

Naalya Food Bulletin

2nd December, 2025

Rotary  | **UNITE
FOR
GOOD**
Kampala - Naalya

Issue 22 | RY 2025-26



RC Kampala Naalya gets new PHFs

RC KAMPALA - NAALYA



SCAN TO LEARN MORE

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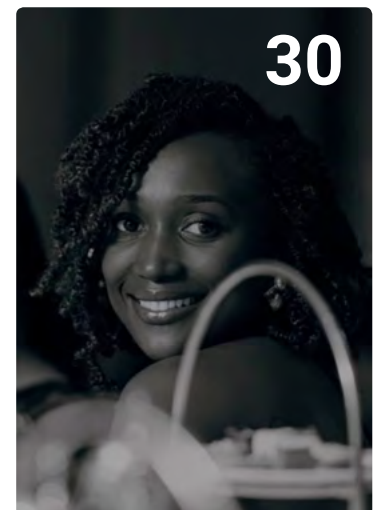
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Chef's Note

Dear Reader,

December has arrived with its familiar rhythm of reflection and celebration, bringing us to a meaningful intersection in the Rotary calendar. As we close out the calendar year and the first half of the Rotary Year, we're thankful for the momentum we've built, the successful projects, the inspiring fellowship, and the surge in giving.

In Uganda, where access to quality healthcare remains one of our most pressing challenges, December's theme resonates with particular urgency.

Health is the foundation upon which dignity and progress are built. When a mother receives timely screening, when a child is protected through vaccination, when a family gains knowledge about nutrition and hygiene, these aren't abstract ideals. They're tangible expressions of Rotary's mission in action.

This December, I urge every club to consider one final health-focused initiative before the year closes. Whether it's a village sanitation drive, a blood donation camp, a distribution of mosquito nets, or health education sessions in schools, let us make wellness our collective gift to our communities.

Prevention, after all, is far more powerful than response. The simple acts—promoting handwashing, supporting immunization programs, empowering people with health knowledge—remain our most effective tools against disease. Something truly uplifting is happening across our clubs: a revival of the spirit of giving. Over the past months, we've witnessed renewed enthusiasm for The Rotary Foundation (TRF), increased individual contributions, and a revitalized culture of intentional generosity. This momentum could not have come at a better time.

Last week, we were honoured to welcome PDG Mike Ssebalu who pinned our newest Paul Harris Fellows. Your recognition represents far more than a pin and certificate; it's a testament to your conviction, your sacrifice, and your unwavering belief in Rotary's mission. Your contribution of \$1,000 to TRF translates directly into community transformation.

You embody Service Above Self and inspire others to step forward. As we complete the first six months of our Rotary year and move the final half, every act of giving, whether financial, professional, or through hands-on service, moves us closer to fulfilling our goals. This is our moment

to sustain momentum, strengthen fellowship, and drive our objectives toward completion.

We have overcome challenges, restored bonds, and expanded our influence within our communities. The foundations we're strengthening now, in community health and in our Foundation's vitality, will fuel our service for years to come.

Let December serve as a bridge. A month to reflect on our fruitful beginning, celebrate our achievements, and recharge for the transformative work ahead. May this season renew our motivation to serve and remind us why we joined Rotary and why we continue to stay. The spirit of giving, now rekindled with such warmth, is not an event but a lifestyle, rooted in empathy, service, and shared humanity. If we sustain this energy, unity, and generosity through the next six months, there is no reason why we cannot create lasting change.

Together, let us welcome December as a season of health, hope, and renewed commitment to Creating Hope in the World.

Rtn. Peter Nyanzi
Bulletin Officer

TO HEALTH AND Happiness

RI President's Message - Rtn. Francesco Arezzo

DECEMBER 2025

This month is all about happiness, that most elemental of human yearnings. More than a feeling, though, this state of positive well-being, and the conditions necessary to create and sustain it, should be considered a universal right.

December marks Rotary's Disease Prevention and Treatment Month, when we highlight our members' work to promote health and wellness, including mental wellness. Globally, nearly 1 in 7 people have a mental health disorder, according to a recent World Health Organization report. Yet only 9 percent of people with depression receive adequate treatment.

We are fortunate in Rotary to have a powerful way to support emotional well-being and happiness: friendship. The connections we build in Rotary can be a powerful force for change. I know this from personal experience.

When my fellow members first proposed that I become club president, I demurred. I had a stutter. I was terrified of speaking. But having club



members who supported me and surrounded me with affection enabled me to face my fear, and I found a way to stand confidently before a crowd.

Today, I regularly address audiences — some numbering in the thousands — in a language that is not native to me. The Rotary members in my life helped me create lasting change within myself.

That fellowship gives us the courage and means to create lasting change in the world as well, and mental health services are in desperate need of improvement. The WHO reports that governments on average devote only 2 percent of their health

budgets to mental health, and only 11 percent of that funding reaches community-based services. In some countries, only one trained mental health professional is available for every 100,000 people. The WHO has called for strategic and urgent action to close the gap.

Rotary can answer that call by championing mental health awareness in our clubs, working with local health systems, funding training for community health workers, and supporting initiatives that bring care to places where none exists. Even small investments in mental health yield enormous returns in productivity, public health, and happiness.

While we are creating lasting change in the world, we cannot forget to take care of each other. Past RI President Gordon McInally wisely reminds us that we must go beyond asking, "How are you?" We owe it to each other to instead ask, "How are you really?"

As we transition to a new year filled with new possibilities, let us Unite for Good — for healing, friendship, and access to happiness.



**WEEKLY
SCHEDULE**

MON 1ST - SUN 7TH
DEC 2025

DISTRICT GOVERNOR
**GEOFFREY MARTIN
KITAKULE**

DEC WEEK XXIV

- 01** >> **Rotary International Convention - On to Taipei Launch**
6:00pm - Speke Resort Munyonyo
- 02** >> **MOU Signing Session with C-Care Uganda**
8:00am - C-Care Uganda Gardens
PHF Pining and New Member Induction - RC Kyadondo
6:00pm - Uganda Golf Club
- 03** >> **DG's Address - Information on the Upcoming Redistricting**
7:00am - Virtual
DG's Official Visit to RC Kirinya Bukasa
7:00pm - Urban Nest
- 05** >> **Governors' Annual Luncheon | RC Upper Kololo**
1:00pm - Roza Dymz
Cheza N'Afrigo Fundraiser | RC Kampala Ssesse
5:00pm - Kati Kati Restaurant
DG's Official Visit to RC Kulambiro
7:00pm - Bio Viands
- 06** >> **The Rotary Family Malaria Carnival**
11:00am - Las Vegas Hotel, Bunga

President's Message

RTN CHARLES OWEKMENO
Unite For Good President
2025-2026



Dear Rotarians, Rotaractors
and Guests,

Happy December 2025!

