Naalya Food Bulletin

15th September, 2026

Rotary Kampala - Naalya

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RC KAMPALA - NAALYA

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In This Issue

06 Spelling Bee Puts Naalya's Rotarians and Rotaractors to the Test

25 Promoting Initiatives for School Feeding Programmes

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Contents

Tap any title to jump to page

4 Message from the Editor's Desk

5 President Amucu's Message

6 Spelling Bee Puts Naalya's Rotarians and Rotaractors to the Test

8 Glimpse into our Fellowship

12 Rotary-DFCU Offers Up to UGX10m Per Club for Medical Camps

15 Who visited us last week?

16 School Run Nightmare: E-Buses Offer a New Way Out for Parents in Kampala

18 My Lifelong Quest to Build a Nation of Readers

20 US$1 Million Matching Fund Targets Blindness Projects in Uganda

21 When School Becomes a Source of Stress: Are We Educating Children or Overwhelming Them?

25 Promoting Initiatives for School Feeding Programmes

27 Joe Biden's Prostate Cancer Battle: A Wake-Up Call for Men to Get Checked

28 Message From President Joe Biden: Prostate Cancer Awareness Month

30 Uber's Abrupt Exit Calls for Regulation of International Brands to Protect Users

33 Kikomando Buddy Group in Charge - Members







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Message from the Editor's Desk

By Rtn Jackline Mutimba
Club's Public Image Chair



As we discovered last week, knowing a word and actually spelling it correctly are two very different things! Our latest edition of the Naalya Food Bulletin takes you into the fun, the fellowship and the friendly competition as Rotarians and Rotaractors went head-to-head over words that tested vocabulary, memory and nerves.

As you will notice, some words were as easy as they come. Others looked innocent until the letters started flying. Find out which words had even the most confident spellers thinking twice.

But beyond the laughter and fellowship, this edition brings news of opportunities that speak directly to Rotary's commitment to service.

We look at the US$1 million matching fund announced by the Ann & Carl Evans Family Foundation to support Global Grants targeting blindness prevention and treatment in underserved communities.

We also bring you details of the Rotary-DFCU health partnership, which is offering Rotary clubs up to UGX10 million per club to organise medical camps in underserved communities.

For clubs looking for practical ways to take service closer to the people who need it most, this is one opportunity worth exploring.

This month, we also turn our attention to the men in our lives, and to a subject many men would rather avoid.

> "This month, we also turn our attention to the men in our lives, and to a subject many men would rather avoid."

Joe Biden's battle with prostate cancer provides an opportunity to have a much bigger conversation about prostate health, early detection and the importance of getting checked.

Sometimes, a simple health check can make the difference between early intervention and a much harder journey.

Our education stories take us beyond report cards and examination results. What does learning look like when a child is hungry?

Godfrey Omoding invites us to consider the realities that can stand between a child and meaningful learning. And while we often celebrate the child who brings home the best grades, "When School Becomes a Source of Stress" asks us to pause and consider what those grades may sometimes cost. Excellence matters, but so does the wellbeing of the child pursuing it.

Then there is #OutToLunch, where we step outside the classroom and into Kampala's changing business landscape.

Uber's exit from Uganda becomes the starting point for a broader conversation about global brands, regulation and what happens to the people whose livelihoods become tied to digital platforms.

So, whether you are here for the Spelling Bee drama, the latest Rotary opportunities, a thought-provoking read, or simply a few minutes away from the usual rush, there is plenty to discover in this week's Naalya Food Bulletin.

Happy Reading

President's Message

RTN CHRISTINE AMUCU
Club President
2026-2027



Dear Fellow Rotarians and Rotaractors,

Last Tuesday was one of those moments when we come together, laugh, learn and remind ourselves why we belong to this family.

We started with our Board meeting, where we took time to reflect on our work and journey ahead.

We were grateful to have our Assistant Governor join us and share in our discussions. His presence and guidance are always appreciated.

Then came our fellowship with the Rotaractors, and what a fellowship it was!! The Spelling Bee was fun, lively and surprisingly competitive! More importantly, it gave us another opportunity to connect with our Rotaractors and simply enjoy being together.

