

# Naalya Food Bulletin

23<sup>rd</sup> September, 2025

Rotary  
Kampala - Naalya



UNITE  
FOR  
GOOD

Issue 12 | RY 2025-26



**Rtn Helena Mayanja -**  
Head, Corporate Affairs &  
Sustainability at dfcu Bank

RC KAMPALA - NAALYA



SCAN TO LEARN MORE

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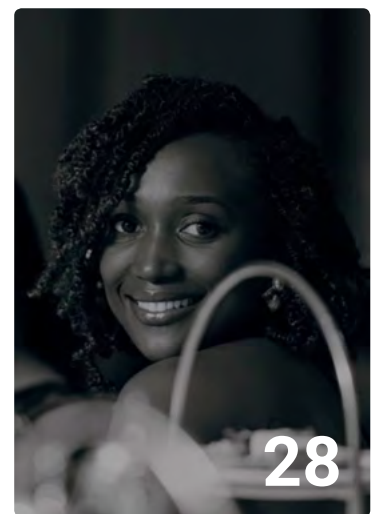
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# Editor's Note



Dear Rotarians and friends,

**T**he last school term of the academic year beckons, and with it, the renewed promise of education. This month, as Rotarians, our focus has been on literacy and education, a cornerstone of our mission to create lasting change. We know that a child who can use a pen is a child with a future, and a community with a school is a community with a path to prosperity. This isn't a solitary journey; it's a collective one, powered by the partnerships we forge with stakeholders across all sectors.

▶ **Rotary clubs are not just building schools; they're building futures. Take the incredible projects that are springing up to support young people across the country, where Rotary clubs such as ours are collaborating with local leaders, parents, and community members.**

These aren't just one-off donations. They are sustainable, community-owned initiatives. This model of partnership is a powerful testament to Rotary's commitment to not just giving, but to empowering.

For example, dfcu Bank, one of Uganda's leading banks, is partnering with Rotary to invest in the country's most important resource – people. At the end of August, different stakeholders from different sectors together with tens of thousands of Rotarians and friends, raised more than UGX3.5 billion to support the fight against Cancer.

These partnerships with different stakeholders are what amplify our impact. We're working hand-in-hand with governments, non-profits, and corporate partners to scale our efforts. When we join forces with Corporate bodies, public sector bodies and Civil Society Organisations, we can ensure our projects align with national goals and are integrated into the broader social services system. When we collaborate with corporate entities such as dfcu Bank, we can leverage their resources and expertise to provide things like counseling, financial literacy, technology and vocational training – equipping our young population with the skills they need to thrive in a competitive job market.

Take for example, the mental health project being implemented by the Rotary Club of Kampala Naalya at Banda, going beyond mere health and education to build a foundation for a strong and productive workforce of the country's future.

“

**Let's continue to build bridges, not just with bricks and mortar, but with trust, collaboration, and shared purpose.”**

That's lasting impact being felt at the grassroots. Together, we are creating a holistic and sustainable ecosystem of learning.

As we celebrate the impact of education this month, let's remember that our power lies

in our connections. Let's continue to build bridges, not just with bricks and mortar, but with trust, collaboration, and shared purpose. Let's look for new partners, new ideas, and new ways to empower the next generation of Ugandans.

▶ **Because a well-educated community is a thriving community, and that's a future worth building, together.**

**Rtn. Peter Nyanzi**  
**Bulletin Officer**

# Message from Rotary International President

BY FRANCESCO AREZZO  
PRESIDENT, ROTARY  
INTERNATIONAL

## PEACE THROUGH EDUCATION

**W**hen I stepped into the role of Rotary International President, the moment came swiftly and unexpectedly. It got me thinking how the world can change in an instant, and how Rotary has the power to be a steady force for good in that change. This month - Rotary's Basic Education and Literacy Month - we have a clear call to action: to strengthen the foundation of learning in every community we serve.

Millions of people worldwide remain unable to read. Millions of children lack access to basic education. And yet, we know the solution: sustainable, inclusive, and equitable education, especially for girls and marginalized youths. Literacy is more than the ability to read and write. It is the key to human dignity, economic mobility, and peace. Every book opened, every classroom supported, and every teacher trained becomes a building block of peace.

This year, our message is 'Unite for Good.' "Unite" speaks to the strength we find in each other. When



we unite our talents and resources — not only among our Clubs but across partners, organizations, and communities — we expand our reach. And when we do so consistently over time, we create lasting change. Rotary service cannot be measured only in annual goals.

Our work in education must extend beyond a single year. Literacy projects take time to take root, grow, and bear fruit. Now is the time to think boldly and creatively. New types of clubs can help us engage educators, students, and advocates in new ways.

Let us use this month to welcome new members with

a passion for education and empower existing ones to lead service projects that reflect local needs. Whether you're building libraries, distributing textbooks, or mentoring students, your actions matter. Education is also peacebuilding. Every scholarship we provide, every early childhood program we support, every adult literacy class we fund is an act of peace. And Rotary has been building peace in this way for more than a century. Let us not forget that the fight for literacy is not only about access, it's about equity. It is about ensuring that every learner, regardless of background,

has the opportunity to reach their full potential. And it is about standing together — across borders, languages, and generations — to say that education is a right, not a privilege.

**▶ Let's Unite for Good by committing to literacy that lasts. Let's dream of a world where every child learns to read. And then, as people of action, let's work together to make that dream a reality.**

Together, we can change lives, starting with the power of education.

**TOGETHER, WE UNITE FOR GOOD!**

# Message from D9213 Governor, Geoffrey Martin Kitakule

BY DG GEOFFREY KITAKULE

## JOURNEY TO FULL ACCESS TO BASIC EDUCATION, LITERACY STILL LONG

Education is the cornerstone of development, a pathway through which individuals and communities rise above poverty and create sustainable futures.

In Uganda, significant progress has been made in expanding access to education, especially through initiatives such as Universal Primary Education (UPE).

Yet, challenges remain, making it clear that our continued support for basic education and literacy is both urgent and necessary. Statistics remind us of the task before us; 36% of Ugandans are still illiterate.

While enrollment rates are high, many children do not complete primary school. Some leave early due to poverty, child labor, lack of access to proper menstrual hygiene or early marriage. Others attend school but struggle with poor learning outcomes—too often sitting in overcrowded or no classrooms at all; lacking textbooks, pencils, exercise books or being taught by overstretched teachers. According to recent reports, literacy and numeracy levels among Ugandan learners remain below the desired standards, threatening the nation's aspirations for growth and progress.