I want to extend my heartfelt gratitude for your generous contributions to the Rotary Foundation during November. Thanks to your support, we have made significant progress toward our Foundation's goals.

Congratulations once again to the four individuals who were recognized and pinned last Tuesday by PDG Mike Ssebalu. We sincerely appreciate

your outstanding contributions and dedication to the Foundation.

“I kindly remind those who have not yet cleared their dues to do so early in December.”

I also want to thank the Katogo Buddy Group for successfully leading us through November, even amidst the challenge of lacking a designated leader. We are excited to welcome the Kikomando Buddy Group as they take the helm for December 2025.

We have a series of exciting programs planned for this month, including:

- Club Assembly on 2nd December
- Christmas Carols

on 13th December

- Home Hospitality and Gifting on 14th December
- Joint Tuesday Clubs Christmas Fellowship on 16th December
- Visit to Missionaries of the Poor on 20th December

I encourage everyone to participate and enjoy these wonderful events.

Finally, I kindly remind those who have not yet cleared their dues to do so early in December to avoid being removed from the membership before the month ends.

Wishing you a joyful and impactful month of Rotary actions!

YOURS IN SERVICE,



TEAM TALK

The Heart of Rotary (Part #1) Rediscovering Why We Serve

BY AG FRANCIS LUBUULWA

December carries a certain softness with it. For some, the year slows down, families draw closer, and communities all across Uganda and the globe prepare for a season of togetherness. It is a time when hearts open a little more, and when generosity stops being an obligation and feels more like a calling.

It is in this spirit that we begin our December Rotary series, reflecting on what lies at the heart of our work: service. Not the kind measured in funds raised, kilometers traveled, or projects completed, but the kind that changes people on the inside.

The kind that changes us. In Rotary, we spend much of the year planning, executing, managing teams, raising money, and dealing with the complexity of moving parts. But December invites us to pause and ask deeper questions such as:

Why wake up early to visit a school in rural Northern Uganda?

Why schedule meetings, write proposals, or stand in the sun at a project site?
Why remain committed even when attendance drops, funds tighten, or motivation runs low?

The answer is not found in

reports or scorecards. It is found in moments: small, powerful moments that remind us what service means. Let us think about:

- The smile of a child who now sees possibility.
- A mother who feels safe giving birth in a clean health center.
- A family who drinks clean water for the first time.

“

It is a time when hearts open a little more, and when generosity stops being an obligation and feels more like a calling.”

- A disabled student receiving a wheelchair they never imagined possible.
- A community feeling seen and valued, not forgotten.

These are the **gifts of service**, given freely, yet returning to us tenfold.



Unlike ordinary community work, our founders purposed Rotary service to be built on something deeper:

- 1. Service that restores dignity:** Rotary serves in ways that remind people of their worth and humanity.
- 2. Service that connects strangers:** A Rotarian from Kampala can change the life of someone in Kiryandongo, and both are transformed.
- 3. Service that**

outlives us: Boreholes, classrooms, trees, and health centres carry our legacy beyond our time.

4. Service that inspires others to give: Generosity has a ripple effect. One act creates another.



By the time December arrives, most Rotarians are tired. There have been projects to run, meetings to attend, and competing pressures in work and family life. It is easy to forget the **heart** behind all the activity. This is the

time to slow down and rediscover the joy of service:

- The joy of giving without expecting anything back.
- The joy of belonging to something bigger than ourselves.
- The joy of fellowship and shared purpose.
- The joy of knowing that somewhere, someone's life is better because we serve.

This is the season to remember that service is not just what we do. Service is who we are as Rotarians. As Christmas approaches, let us enter the season with renewed hearts:

- Let kindness guide your words.
- Let generosity shape your actions.
- Let compassion lead your decisions.

- Let Rotary values guide your interactions at home, work, and in the community.

“

Speak positively about your club, district and Rotary World over. Challenges should be solved internally, not advertised externally.”

Service is the greatest gift we give, and the one gift that grows every time it is shared. Rotary does not exist because the world is perfect. Rotary exists because the world is human.

And humanity, especially now, needs people who are willing to serve without fanfare, without ego, and without conditions.

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





NEW PHF MEMBERS GET PINS: PDG Mike Ssebalu re-ignites Naalya's spirit of giving

BY EDITORIAL DESK

In the spirit of Rotary, giving is not merely an act; it is a journey. A journey defined not by a final destination, but by the consistent, purposeful steps we take along the way. This powerful theme was brought to life on the evening of November 25, as the Rotary Club of Naalya welcomed Past District Governor Mike Ssebalu, a Major Donor Level 2 and passionate advocate for The Rotary Foundation (TRF). With his trademark warmth and candour, PDG Ssebalu did more than speak about philanthropy; he ignited a

collective spark, reminding every member of the profound impact and inherent joy found in sustainable giving.

PDG Ssebalu began by opening his own ledger, transforming abstract concepts into a relatable personal mission. "I am a Major Donor Level 2," he shared.

"That means I have given US\$35,000 so far... and right now I am at US\$32,000 towards Level 3."

“

Speak positively about your club, district and Rotary World over. Challenges should be solved internally, not advertised externally.”

Giving is a journey, not a destination.” This refreshing honesty set a tone of shared purpose, assuring members that the goal was not to judge contributions, but to inspire each individual to take their next step.

