

Naalya Food Bulletin

9th December, 2025

Rotary
Kampala - Naalya



UNITE
FOR
GOOD

Issue 23 | RY 2025-26

Proposed Team 2026-27



Rtn Christine Amucu
President Elect



CP Francis Lakor
Advisor



Rtn Theo Fokukora
Club Admin



PP Sylvia Nankya
Vice President



Rtn Edgar Ategeka
Treasurer



Rtn Marjorie Mugenyi
Attendance Officer



Rtn Charles Owekmeno
Women in Rotary



Rtn Steven Kakonge
Sergeant at Arms



Rtn Brian Mayanja
Services Director



Rtn Jackie Mutimba
PR Director



PP Godfrey Okello-Omoding
Strategic Planning

RC KAMPALA - NAALYA



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Must Include Mental Health



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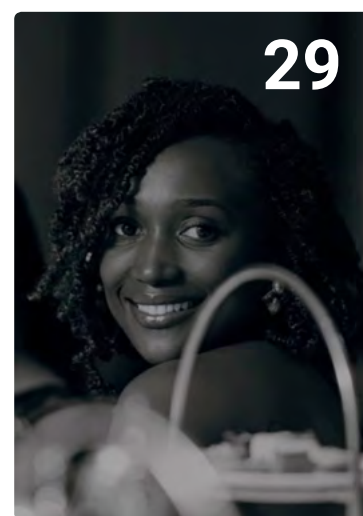
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Chef's Note

**Fellow Rotarians,
Rotaractors and friends,**

December is upon us with its familiar rhythm of reflection and renewal, and what a vibrant moment this is for the Rotary Club of Kampala Naalya. As we close out another year of meaningful service, three powerful themes converge to define this season. These include our commitment to health, the joy of celebration, and the promise of new leadership.

This month, our attention is on Disease Prevention and Treatment, a theme that resonates deeply in our Ugandan context.

Health isn't an abstract concept for us; it's personal. It's the health camps we organize, the clean drinking water initiative we champion, among other initiatives. Prevention remains our most powerful tool. Whether advocating for better healthcare infrastructure, supporting maternal and child health, or simply making smarter choices in our own lives, we all have a role to play. The challenge for each of us is to consider how our unique skills and passions

can contribute to building healthier communities. After all, preventable diseases should no longer claim lives in our communities.

But December is also about joy. This week, our club has the distinct honor of hosting the Magical Year Celebration on December 9, and the anticipation has been building. This isn't merely a social gathering; it's a moment to pause and acknowledge the extraordinary work we've accomplished together. It's about the bonds of fellowship that make our service possible, the laughter that sustains us through challenges, and the shared belief that ordinary people can create extraordinary change. Join in and let's host a great evening where the true spirit of Rotary shines. This celebration offers us a chance to raise crucial funds, welcome new members, and simply enjoy the warmth of Rotarian camaraderie. Let's make it unforgettable.

Finally, we look to the future with tremendous confidence. This week, President-Elect Christine Amucu unveiled the team that will lead our club during the 2026-2027 Rotary year. What an inspiring

moment that was! Rtn Christine has assembled a diverse, talented group of individuals who embody the very best of our club's values. Their willingness to step forward, knowing the countless volunteer hours and personal sacrifice involved, is the purest expression of 'Service Above Self.' The care Rtn Christine has taken in clarifying roles and responsibilities shows her commitment to effective governance. With this kind of preparation and vision, we can be confident that our club will not merely maintain momentum but reach new heights.

As we navigate this December and look forward to the festive season, let us move forward with unity and enthusiasm.

Let us be advocates for healthier living, celebrants of our shared achievements, and supporters of our emerging leaders. Their success is our success; their service is the future we're building together.

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.

With disease prevention & treatment, we're creating healthy communities

~ DG Geoffrey Kitakule

DECEMBER 2025

Rotary was built on the belief that when caring people unite, they can change the world. And nowhere is that more evident than in our work to reduce suffering, improve health, and ensure that families have the chance to live full and healthy lives.

Our signature achievement in disease prevention is, without question, the eradication of polio.



As Rotarians in Uganda, we do help fight malaria with our partners, we fight HIV/AIDS, tuberculosis, and other preventable diseases by providing education, resources, and long-term support. We know that knowledge is one of the most powerful medicines. I thank Rotarians that have led countless health education initiatives; from teaching hygiene and sanitation practices to young girls in school, to raising awareness about chronic diseases like diabetes and heart disease among others.

What truly makes our work unique is not just the scale of our efforts, it is the spirit behind those efforts.

Because for every vaccination administered, every health center built or supported, and every life saved, there is the power of volunteers who believe deeply in our motto: Service Above Self.

As we look ahead, our mission remains clear. Rotary will continue to lead, to innovate, and to inspire. We will strengthen healthcare infrastructure, expand access to clean water and sanitation and together, we will continue to light the way toward a world free from preventable disease; a world where every child grows up strong, every family thrives, and every community has the opportunity to flourish because as we have seen.