Rotarians in Uganda have witnessed these realities firsthand. Across our communities, we meet children eager to learn but held back



by limited resources. We encounter adults who long to read, write, and count but have never been given the chance.

Literacy is more than the ability to decode or read words on a page—it is the ability to access opportunities, participate in civic life, and support families with dignity. Without it, cycles of poverty, unemployment, and inequality persist. This inequality is worsened when one talks about digital literacy in a world that is becoming so digital. A survey presented at the “Building the Future of Fair and Inclusive Digital Work in Uganda,” workshop in 2024, highlighted Uganda’s low ICT literacy and skills, showing that a lack of knowledge or digital skills prevents 75% of Ugandans from accessing the internet. An illiterate population is not an empowered population. This is why Rotary continues to place basic education and literacy at the heart of our service.

Ugandan Rotary clubs have built classrooms, equipped schools with books and learning materials, provided scholarships to vulnerable children, and organized adult literacy programs. These initiatives change lives: a book in a child’s hands sparks imagination; a girl who stays in school delays early marriage; an adult who learns to read opens new opportunities for work and self-reliance.

▶ **Yet, our work must go further. We need to champion teacher training, strengthen partnerships with Government and Civil Society, and explore innovative solutions like digital learning to bridge the ‘digital divide.’ We must ensure that education is inclusive - reaching the rural child, the girl child, the refugee, and the adult learner alike.**

As Rotarians, we are uniquely positioned to make a lasting difference. Through our networks, resources, and commitment to service, we can help build a Uganda where every child can read with understanding and every adult can write their own future. Supporting basic education and literacy is not charity; it is an investment in peace, progress, and prosperity for our nation. Let us therefore renew our commitment to this vital cause.

TOGETHER, ‘UNITED FOR GOOD,’ WE CAN LIGHT THE LAMP OF KNOWLEDGE IN EVERY CORNER OF UGANDA, ENSURING THAT NO CHILD OR ADULT IS LEFT BEHIND.

#ROTARYEYAMBA

# President's Message

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



Dear Family and Guests,

Welcome to another exciting Rotary Week of Action! I am truly grateful for the support that each of you brings to our Club.

Last week, we had the pleasure of hosting PAG Sophie, who delivered a captivating talk on opportunities for Rotarians within the Basic Education and Literacy focus area. Your active participation made the fellowship enjoyable and meaningful. A special gratitude to the Katogo Buddy Group, led by Buddy Chef Dr. Theo, for organizing a well-coordinated and warm fellowship.

As we approach the end of the first quarter of this Rotary year 2025-2026, I

want to remind everyone of the upcoming important dates. Our Board Meeting is scheduled for Friday, 26<sup>th</sup> September 2025, followed by the Club Assembly on Tuesday, 30<sup>th</sup> September 2025. I kindly urge all

the board and members to plan ahead and prioritize attendance at these respective meetings. Your insights and contributions are vital as we steer our Club towards greater impact. Additionally, please remember to contribute generously to the Rotary Foundation and ensure that your Rotary and club dues are paid.

Looking forward, we have two meaningful outreach events planned for next month. On 11<sup>th</sup> October 2025, we will be at Acholi Quarters, and on 31<sup>st</sup> October, we will visit St. Mbagu School.

These outreach efforts are an excellent opportunity to make a tangible difference in our community. I encourage everyone to support these initiatives wholeheartedly and to plan to participate in person.

This Tuesday, we will host a special fellowship centered around a timely and important topic: the influence of Artificial Intelligence on parenting, basic education, and literacy.

**This is a chance for us to explore how emerging technologies do impact our core focus areas and how we can adapt our efforts accordingly. I urge everyone to mobilize widely and ensure a strong turnout for this engaging discussion.**

Wishing you all a productive and impactful Rotary Week of Action and Service. Let us continue to serve with passion, purpose, and unity.

YOURS IN SERVICE  
ABOVE SELF.

“This Tuesday, we will host a special fellowship centered around a timely and important topic: the influence of Artificial Intelligence on parenting, basic education, and literacy.”



## TEAM TALK

## Senior Rotarians must pass torch of goodwill to next generation

BY AG FRANCIS LUBUULWA

Rotary's story has always been a story of friendship and goodwill passed from one generation to another. Paul Harris and his friends built Rotary not only by serving together but by drawing others into their circle of trust and fellowship. For Rotary clubs in Uganda today, this principle remains true. Goodwill is not just something we practice; it is something we transmit. Our long-serving members are the carriers of this goodwill, ensuring that new Rotarians are welcomed, nurtured, and retained. This article reflects on how senior Rotarians can pass on goodwill to strengthen clubs for years to come.

### Why Passing on Goodwill Matters:

Uganda has many young clubs still developing their culture. Without the intentional guidance of seasoned members, new Rotarians may feel lost, disconnected, or unsure of their place. When experienced members actively carry goodwill to new ones, clubs become warmer, more inclusive, and more resilient. It is not projects or awards that sustain membership, but the sense of belonging that comes when goodwill is lived and shared.

### Practical Ways Senior Rotarians Can Carry Goodwill Forward:

**1. Mentorship:** Pair every new member with a seasoned Rotarian. A mentor can guide them on Rotary practices, help them navigate club dynamics, and provide encouragement when they feel uncertain. For example, a mentor can check in after meetings to answer questions or accompany them to a project visit.

**2. Storytelling:** Share Rotary journeys openly in club meetings. Senior members can take a few minutes to

narrate how they joined, what kept them going, and the friendships they have built. This allows new members to imagine their own Rotary future.



It is not projects or awards that sustain membership, but the sense of belonging that comes when goodwill is lived and shared."

in the club.

**3. Inclusion:** Invite new members to join project committees, fellowships, or even small group outings. An invitation to serve alongside older members builds confidence and gives them a sense of ownership

**4. Celebration:** Recognize small milestones of new Rotarians. Celebrate when they chair a committee



meeting for the first time, make a first donation to The Rotary Foundation, or lead a club project. These recognitions, even if informal, communicate that their contributions matter.

**5. Availability:** Make goodwill visible through openness.

Senior members can intentionally sit with new members, walk up to greet them warmly, or call them when they miss a meeting. These small acts of availability send a powerful message of welcome.

**6. Role Modeling:**

Demonstrate Rotary values consistently. When new members see older Rotarians handling conflict gracefully, volunteering cheerfully, or showing up for fellow

members in times of need, they learn that goodwill is a lived tradition.