He passionately encouraged members to embrace structured giving pathways like the Paul Harris

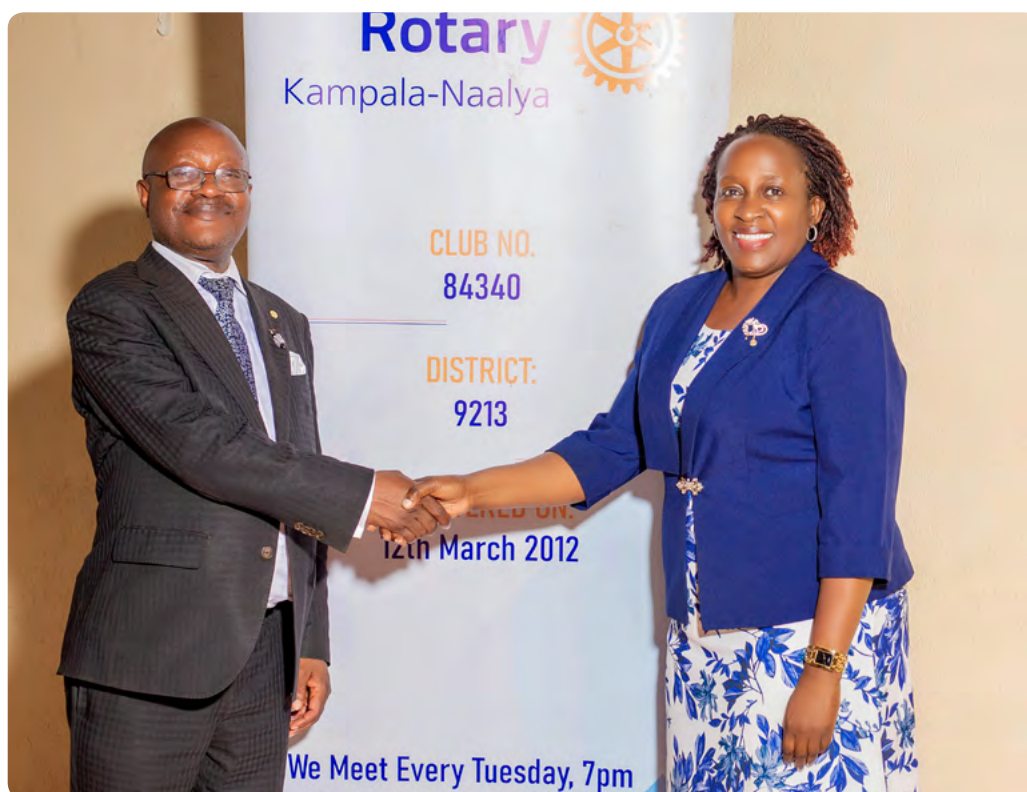
Society, where a planned annual commitment of US\$1,000 builds powerful momentum. “Don’t wait for the day when all your problems are solved and money is overflowing,” he advised in his characteristic grin.

“That day never comes, even for the richest people I know. Instead, plan for giving the same way you plan for dues. Make it automatic. Make it joyful.”

Every gift matters

A cornerstone of PDG Mike’s message was the radical inclusivity of The Rotary Foundation. “There is nothing too small and nothing too big,” he stated.

“One lady gave US\$10 million, which was



taken instantly. Another gives US\$10, which is also taken instantly.” He underscored that the heart behind the gift far outweighs the figure on the cheque, urging members to, “Give what you can afford. Be natural. Don’t compete with the person next to you. Compete only with the version of yourself that has never given.”

And it’s not just for the sake of it as he made the compelling return on investment abundantly clear. He shared that as a district and a country, Uganda invests approximately US\$1 million annually into TRF, yet draws down over US\$5 million each year for transformative projects. “Tell me another investment,” he challenged the room, “where you put in one dollar and get five back to change lives.”

These funds, channeled through global grants, work across Rotary’s Seven Areas of Focus, ranging from

maternal health and disease prevention to water, sanitation, education, and peacebuilding.

In a defining moment of gentle encouragement, PDG Ssebalu invited those who had never contributed to the Foundation to raise their hands. As a few hands went up, the room responded not with judgment, but with supportive applause. “It’s not a crime,” he affirmed. “It is simply the starting line.”

This set the stage for an electric display of commitment. He called for a special gift “in honour of my visit,” and the response was immediate and heartfelt. Hands shot up as pledges via cash, mobile money, and cheques came in from every corner of the room. From Charter President Francis Lakor’s pledge of US\$100 monthly, the contributions poured in. By the time the tally was complete, the club had raised more than \$1,000 in half an hour, a testament to the power of inspired leadership.

PDG Mike’s closing reflections connected giving to a deeper, almost spiritual principle. “When giving becomes a habit, it stops feeling like work and starts feeling like fun,” he

shared, noting he had already fulfilled his own Paul Harris Society commitment for the year. “Every time you give,” he concluded, “someone you will never meet smiles because of you. Someone prays for you without knowing your name. Debts you had forgotten are suddenly paid. That is the quiet mathematics of generosity.”

As the meeting concluded with pinning ceremony of new PHF members, it was evident that the Rotary Club of Naalya had been profoundly moved. PDG Mike Ssebalu left us with more than just a raised giving profile; he reaffirmed that ‘Doing Good in the World’ begins with one committed heart, one planned gift, one joyful step at a time.

The challenge now is ours. May we choose to keep this fire of generosity burning brightly, ensuring our journey of giving continues to transform lives, not only in our communities but also across the globe.



PDG Mike Ssebalu pins RC Kampala Naalya's new PHFs



HOW ROTARY CAME HOME

PDG Tusu explains how Ubuntu is shaping a New Era of Service in Africa



BY RTN SYLVIA NANKYA

At the Rotary Foundation Dinner in Kampala, the soft hum of conversation faded the moment Past District Governor Tusu rose to speak. Newly appointed as a Trustee of The Rotary Foundation, he carried with him not just a title, but a perspective that seemed to anchor every Rotarian in the room: Rotary's future, he said, lies in recognising that its values were never foreign to Africa. In fact, they were born here.

"Rotary didn't come to Africa," he told the audience. "It came home." It was a bold statement, delivered with the calm certainty of someone who has lived long enough to see ideals evolve, cultures shift, and communities rediscover themselves. But as he expanded on

the thought, the room understood exactly what he meant.

