLLIS KWESIGA
5.00PM	ARRIVAL OF DELEGATES AND PHOTO MOMENTS OFFICIAL OPENING OF THE HOUSE OF FRIENDSHIP - DG, DRR, RIPPR AND ENTOURAGE	RTN JULIET KAMUZZE MUSOKE
6.00 - 9.00PM	WELCOME COCKTAIL: VINTAGE NIGHT DRESS CODE: RETRO FASHION HOSTED BY: ROTARY CLUB OF KAMPALA	MCs

THURSDAY 10TH APRIL 2025

TIME	ACTIVITY	RESPONSIBLE OFFICER(S)
6.30AM - 7.30AM	VIRTUAL HEALTH AND FITNESS: AEROBICS SESSION	COACH BOB
8.00AM - 8.30AM	ARRIVAL OF DELEGATES AND PHOTO MOMENTS; CULTURAL ENTERTAINMENT	
8.30AM - 8.45AM	ARRIVAL OF VIPS	
8.45AM - 9.10AM	CALL CONFERENCE TO ORDER PRESENTATION OF FLAGS ANTHEMS: UGANDA, GHANA, EAST AFRICA, BUSOGA, ROTARY INTER-DENOMINATION PRAYER INVOCATION AND IN MEMORIAM	MCs BUSOGA COLLEGE MWIRI CHOIR RTN EDITH KAKUBA DES PHYLLIS KWESIGA
9.10AM - 9.30AM	RECOGNITION OF PROTOCOL INTRODUCTION OF SPECIAL GUESTS: RECOGNITION OF SPONSOR CEOS (OR REPRESENTATIVES): CENTENARY BANK, FIREWORKS ADVERTISING, VAAL REAL ESTATE, ROKE TELECOM, SUMZ FOODS, KRYSTAL WATER, UGANDA CIVIL AVIATION AUTHORITY & QUALITY CHEMICALS INTRODUCTION OF DISTRICT ROTARACT REPRESENTATIVE (DRR): SIMEO SSEBUKULU INTRODUCTION OF DISTRICT GOVERNOR (DG): ANNE NKUUTU INTRODUCTION OF THE ROTARY INTERNATIONAL PRESIDENT'S PERSONAL REPRESENTATIVE (RIPPR): PDG DAVID OSEI AMANKWAH	MASTERS OF CEREMONY (MCs)
9.30AM - 10.35AM	WELCOME REMARKS DISCON CHAIR, HENRY RUGAMBA MINISTRY OF PUBLIC SERVICE: PS MS CATHERINE BITARAKWATE CITY CLERK JINJA TOWN, EDWARD LWANGA DRR SIMEO SSEBUKULU DG ANNE NKUUTU RIDN: PDG EMMANUEL KATONGOLE RIPPR: PDG DAVID OSEI AMANKWAH	MCs

DISCON 100 PROGRAMME *Continued...*

TIME	ACTIVITY	RESPONSIBLE OFFICER(S)
10.35AM - 10.40AM	INTRODUCTION OF KEYNOTE SPEAKER	PDG TUSU TUSUBIRA
10.40AM - 11.20AM	KEYNOTE ADDRESS: GREEN SHEIKH - ABDULAZIZ AL NUAIMI	RTN HENRY RUGAMBA
11.20AM - 11.30AM	VOTE OF THANKS & PHOTO MOMENT	MCs
11.30AM - 12.00PM	TRF RECOGNITION MOMENT	TRF DIRECTOR - RTN KATE BARASA
12.00PM	DEPART FOR KIRA MOTORS	
12.30PM - 4.00PM	TOUR OF KIRA MOTORS	
2.30PM - 4.00PM	SIGHTS AND SOUNDS OF JINJA	DISCON TOURS TEAM
3.00PM - 4.00PM	THE ROTARACT DISTRICT NOMINATING COMMITTEE VENUE: MURCHISON ROOM (204)	DES LILLIAN JOY KUSIIMA
5.30PM - 6.00PM	ARRIVAL OF DELEGATES AND GUESTS, NETWORKING AND PHOTO MOMENTS	
5.30PM - 11.00PM	EVENING THEME: THE FEEL OF THE NILE DRESS CODE: CULTURAL FUSION HOSTED BY: EASTERN CLUBS VENUE: MAIN MARQUEE	MCs
5.30PM - 6.00PM	ARRIVAL OF DELEGATES AND GUESTS, NETWORKING AND PHOTO MOMENTS	
6.00PM - 11.00PM	ENTERTAINMENT	RTN SHEM NNAGENDA NSUBUGA
6.30PM - 8.00PM	DINNER	
7.30PM - 7.35PM	REMARKS BY THEME NIGHT CHAIR	
7.35PM - 7.40PM	DRR REMARKS	
7.40PM - 7.45PM	DG REMARKS	
7.45PM - 7.55PM	SPONSOR MESSAGE	
7.55PM - 8.20PM	AWARDS	RTN DORCAS TUSUBIRA
8.30PM - 10.00PM	ENTERTAINMENT: AFRIGO BAND	