#ROTARYEYAMBA

More than three decades ago, we took on a challenge many believed was impossible: to rid the world of a crippling and deadly disease. We committed not only our resources but also our determination. We mobilized communities, partnered with governments, and worked hand-in-hand with the World Health Organization, UNICEF, and the Gates Foundation. And because of that commitment, we have reduced polio cases by more than 99%, protecting billions of children and bringing us closer than ever to a polio-free world.

But our work is not finished. We remain relentless in the final push; because we know that as long as polio exists anywhere, it is a threat everywhere. Rotary's vision for disease prevention goes far beyond a single illness. Across several communities

“We will continue to light the way toward a world free from preventable disease; a world where every child grows up strong, every family thrives...”

in Uganda, we support programs that strengthen entire health systems. We fund and operate Rotary Family Health days with our partners such as DFCU Bank and C-CARE, bringing essential care to communities that lack access to doctors, clinics, or medicine. We support the training of health workers, midwives, and community educators, multiplying the impact of every action we take. We improve maternal and child health by focusing on early intervention, safe childbirth, and access to lifesaving vaccines.

The recently approved GG#2579290 of USD 500,000 for Empowering Families is going to create renewed hope for thousands of mothers and newborns in Uganda.

President's Message

RTN CHARLES OWEKMENO
Unite For Good President
2025-2026



Dear Naalyakos and Rotary Fraternity,

Happy December 2025!

Happy new month of December once again. As we approach the end of the second quarter of this Rotary Year 2025-2026, I am sincerely grateful for all the support that has enabled us to attain several memorable milestones so far.

I would like to congratulate President-Elect Christine Amucu for the successful presentation of her team for the upcoming Rotary year.

Sincere appreciation to all of you for participating in the club assembly and for

your guidance to her. As you all know, we did not secure a candidate for President Nominee-Designate.

Leadership in the club is our joint responsibility, and we must all work together to ensure stable leadership in accordance with our bylaws and Rotary International's guidelines.

I am also grateful to everyone actively contributing to The Rotary Foundation. Our club is making good progress

toward our target for this Rotary Year. I commend our Director of The Rotary Foundation, Past President Sylvia Nankya, for her extraordinary leadership in guiding us toward achieving our goals.

December is a joyful month, a time to celebrate each other.

“...on 20th December 2025, we will spread Rotary Christmas smiles to the Missionaries of the Poor in Busega.”

I invite all Naalyakos to actively participate in the numerous programs lined up, including the Thanksgiving for our District Governor, Anne Nkutu, on Tuesday, 9th December 2025; the Home Hospitality and Gift Exchange on 14th December 2025, hosted by Past President Flavia Serugo; and the Rotary Christmas Carols on 13th and 16th December 2025, hosted respectively by the Rotary Club of Kiira and the Tuesday Clubs.

Lastly, on 20th December 2025, we will spread Rotary Christmas smiles to the Missionaries of the Poor in Busega. Kindly contribute generously and plan to join us for this noble cause.

Wishing you and your loved ones a joyful festive season.

**YOURS IN SERVICE
ABOVE SELF,**



Rotary 
Club of Kampala Naalya

SHARE YOUR CARE THIS SEASON WITH

MISSIONARIES OF THE POOR



**Your donations towards Food, Sanitary supplies,
In-kind or cash donations will make a difference!**

JOIN US



• Sat. 20th December




• MOP- Busega Home



• 3.00pm



Rtn Brian-0782363645

•  <https://www.rotarykampalanaalya.org/>

MERRY CHRISTMAS

#RotaryNaalya
#RotaryEyamba





TEAM TALK

THE HEART OF ROTARY (PART #2)

The Power of Fellowship

BY AG FRANCIS LUBUULWA

December arrives with a unique brightness. Conversations feel lighter, and everywhere you go, there is a sense of anticipation. It is a month when Rotarians and non-Rotarians alike reconnect, celebrate one another, and pause long enough to appreciate the relationships that carried them through the year.

In Rotary, this season invites us to look beyond projects and committees, and to honour the human connections that make our clubs feel alive. For all our achievements in service, it is fellowship: the friendships, the shared laughter, the sense of belonging that keeps Rotary strong. This week, we celebrate the people who make Rotary not just an organisation, but a **home**.

When Paul Harris founded Rotary, he did not begin with a project or a fundraising target. He began with friendship. He imagined a circle of professionals who trusted one another,

cared about each other's lives, and felt anchored by shared values.

“Fellowship is not the “soft” side of Rotary: it is the strength behind everything else.”

Over a century later, fellowship remains Rotary's strongest thread. It shows up in:

- The familiar smiles that greet you when you walk into a Rotary meeting.
- The warmth shared over a cup of tea after fellowship.
- The member who notices you've been quiet and checks in.
- The laughter that breaks tension during club debates.
- The comfort of knowing you belong to a group that stands with you in good times and bad.