Ubuntu, the African philosophy that **"I am because you are"**, was the lens through which Tusu framed Rotary's purpose. Long before Rotary clubs dotted the continent, long before service projects and global grants, African societies were bound by shared responsibility and collective belonging. Communities rose and fell together, guided by the belief that humanity is interconnected.

"Across our tribes, languages and geographies, we are one continental culture," Tusu said. "Rotary mirrors what Africa has always been: a family bound by care, unity, and mutual uplift."

In that moment, Rotary's motto of **Service Above Self** didn't feel imported or adopted; it felt instinctive, something that had always existed in the African bloodstream.

The world today, he noted, is more unstable than ever before. Conflicts are

flaring across continents, inequalities are deepening, and communities are losing trust in each other. To this, he added, Rotary must not merely observe these crises, but intervene.

World understanding, goodwill, and peace, the three Rotarian pillars, aren't abstract ideals. They are tools. And Africa, he argued, is uniquely positioned to wield them.

Ubuntu teaches empathy. Rotary applies it. Ubuntu teaches unity. Rotary organises it. Ubuntu teaches responsibility. Rotary operationalises it. The synergy, he said, is Africa's gift and Africa's moment.



Tusu spoke passionately about the transformation he has witnessed in Rotaract Clubs: clubs that once relied on Rotary for support are now outpacing some Rotary clubs in project impact and Foundation giving. He framed this as more than progress; it is cultural continuity. Youth leading from the front, elders learning in return. "Reverse mentoring," he called it, where the wisdom of age meets the clarity of fresh vision. It is, again, Ubuntu. Community teaching itself. Each member carries the other.

As the evening wore on, Tusu's reflections took on a quiet, almost poetic rhythm. Rotary, he said, is not just a service organisation. It is a way of life, one that

asks members to bring action, accountability, and compassion into their personal lives, businesses, and communities. And for Africa, he believes this way of life is not new. It is rediscovered. "We have forgotten who we are for too long," he said softly. "Rotary came to remind us."

Tusu closed with a conviction that felt both hopeful and urgent: if Africans fuse Rotary's ideals with the cultural heartbeat of Ubuntu, they can reshape the continent's future, and influence the world's.

A reminder that Africans were Rotarians in spirit long before Rotary formally arrived. A reminder

that compassion is not charity here, it is culture. And a reminder that Africa's greatest contribution to Rotary may not be money or membership, but the moral clarity of Ubuntu itself.

As guests rose to applaud, one felt that Tusu had not simply addressed Rotarians. He had re-rooted them, grounding their modern mission in the ancient wisdom of a continent that has always known how to care.

The writer is the TRF Director of the Rotary Club of Kampala-Naalya





TRE 2025 DINNER







Thank you!

A special thank you to all Rotarians, Rotaractors, and Friends of Rotary for attending the Dinner and supporting The Rotary Foundation.

Your giving impacts communities.
We are humbled and grateful, Thank you!

District Rotary Foundation Team

#UniteForGood
#RotaryEyamba #Give&Impact

<https://rotaryd9213.org> 
Rotary District 9213     

WHEN ART BECOMES ACTION:

Rotary and Giving Tuesday Unite for Menstrual Justice

In the heart of Kampala on November 25th, something extraordinary happened. Art became activism, silence became conversation, and a partnership was born that promises to keep thousands of Ugandan girls in school.

The Dwona Initiative offices hosted the Periods Are Power exhibition and fundraiser—an event that marked the official launch of a groundbreaking collaboration between Rotary Uganda Districts 9213 and 9214 and Giving Tuesday Uganda. IPDG Anne Nkutu, represented DG Geoffrey Kitakule and duly signed the MoU on Rotary's behalf.

What began as an art exhibition transformed into a movement addressing one of education's most overlooked barriers: menstrual poverty.

The exhibition featured bold artworks where red, historically whispered about and hidden, took centre stage as testimony, truth, and power. Artists didn't shy away from difficult conversations. Instead, they painted them in vivid colour, creating visual narratives that challenged decades of stigma surrounding menstruation.

"In these paintings, red is no longer hidden," one of the organisers reflected. "Red becomes testimony, red becomes truth, red



PDG Anne Nkutu (3R) represented DG Geoffrey Kitakule to sign the MoU on behalf of Rotary.

becomes power—and this is how we heal what society tried to silence."

The creative approach worked. Artists, advocates, women athletes, and community leaders gathered shoulder-to-shoulder, proving that when art opens the conversation, hearts follow. Attendees didn't just admire paintings; they engaged with the harsh reality behind them: girls missing school simply because they cannot afford menstrual products.

More Than a Signing Ceremony

The MoU signed that evening represented far more than ceremonial paperwork. It was, as one of the participants emphasised, "a commitment to Dignity, Health, and Education."

Writing on X, District Governor

Geoffrey M. Kitakule captured the essence perfectly: "The more we give, the more we impact communities."

This philosophy aligns seamlessly with Rotary's core mission of service above self, while Giving Tuesday's model of inspiring generosity provides the framework for sustainable, community-driven change.

“What began as an art exhibition transformed into a movement addressing one of education's most overlooked barriers: menstrual poverty.”

The partnership leverages Rotary's established networks and organisational capacity alongside Giving Tuesday's ability to catalyse grassroots generosity. Together, they're transforming generosity from occasional charity into a national movement, mobilising

Ugandans to support local causes and uplift communities.

The Reality Behind the Art

Behind the beautiful artwork lies a stark injustice. In Uganda, one in four girls misses school each month due to lack of menstrual products. This isn't merely inconvenient; it's a systematic denial of opportunity that perpetuates cycles of poverty and inequality.

"Menstrual poverty limits futures, and doing nothing is also violence," advocates rightly assert. When economic barriers transform a natural biological process into an educational obstacle, we all participate in gender-based violence through our inaction.

The 'Periods Are Power' initiative confronts this injustice with practical solutions rooted in community solidarity. Funds raised through art sales, donations, and pledges will directly supply reusable pads and hygiene kits to schools in underserved districts, ensuring girls attend classes without fear or distraction.

A Movement Already in Motion

The response exceeded expectations. Social media exploded with gratitude and solidarity under #PeriodsArePower and #GivingTuesdayUganda.

"To everyone who showed

up," organisers posted, "your generosity will keep a girl in school, protect her dignity and remind her that her body is powerful."