FRIDAY 11TH APRIL 2025

TIME	ACTIVITY	RESPONSIBLE OFFICER(S)
6.30AM - 7.30AM	VIRTUAL HEALTH AND FITNESS: AEROBICS SESSION	COACH BOB
8.00AM - 8.30AM	ARRIVAL OF DELEGATES AND PHOTO MOMENTS; CULTURAL ENTERTAINMENT	
8.30AM - 8.45AM	ARRIVAL OF VIPS	
8.45AM - 8.55AM	CULTURAL ENTERTAINMENT	
8.55AM - 9.05AM	CALL CONFERENCE TO ORDER	DG ANNE NKUTU
9.05AM - 9.15AM	RECOGNITION OF PROTOCOL; INTRODUCTION OF SPECIAL GUESTS	MCs
9.15AM - 9.25AM	INTERFAITH PRAYERS: SHEIKH ARUKAM TAMUSUZA VENUE: MAIN MARQUEE	RTN EDITH KAKUBA
9.25AM - 10.00AM	AWARDS CEREMONY	RTN DORCAS TUSUBIRA
10.00AM - 10.05AM	SPONSOR AD BREAK AND MESSAGES	
10.05AM - 11.05AM	INTRODUCTION OF SPEAKERS & MODERATOR, SPEAKER PRESENTATIONS & PANEL DISCUSSION THEME: HOLISTIC WELLNESS MODERATOR: ROBERT KABUSHENGA SPEAKERS: DR. SABRINA KITAKA, MR. FRANCIS KAMULEGEYA, DR. RITA SONKO	MCs
11.05AM - 11.25AM	Q&A	
11.25AM - 11.30AM	MUSICAL INTERLUDE	
11.35AM - 12.05PM	KEYNOTE ADDRESS: JAMES BYARUHANGA TOPIC: THE FUTURE WITH EMERGING TECHNOLOGIES: EXCITING INNOVATIONS, HIDDEN RISKS & MUST HAVE SKILLS	RTN MARIA MUZAAKI

DISCON 100 PROGRAMME *Continued...*

TIME	ACTIVITY	RESPONSIBLE OFFICER(S)
12.00PM - 12.05PM	MUSICAL INTERLUDE	
12.05PM - 12.35PM	KEYNOTE ADDRESS: PATRICIA ITHAU	RTN MARIA MUZAAKI
	TOPIC: YOUTH AND INNOVATION: CREATING A SYMPHONY FOR SOCIAL IMPACT	
12.35PM - 12.40PM	VOTE OF THANKS AND PHOTO MOMENT	
12.40PM - 12.50PM	LAUNCH OF CANCER RUN 14	RTN RITA BALAKA
12.50PM - 1.15PM	MY MAGICAL ROTARACT YEAR	DRR SIMEO SSEBUKULU
1.00PM - 2.30PM	LUNCH	
	AWARDS CEREMONY	RTN DORCAS TUSUBIRA
2.30PM - 5.00PM	SIGHTS AND SOUNDS OF JINJA	DISCON TOURS TEAM
3.00PM - 4.30PM	ROTARACT AWARDS	MURCHISON ROOM (204)
5.30PM - 6.00PM	ARRIVAL OF DELEGATES AND GUESTS; NETWORKING AND PHOTO MOMENTS	
6.00PM - 6.30PM	ENTERTAINMENT BY	RTN SHEM NNAGENDA NSUBUGA
6.30PM - 8.00PM	DINNER	
7.30PM - 7.35PM	REMARKS BY THEME NIGHT CHAIR	
7.35PM - 7.40PM	DG REMARKS	DG ANNE NKUTU
	DRRE INSTALLATION AND ACCEPTANCE SPEECH	DRRE ABESAGI NAHABWE
	DRRN ANNOUNCEMENT & REMARKS	
8.25PM - 8.20PM	MUSICAL INTERLUDE	
8.30PM - 9.00PM	AWARDS	RTN DORCAS TUSUBIRA
9.00PM - MIDNIGHT	EVENING THEME: FUTURISTIC FUSION	MCs
	DRESS CODE: DENIM ELEGANCE	
	HOSTED BY: ROTARACT D9213	
	VENUE: MAIN MARQUEE	