Rotary is first and foremost a community. Service may be what we do, but fellowship is what holds us **together**. Fellowship is not the “soft” side of Rotary: it is the **strength** behind everything else. Strong fellowship is not accidental. Rather, it is intentional. And in today's Rotary landscape, it is essential for four main reasons:

1. Fellowship keeps members engaged:

People don't stay because of projects; they stay because of relationships.

2. It builds trust and teamwork: A club that enjoys being together also collaborates better in service.

3. It creates emotional safety: Rotarians thrive in an environment where they feel respected, supported, and valued.

4. It fuels service with joy: When clubs are bonded, service becomes a source of pride and energy, not pressure.



In Uganda, December is a month when communities draw closer. It is a time when families travel to their villages, gatherings multiply, and traditions flourish.

For Rotary clubs, it is also the perfect moment to intentionally nurture



connection. I invite you dear reader to mull over some of the ways to strengthen fellowship this month:

- Sit next to someone you don't usually talk to.
- Reach out to a member who has been absent: a small gesture goes far.
- Invite families to club events and fellowships.
- Celebrate the wins, lessons, and milestones of the year.
- Appreciate the members who work quietly without recognition. They may not always speak the loudest, but their presence shapes the culture of the club more than any title or committee.

These members are

called 'Champions of warmth' within our clubs. These are the members who do the following:

1. Remember everyone's name and story.
2. Welcome guests with genuine interest.
3. Bring humour when meetings get tense.
4. Notice when someone is struggling and offer support.
5. Make every gathering feel inclusive and alive.

As we approach Christmas, may our clubs reflect what the season represents: warmth, generosity, and community.

- Open your circles wider.
- Let kindness guide your interactions.
- Let joy interrupt

your agendas.

- Let fellowship be the energy that shapes your December gatherings.

Final Reflection

Rotary is many things: a global network, a force for service, a leadership space. But above all, **Rotary is family.**

**A family that gathers.
A family that supports.
A family that celebrates.
A family that grows stronger together.**

As we step deeper into this season of togetherness, may we honour the fellowship that binds us, the people who make Rotary feel like home.

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



PE Amucu unveils team: Leadership transition to take effect on July 1, 2026

BY EDITORIAL DESK

Leadership transition is one of Rotary's most enduring strengths. Every year, Rotary International, Zones, Districts and Clubs worldwide experience something remarkable: leaders step aside, not because they've failed, but because they've succeeded in preparing the ground for someone new.

Leadership transitions are critically important across Rotary as they prevent our clubs are constantly refreshed as they move toward greater impact.

Last Tuesday, as President-Elect Christine Amucu unveiled her team for the 2026–2027 Rotary year, we witnessed this beautiful tradition in action once again.

PP Sylvia Nankya will be the vice president while CP Francis Lakor and IPDG Anne Nkutu will be advisors. PP Sylvia Jaggwe Owachi and current President Charles Owekmeno will be TRF Director and Women In Rotary Director respectively. Other members include Rtn Theo



IPDG Anne Nkutu
for Advisor

Fukurora (Admin), Rtn Edgar Ategeka (Treasurer) and Service Director Rtn Brian Mayanja, among others.

The members approved the proposed team unanimously, granting PE Christine until mid-January to finalize remaining positions, with a follow-up assembly scheduled for January 13, to be held online.

Like everything else in Rotary, effective leadership in the organization isn't about titles; it's about stewardship and accountability. That's why AG Francis Lubuulwa's suggestion that the PE puts the appointments in writing and that the appointees formally accept their roles in writing, is so vital. Clarity of responsibility ensures accountability. When every leader knows their duties, whether attending board meetings, submitting reports, or engaging in member recruitment, we build a culture of ownership that strengthens our entire club.

The club assembly also tackled the election of a President-



L-R: Brian Mayanja &
Steve Kakonge

Nominee-Elect who will serve in 2028–2029. As PP Herbert Oloka reminded us, our bylaws require these elections before year's end, and for good reasons. Rotary gives future presidents three full years to prepare, learn, and refine their vision.

Three worthy Rotarians were nominated: Mathias Mulumba, recognized for his Rotary Leadership Institute training and membership expertise;

Joachim Buwembo; and Stephen Kakonge.

While the club assembly faced that temporary setback with the three gentlemen honourably declining the PNE position due to unavoidable



PP Sylvia Jaggwe Owachi



Okello Omoding

personal commitments, the process itself was robust and respectful of the bylaws.

The club members will have no choice but to reconvene before the end of next month to confirm the President-Nominee-Elect.

This transition also reminds us that leadership in Rotary is not static. The very structure of our presidential pipeline—President Elect, President, then Past President—ensures a steady flow of new energy, fresh ideas, and diverse perspectives. As PP Herbert Oloka rightly noted, preparing for the presidency is a three-year journey. It's a deliberate process designed to cultivate readiness, not just reaction.

Some might wonder: why change leaders so frequently? Why not keep a great performer in place longer, as is the case for politicians in some countries?