The impact is already visible. Conversations have started where silence once reigned. Perceptions are shifting as communities recognise menstruation not as taboo but as normal. Most importantly, girls are seeing themselves reflected in positions of power: in the artwork, in the advocacy, and in the community support rallying around their dignity.

One observer captured it perfectly: "It's powerful seeing people from all walks of life stand shoulder-to-shoulder for menstrual dignity. When a community shows up like that, change becomes real."

The Path Forward

This partnership sets a precedent for collaborative giving and local leadership in Uganda. It demonstrates what happens when organisations align around shared values of service, generosity, and community empowerment.

For Rotary clubs across Districts 9213 and 9214, the call is clear: mobilise members, raise awareness, and support initiatives that sustainably improve lives. Whether through pad drives, menstrual health education sessions, or partnerships with

local innovators producing low-cost reusable products, every club can contribute.

Contrary to what many people traditionally think, menstrual justice isn't a women's issue. It's a community issue that shapes education outcomes, economic potential, and human dignity.

As one partner eloquently stated, "When communities unite around generosity, real change becomes possible." The future is collaborative, and in Uganda, that future is being written one act of generosity at a time.

Every contribution writes hope into a girl's future. This is how menstrual justice takes root. This is how change begins - with art, with partnership, and with we, the Rotarians, leading the way.

The ripple effects are already palpable, as conversations ignite on social media under #PeriodsArePower and #GivingTuesdayUganda. Posts flood timelines with gratitude: "Your generosity will keep a girl in school, protect her dignity, and remind her that her body is powerful," wrote Pillar Mbabazi, capturing the crowd's electric solidarity. Another hailed the community turnout: "It's powerful seeing people from all walks of life stand shoulder-to-shoulder for menstrual dignity.

When a community shows up like that, change becomes real." Mercy K's evocative shares—"Give a girl dignity, and she'll create her own sunshine"—underscore the poetic urgency, while Carol Primah's visuals of empowered youth declare, "Empowering women starts with empowering girls.

Together, we can break the cycle of period poverty." These digital echoes, amassing hundreds of engagements, reveal a swelling national movement, where hashtags bridge urban elites and village storytellers.



TO ME ROTARY IS Everything

PDG EMMANUEL KATONGOLE'S UNTOLD STORY OF SERVICE AND HUMANITY

BY EDITORIAL DESK

In a quiet compound overlooking Kampala's rolling hills, Past District Governor Emmanuel Katongole leans forward, eyes bright with memory, and says simply: "Without Rotary, I would be nothing."

For a man who rose from a shanty rural village to lead one of Africa's most vital pharmaceutical companies and to serve as District Governor of Rotary District 9211 (2013–14), the statement is startling in its humility. Yet, it is the heartbeat of a story that every Ugandan Rotarian needs to hear.

Born in 1962 in rural Masaka to completely illiterate parents, PDG Katongole lost his father at the tender age of just four.

His mother, earning a pittance helping church missionaries, made the heart-wrenching decision to withdraw his three sisters from school so that the family's meagre resources could keep him in school. When he sat for the Primary Leaving Examinations, he did not just pass; he topped the entire district! His name appeared in the newspapers alongside a plea no parent should ever have to make: a brilliant

“
When he sat
for the Primary
Leaving
Examinations,
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entire district!”

"I looked after him the way he looked after me," Emmanuel says softly. "He died a very proud man."

That single act of unsolicited kindness became the cornerstone of Emmanuel's



boy who passed with flying colours but with no money to continue with his education.

That public appeal reached a Rotarian he had never met, a complete stranger with no tribal or village connection, who quietly decided that such potential should not die for lack of school fees. Partial sponsorship followed. The far-off dream of secondary school at the prestigious St. Mary's College Kisubi became a reality. The sponsor later became his foster father. Years afterwards, when age and illness caught up with the old man, it was Emmanuel who cared for him until his final day.

life. It took him to Makerere University where he studied Statistics and Applied Economics, into the private sector, and finally into entrepreneurship. The loss of two beloved sisters to HIV/AIDS in the epidemic's darkest years gave his business its soul. Starting as an importer of generic medicines, he built Cipla Quality Chemical Industries Uganda into the continent's first WHO-prequalified manufacturer of triple-combination antiretroviral drugs, later adding medicines for malaria and hepatitis.

"Rotary taught me that profit without purpose is empty," he explains. "Our company policy is simple: nobody—nobody—should be denied access to life-saving medicine because they cannot pay." Service Above Self is not a slogan on a banner; it is the

daily operating system of a factory that keeps millions alive.

As an Arch Klumph Society member and the current Major Gifts Initiative Advisor for English-speaking Africa, PDG Katongole is often asked why he gives so generously to The Rotary Foundation. His answer is both passionate and practical.

"I have received five, six, sometimes seven times more in Foundation grants for projects right here in Uganda than I have ever contributed," he says. "It is not charity; it is the smartest investment any Rotarian can make. One dollar multiplies into five or six dollars of impact – whether it's a child saved from malaria in Kampala or Kano, the victory belongs to all of us."

Few moments capture the raw, beautiful essence of Rotary better than the day on a remote Lake Victoria island when two young Rotarian doctors faced an impossible choice. A woman in

obstructed labour was dying. Evacuation was impossible. There was no theatre, no anaesthetist, no sterile equipment. Performing the caesarean on site risked their medical licences and even jail.

Emmanuel, then District Governor, looked at the terrified doctors and said calmly, "I have already spoken to the Inspector General of Police and the Medical Council Chairman, both of whom are Rotarians. You have permission. Save her." Trusting their DG, the doctors shielded a school desk with bedsheets and operated on the woman under a mango tree. Mother and baby survived.

“
Someone
believed in a
poor village boy
and changed
the trajectory
of my life...”

The boy was christened Daniel Rotary. When the story hit the national press, Emmanuel's own children, who were previously lukewarm about Rotary, saw with their own eyes what Service Above Self truly means.

Today one son is an active Rotarian; the others have made giving a family tradition.

PDG Katongole speaks with particular warmth about Rotary's international

fellowship. He still smiles at the memory of checking into a New York hotel, exhausted and jet-lagged, only to be upgraded to a suite because the receptionist spotted his Rotary pin and left a handwritten note: "Welcome, brother, courtesy of the Rotary Club of Manhattan." He recalls the phone call at the height of COVID-19 from a past RI President in India who simply said, "My son, take care of yourself."