FRIDAY 11TH APRIL 2025

AFTERNOON SESSION

TIME	ACTIVITY	RESPONSIBLE OFFICER(S)
1.00PM	GOLF TOURNAMENT: JINJA GOLF CLUB, SHOTGUN START	
2.30PM - 4.30PM	ROTARACT AWARDS	
	VENUE: MURCHISON (204)	
2.30PM - 4.00PM	SESSION 2A: ROTARY FELLOWSHIP FOR EMPOWERING WOMEN	
	VENUE: NILE ROOM (213)	
	SPEAKER(S) / PANELISTS: PATRICIA ITHAU	
2.30PM - 4.00PM	SESSION 2B: UGANDA BREWERIES LIMITED	
	TOPIC: BEVERAGE PROFITABILITY BLUEPRINT: BALANCING MARGINS & CUSTOMER VALUE	
	VENUE: KATONGA (207)	
	SPEAKER(S) / PANELISTS: ROY RONALD TUMWIZERE, NATIONAL ADVOCACY MANAGER	
4.00PM - 5.00PM	NETWORKING, LEAVE AT LEISURE	

DISCON 100 PROGRAMME *Continued...*

SATURDAY 12TH APRIL 2025		
TIME	ACTIVITY	RESPONSIBLE OFFICER(S)
6.30AM - 7.30AM	VIRTUAL HEALTH AND FITNESS: AEROBICS SESSION	COACH BOB
8.00AM - 9.20AM	ARRIVAL OF VIPS, DELEGATES AND PHOTO MOMENTS; CULTURAL ENTERTAINMENT	
8.30AM - 9.30AM	LEGISLATIVE ASSEMBLY	DES PHYLLIS KWESIGA
9.30AM - 9.40AM	CALL CONFERENCE TO ORDER	MCs
9.40AM - 10.00AM	INTERFAITH PRAYERS	
	BISHOP, BUSOGA DIOCESE - CHURCH OF UGANDA: PAUL MOSES SAMSON NAIMANHYE	RTN EDITH KAKUBA
10.00AM - 11.20AM	AWARDS	RTN DORCAS TUSUBIRA
11.20AM - 11.40AM	MY MAGICAL ROTARY YEAR	DG ANNE NKUTU
11.40AM - 12.00PM	RIDN SPEECH: OUR VISION FOR AFRICA	RIDN EMMANUEL KATONGOLE
12.00PM - 12.05PM	INTRODUCTION OF KEYNOTE SPEAKER	MCs
12.02PM - 12.25PM	THE SAM F. OWORI MEMORIAL LECTURE	RTN MARIA MUZAAKI
	KEYNOTE SPEAKER: JOHN HEWKO, GENERAL SECRETARY AND CEO, ROTARY INTERNATIONAL	
12.25PM - 12.30PM	VOTE OF THANKS	
12.30PM - 12.40PM	PROMOTION OF THE 101ST DISCON	RTN CHARLES ODAGA
12.40PM - 1.00PM	DGND ANNOUNCEMENT & ACCEPTANCE SPEECH	DG ANNE NKUTU
1.00PM - 1.20PM	SPEECH BY RIPRR: PDG DAVID OSEI AMANKWAH	PDG DAVID OSEI AMANKWAH
1.20PM - 2.30PM	LUNCH	
2.30PM - 5.00PM	SIGHTS AND SOUNDS OF JINJA	DISCON TOURS TEAM
5.30PM - 11.00PM	EVENING THEME: DISTRICT GOVERNOR'S BANQUET	MCs
	DRESS CODE: GLITZ AND GLAM	
	HOSTED BY: RC KAMPALA NAALYA	
	VENUE: MAIN MARQUEE	
5.30PM - 6.05PM	ARRIVAL OF DELEGATES AND GUESTS; NETWORKING AND PHOTO MOMENTS / ENTERTAINMENT	
6.00PM	ARRIVAL OF RIPRR: PDG DAVID OSEI AMANKWAH	
6.00PM - 6.05PM	PHOTO MOMENT WITH RIPRR, RC KAMPALA NAALYA	
6.05PM - 6.10PM	PRAYER	MCs
6.10PM - 6.15PM	WELCOME REMARKS	MCs
6.15PM - 6.20PM	RECOGNITION OF PROTOCOL	
6.20PM - 6.25PM	WELCOME REMARKS BY DG'S BANQUET CHAIR	RTN DENNIS JJUKO
6.25PM - 8.30PM	DINNER / ENTERTAINMENT / REMARKS BY DINNER SPONSOR	RC KAMPALA NAALYA
7.30PM - 8.30PM	DG ADDRESS	DG ANNE NKUTU
	DG SPECIAL AWARDS	
8.30PM - 9.10PM	INTRODUCTION OF DGE	DGE GEOFFREY KITAKULE
	INSTALLATION OF DGE - GEOFFREY KITAKULE	PDG DAVID OSEI AMANKWAH
	ADDRESS BY DGE / PHOTO MOMENT	
9.10PM - 9.20PM	CAKE CUTTING	
9.20PM - MIDNIGHT	ENTERTAINMENT	RTN SHEM NNAGENDA NSUBUGA