The answer lies in Rotary's genius. Fresh leadership brings fresh energy. New presidents introduce innovative approaches to old challenges. They engage different networks, appeal to diverse members, and prevent the complacency that creeps into any organization where

leadership becomes too comfortable.

Moreover, this rotation builds depth. Every year, more Rotarians gain leadership experience, expanding our pool of capable leaders in the community. The three-year presidential pipeline, moving from President-Nominee to President-Elect to President, ensures continuity while embracing change and keeping our service relevant and responsive.

The assembly also saw Past District Governor Anne Nkutu make a persuasive presentation on the proposed redistricting of District 9213 into D9217 and

D9218, which members unanimously voted to support. This initiative, according to DG Nkutu, promises more efficient governance and localized focus, aligning with Rotary International's vision for stronger districts.

As PE Amucu and her team warm up for the new Rotary Year, everyone understands that every member's role is an opportunity to contribute to Rotary's formidable mission of Service Above Self.



Marjorie Mugenyi

The rhythm of renewal continues as President Charles Owekmeno gets set to pass on the baton to new blood. Proposed Team for 2026-2027

S/N	Person	Position
1	Advisors	CP Lakor & Anne Nkutu
2	Vice president	Sylvia Nankya
3	Club Administrator	Theo Fokukora
4	Secretary	Vacant
5	Director Membership	Vacant
6	Director TRF	Sylvia Jaggwe Owachi
7	Treasurer	Edgar Ategeka
8	PR Director	Jackie Mutimba
9	Service Director	Brian Mayanja
10	Youth Services	Vacant
11	Sergeant at Arms	Steven Kakonge
12	Women in Rotary	Charles Owekmeno
13	Family of Rotary	vacant
14	Strategic Planning	Godfrey Okello-Omoding
15	Cancer Run	Vacant
16	Attendance Officer	Marjorie Mugenyi

Rotary
Kampala Naalya



CELEBRATING THE MAGIC TEAM



09TH Tuesday
Dec, 2025

6:00pm - 8:00pm



**The CAVE, Ndere
Center**



IPDG Anne Nkutu



**IP DRR Simeo
Ssebukulu**





INTERGENERATIONAL LEADERSHIP

The Survival imperative that Africa can no longer afford to ignore

BY RTN PETER NYANZI

When Rotarian Dr. Francis 'Tusu' Tusubira took the podium at Makerere University to deliver the Tumusiime Mutebile keynote lecture under the title; "Shaping Africa's Future: Intergenerational Leadership, Economic Resilience & the Power of Innovation," the packed Main of Hall fell silent.

Here was a man who has worn many hats - engineer, academic, former CEO, regulator, board chairman, and lifelong Rotarian, speaking, not from theory, but from decades of painfully watching Africa squander its greatest asset - its youth.

The statistics, according to Tusu, are staggering. Africa has the youngest population on earth, with a median age of just 19.7 years and nearly 65% of people between 15 and 35. Yet the continent simultaneously maintains the world's oldest average age for national leaders and parliamentarians. "We love using the tired statement that the youth are the leaders of tomorrow," Dr. Tusubira observed, "which is in reality an indefinite exclusion from leadership

and decision-making."

This paradox isn't just unfair; it's dangerous. An engineer, academic, former CEO, and lifelong Rotarian, Dr. Tusubira spoke from decades of experience watching Africa field a weakened team while its best players wait on the sidelines. The consequences are already visible in youth-led protests from Kampala to Nairobi, all fueled by a "boiling pot of resentment." But the deeper threat is economic: by

sidelining the generation that best understands our digital, rapidly evolving world, we're blinding ourselves to the very innovations Africa needs to compete globally.

“

The younger generations are idealistic, dream big, innovate without fear, move fast, take risks, and bounce back quickly.”

Dr. Tusubira's central argument is revolutionary in its clarity: intergenerational leadership is not political correctness or charity. It is a survival and growth imperative. "The younger generations are idealistic, dream big, innovate without fear, move fast, take risks,



Rtn. Dr. Francis 'Tusu' Tusubira

and bounce back quickly,” he explained. “These are exactly the qualities Africa needs to become an equal player in the global economy, and we are not fielding our best players.”

History supports this thesis powerfully. Nelson Mandela co-founded the ANC Youth League at 24. Mansa Musa took Mali’s throne in his early 30s and built one of history’s wealthiest empires. Even Rotary founder Paul Harris was just 37 when he launched our movement. Yet today, we label anyone under 35 “youth” and treat them as apprentices rather than architects.

Tusu, however, was also careful to honor the value of experience. “The elder sees best in the darkest places,” he quoted an African proverb, acknowledging the emotional intelligence, memory, networks, and wisdom that older leaders bring.

But wisdom without fresh perspective becomes nostalgia, he warned, and “nostalgia does not code apps, invent new financial systems, or imagine climate-resilient cities.”