**Attraction and Retention Through Goodwill:**

A club where goodwill flows between long-serving and new members becomes

magnetic.

Visitors sense the warmth and want to join. New Rotarians stay because they see Rotary, not just as an organization, but as a family they belong to. Retention improves, and attraction becomes natural because goodwill is the best form of marketing a club can have.

“

Let us recommit to being intentional carriers of goodwill so that our clubs will remain strong, welcoming, and impactful for decades to come.”

**A Call to Action:**

To our senior Rotarians: your greatest legacy may not

be the number of projects completed, or positions held, but the people you nurtured. Goodwill is the inheritance you pass on to the next generation. Each handshake, each smile, each word of encouragement plants the seed of belonging. Let us recommit to being intentional carriers of goodwill so that our clubs will remain strong, welcoming, and impactful for decades to come.

▶ **As Paul Harris once reflected, “friendship was the foundation rock on which Rotary was built, and tolerance is the element which holds it together.” Let us therefore pass on that friendship generously, ensuring Rotary in Uganda continues to thrive on the goodwill of its members.**

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



# Service, Purpose, Impact: *Why dfcu Bank is partnering with Rotary*



BY HELENA MAYANJA

There are moments in life when you pause and realise that you're part of something bigger than yourself. For me, one such moment came on Saturday, 30<sup>th</sup> August, when dfcu Bank opened its headquarters to history; the launch of Uganda's first corporate Rotary Club, the Rotary Club of Kampala Blue Hearts. On paper, it was a ceremony. In reality, it was a shift, a reminder that businesses can, and should, be more than financial institutions.

## Why Rotary, Why Now?

At first glance, it may sound unusual: a bank teaming up

with Rotary. But when you dig deeper, the fit is almost seamless. Rotary has always stood for 'Service Above Self.' At dfcu Bank, our purpose is clear: Transforming lives and businesses in Uganda. Together, these values converge into a shared conviction - that true progress cannot be measured only in terms of profits or percentages. It must also be reflected in healthier communities, educated children, thriving small enterprises, and empowered families.

▶ This conviction is why we pledged UGX1 billion to Rotary's health initiatives over the next three years. Not as charity, but as an investment into Uganda's most valuable resource – its people.

## Beyond Balance Sheets

I often ask myself; what does it really mean for a business to succeed? In today's world of sustainability principles, success cannot be confined to numbers on a balance sheet. It must include the footprints we leave in communities; the opportunities we create; the dignity we help restore.

The mobile medical camps we're funding are not just events; they are lifelines.

“  
The mobile medical camps we're funding are not just events; they are lifelines.”

Imagine a mother in a rural area who gets screened for cervical cancer early enough to save her life. Or a father learning he has diabetes before it silently claims his health. Or a child whose eyesight is corrected, opening the door to better learning. That's impact. That's

transformation. And for me personally, this journey carries another dimension - raising awareness about sickle cell anemia. It is a condition that too often remains in the shadows yet affects countless Ugandans. That is why dfcu Bank, together with Rotary, will ensure that sickle cell

screening and education are a central focus of our medical camps, which will take place twice a year across the country. It's because awareness can save lives, and knowledge can restore hope.

### Walking the Talk

What excites me most is that the Rotary Club of Kampala Blue Hearts is already making a difference. From the solar installation in Luwero that brightened a school in 2023, to the medical camps already touching lives, the results are visible, tangible, and deeply human.

We are proving that when corporates take the Rotary Way, we create ripples that extend far beyond quarterly reports into the lives of real people.

“

Because at the end of the day, it is not the size of our profits that will define us, but the size of our impact.”

### A Call to Others

This is not just about dfcu Bank. It's about reimagining what corporate leadership looks like in Uganda.