Rotary
District 9213



Rotaract
District 9213



INTRODUCING



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EXHIBITION



100THDISCON

DISTRICT CONFERENCE

ON THE NILE Over a Century of Rotary Service in Africa

**CIVIL SERVICE
COLLEGE JINJA** | **9 – 13
APRIL 2025**

FREE GROUND TRANSPORT

We are pleased to announce that all delegates staying in the officially designated hotels will enjoy complimentary ground transportation between their hotel and the conference venue.

This service is designed to ensure a smooth and convenient experience throughout the conference.

 **09th April
– 13th April 2025**

 **Jinja City
The Adventure Capital of East Africa**

Rtn James Mwere
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Please choose your preferred hotel and communicate with the Discon transport committee for arrangements



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UGANDA BREWERIES

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   **100THDISCON**

Dear 100th Discon delegates,

Please note that there will be no group transport from Kampala to Jinja for the 100th Discon.

- Ground transportation in Jinja is arranged for delegates staying at the designated hotels, covering venue-hotel and hotel-venue transfers.
- Group transport for free tours (NBL Factory, Kakira Sugar, Nalubaale Dam, and Kyabazinga Palace) will be provided on Wednesday, 9th April in the afternoon.

- Transport to Kiira Motors will be available on Thursday, 10th April.

Rtn James
*Tours & Transport Committee
100th District Conference*

Rotary
District 9213



Rotaract
District 9213



**CIVIL SERVICE
COLLEGE JINJA**

MEET OUR KEYNOTE SPEAKER

**10TH APRIL
THURSDAY 2025**



**Sheikh Abdul Aziz
bin Ali Al Nuaimi**

(The Green Sheikh)



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Fun Facts

Why do people call it 'piggyback' when pigs aren't involved?

Have you ever stopped to wonder why we say "piggyback," even though it doesn't actually involve any pigs?

I got curious about it the other day, and it turns out there's a pretty interesting story behind how that quirky term became part of our everyday language.

The term seems strange at first glance. Yet, we use it to describe carrying someone on our back. So, how did this odd phrase come to be?

The word "piggyback" did not start with "pig" at all. Its roots go back to the phrase "pick-a-back." This old expression meant to

carry something on one's back. Over time, language changed the sound of "pick" into "pig." People often misheard words and repeated them incorrectly.

In old English, the phrase "pick pack" or "pick aback" referred to lifting a person onto one's shoulders. The idea was to pick them up and carry them behind you. As accents shifted and evolved, words took on new shapes. "Pick-a-back" eventually became "pick-i-back" and then "piggyback."