Dancing to new rhythms

True intergenerational leadership, Dr. Tusubira

insisted, creates mutual mentorship. Young people teach digital fluency and fearless innovation; elders offer strategic patience, ethical grounding, and access to capital. He reframed the African proverb beautifully: instead of the elder insisting on being the only skilled drummer, “we must be willing to accept and dance to the drumming of the younger generations. There are new rhythms. Ours are driven by memories and nostalgias. Theirs are driven by necessity and survival.”

Dr. Tusubira’s final analogy was chillingly apt. For those who lived through Uganda’s turbulent past, diving for cover at gunfire became an untaught reflex for survival. Today’s youth, navigating perpetual economic disruption, have developed their own reflexes: side hustles, diversified income, and digital agility. “That mindset,” he urged, “is precisely what we need to transfuse in all the diversities of our economy if we are to progress to economic resilience.”

Dr. Tusubira shared three personal stories that illustrated his point. At Makerere University, he once handed an entire course to his students on day one and asked them to teach it—they excelled. At the National Information Technology Authority, young managers

initially faced resistance at board meetings until directors witnessed the quality of their insights. And when chairing a major research network in South Africa, he fought to appoint a highly paid technical expert who had no formal qualifications—only raw, current genius.

“Business owners who refuse to listen to people in their twenties as equals,” he warned bluntly, “should close shop now and cut their losses.”

The connection to economic resilience is direct. Today’s young Africans have grown up navigating permanent disruption - political instability, HIV/AIDS, mobile money revolutions, COVID-19, climate shocks. Survival has taught them diversification, side hustles, and relentless adaptation. “That mindset,” Dr. Tusubira urged, “is precisely what we need to transfuse in all the diversities of our economy if we are to progress to economic resilience.”

He closed with Darwin’s insight on how to survive in the wild: “It is not the strongest of the species that survives, nor the most intelligent, but the one most responsive to change.”

Africa stands at a crossroads. We can cling to cautious hierarchies of age, or we can embrace the urgent, inventive energy of our young. Rotary, with its tradition of mentoring through Rotaract and its growing cohort of young leaders, is uniquely positioned to lead this transformation.

But as Dr. Tusubira put it in one unforgettable line: “Stop telling the youth they are the leaders of tomorrow. Seed space for them today, or tomorrow will never come.”

That’s not a plea, it’s the clearest roadmap Africa has been offered in decades.





Magical Year Gala Set

RC KAMPALA NAALYA TO HOST DISTRICT 9213'S CELEBRATION OF SERVICE AND GROWTH

BY EDITORIAL DESK

All roads lead to Ndere Centre in Ntinda on December 9 to celebrate the achievements of the Magical Year (2024-2025).

When the curtain rose on the 2024-2025 Rotary year under IPDG Anne Nkutu's leadership, few could have predicted just how transformative it would become. Now, as District

9213 prepares to celebrate these achievements, one question stands paramount: Why does this year deserve our jubilation?

The answer lies not merely in the accolades the district scooped, though they are spectacular, but in what they represent for every Rotarian, Rotaractor, and friend of Rotary who believes in service above self.

District 9213's crowning as Zone 22's top performer in Rotary Foundation

contributions wasn't achieved by a wealthy few. It was built by all of us. Through a culture that valued every contribution, we achieved something unprecedented: 100% club participation and 50% individual member giving. Whether someone donated five dollars or five thousand, each gift mattered equally in reaching our stunning USD900,000 total.

This democratization of philanthropy is worth celebrating because it means every Rotarian and Rotaractor was part of something



Magical DRR Sebukuku speaks when Magical DG Nkutu met Rotaractors in Njeru

truly extraordinary. Our contribution, however modest it felt, helped secure life-changing grants for education, healthcare, clean water, and economic development across Africa.

Yet, securing second place in Zone 22 and third globally in membership growth tells only half the story. The real triumph is how we grew, through intentional outreach to corporate organisations, Government Ministries and Agencies, institutions, and underserved communities while ensuring every member felt valued and equipped to lead. Our Magical Rotaract family, led by DRR Simeo Ssebukulu, exemplified this brilliantly, expanding

to 114+ clubs and touching over 10,000 lives annually.

Their recent double first-place sweep at the Rotaract Africa Summit in Cotonou in Benin for both Membership Growth and TRF Contributions wasn't mere luck. It was strategic vision meeting grassroots passion.

“
This week's celebration therefore isn't just nostalgia; it's fuel. Every dollar contributed returns as grants.”

So remarkable has been District 9213's growth that we'll evolve into two districts (9217 and 9218) come July 2027. This isn't division; it's multiplication. It's recognition that our community has expanded beyond what one district can serve. How many organizations can claim such explosive, sustainable growth?

We also hosted Rotary



International Magical President Stephanie Urchick to Uganda in January 2025, showcasing our Pearl of Africa to global leadership. These aren't isolated wins; they're proof that District 9213 has become a beacon of excellence across Africa and beyond.

This week's celebration therefore isn't just nostalgia; it's fuel. Every dollar contributed returns as grants. Every new member multiplies our impact. Every award earned elevates Uganda's voice on the global stage.