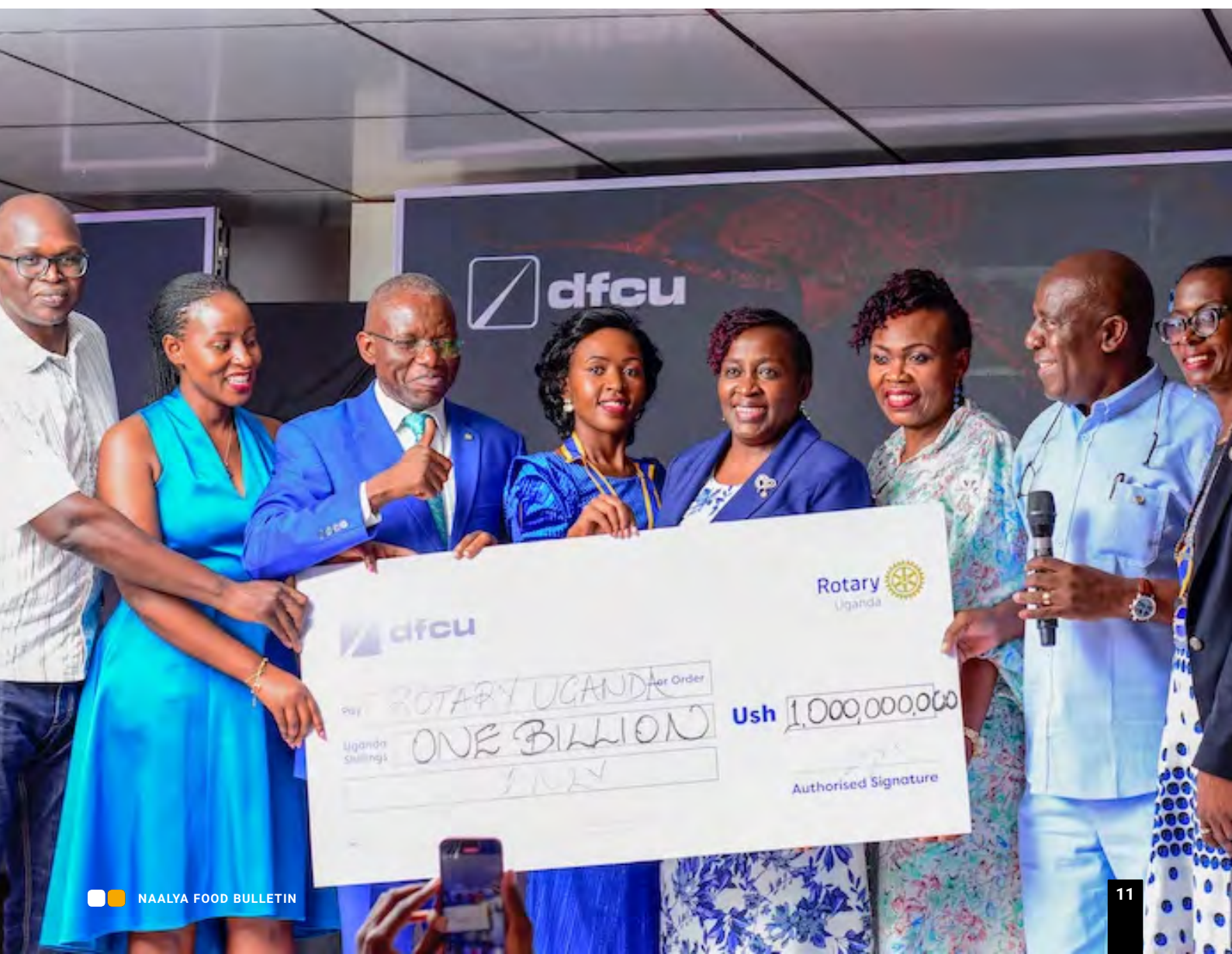
We cannot

afford to see ourselves only as banks, telecoms, manufacturers, or NGOs. We must see ourselves as citizens first - citizens with the privilege and responsibility to serve.

▶ **To my fellow corporates, let us go the Rotary Way. Let's lead with service, build with purpose, and measure our success not just by what we keep, but by what we give.**

Because at the end of the day, it is not the size of our profits that will define us, but the size of our impact. Together, let's build a healthier, more prosperous Uganda.

*Helena Mayanja is the Head, Corporate Affairs & Sustainability at dfcu Bank. This article was first written for CEO Magazine.*





#Impact

# dfcu Bank's Rotary Club of Kampala Blue Hearts makes history

BY PETER NYANZI

**F**or the very first time in Rotary's history in Uganda, a new Rotary Club has been formed with membership comprising an individual company's employees.

Traditionally, Rotary Clubs are composed of a diverse membership, including public, private sector and NGO employees and business people.

However, that is now in the past as dfcu Bank has entered the annals of history by launching the first corporate Rotary club in Uganda, dubbed the Rotary Club of Kampala Blue Hearts.

Speaking at the Charter ceremony held at the bank's Head Offices in Nakasero,

officials said the Club is part of a wider partnership with Rotary in Uganda, which would involve the investment of UGX1 billion over the next three years.

**Past District Governor Xavier Ssentamu, who inducted the bank's employees into their new club, emphasized the importance of serving humanity with integrity.**



Uganda got its first Rotary Club in 1957 and currently boasts of about 280 clubs and over 8,000 members. Over the years, Rotary has collaborated and partnered with different stakeholders to implement impactful projects across the country.

However, the sponsorship

package made by dfcu Bank is the largest single endowments ever made to Rotary by a local entity in Uganda, specifically directed towards supporting Rotary's medical camp initiatives across the country.

Charles M. Mudiwa, the CEO of dfcu Bank, rightly described the event as a "historic day" as they celebrated two achievements. "First, we launched the very first corporate Rotary Club in Uganda called the dfcu Rotary Club of Blue Hearts. Second, we have formalised our partnership with Rotary Uganda through a commitment of UGX 1 billion over the next three years," he said.

Mudiwa, who stated that he became a banker because of Rotary, added that the sponsorship package is also dedicated to serving

communities through health camps aimed at bringing essential healthcare closer to Ugandans who need it most.

"This partnership isn't just about doing good for today, it's about making an impact, creating change, and shaping a better future for our country. Rotary gives us a platform to make that difference," he said.

▶ **Rotarian Shem Nnaggenda, the Club advisor for the Rotary Club of Kampala Blue Hearts, described the club as "special milestone" in Rotary's existence in Uganda.**

"This club is special, as it is the first institution-based Rotary club to be established in Uganda, a true milestone for the Rotary movement in our country. I feel privileged to

have been entrusted with this responsibility to guide and support its growth," he said. He expressed appreciation to dfcu Bank for recognizing the immense value of Rotary's work and found it worthwhile to engage directly with Rotary Uganda.

dfcu Bank is well known for its passion and commitment to transforming communities across Uganda. This initiative aligns perfectly with the Rotary vision of transforming lives and uplifting communities through service guided by its seven areas of focus, which include; provide clean Water, Sanitation, and Hygiene, Save Mothers and Children, Support Local Economies, protect the Environment, Support Education, and Fight Diseases.

From next month, the Rotary Club of Kampala Naalya will start implementing a landmark mental health initiative dubbed, the "Mental-Health Support for Adolescents in Ghetto Communities (MSAG)" - a two-year project in collaboration with Butabika National Referral Mental Hospital and the Uganda Network of Young People Living with HIV/AIDS (UNYPA).

▶ **It targets adolescents aged 12-17 years in Acholi Quarters, Nakawa Division, in Kampala, to improve mental well-being and educational outcomes. The project will also seek to empower teachers, health workers, parents, and local leaders.**



# Cancer Run 2025 Team hands over to 2026 Chair

**T**he organisers of the Cancer Run 2025 on September 20 held a Close Out Event at which they handed over the baton to the new team to organize Cancer Run 2026.

The RC Kla Naalya was represented by Rtn Enid Kabunga, who was the M & E Officer for CR25; PDG Anne Nkutu who is a Board member of the Uganda Cancer Run Programme, and PP Sylvia Nankya.

▶ **The team put together a record-breaking 2025 Cancer Run event held on August 31, 2025, at Kololo Independence Grounds, with other events taking place in other towns across the country as well.**

The Cancer Run is spearheaded by Centenary Bank and Parliament of Uganda and has continued to

gather more support over the last ten years.

This year's theme was 'Running For A Cause' and the primary goal was to raise funds to construct bunkers for radiation machines at the Dan Samia cancer treatment center at Nsambya Hospital.

The 2025 event set at least three records.

A record 60,000 runners took part – the highest number to date. Together, Rotary raised a record UGX 3.57 billion.

During the closeout event, PAG Meddie Lutaaya, the Chair of CR 2026, reaffirmed his team's commitment to set a new record by raising UGX5 Billion and pledged to bring on board more partners and runners.

Cancer is a leading cause of death worldwide, accounting for nearly 10 million deaths



in 2020, or nearly one in six deaths. The World Health Organization projects that, by 2035, the world could see 24 million new cancer cases and 14.5 million cancer-related deaths a year.