It might seem silly, but such changes happen often in language. Words morph over time, influenced by dialects, accents, and common mispronunciations. No one planned this shift. It happened naturally as people spoke and passed phrases along to the next generation.

Another factor might have helped "piggyback" stick around. The image of a pig is quite memorable. Many cultures view pigs as sturdy, strong farm animals. Though they do not often carry people, pigs made for a lively mental picture. This could have made "piggyback" more fun to say and easier to remember.

Today, we rarely think about where the word came from. Most of us take its meaning at face value. We know it means giving someone a ride on our back. We do not question its odd reference to a barnyard animal. Yet, the story is there if you look deep enough.

In the end, "piggyback" is a perfect example of language evolving in quirky ways. What started as "pick-a-back" turned into something else through everyday speech. Now, we have a familiar term that rolls off the tongue. Though no pigs are involved, "piggyback" remains a charming relic of our language's playful side.

So next time you lift a friend or a child onto your shoulders, pause and remember this quirky journey. You are not imitating pigs at all. Instead, you are using a phrase passed down through centuries.

It reminds us that words do not always come from logic. Sometimes, they arise from happy accidents that stick around. In many cases, it is the small shifts in speech that enrich our language.

#OutToLunch

Francis Kamulegeya's school for the deaf model need be emulated

BY RTN. DENIS JJUUKO



One day, a youthful John met Joan and they kicked off a romantic relationship that was the envy of the community. They didn't care who was watching. If it meant feeding each other, they did. If walking while holding hands was their way of showing affection, they did regardless of living in a conservative community.

It wasn't many months later that Joan informed the love of her life that she was expecting. They were excited and looked forward to the birth of their child. Both John and Joan (not real names) informed their parents, relatives, friends and whoever cared to listen about the pregnancy.

“It is remarkable what Kamulegeya has done with the school using personal resources to provide a topnotch school for the deaf.”

Nine months run fast if you are happy about the pregnancy. Soon, the couple was running to the healthy facility so Joan could be delivered of the baby. The process was smooth and they were soon home to raise the baby. They did everything under the sun to provide for the baby. They were a happy family.

As the child continued to grow, they realized that there was something unusual. They visited a few relatives and doctors. They were soon to learn that their beloved son had lost his hearing ability. The happiness they had enjoyed turned into nightmares.

John started accusing Joan of possessing bad luck informing her that in his



family they don't give birth to deaf children. Joan counter argued that she too doesn't have any deaf people in her family. John started distancing himself from Joan and the child. He was heard telling friends that he wasn't the father of the child. He started spending nights away from home and eventually disappeared.

Joan, a young girl, saw this as a big burden and after few years decided that she could not raise the child alone. She too needed to live her life. She boarded the taxi to the village to meet John's widowed mother. She told the mother-in-law that since John had disappeared and she too needed to survive and find another man, she is leaving the son in her care.

John's mother was puzzled but understood Joan's predicament and promised to raise the child, like she had done with other grandchildren.

This isn't a unique case for John and Joan. It is, many times, the norm with parents abandoning children with special needs. If they don't abandon them with their aging grandparents, they drop them at orphanages. Some even kill them!

Similar stories were shared over the weekend when we gathered in the expansive well-manicured lawns of Masaka School for the Deaf as they celebrated their 20th anniversary. Nnaabagereka Sylvia Nagginda was the guest of honor.

The school is the result of the benevolence of my friend Francis Kamulegeya, a well-known former corporate executive who has since traded the designer footwear for gumboots to look after the venerable.

One day, Kamulegeya was in Masaka town and stopped by a hardware shop to buy materials to renovate his mother's house.

Somebody he couldn't recognize excitedly approached him. He thought he was the usual beggar and the hardware shop had unsuccessfully tried to send him away. He wanted to tell Kamulegeya something but he was only gesturing. Kamulegeya realized the man was deaf and the hardware shop attendants pointed to a bench across the street where this man worked as a cobbler.

He walked with him across to his work station in a bid to find an interpreter so he could understand what the man was telling him. They did find a lady who interpreted the message. The man was Moses Kirangwa (now deceased) who was Kamulegeya's childhood friend in Kimaanya village, a suburb in Masaka. Kamulegeya now recognized him.