"That is the feeling," he says. "Black or white, Christian or Muslim, Ugandan or American, we are one family." For PDG Emmanuel Katongole, Rotary is not a club he joined; it is the hand that lifted him, the value system that guides his boardroom, the global family that sustains him, and the legacy he now passes to his children and to Daniel Rotary.

His closing words are a challenge to every Rotarian reading this Bulletin:

"Someone believed in a poor village boy and changed the trajectory of my life. Today, because of that one act, millions of Africans wake up healthy because of medicines my company makes, and thousands of communities are better because of the Rotary projects I help fund. Never underestimate what your kindness, your school fees sponsorship, your Foundation gift, your time at a medical camp, can start. It can literally give someone life."

And in PDG Katongole's case, it already has.



PDG TUSU TO HONOUR MUTEBILE'S LEGACY:

BoU, Makerere University to host Annual lecture on Dec. 3



BY EDITORIAL DESK

In a decision that feels both fitting and inspired, Makerere University has selected our own Rotarian Engineer Dr. Francis 'Tusu' Tusubira to deliver the keynote address at the 2025 Emmanuel Tumusiime-Mutebile Annual Public Lecture, due on December 3.

Rotarians in Uganda are looking at Tusu's choice by the Bank of Uganda as more than a prestigious academic appointment.

It is indeed a profound and symbolic affirmation of

the very values we strive to embody in Rotary: Service Above Self, ethical leadership, and an unwavering commitment to building a better, more sustainable world. For our



Rotary community across Uganda and beyond, this moment is a significant point of pride, showcasing the immense, often quiet, impact of a life dedicated to service.

The lecture series itself is a tribute to a giant. It honours the late Professor

Emmanuel Tumusiime-Mutebile, Uganda's revered former Bank of Uganda Governor, whose legacy is etched into the nation's economic and moral fabric.

Yet, to remember Mutebile solely as an economist is to miss the essence of the man. He was, first and foremost, a person of profound moral courage. As a young Makerere alumnus, he publicly condemned Idi Amin's expulsion of Asians in 1972, an act of principle that forced him into exile. This early stance set the tone for a lifetime of speaking truth to power.

His subsequent decades of service transformed Uganda's economy from the chaos of the 1970s and 80s into an era of relative stability, cementing his reputation as a reformer who valued resilient institutions over expedient politics.

A committed Rotarian

Crucially, Mutebile was one of our own. A dedicated member of the Rotary Club of Kampala for a remarkable 39 years, he lived by the Rotary motto. He often quoted the belief that "the metric by which God will assess my life isn't wealth or prestige, but the individual people whose lives I've touched."

This philosophy infused his technical work with a deep humanity, leading to foundational institutions like the Deposit

Protection Fund and the Credit Reference Bureau. His legacy is physically enshrined at Makerere in the Tumusiime-Mutebile Centre of Excellence, a permanent hub for research and innovation. His was a life that demonstrated, unequivocally, how Rotary's values can shape and transform national policy for the better.

It is in this rich context that the choice of Dr. Tusubira shines so brilliantly. His life and work read not as a sequel, but as a companion volume to Mutebile's own story - a parallel narrative of principled leadership and transformative service.

Where Mutebile dedicated his career to stabilising Uganda's macroeconomic systems, Dr. Tusubira has spent decades strengthening the very human and technological foundations upon which those systems depend.

A distinguished engineer, former academic, and seasoned governance reformer, his career is a masterclass in building the institutional architecture for a modern nation. From his foundational work establishing Makerere's Directorate for ICT Support to his strategic leadership on boards like the National Information Technology Agency (NITA-U) and the Uganda Communications Commission (UCC), Dr.

Tusubira has consistently worked to create resilient, adaptive, and ethically grounded institutions.

The Rotary connection is the golden thread that binds these two luminaries, making this selection feel less like a choice and more like a natural convergence. A Rotarian since 1988 with the Rotary Club of Kampala North, Dr. Tusubira's service journey within our organisation mirrors his professional ascent.

Having served as Governor of the vast District 9200, his recent appointment as a Rotary Foundation Trustee Elect for the 2026–2030 term represents global recognition of his influence. His work across the continent, facilitating

vocational training, managing Global Grants, and championing community-owned projects, is a living testament to the Rotary ethos. Like Mutebile, he understands that sustainable progress is not delivered from on high but is cultivated through empowerment,

mentorship, and a steadfast belief in community ownership.

Clear-minded visionary

This year's lecture theme, "**Shaping Africa's Future: Intergenerational Leadership, Economic Resilience & the Power of Innovation**," could not have been more perfectly suited to Dr. Tusubira's expertise and vision. He is a forward-thinking advocate

who forcefully argues that for Uganda and Africa to thrive, we must prepare our human capital for the 4th Industrial Revolution. In recent addresses, he has compellingly stated that high-speed connectivity is now a more urgent national priority than expanded road networks.

His vision encompasses a fundamental restructuring of education to embrace artificial intelligence, quantum computing, and data analytics. He brings the same clear-eyed pragmatism to our technological future that Mutebile brought to economic policy, ensuring that Uganda, and indeed, the EAC region, is not just financially stable, but also futuristically agile - socially, politically, diplomatically, etc.

For every Rotarian, this moment is a powerful reminder. It reminds us that the consistent, quiet work we do in our clubs - the local projects, the vocational service, the ethical standards we uphold in our professional lives - eventually culminates in leaders who are equipped to shape nations.

This lecture, scheduled for December 3rd at Makerere University's Main Hall, is more than an event; it is a torch being passed. It is a conversation between generations, ignited by shared values. Please plan to be there or to follow it live on Youtube.

“

Dr. Tusubira's service journey within our organisation mirrors his professional ascent..”



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HIDDEN COST OF UNEMPLOYMENT

Mental health and the search for dignity

BY RTN JACKLINE MUTIMBA



Unemployment is often discussed in terms of percentages and policy gaps. Yet, behind every “no vacancy” sign sits an untold story, one marked by frustration, shrinking confidence, and the erosion of personal dignity. Joblessness is not merely an economic disruption it is a sustained psychological burden that shapes how young people interpret their value and their future.