> "Let us have an honest and meaningful conversation about our club and the impact we want to leave behind."

It was also a great reminder that fellowship can bring out the best in us while strengthening the bond between Rotarians and Rotaractors.

This coming Tuesday, we come together for our Club Assembly. This is more than just another meeting on our calendar.

It is our opportunity to pause, take stock of what we have achieved, look honestly at what still needs attention, and agree on how we move forward together.

We will not just listen, but speak, share ideas, ask questions and look at where we are headed.

We have set ourselves an ambitious journey this year, and achieving it will require every member to play a part.

Creating lasting impact is not something the President or the Board can do alone. It is something we create together.

So, come to the Assembly with your ideas, your questions and your energy.

Let us have an honest and meaningful conversation about our club and the impact we want to leave behind.

This is our Club. This is our journey. And together, we can make it matter. Kikomando buddy group, thanks for your creativity.

See you on Tuesday!

Yours in Service,



#CoverStory

Spelling Bee Puts Naalya's Rotarians and Rotaractors to the Test

BY **RTN SYLVIA NANKYA**

The words started simple but became progressively harder as Rotarians and Rotaractors faced off in a spelling bee during last week's fellowship at Ndere Cultural Centre.

The fellowship, organised by the Kikomando Buddy Group, turned an ordinary evening into a lively test of spelling, memory, concentration and teamwork.



The opening words offered little room for excuses. One group was asked to spell CAT, yes, CAT, the pet. Not *cart.* Not *cut.* Just CAT. Another was asked to spell ANIMAL.

> "Embarrassment brought the familiar question of how many "r"s and "s"s belong in the word."

The early questions generated plenty of confidence and laughter, but the mood changed as the Spelling Master raised the difficulty.

The guest Spelling Master, Rtn Kenneth Kimuli (Pablo), from the Rotary Club of Kampala North, kept the words coming, gradually introducing terms that required greater attention to pronunciation and letter order.

Among the words were perseverance, collaboration, Mediterranean, embarrassment and Caribbean. Each presented its own challenge.

Perseverance tested participants on the arrangement of its vowels and consonants. Collaboration required careful attention to its repeated letters.

Mediterranean was the kind of long word where losing concentration for even a moment could mean missing a letter. Embarrassment brought the familiar question of how many "r"s and "s"s belong in the word, while Caribbean demanded careful attention to its sequence of vowels and consonants.

Then came rendezvous, another word capable of exposing even a confident speller. Its pronunciation gives little help with its spelling, making it a classic example of why English spelling cannot always be worked out simply by listening to a word.

But for a fellowship that included writers and editors such as Joachim Buwembo, as well as recent graduates including Edgar Ategeka and Calvin Nkutu, the challenge became a



good opportunity to put vocabulary to the test.

As the rounds progressed, participants on both sides discovered that there was almost always someone who knew the answer. When one contestant hesitated, another was ready.

When a difficult word appeared, teammates watched closely, hoping their representative would get every letter right.

That turned the spelling bee into a lesson in collaboration,

> “By the end of the contest, the Rotarians were declared the winners, but the margin was small.”

appropriately, one of the words participants had to spell.

The competition also showed that knowing a word is not always the same as being able to spell it under pressure.



Participants had to listen carefully, remember the word and then reproduce it letter by letter, often with everyone watching.

By the end of the contest, the Rotarians were declared the winners, but the margin was small. There was therefore little room for celebration at the expense of the Rotaractors.

Both sides had survived the increasingly difficult rounds, learned a few things and, most importantly, enjoyed the fellowship.

Pictorial: Glimpse into our Fellowship













Pictorial: Glimpse into our Fellowship









Pictorial: Glimpse into our Fellowship















Buddy group in charge: ***Kikomando***

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Rotary-DFCU Offers Up to UGX10m Per Club for Medical Camps

BY **RTN SYLVIA NANKYA**

Rotary Uganda and DFCU Bank are offering up to 10 million shillings to Rotary clubs seeking to organise medical camps in underserved communities under the third phase of their health partnership.