▶ **Over 2,100 people die every year in Uganda due to Cancer and lack of equipment for treatment in Uganda still poses a huge challenge to citizens.**



# BANDA MENTAL HEALTH CAMP TO TRANSFORM 500 GHETTO YOUTH



BY RTN. BRIAN MAYANJA

Come October 11, 2025, the ghetto community of Banda 1 Village, Acholi Quarters in Nakawa Division, will be the epicenter of hope and healing as the Rotary Club of Kampala Naalya, in partnership with

the Rotary Club of Bukoto, Rotary Club of Carlsbad Hi-Noon, Butabika National Referral Mental Health Hospital, and other partners, host a groundbreaking Rotary Integrated Mental Health Outreach Camp.

Themed, “Unite for Mental Health and Wellness,” this initiative coincides with the global commemoration of World Mental Health Day, amplifying a message the world urgently needs to hear: mental health is everyone’s business, and communities are strongest when they act together.

**A Crisis We Can No Longer Ignore**

▶ Globally, one in seven adolescents (aged 10–19) suffers from a mental health disorder, making it a leading cause of disability in young people.

In Uganda, where over 57% of the population is below 15 years, the challenge is immense. Studies show that 21% of adolescents struggle with depression and 26.6% with anxiety, with girls disproportionately affected.

In the ghettos of Banda 1, poverty, violence, and abuse amplify these risks. Left unaddressed, mental health challenges erode education, productivity, and health



outcomes - robbing young people of their futures and communities of their strength.

This camp is not a response of pity. It is a declaration of resilience, a practical intervention to restore dignity, and a commitment to ensure that even in the most vulnerable corners of Kampala, mental health care is accessible, inclusive, and lifesaving.

### What the Outreach Offers

This is not just a camp; it is a lifeline of integrated services delivered to the heart of the community. Major activities include:

- Mental Health Awareness, Counselling & Referrals. With Butabika Hospital's expertise, residents will receive education, counselling, and referral support.
- General Health Screening & Treatment – addressing common illnesses with screenings and essential medicines.
- Family Planning Services – providing education and short-term solutions to empower families.
- HIV Testing & Counselling – promoting safe practices, HIV

prevention, and awareness.

- Dental Health Services – free check-ups, treatments, and oral hygiene education, supported by Mulago School of Dentistry.
- Legal Aid Clinic – local lawyers offering free legal advice and consultation to community members.

### Tangible Impact

By the close of the camp, at least 500 adolescents and community members will have been directly reached with mental health and other essential health services.



### Key outcomes include:

- 500 people sensitized through awareness sessions, dialogues, and IEC materials.
- The official launch of a Mental Health Pilot Project in Banda 1, Acholi Quarters.
- Adolescents and families empowered with access to integrated health, mental health, and family health services.
- Mentorship and counselling support, plus referrals to sustainable

mental health services.

This outreach is not a one-off; rather, it is the first brick in a foundation of long-term psychosocial support, ensuring that young people in Banda can dream, thrive, and lead healthier lives.

### Join Us: Your Role in the Movement

This is a call to Rotary Clubs, Corporate Partners, health Institutions, NGOs, faith leaders, and individuals of goodwill to come out and support this initiative. Your partnership, sponsorship, or service is the fuel that will drive this mission to success.

You can:

- Donate to cover critical costs of health services and logistics.
- Volunteer your professional expertise in health, counselling, legal aid, or mobilization.
- Partner with Rotary to strengthen and expand this pilot project across more communities.
- Advocate—spread the word, break the stigma, and unite voices for mental health.

### Final Word

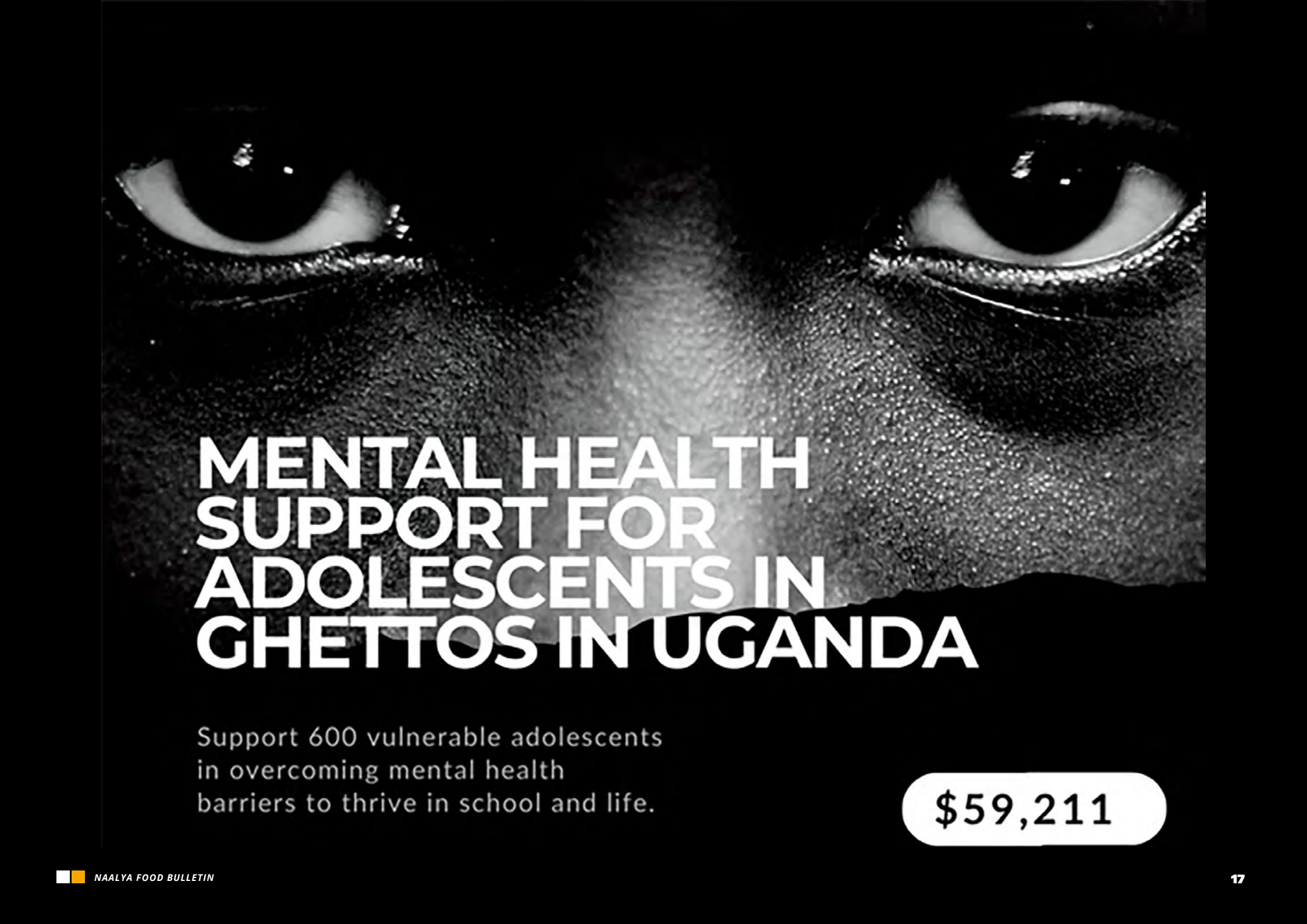
Mental health is not a privilege; it is a right.