Zoe, my sister from Kampala, texted me last month: “Sis, I finished my degree in 2022. I have sent out 87 applications. Nothing. Sometimes, I just sit in my ka-room in Kisenyi and cry. Who am I if I’m not working?”

“
Behind every percentage point is a human being asking the same quiet question: “Do I still matter?”

young adults between 18 and 30 is either unemployed or underemployed, a structural challenge that continues to undermine national productivity and long-term human capital gains. Behind every percentage point is a human being asking the same quiet question: “Do I still matter?”

Losing a job, or never finding one, doesn’t just take food off the table. It takes the air out of the spirit.

Research from Makerere University underscores the magnitude of the crisis: unemployed youth were found to be

twice as likely to experience depression, anxiety, and low self-esteem compared to their employed peers.

The absence of work translates into more than lost income, it strips away routine, purpose, belonging, and the psychological anchors that help young people feel grounded and hopeful.

But the deeper injury is shame, you stop picking calls because you’re scared someone will ask, “So, where are you working now?” You skip that old classmates’ WhatsApp group because everyone is posting

Zoe, this one is for you and for every Ugandan graduate, every retrenched teacher, every boda rider who used to be a bank teller, every mama who lost her stall at the market.

A crisis beyond numbers

Uganda’s youth unemployment rate remains persistently high. Recent national statistics indicate that nearly one in three





promotion pictures. You even start believing the lie that your degree is useless, that you are the problem. Beyond the economic constraints, young people navigate intense societal pressure. In many households, unemployment is interpreted as personal failure rather than a systemic challenge.

Young adults, especially those supporting extended families, often experience guilt, shame, and withdrawal. Others turn to risky behaviors in search of escape or validation.

The mental health implications extend beyond individuals. Strained family relationships, reduced social participation, and increased vulnerability among youth ultimately compromise community cohesion and national resilience.

From despair to dignity

To reposition unemployed youth as active contributors

rather than passive beneficiaries, stakeholders must rethink existing support models.

1. Reframe work as purpose, not just income.

Structured volunteer programs, apprenticeship pathways, and community-driven skills development initiatives provide young people with rhythm, identity, and a sense of progress.

2. Integrate mental health into livelihood interventions.

Employment programs without psychosocial support leave a critical gap. Community hubs, youth centers, and district-level service points should intentionally embed mental health counselling, peer-support circles, and resilience-building tools.

3. Invest in policy innovation that aligns dignity with opportunity.

Livelihood initiatives must go beyond training

by ensuring linkage to markets, mentorship, and long-term employability pipelines, all while safeguarding the mental wellbeing of participants.

Call for inclusive growth

“In many households, unemployment is interpreted as personal failure rather than a systemic challenge.”

National development is not measured by infrastructure alone but by the wellbeing and dignity of its people. Every young person deserves more than survival; they deserve agency, belonging, and a future that reflects their aspirations.

Unemployment may dim prospects, but with intentional support systems and compassionate policies, young people can reclaim purpose and rise strong, with dignity restored.

Rtn Jackline Mutimba is a Monitoring and Evaluation Specialist / Mental Health Advocate



ELDER'S EYE

LET'S UNITE FOR GOOD HEALTH *Huge disease burden calls for responsive prevention, treatment measures*

BY RTN GODFREY
OKELLO-OMODING

What a month! The last of the calendar year with the theme - **Disease Prevention and Treatment**. It sounds as a reminder that amidst us there are diseases that inflict agony, pain, suffering and death to individuals, families and communities. They need to be contained and treated.

The month marks the end of the calendar year and time to appreciate live. It might surviving various diseases and afflictions in the course of the year. Or having lost loved ones.

Hope must be kept high as to give a good landing for next year. One side

to December are various celebrations that come with it. For Christians, what is key is the commemorate of birth of Jesus Christ. Well, to others, there is still a lot such as holidays, family gathering, gift giving, weddings, sealing deals for next year, and evaluating the year's plans and making new ones. Therefore, the month is fully packed with various activities, celebrations and memories.

As for Rotarians, the theme of the month is important because it touches on the health of people. For those who define health as wealth, it is time to take stock of things that

rob wealth and those which build wealth. Hence, it is time to reflect duality and seasonality of a human being- healthy or unhealthy.

“Treatment of some of the diseases put extreme pressure on individual, family and national resources.”

Increasingly, the disease burden is hitting hard on many individuals, families, communities and nations. Different measures to preserve life and contain diseases are put in place but not fulfilling or meeting the demands. Research on different diseases is being done

including the delivery. Still, more is needed as different diseases continue to emerge.

The challenge today is insufficiency in various resources; human capital, finance, infrastructure and equipment. Yet, again, there is an increasing trend of incurable and life style diseases.

In Uganda, there is a high burden of both communicable and non-communicable diseases (NCDs). Malaria, HIV/AIDS, tuberculosis and respiratory infections remain high on the list. For instance, statistics from the Ministry of Health show that in



2021, there were 13 million cases of malaria and 19,663 deaths registered.

NCDs accounted for 36% of death in 2019 with a rise in cardiovascular cases. Tuberculosis, in 2023, approximately 86,00 patients were registered.

While malnutrition is a major concern throughout the country. Such trends are threat to human existence and the economies of families, communities and the development of the country. It calls for responsive prevention, cure and treatment measures.

Today, it is very essential to cast nets wide for disease prevention. It is a good strategy in the resource-constrained situations. It requires to be extended to include different aspects in the management of the environment. Good environment practices have a correlation with good health. Bad management of certain aspects of the environment can be a

source of breeding and spread of diseases.

For instance, bad management of solid waste, and drain systems create conducive conditions for the spread of various diseases. It is important to look out for effective and efficient practices of managing environment. Asking basic questions; What practices cannot be a vent for the spreading of diseases? Call for putting in place such practices - individually or collectively.

Rotarians, let us reflect on prevention measures and what we can do for our communities. Waiting for a cure alone through various medical camps is not sufficient. We need to enhance the saying; ***“prevention is better than cure”*** by our actions. It is at times like this that barriers to prevention should be on the forefront. This can be addressed through embracing behavioural change, knowledge dissemination and cultural re-orientations to scientific outlook. Where knowledge is insufficient, we bridge.