So yes, this magical year deserves our celebration. Not because we're resting on laurels, but because we've created a blueprint for what's possible when Rotarians unite with purpose, passion, and unwavering commitment to service.

The magic didn't end in June; it's continuing. Let's channel this momentum toward even greater heights in this Rotary year and beyond. Because if the magical team proved anything, it's that when District 9213 sets its mind to excellence, the impossible becomes routine.



Governor's Luncheon





MENTAL HEALTH SUPPORT FOR ADOLESCENTS IN GHETTOS IN UGANDA

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

SCAN ME
TO SUPPORT

CONTACT:

+256-774-222-696

+256-782-363-645



Rotary 
Kampala-Naalya



HIV/AIDS RESPONSE

Why ‘Overcoming Disruption’ Must Include Mental Health

BY RTN JACKLINE MUTIMBA

Every December 1, the world pauses to honor lives lost and recommit to ending HIV/AIDS. This year’s theme “Overcoming disruption, transforming the AIDS response” challenges us to confront the systemic shocks affecting HIV programming: rising inequalities, service disruptions, funding gaps, and shifting social dynamics.

But there is another disruption we rarely address, though it affects millions every single day: the mental health crisis among people living with HIV.

Mental health is not a side issue. It is a core determinant of treatment outcomes, quality of life, and long-term resilience.

diagnosed individuals.

“Across sub-Saharan Africa, nearly one in three people living with HIV experience symptoms of depression, yet less than 10% receive any form of mental health support,” says the UNAIDS & WHO Mental Health Gap Report, 2024.

For many, the emotional shock is more destabilizing than the virus itself. Fear of stigma, fear of losing relationships, fear of workplace discrimination - these worries shape the entire care journey.

In Uganda, the challenge is even more pronounced. “Uganda has approximately 1.4 million people living with HIV, yet up to 32% experience moderate to severe depression within the first year after diagnosis,” says a recent report by the Makerere University School of Public Health.

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

Ignoring this emotional disruption weakens the HIV response, no matter how strong the biomedical side is.

HIV is now a manageable condition, but the psychosocial journey remains

The global HIV response is being disrupted on multiple fronts, politically, socially, and structurally. But psychological disruption is the most silent and most widespread.

A diagnosis often brings intense emotional distress. Across sub-Saharan Africa, studies point to high psychological vulnerability among newly





long and complex. Stigma persists in households, communities, workplaces, and relationships.

A TASO counsellor shared this testimony from a client: “What scares me isn’t the medication; it’s what people will think of me. The virus is easier than the judgment.”

This statement captures what many clients feel; HIV is not just a health condition; it is a social identity that still carries risk, fear, and misunderstanding.

Vulnerable men

Men and boys remain underserved in HIV services, and the mental health gap is wider.

Men in Uganda are 30% more likely to start HIV treatment late, and significantly less likely to seek psychosocial support, according to the 2024 HIV Annual Report by the MOH.

Masculinity norms create emotional bottlenecks. Men struggle with vulnerability, fear being judged, and

often default to silence. This leads to delayed testing, low disclosure, and hidden emotional distress. Their coping strategies include alcohol, isolation, avoidance, worsen mental health and disrupt treatment outcomes.

Indeed, mental health directly determines treatment outcomes. ART access alone does not guarantee progress. Emotional and psychological factors determine long-term adherence and viral suppression.

The evidence is clear. “Depression increases the likelihood of poor ART adherence by at least 55%,” according to the Lancet HIV report of 2023.

A person overwhelmed by fear will skip appointments. A person facing stigma will hide. A person dealing with depression will disengage from care. This means that mental health is not just an add-on but a strategic

pillar of the HIV response. Transforming the HIV response means integrating mental health.

Young people engage more through private, tech-enabled channels such as chat counselling, SMS support, virtual sessions.

“Men in Uganda are 30% more likely to start HIV treatment late, and significantly less likely to seek psychosocial support.”

Fear of discrimination remains a major mental health stressor. Strong workplace policies protect dignity and improve retention.

This is how we overcome disruption; not simply by strengthening systems, but by strengthening the emotional resilience of the people within those systems.

This is how we build a future where both physical and mental wellbeing are non-negotiable.

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

Dec 8

Rotary
Kampala-Naalya



*Happy
Birthday!*

Rtn Jackie Mutimba

**We celebrate you on this
day and appreciate your
commitment to Rotary.
May your day be filled with
joy and the year ahead
bring you continued
success!**



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ELDER'S EYE

SEASON OF GIFTS

Gift-giving season is symbolic of our response to the needs of others

BY RTN GODFREY
OKELLO-OMODING

Gifts come in different forms though all bear some expression. People give gifts to express their feeling for a certain purpose or reason. It can be out of tradition, appreciation, love, expectation or return for something. So, there is a lot that giving gifts can achieve, right from fulfilment to business consolidation. All in all, gifts make and maintain connection and happiness.

The challenge usually is what kind of gift to give. Whom to give a gift is much easier to define or zero on.