▶ **The Rotary Club of Kampala Naalya, alongside its partners, has set the stage. The question remains—will you step forward and stand with us?**

Unite for Mental Health and Wellness. Together, we can. Together, we must.

***Rtn Brian Mayanja is the Projects Director at the Rotary Club of Kampala Naalya***





# MENTAL HEALTH SUPPORT FOR ADOLESCENTS IN GHETTOS IN UGANDA

Support 600 vulnerable adolescents  
in overcoming mental health  
barriers to thrive in school and life.

**\$59,211**

# Youth can make a positive impact

**ROTARACTOR PIUS MARK KISUZE IS THE PRESIDENT OF THE ROTARACT CLUB OF KAMPALA NAALYA. HE SPOKE TO PETER NYANZI ABOUT HIS ROTARY JOURNEY.**

**Q: How did your journey in Rotary begin?**

I was invited by a friend to attend a Rotaract fellowship at Ndere Center. This was after university and it was nice to interact and socialize with like-minded people, at a time when I was looking for a community of people to socialize with. That is how I picked up the love for service.

**Q: What were your first impressions after becoming a Rotaractor?**

What really got me interested was seeing young people like me interacting freely with some very important people in society. Also, the impact and contribution of Rotary to society was so



evident to me that I just wanted to be part of it.

**Q: How did you end up as member of the Rotaract Club of Kampala-Naalya?**

I had many friends already part of the Club so I felt it was easy for me to join. I was a resident of Naalya so I just felt at home.

**Q: What was the process of becoming the Club President like?**

It started as a rumor then I was nominated. It was one of those moments your instincts tell you "yes you can do it," but you know you have never really been in search a position of responsibility. So, from the time I was nominated as President-Elect, it has been an interesting journey of learning. I was lucky to attend the RYLA camp at Kaazi before my installation, I was given moments that I could reflect on as my guide.

**Q: How has serving as the Club President impacted your perspective about leadership?**

For the three months that I have been President of the Rotaract Club of Kampala Naalya, I have learnt that as a leader, it's your duty to explore the unknown, discover new truths and trust in your instincts. The questioning or criticism from others are just pointers to what to perfect or what loopholes to



cover. People appreciate and will always follow someone who is showing them where to go. Growth is usually appreciated afterwards.

**Q: Briefly, what would you point at as the key highlights of your Club's involvement in the communities it has served in recent years?**

Without a doubt, it is our Suubi Mu Kalamu project Kalerwe edition. It was amazing to see how Club members put ideas together and came up with a sustainable solution to solve the drainage problem at Kalerwe Primary School. There's no more flooded classrooms for the pupils. Much as we changed those kids' lives, there was a return impact within the club. The project was the kick-starter for one of our club member's career in architecture. Samuel Ssemanda, a club member who was still pursuing his diploma at the time, was able to manage the execution of the entire project from the start to finish. The confidence and experience he gained from the project, has pushed him to embark on even bigger construction projects.

**Q: What has struck you most about the actual impact of your Club's intervention in the community projects that you've got involved in?**

That we, the youth, can actually make positive impact in our communities but that can only happen by uniting as young people who feel for our country.

**Q: What goal has the Club set to achieve during your tenure?**

To at least win a District Award for the most impactful community project.

**Q: When you get an opportunity to speak to young people about becoming a Rotaractor, what do you normally tell them?**

Be intentional on why you are joining Rotaract.

**Q: How would you describe the current relationship between the Rotaract Club and the Rotary Club of Kampala Naalya?**

I would describe it as a relationship between father and son. From the moment we the Rotaractors decided to get another venue, our mother club members still visit us, careful not to over pamper us but to always extend their support to us when we ask. We always have a joint fun fellowship at the end of the month. It's always amazing to see the seniors having fun with the juniors.

**Q: In what ways could the relationship be made even better, in your view?**

In my view, Rotaractors like any other youth in this country, need guidance and mentorship on how to navigate life and career challenges. So, I would suggest putting in place measures on how to identify already willing mentors among the Rotarians and already motivated mentees. This can be done with the help of our respective club presidents since these know the members personally.

**Q: As a person who is now fairly familiar with how Rotary operates, what suggestions can you give in regard to how Rotaract Clubs in the District can be supported to become more effective?**

As I stated earlier, Rotaractors generally need to be empowered and the Clubs need to be strengthened because of their value.

**Q: Personally, where do you see yourself in Rotary in the decades ahead?**

I SEE MYSELF TRANSITIONING FROM ROTARACT INTO ROTARY, PREFERABLY JOINING THE ROTARY CLUB OF KAMPALA NAALYA, AND HOPEFULLY LATER BECOMING THE CLUB PRESIDENT. WHY NOT?





## ELDER'S EYE

# Rotarians should inspire the next generation

BY RTN GODFREY  
OKELLO-OMODING

**W**e're all inspired by others, be it in professional life, spiritual life and even in ordinary life. We wish to be like someone or you studied a certain profession because someone inspired you. Overtime, you remained focused, which may have helped you to success. Also, it might be a case of admiration, which, with a focused mind, generates the driving force to propel us to great heights.

Children need inspiration in different spheres of their lives, right from the family and community levels. In all communities, there are persons who inspire, and even being looked upon as models. What makes a difference is what kind of models. There are 'village heroes' or 'heroines' whose heroism is not necessarily desirable, such as alcoholics or polygamists. In some communities, heroism is measured in terms of the number of liters of alcohol the fellow can drink or the number of the children he has, regardless of their quality of life.

Even the pupils hardly get someone to talk to them and inspire them. Their main source of inspiration is limited to their teachers. May be once in a while a local councilor or a chief may visit the school particularly on the school open day or speech day. Yet, the same local councilor was at one

time accused of marrying off the underaged girl who supposed to be in school. What kind of inspiration will he give to the children?