The initiative, a three-year Corporate Social Investment partnership between Rotary Uganda Districts 9213 and 9214 and DFCU Bank, seeks to expand access to preventive and curative health services by combining Rotary's community and volunteer network with DFCU Bank's branch presence.

> "Phase I delivered 2,236 surgeries, 4,264 sickle-cell screenings and collected 244 units of blood."

Under the funding framework, each selected medical camp can receive up to 10 million Shillings, depending on the assessment criteria used to evaluate proposals.

Of the support, 70 per cent will be allocated to medical supplies and sundries, while 30 per cent will cater for operational costs.

Medicines and sundries will be provided through Joint Medical Store (JMS), while the operational-cost component will be credited to the respective Rotary club accounts.

This latest phase follows two rounds of medical camps that have reached tens of thousands of Ugandans.

According to the partnership information pack, 11 camps were completed under Phase I, while 19 were approved under Phase II, with 17 completed by June 30, 2026.

Collectively, completed camps across the two phases have reached 35,445 people, with more than 60 Rotary and Rotaract clubs taking part.

The programme has also recorded a range of health interventions.

Phase I delivered 2,236 surgeries, 4,264 sickle-cell screenings and collected 244 units of blood. Phase II recorded 2,206 sickle-cell screenings, 2,509 mental-health services, 457 blood units and 341 referrals.

For Phase III, Rotary and DFCU say they want to move beyond simply measuring the number of people attending



camps, with greater emphasis on measurable health outcomes, geographic equity and continuity of care, evolving from large-scale outreach to a more decentralised, community-driven model, with stronger emphasis on specialised services, standardised implementation, accountability, and measurable impact.

The partners are now prioritising clubs proposing medical camps in underserved communities with clearly demonstrated health needs, alongside credible plans for community mobilisation, patient referrals and follow-up care.

> “Previously participating clubs may still be considered if they demonstrate clear unmet need.”

Every supported camp will be required to provide four core services: sickle-cell screening, blood donation, malaria services and mental-health services.

Clubs may add other services, including HIV testing and counselling, antenatal and reproductive health services, dental and eye care, cancer screening, immunisation and screening or management of non-communicable diseases, depending on community needs.

The partnership is also giving priority to Rotary clubs that did not participate in the first two phases, in an effort to broaden its geographical and club-level reach.

Previously participating clubs may still be considered if they demonstrate clear unmet need or an opportunity to deepen the impact of the programme.



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Rotarians

- **AG Edward Mugerwa** - RC Kampala Day Break
- **Rtn Kenneth Kimuli** - Rotary Club of Kampala-North
- **Rtn Yedidah Nyakato** - RC Kampala Day Break D9213
- **Rtn Gabriel Matovu** - Rotary Club of Entebbe Stars
- **Rtn Faridah Nankya** - RC Kampala Impala

Rotaractors

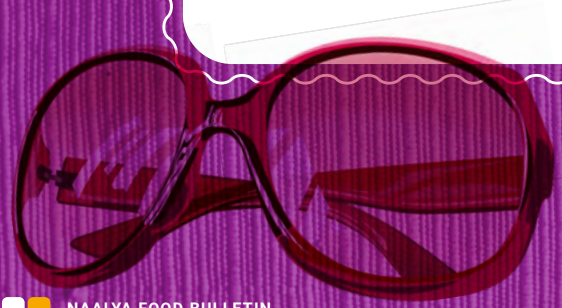
- **Kaddu Micheal (Afrika)** - Rotaract Festival Chair
- **Kobuyambi Shona Mwesigwa** - Rotaract Club of Najjeera
- **Patience Rebecca Mutonyi** - Rotaract Club of Najjeera
- **Primo Connie Nagami** - Rotaract Club of Butabika
- **Sempijja Arafat** - Rotaract Club of Naguru
- **Nakuya Carol** - Rotaract Club of Kawempe
- **Menta Sunshine** - Rotaract Club of Ntinda
- **Calvin Nkutu** - Rotaract Club of Kampala Naalya
- **William Kigenyi** - Rotary Club of Kampala Naalya
- **Kato Paul** - Rotaract Club of Kampala Naalya
- **Bakwatanise James** - Rotaract Club of Kampala Naalya
- **Brian Ssekitoleko** - Rotaract Club of Kampala Naalya
- **Kisuze Mark Pius** - Rotaract Club of Kampala Naalya

Interactors

- **Wamani Treasure Ruby Flower** - Interact Club of SMACON

Guests

- **Nyende Gladys**
- **Nakiwala Sanyu**



Thank You, Come Again!!