Some people are even troubled by the monetary value of a gift. Thinking that better expression and impression is in the monetary value. True value of any gift, however small it is, is basically with the receiver. As the giver, you may be just expressing your cheerfulness.

What gift to give shouldn't become a difficult choice to make. It should be a question of what can express good will or a

wish. Caution ought to be taken when giving "an exaggerated gift." It may be subjected to misinterpretation. Human beings have the inner sense of valuing gifts and a limit of appreciation. Interestingly, great gifts are simple.

In Rotary, a question of gifting is apparently a tradition in clubs, for enhancing togetherness. What gift to give to a designated friend of the year is a matter made easier by leaving it to the giver to decide. The fact that you have been interacting as a family for the last so many months, you

ought to know each other. What to gift to give ought to bring those memories and keep them fresh over the festival season.

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

Expression of togetherness is a reminder that we need each other, and indeed, that there is appreciation of time shared. The gifting season is symbolic of the response to the needs of others. It can be an act of empathy. So, whoever receives a gift ought to understand that a gift is an inner act of love. Do not attach a monetary value to a gift. As we give or receive gifts, let us be mindful and appreciative of the love these gifts are carrying and manifesting.



Also, whom and when to give a gift can be a fulfillment longed for in the course of time. What was needed was an appropriate time to do so. Such appropriate times come with a mark of special season and celebration. Indeed, there are several fulfillments to be made, and suitable time for many of them is the "ends" of times - month, year, season. For many, December is a suitable month - end of year, since this time tends to be engulfed with celebration. You may as well be part in firing up someone's celebrations!

At work places, gift giving is partially a reminder to employees how valuable they are. A simple action with great significance, acknowledging the shared time over the year. Equally for Rotarians, there is a lot shared, right from the fun, jokes, fellowships, meetings, and in service. These bring unique bonding. A season like this (end of year), is a point in time

to make a statement how valuable time spelt together was. It is time to express an acknowledge of each other's warmth.

The difference that separates human beings from other creatures is ability to seasonalize the making of expression.



“
Now that we have reached this far, we should strive harder to see to it that next year we continue to contribute to the containment and treatment of disease.”

There is time set to delight being among others and being together. It is togetherness which makes a festival. Joy of a season comes from knowing that one is valued. It fuels renewal where hope could have gone low; setting a new tone for the next season.

Rotarians, as people who proclaim '**Service Above Self**', this is a season to remember our work. Since the season falls a half way a Rotary year, it energizes for the remaining year. We need to end the

year with the fulfillment coming out of a delightful service. Have some kind of come together celebration. No wonder Rotary Club of Kampala-Naalya is going to have such fun.

Still holding up the theme of the month - **Disease Prevention and Treatment**, in our hearts and minds. We remember many known or unknown to us who could not make it to the year end. Now that we have reached this far, we should strive harder to see to it that next year we continue to contribute to the containment and treatment of disease. Meanwhile, we remain proud of the strides Rotary has made towards eradicating polio.

May our celebrations continue to define 'Unite for Good' motto. May our gifting give us new dimension and aspects of togetherness and service above self. May we reconnected with our memories and our gifts give us a sense of fulfillment.

I say to you all, **a Wonderful Festival Season and a Happy New Year!**



Last week's fellowship





#OUTTOLUNCH

Here's how to reduce the housing deficit

BY RTN DENNIS JJUUKO

It is not uncommon to find a social media post in Uganda regarding the price of land or property being shared many times. The argument is that land prices are extremely high especially around Kampala and in many major cities or towns across the country.

With an ever-increasing population and poor infrastructure and services a few kilometres outside these major urban centres, it shouldn't be entirely surprising that land is expensive.

I have always given an example of Mpigi town, which is nearer to Kampala than Entebbe but a difficult place to commute due to poor infrastructure. Yet, with the Entebbe Expressway or even the old road, Entebbe is an easier place to access.

So, land prices around Entebbe will always be high as not many people would make Mpigi their area of residence while working in Kampala. That though could change when the Kampala-

Mpigi Expressway is completed.

However, construction of infrastructure such as expressways in Uganda take a very long time leading to people crowding around the urban areas where it is easier to commute to their workplaces and services such as hospitals and schools are better. This increases pressures on land for housing purposes in urban areas. And as the population grows,

“Prices are extremely high especially around Kampala and in many major cities or towns across the country.”

land, an inelastic resource becomes more expensive.

Many young people end up struggling to build houses. With the current housing shortage said to be over 2.4 million units in Uganda, poor infrastructure and services and an ever-increasing population, the price of land will only continue to rise unless the government does something.

And that wouldn't be nationalizing land like some people urge whenever there are delays in executing infrastructure projects or when the price of land



is seen as a hindrance to young people owning houses. Government must realize that the most valuable asset the majority of Ugandans will ever own is a house.

Once people own property, they wouldn't want to create so much chaos that could lead to destruction. Empowering young people to own houses should therefore be in the government's best interests.