Treatment per se is resource draining; right at individual level, national level, and even globally, by even worse by the shrinking donor aid. Treatment of some of the diseases put extreme pressure on individual, family and national resources. The hardest hitting is where referrals are made for treatment to be obtained abroad. In such cases, options are limited for the majority of the population. They get locked out of available options out of inability to afford.

This month, therefore, is a reminder that disease prevention and treatment must be brought to the centre. They are key for human living. They influence the quality of life of people and their prosperity.

Let there be prevention by checking on practices of managing environment and life styles as well as access to medical checkups and treatment options. Let us keep United for Good Health.





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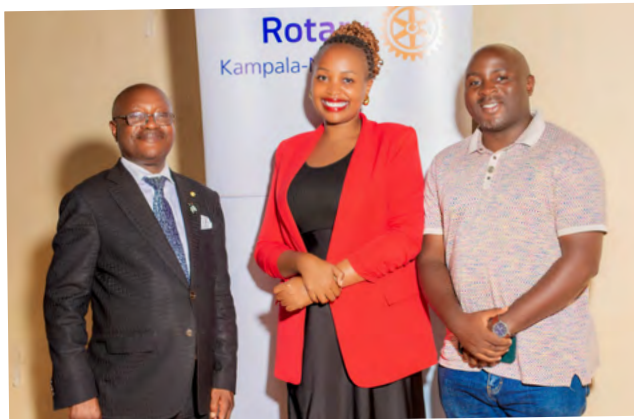
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Last week's fellowship

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FAMILY MATTERS



BY PASTOR RONNIE MUTEBI

GOD REWARDS INTEGRITY

**PROVERBS 10:9 (NIV):*
"WHOEVER WALKS
IN INTEGRITY WALKS
SECURELY, BUT WHOEVER
TAKES CROOKED PATHS
WILL BE FOUND OUT."**

There's a man who says, "The reason I'm poor is because I refused to take bribes. I chose to be honest, and now look at me struggling." It sounds like he's blaming truth for his lack, but that mindset is not right.

God never forgets people who choose to walk in truth. If you say no to corruption,

no to cheating or no to shady deals, you have not lost anything. In fact, you've placed yourself on a path that God Himself defends and rewards.

Sometimes it may seem like the dishonest people are the ones prospering. They cut corners, lie, steal, and still drive nice cars and live in big houses. But you don't see the full story. What they build without God doesn't last. Their peace is shortlived, and their wealth, like the scriptures say, usually develops wings and flies away.

The person who stands for truth, even when it's costly,

can sleep peacefully at night, and expect God's hand in their life. God is just. He sees everything you turn down for His sake, and He knows how to reward openly what was done quietly.

Take Home: God never forgets people who choose to walk in truth. If you say no to corruption, no to cheating or no to shady deals, you have not lost anything. In fact, you've placed yourself on a path that God Himself defends and rewards.





Where the Best Memories Live

PK's Corner

BY PAMELA KAWADDWA

We don't plan the best moments they sneak up on us in laughter that comes too quickly, in stories we tell with shining eyes, in nights that were meant to end early but somehow stretch into forever.

We gather with no script, just hearts wide open and a quiet promise to make each other feel at home. And somewhere between the jokes, the teasing, the shared silence, we build memories that cling to us like soft sunlight.

It's in the road trips with wrong turns that still led us somewhere beautiful. In the meals burned,

then saved with a little creativity and a lot of laughter. In the photos that never make it online, but live in our hearts

because they hold more truth than any curated moment.

With friends, time slows just enough for us to breathe, to be real, to let joy settle deep in our bones.

And when life gets loud, when everything feels rushed or heavy, it's those memories—those simple, golden threads—that remind us we're not walking alone.

Here's to making more of them, again and again, with the people who feel like home

Till again,

Phwry



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.

Polio

Ever wondered why one of history's most feared diseases has such a short, punchy name? Spoiler alert: it's not named after a grumpy scientist named 'Dr. Polio.' The truth is far more... underwhelming.

'Polio' started life as the ancient Greek term *polios*, meaning 'gray.' Yes, gray. Like storm clouds. So, how did a color become synonymous with terror?

Enter the 19th -Century medical detectives. When doctors examined the spinal cords of paralyzed patients, they noticed something peculiar: the anterior horn cells, those crucial nerve cells that tell the muscles in your legs to actually, work, had turned grayish. Healthy spinal tissue typically has a rosy glow, but in polio victims? Grey.

In 1874, Swedish physician Adolf Kussmaul assembled a Frankenstein monster of Greek roots:

- **Polios** = grey
- **Myelos** = marrow (spinal, not the toast-spreading kind)

- **-itis** = inflammation (because nothing screams fun like -itis)

Voilà! **'Poliomyelitis,'** meaning the 'inflammation of the grey spinal marrow.'

Of course, humans being human, we became lazy. By the early 20th Century, everyone chopped it down to 'polio.' The Germans called it **Kinderlähmung** (child paralysis). The French went with **paralysie infantile** because everything sounds better in French, even devastating diseases.

American doctors tried **'poliomyelitis anterior acuta'** for about five minutes before someone, probably a little tipsy, said, "Screw it. Polio." And thus, a word so short you could shout it while running, became the name we know.

Here's the beautiful part: this 'grey' menace that once paralyzed thousands is now on the brink of extinction. Thanks to vaccines and tireless organizations like Rotary International, we're this close

to making 'polio' just another weird Greek word that nobody needs to fear anymore.

So, next time you support Rotary's End Polio Now campaign, remember: we're not just eliminating a disease. We're retiring a word that went from describing the colour of storm clouds to causing nightmares, and soon, with your help, it'll just be relegated to the annals of history.

Now, that's a story worth telling at your next Rotary meeting.



Jokes of the day

1. I love Rotary classifications. I'm listed as "Digital Marketing." My grandfather was "Ice Delivery." Same family pride, slightly different melting point.
2. I've been taking salsa lessons for months, but I just don't feel like I'm progressing. It's just one step forward... two steps back."
3. I sailed through my driving test. That's why I failed it.



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