School Run Nightmare: E-Buses Offer a New Way Out for Parents in Kampala



BY **RTN JOACHIM BUWEMBO**

The Kampala parents' nightmare is back. Schools have opened, and with them comes the daily transport ordeal.

After waking up at the ungodly hour, preparing the children and getting them out of the house, those mothers lucky enough to have a car brace themselves for the madness on Kampala's roads, where they often find themselves surrendering to the unpredictable manoeuvres of boda boda riders and taxi drivers.

Across the Greater Kampala Metropolitan Area (GKMA), by the time many of the women who "don't work", meaning they are not tied to an eight-to-five job, make it back home, it is already around 9:00am.

That leaves just enough time to tackle household chores before the clock strikes 4:00pm and it is time to hit the road again.

Then comes the nastier part: the evening traffic. Exhausted passengers groan in frustration as vehicles crawl homeward, with many parents and children reaching home long after dark.

Some families have tried carpooling within their neighbourhoods, hoping to share the burden. But without a formal system governing the arrangements, the solution can quickly become another source of stress.

Soon enough, someone is asking: Why does she always have a problem when it is her turn to drive our children?

For mothers who do not have access to a car, the choices can be even more difficult. Many have to "lock their hearts" every morning and entrust their children to boda boda riders, sometimes with several children squeezed onto one motorcycle as the rider weaves through traffic to beat the morning rush and get to the next passenger.

But a new option appears to be emerging for school-going children in the GKMA and it is already here.



The recently launched E-Bus Express school transport package, built around a wristband payment and identification system, could offer parents a safer, more predictable and considerably cheaper alternative to the daily school run.

If Kampala has not yet fully warmed up to the electric buses operated by E-Bus Express, the school



transport package could be what finally wins over parents particularly those without private cars.

For starters, the price is difficult to ignore. While a boda boda ride for even a relatively short distance can cost Sh500 or more, the E-Bus school package charges just Sh400 per journey, regardless of the length of the trip. That means a child can travel to and from school for Sh800 a day.

The weekly package costs 5,500, while a monthly subscription is 22,000. For an entire school term, the cost is 62,000 Shillings.

Beyond the price, however, the system introduces something Kampala's school transport sector has long lacked: a degree of structure and accountability.

> "...the system introduces something Kampala's school transport sector has long lacked: a degree of structure and accountability."

A parent purchases a plastic wristband for the child. Embedded in the band is a digital chip that is scanned by a verification machine when the child boards the bus.

The system then sends an alert or confirmation to the parent's phone, providing assurance that the child has boarded.

In effect, the wristband serves not only as a payment mechanism but also as an additional layer of visibility for parents.

That could be particularly reassuring for parents who currently spend their mornings worrying about whether their child has safely reached school after being put on a motorcycle or into an informal transport arrangement.

Uganda may not yet have completely embraced electric mobility.

For some people, electric vehicles still inspire an amusing mixture of curiosity and suspicion including the old fear that one might somehow be electrocuted simply by stepping into an electric bus.

But if electric transport is going to win over Kampala families, cost and convenience could prove to be its strongest ambassadors.

For parents battling the school-run traffic twice a day, the prospect of putting a child on a structured bus service for 400 Shillings, receiving confirmation when the child boards and avoiding the daily grind of Kampala's roads may be enough to make the electric bus more than just a novel piece of technology.

It could become the new school run.



My Lifelong Quest to Build a Nation of Readers

BY **RTN HADIJAH NANKANJA**

My journey into the transformative power of words began at the tender age of six. Growing up in a household alive with curiosity, my love for language was nurtured by two central figures in my life: my father and my late sister, Dr Sarah Namulondo.