They had not met in decades and talked about the lives they were living. Kirangwa told Kamulegeya that the only difference between them is that Kamulegeya had received formal education at the highest level. It struck a chord leading to the birth of Masaka School for the Deaf.

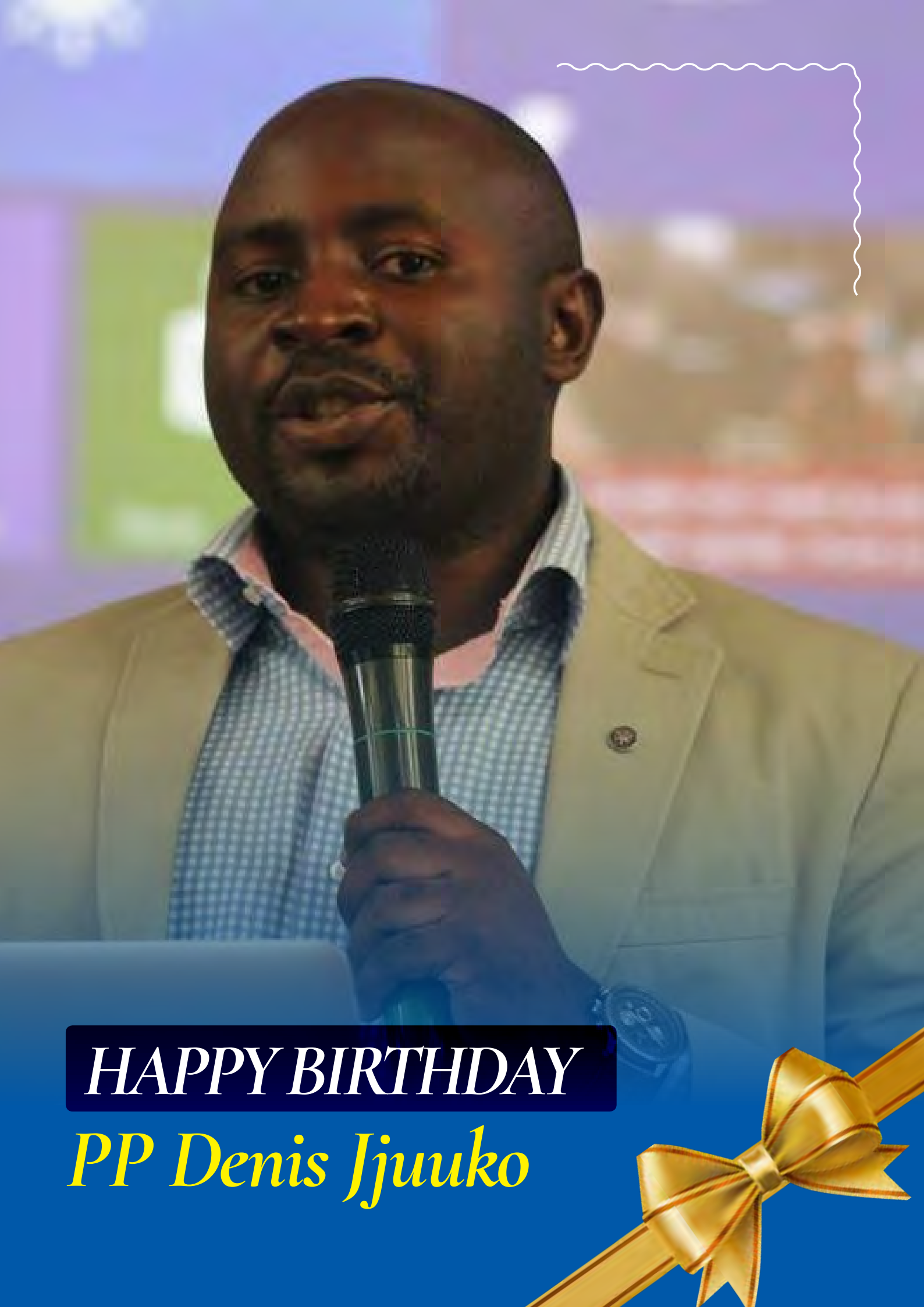
It is remarkable what Kamulegeya has done with

the school using personal resources to provide a topnotch school for the deaf. Thousands have passed through his hands and many were at hand to give testimony to how education has changed their lives.