In pursuit of education generally, inspiration is very vital. Inspiration can swing things for better. It can instil resilience and determination, and restore lost hope. There are families where attainment of basic education

and literacy are part of

life. Children from such families just fit in while for some of their counter parts it's not obvious. The most affected are children from the "poor" families and "absent" fathers. The children from these backgrounds need to be inspired more – to be given hope in their daily struggle. Their obstacles to attain basic education are many, right from the environment where they live and study.

The challenge today for pupils and students from "poor families" and "absentee" parents is where to draw genuine inspiration from. They need a "replacement" to look to for encouragement. Rotarians, as part of your intervention in basic education and literacy, let there be an element of inspiration.

**Go to communities you support to inspire the children including parents and community members.**

**“  
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You may need to move away a bit from “development tourism” as Robert Chambers describes it in his book. Do you ever stop and say; hold on, let us go back just a year after the intervention and see the change?

There were times when community members used to take the responsibility over their children seriously. Every child belonged to the community. The community members would feel proud when one of their children excelled. It was a collective sense of success, and shared joy. Today, this has diminished and narrowed down to individual families. Could this explain the high dropout rates particularly at primary level? The community structure that was

embedded with inspiration got eroded. Instead, it was replaced by a “naked” society, where relatives are involved in perpetrating early marriages, for instance. Where shall salvation come from?

Rotarians, as you think about



same environment. Basic education and literacy as instruments of change ought to be localized for meaningful gain - reaching out to the members of the community in totality. This may build an environment of inspiration.

“

The community members would feel proud when one of their children excelled. It was a collective sense of success, and shared joy.”

interventions in basic education and literacy, have the inspiration component at the back of your mind. It may be important to consider extending interventions to include adult learning and literacy

in some communities. It doesn't make sense to assume that when you target individual children there will be continuity and transformation in the communities. Remember this child is returning to the

‘United for Good’ will sound sweet when we continuously remember to remove the yoke of illiteracy and eradicate the use of thumb prints because people can't read and write. Before we get deeper into artificial intelligence (AI), let's remember that in our midst, are people for whom basic education and literacy is a distant dream.

► **Indeed, this month of September has reminded us to blow the trumpet louder, summon our energies and be people of action who inspire our communities in totality.**





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#OutToLunch

# Ugandans won't undertake big projects until they see them

BY RTN. DENIS JJUUKO



A few years ago, I used to frequent Addis Ababa, the Ethiopian capital, to attend meetings at the African Union headquarters. If you kept away for a few months, you would return to a city that you wouldn't recognize. A new flyover would exist within a few months. You would see people laying down railway lines and find these huge buses providing public transport.

Addis Ababa in the mid-2000s was a construction site that was turning slums into hotels of a certain status and other infrastructure projects. They seemed

to deliver their projects without much delays.

“...like roads and railway lines in Addis Ababa, the hydroelectricity dam, which cost US\$5 billion to build, was completed in just 14 years.”

One thing I also noticed about Ethiopians is that they claimed to have the best of everything. A cab driver or a university professor would quickly tell you that they had the biggest market in Africa – the Merkato, the equivalent of our Owino. They claimed they had the largest number of cows, biggest airline, largest number of producers of leather products and coffee, biggest army and even the most beautiful women on the continent.

Although some of these claims may be true and others could be debatable, Ethiopians have come to believe that they have to do

the biggest things. And they go ahead and do them. Just the other day, Ethiopian Airlines launched perhaps the biggest hotel in Africa. Ethiopian Skylight Hotel in Addis Ababa boasts of 1,024 modern rooms.

▶ **That is perhaps why they decided to utilize River Nile a little bit more, rather than building a mere 100 Megawatts dam. They went for 5,150MW.**

The Grand Ethiopian Renaissance Dam (GERD) that was launched a few weeks ago, is true to Ethiopian style - billed as one of the largest infrastructure projects on the continent. And like roads and railway lines in Addis Ababa, the hydroelectricity dam, which cost US\$5 billion to build, was completed in just 14 years.

Of course, it faced challenges such as protests



from Egypt over the use of River Nile - like they usually do whenever anyone else wants to use the Nile waters - funding, technical skills, and even bloody wars. But the project never got derailed.

Compare it to the Grand Inga Dam in the Democratic Republic of Congo, perhaps the world's wealthiest country, and you will understand what I am talking about. Or just look at some of the countries where it takes a year or more to build a single kilometer of a dual carriage road and without interchanges and bridges.



To build the GERD, Ethiopia got most of the funding from local contributions in form of donations, and selling bonds locally and to Ethiopians in the diaspora among other sources. They got very little foreign debt to achieve the project that will ensure affordable electricity access to many people in Ethiopia while exporting some to neighboring countries thereby getting much

more foreign revenue. Ethiopia is not some country in America, Europe or Asia. It is actually considered part of East Africa and a mere two hours away by air from Entebbe. They face similar challenges like us – civil wars, famine, drought and diseases, among others.

Like Uganda, they are landlocked and depend a lot on agriculture. In fact, we have just toppled them as the largest coffee exporter on the continent.

They still produce more coffee though, only that they consume a lot of it domestically. Since we are so similar and ideally neighbors,

what do they have in their DNA that we don't?

How can they run an airline with a fleet of more than 150 aircraft while we struggle with about six including leased ones? How can they build flyovers in Addis in weeks while we take decades to complete ours? Or build small hydroelectricity dams with defaults while they complete mega ones on schedule?

There is a need for our technocrats to dream big and be intentional about building a culture that leads us to achieve big projects and on time. We can have as many patriotism lectures as we wish but if people are driving over potholes every day and have them normalized as a way of life, we won't achieve ambitious targets like GERD. We will end up with a population that doubts itself.

**Business people will not dream of creating mega factories or big businesses. Their ambitions will remain importing a few containers from China, driving a used Landcruiser, building a one-storied house in a slum or a few rentals.**

An ordinary Ethiopian seeing his country launching GERD or the largest hotel on the continent will dream of setting up something as big.

*The writer is a communication and visibility consultant.  
Email: [djuuko@gmail.com](mailto:djuuko@gmail.com)*

# Last week's fellowship



#Inspiration

# FAMILY MATTERS



BY PASTOR RONNIE MUTEBI

## IT BEGINS AT HOME

**PROVERBS 22:6 (KJV):** "TRAIN UP A CHILD IN THE WAY HE SHOULD GO: AND WHEN HE IS OLD, HE WILL NOT DEPART FROM IT."

This seems like a very simple yet complex statement in our days. We live in a time where some parents have handed over their

God-given role to raise their children to househelps, teachers, and even the internet all in the disguise of how our busy schedules dictate our course.