Our home was an incubator for literary exploration. Every week, my father brought home the *Sunday Nation*, turning it into a cherished family ritual. We would take turns solving the crossword puzzle, stretching our vocabulary and sharpening our minds.

My father was also revered in our community as a Scrabble champion.

From him, I inherited a profound appreciation for words, analytical thinking and the quiet magic found between the lines of a good story.

> “From my father, I inherited a profound appreciation for words.”

Reading became my ultimate vessel for discovery. Through books, I travelled to places far beyond my immediate surroundings, long before I ever had the opportunity to see the world for myself.

By the time I entered high school, I had already devoured classic literature,



Photo Credit: Bread and Water for Africa

contemporary titles and expansive literary collections that many of my peers were only beginning to encounter.

That early head start did more than make me a strong student. It shaped the way I understood the world. Literature nurtured empathy, critical thinking and curiosity, while teaching me to appreciate perspectives different from my own. It also laid the foundation for the kind of leadership I would later aspire to.

Throughout my professional journey, I have come to appreciate just how profoundly those early years of reading influenced my work.

> “...my ultimate dream is to grow this monthly gathering into a fully functional and accessible community library, a welcoming space...”

Books strengthened my storytelling, expanded my reservoir of knowledge and taught me to structure compelling narratives.

They helped me understand people and their diverse experiences, while equipping me to approach complex real-world challenges with creativity, resilience and an open mind.



Today, I am turning that lifelong personal passion into an enduring public legacy. On October 9, 2026, I will officially launch The Reading Circle Book Club, a vibrant gathering designed to nurture a culture of shared learning, intellectual discourse and community bonding over coffee and books.

But The Reading Circle is only the beginning. Inspired by the memory of my late sister, Sarah, and the invaluable foundation laid by my father, my ultimate dream is to grow this monthly gathering into a fully functional and accessible community library, a welcoming space where people of all ages can discover books, exchange ideas, learn from one another and develop a lifelong love for reading.

As a Rotarian, I recognise that literacy is far more than the ability to read and write. It is a foundation for economic empowerment, leadership development, informed citizenship and peacebuilding.

A society that reads is a society that questions, imagines, creates and finds better ways of solving its challenges.

Through The Reading Circle, I am not simply sharing my love for books. I am creating opportunities for the next generation of thinkers, storytellers, innovators and leaders to travel the world through words, just as I did as a child.



US$1 Million Matching Fund Targets Blindness Projects in Uganda

BY **RTN SYLVIA NANKYA**

Rotary clubs and districts in Uganda have been invited to tap into a new US$1 million matching initiative supporting projects aimed at preventing and treating blindness during the 2026=27 Rotary year.

The Ann & Carl Evans Family Foundation has announced the matching fund for Rotary Foundation Global Grants targeting blindness prevention and treatment in underserved communities.

Under the initiative, eligible clubs and districts that prepare and submit qualifying Global Grant applications could receive between USD 15,000 and USD 50,000 in matching funds per grant. Uganda is among the countries identified as a priority, alongside Guatemala, Tanzania, Burundi and Malawi.

> "For Rotary clubs in Uganda, the funding opportunity could provide additional resources for eye-health interventions."

The announcement was made by Ann Evans, Adviser to The Rotary Foundation's Global Health Major Gifts Initiative and President of the Ann & Carl Evans Family Foundation.

Evans, who has a background in global health, health policy and international health work, called on Rotarians to partner in efforts to prevent and treat blindness through expanded access to vision care.

The initiative comes with a separate matching opportunity for individual donors. Individuals or couples contributing US$30,000 towards a named Global Grant focused on treating or preventing blindness can have their contribution matched by up to US$30,000, subject to the initiative's conditions.



Clubs seeking the match are required to submit a draft application to EvansVisionMatch@gmail.com for written confirmation before including the matching amount in their Global Grant application.

Once Rotary approves the Global Grant, clubs are required to send proof of approval to the same address to initiate the transfer of funds to The Rotary Foundation.