The school located in Ndegeya on the outskirts of Masaka city has led to the birth of a much wider project with fish ponds and a coffee farm. Proceeds from the farm support the school, creating many jobs and changing the livelihoods of people in Ndegeya. He adds value to coffee and sells to companies to give away as corporate gifts.

Imagine if he was supported to create an out-grower model where the entire community supplies him coffee and increased his production capacity? The whole community would get better prices. Before that, you could sponsor some of the deaf children who have no parents or guardians. It costs only Shs1,080,000 in annual tuition fees.

*The writer is a communication and visibility consultant.
Email: djjuuko@gmail.com*



HAPPY BIRTHDAY

PP Denis Jjuuko





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Family Matters



BY PASTOR RONNIE MUTEBI

Jeremiah 1:5 (NIV):

Before I formed you in the womb I knew you, before you were born I set you apart.

EMBRACE INDIVIDUALITY

The world of authenticity dictates that all proof is embedded in our individual differences. Irrespective of whether they are twins, every child is created by God with a distinct purpose. No two children are the same, and no one is meant to be a copy of another even if they shared a womb.

As a parent, it is your responsibility to teach your child that they are an individual, uniquely designed by God to fulfill His purpose.

Most parents are taken by the comparison dilemma yet it's one of the greatest dangers to a child's sense of identity. When a child constantly hears, "Why aren't you like your brother?" or "Your sister did this better," they begin to feel like they are not enough. Even if one sibling sets a good example, it should never be used to make another feel less valuable. Instead

“

Parents must be careful not to impose their unfulfilled dreams on their children.”

of comparison, foster confidence in their uniqueness.

Parents must also be careful not to impose their unfulfilled dreams on their children. Your child is not meant to live out what

you failed at. They were not born to complete your story but to fulfill their own God-given purpose. They can become anything—but according to divine purpose, not human expectations.

Help you and your child discover who they are in Christ. Encourage their gifts, recognize their strengths, and remind them that they are fearfully and wonderfully made.

When a child understands their uniqueness, they will grow with confidence, secure in their calling, and free from the weight of comparison that has taken over social media spaces.

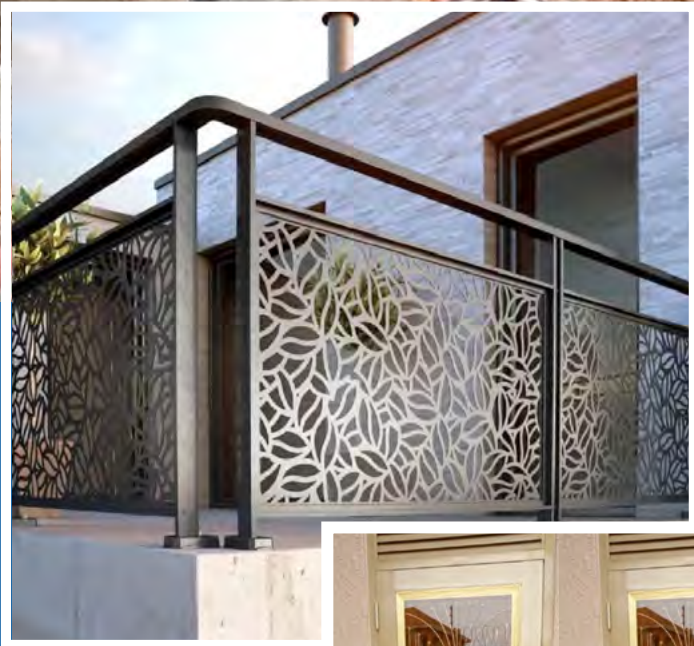
Take Home: When a child understands their uniqueness, they will grow with confidence, secure in their course, and free from the weight of comparison.

God was intentional on making each of us unique. It's important that you teach each child to embrace their individuality and uniqueness to their divine purpose. God has availed us the wisdom to nurture their gifts without comparison or pressure.

Always encourage them to walk in the identity God has given them, and to remain confident in who they are.



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Najjera- Buwaate Rd, Kira
+256 75 811 1409 +256 740 863 399
vipventuresltd@gmail.com

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● The Training happened on Saturday April 5, 2025 at Ndere Cultural Centre



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