**The truth is that no one should replace the daily influence of a parent or guardian over a child, not even a close relative. Children are our responsibility.**



If you have been absent as a parent, it's time to stop outsourcing what God called you to do and be to your children.

You are the voice of reason in your home. That means

“

If you have been absent as a parent, it's time to stop outsourcing what God called you to do and be to your children.”

God expects you to be the first voice of truth your child hears, the first example of prayer and moral decency they see, and the first teacher of life beliefs in their life. The place of worship should not be your child's only place of spiritual instruction—it

should be a place that builds on what you are

already doing at home as the first spiritual guide.

When you fail to take this role seriously, the world will take your place. The media will teach your child what to believe, and the internet will shape their values and way of life.

Set aside some time with your children, pray with them, or talk about what God means to you. Be present. Be intentional. Don't wait for someone else to do what God has asked of you.

**Take Home:** God expects you to be the first voice of truth and reason that your child hears, the first example of life values they see, and the first teacher in their way of life.

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# Tell others how you feel

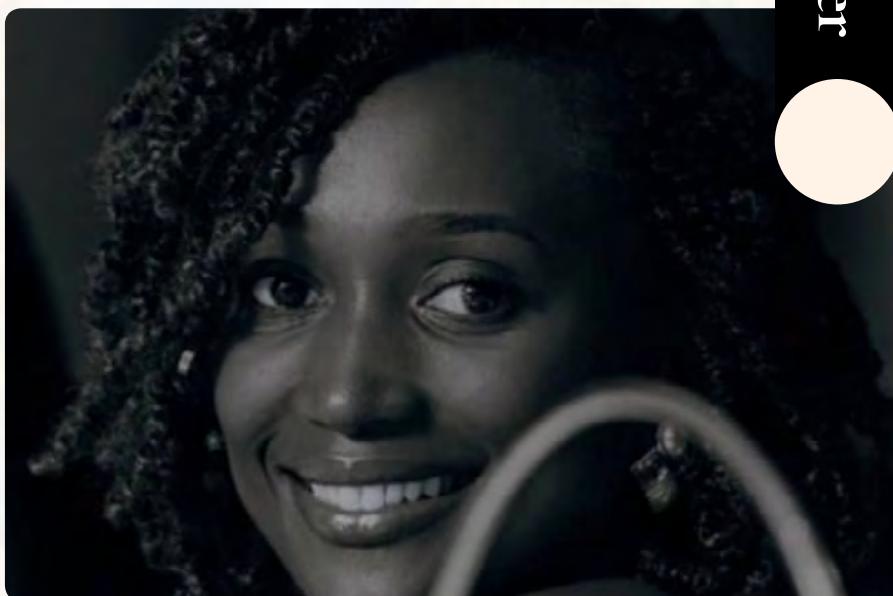
BY PAMELA KAWADDWA

**Amid the chaos, the buzz  
and beep, where words  
collide and secrets creep,  
There's a tiny whisper,  
soft and sly, Winking at  
you with a knowing eye.**

Shhhhss..... settle  
down with me.  
Shut the doors to the  
racket and roar,  
Turn down the volume,  
and let peace explore.  
Breathe in the quiet,  
let tension slide,  
Dance with the hush  
that lives inside.

Psst....hey you!.. Yes you!  
Shut the world, if you dare!  
Let your inner self, a  
cheeky flame, lead you  
home without a name.  
In stillness, giggles  
bubble and grow,  
A garden blooms where  
thoughts can flow.

Shush-shush-shush,  
close the door,  
Noise is knocking?  
Tell it "no more!"



Take a big breath, puff out the strife,  
Tiptoe, twirl—this is your life!...

Trust the rhythm under your ribs, the  
gentle nudges, the little jibs.  
For in the hush, the magic is told— A  
playful story, bright and bold....

Listen you!..Busy!.. Shushhhhh..... Listen to your inner self!

Till again,

*Phwyy*

# 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.

**Rotary**  
Kampala-Naalya



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## **Bravado**

**Y**ou see, the word 'bravado' has a family history worthy of a dramatic, over-the-top opera, complete with capes, duels, and a whole lot of dramatic gesturing.

It all starts in Italy, with a character named bravo. Now, in Old Italian, a bravo wasn't just someone who was courageous. It was more like, 'wild,' 'savage,' or a 'braggart.' Picture a guy at the pub, a little too loud, a little too confident, telling everyone who will listen about the two bears he wrestled last week (when in reality, he just shooed a stray cat off his porch). This guy is a bravo.

Then, this flamboyant word got a passport and traveled to Spain and France. In Spanish, it became bravada, and in French, bravade. These words carried the same sense of a showy, often false, display of courage. It's like when you're a kid, and you've just been denied an apple, but you strut around the house

with your arms crossed and an exaggerated scowl on your face, trying to shout 'child abuse!' That's pure bravado.

**Eventually, this wonderfully theatrical word arrived in English around the late 1500s. And we, being the practical lot we are, just kind of mashed the Spanish and French versions together, added a flourish of our own, and out popped 'bravado.'**

So, when you see someone puffing out their chest and

acting like they're about to fight a dragon, remember the word's origins. It's not just about being brave; it's about the performance of bravery. It's the linguistic equivalent of a 'foot soldier' pointing a finger in the face of an SFC guy, not because he's a tough guy, but because he's a showman who knows a good picture on X is worth a thousand words. The true courage might be somewhere else, but the swaggering, blustering, and chest-thumping? That's the beautiful, theatrical gift of bravado.



## **Joke**

An old man calls up his son abroad and says, "Listen, your mother and I are getting divorced. Forty-five years of misery is enough."

"Dad, what are you talking about?" the son screams.

"We can't stand the sight of each other any longer," he says. "I'm sick of her face, and I'm sick of talking about this, so call your sister in Chicago and tell her." Then he hangs up.

Worried, the son calls up his sister.

She replies; "Like hell they're getting divorced?" and calls her father immediately. "You're not getting divorced! Don't do another thing, the two of us are flying home tomorrow to talk about this. Until then, don't call a lawyer, don't file a paper, DO YOU HEAR ME?" and she hangs up.

***The old man turns to his wife and says "Okay, they're coming for Christmas and paying their own airmiles."***



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