Since land in Uganda for housing is largely owned by private entities or communities who determine its cost without any guiding principles, government could create a land bank from which individuals could buy land or a house. How would this work?

In urban areas like Kampala, government could buy large tracts of land in Mukono, Mpigi, Mityana and Luweero and demarcate it for planned housing estates similar with what private land

dealers do but a bit better. Land would be divided into small pieces with architectural plans drawn by leading experts. Schools, recreation, and health facilities would be planned.

The government would then sell the land at a rate lower than the private sector. Nobody would be allowed to deviate from the plan. If you bought in an area with bungalow houses, you build the exact bungalow. If you bought in an area for storied villas, you build a storied villa as per the architectural plan.

Each person would be allowed to buy only one plot and you can't sell it to another person at any rate. If a buyer prefers to sell, he sells it back to the government at the price he/she bought it. This would protect the land from speculators who buy, hoard and then sell at an exorbitant price.

Because the cost of

building a house with a given architectural plan is known, banks would only lend a certain amount of money. Banks willing to lend the money would not give it to the individual as is usually the case, rather a pre-qualified construction company that can deliver

the house within the known cost of building it with a capped interest rate or profit.

This is how Islamic banking works and therefore not a novel idea that is difficult to implement. Should a person fail to pay, the government buys it from the bank at the set

amount and then sells it to somebody else. People could pay in installments over a given period. Monthly deductions could be made to salaried workers such as civil servants interested.

The government can then construct roads and expressways to those areas as many people would be living in these housing estates. Public transport, schools and health facilities would be prioritized.

More young people would end up owning houses and therefore a huge stake in their country and ministry of urban planning would have something big to deliver. The price of land for housing would plummet too, enabling more people to own houses.

**The writer is a communication and visibility consultant.
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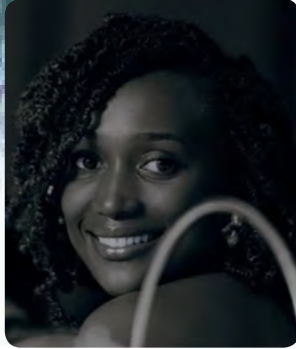


Rotary Institute Graduation

#Kimeeza - Pictorial



#Kimeeza



PK's CORNER

The world you carry inside

BY PAMELA KAWADDWA

**The world is just a mirror,
quiet, patient, still—
reflecting back the colours
you hold beneath your will.**

If your heart is full of shadows,
the sky will dim its light;
but if you tend a spark of hope,
the darkest roads turn bright.

Storms may roar around you,
yet peace can bloom within;
for life shapes to your vision—
it echoes where you've been.

So, guard the thoughts you cradle,
the truths you choose to see;
for how you view the world outside
reveals who you choose to be.

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.

Noel

It's yet again that period of the year when you're likely to see or hear the word 'Noel' being thrown around. Who exactly is this Noel fellow who shows up every December?

Relax. There is no Noel. The word 'Noel' is Old French for... wait for it... 'birthday.' That's it. The entire majestic candle-lit word you've been belting since your Sunday school days literally means 'Birth!' – specifically, the birth of Jesus Christ.

Ah, my friend, you have stumbled upon a truly jolly little word! 'Noel,' signaling the sound of Christmas, carols, and perhaps a bit of predictable office or club party cheer.

It all starts with the Latin word natalis, meaning 'birth,' specifically, dies natalis, or 'birthday.' Now, while Romans used this for birthdays in general (including, awkwardly, the emperor's), early Christians



cheekily repurposed it to refer to one very specific birthday' – the one of their Lord and Saviour Jesus Christ. So natalis Domini came to refer to So "birthday of the Lord."

So, just picture medieval villagers running through snowy streets shouting; "BIRTH! BIRTH!" The French, being French, decided that sounded a bit off, so they polished it into 'Noel!' and the English, being English, borrowed it, dropped the accent and promptly turned it into a four-part harmony.

And that, dear friends, is why "The First Noel" is simply

medieval shorthand for 'The First Birthday.'

So, the next time you see 'Noel' glittering outside a supermarket, remember: you're looking at a 1,500-year-old linguistic party gem. One tiny word that packs Roman gravitas, French flair, and pure, unfiltered joy into four letters. It's the original viral holiday hashtag.

Jokes of the day

1. Rotarians don't age; we just get closer to our next Paul Harris level.
2. We're not just eradicating polio; we're also eradicating the myth that service can't be fun (and slightly exhausting).
3. What made the Rotarians laugh in fellowship? The speaker said his wallet used to be like an onion; every time he opened it would make him cry.



4th Dec



*Happy
Birthday!*

Rtn Barbra Ninsiima

**On your birthday, we
celebrate your
contributions to our club
May your day be filled with
joy and the year ahead
bring you continued
success!**



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FILL THE FORM AND OUR
MEMBERSHIP DIRECTOR WILL REACH OUT



Tap to submit your details



OUR CLUB MEETS EVERY TUESDAY AT 7-8PM

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