The initiative's organisers say the focus on blindness is driven by the scale of preventable and treatable vision loss worldwide. They cite estimates that approximately 80 per cent of blindness is avoidable or treatable, while about 90 per cent occurs in communities with limited access to eye-care services.

For Rotary clubs in Uganda, the funding opportunity could provide additional resources for eye-health interventions in communities where access to specialised vision services remains limited.

The organisers have urged Rotarians to share the challenge with district grants officers, club members and other Rotary partners and have directed clubs seeking technical support to the Blindness Prevention Rotary Action Group.

Evans said the initiative is intended to expand access to vision care while contributing to efforts to tackle poverty and hunger, describing sight as a foundation for health, opportunity and hope.

For emphasis: If you are considering this opportunity, please send a draft application to EvansVisionMatch@gmail.com and obtain prior written confirmation before including the matching amount in the application.

Following Rotary approval of the Global Grant, the approval should also be sent to the same address to initiate the transfer of funds to The Rotary Foundation.



When School Becomes a Source of Stress: Are We Educating Children or Overwhelming Them?

BY **RTN JACKLINE MUTIMBA**

She scored 92%. It was one of the highest marks in her class. Her teacher congratulated her. Her classmates called her brilliant. At home, everyone was pleased. Almost everyone.

She looked at the paper and saw the eight marks she had lost. "What happened?" she wondered. "What if I don't come first this term?" That evening, while everyone else celebrated, she was already thinking about the next test.

From the outside, this is the child many parents would be proud to have: disciplined, hardworking and performing well. But what if behind those good grades is a child who is terrified of failing?

We often recognise a problem when a learner begins performing poorly. We pay less attention to the child who continues performing well while quietly struggling under the pressure to maintain that performance. Yet, sometimes, the child who needs support is not failing. Sometimes, they are coming first.

School should be a place where children learn, discover their abilities, make friends, make mistakes and gradually understand the world around them. Yet for some learners, school becomes a constant test of whether they are good enough. There are examinations to pass, positions to maintain, assignments to complete and expectations to meet.

> "Schools want strong academic results. But a child may hear something different: My value depends on my performance.."

Then come the comparisons. "Your sister was always among the best students." "What position did your friend get?" "We are paying all this money for school. You need to work harder."

Often, these words come from a good place. Parents want their children to succeed. Teachers want learners to perform well. Schools want strong academic results. But a child may hear something different: My value depends on my performance.

For a child who already fears disappointing the adults they love, an ordinary examination can begin to feel like a judgement on who they are.

And the pressure does not always end when school closes.

Today, young people can constantly see other people's achievements



Photo Credit: Bantwana Initiative

online: examination results, university admissions, scholarships, awards and carefully selected moments of success.

Comparison becomes difficult to escape.

Academic stress can also show up in ways adults may not immediately recognise.

A learner repeatedly complains of headaches or stomach aches before examinations.

Another struggles to sleep. Someone becomes unusually irritable. Another studies late into the night because resting makes them feel guilty.

A disappointing mark may trigger tears that seem disproportionate to the result.

We may say: "But 80% is a very good mark. Why are you crying?" Perhaps the real issue is not the 80%. Perhaps it is what that child believes the 80% means:

"I have disappointed my parents."
"Everyone will think I am becoming stupid."
"What if I never succeed?"

This does not mean we should remove expectations or stop encouraging children to work hard. Children need challenge, discipline and opportunities to learn persistence and responsibility.

But there is a difference between encouraging excellence and making a child afraid of anything less than excellence.

We should be able to celebrate effort without turning every result into a ranking. We should be able to discuss disappointing performance without attacking a child's intelligence, character or future. And perhaps we should occasionally ask questions that have nothing to do with marks:
"Are you enjoying school?"
"What has been difficult lately?"
"Are you getting enough rest?"
"Is anything worrying you?"

> "Technology matters. Families and communities matter. But ultimately, education succeeds when a child learns."

As Rotary marks Basic Education and Literacy Month, our conversation about quality education should extend beyond enrolment, textbooks, classrooms and examination results.



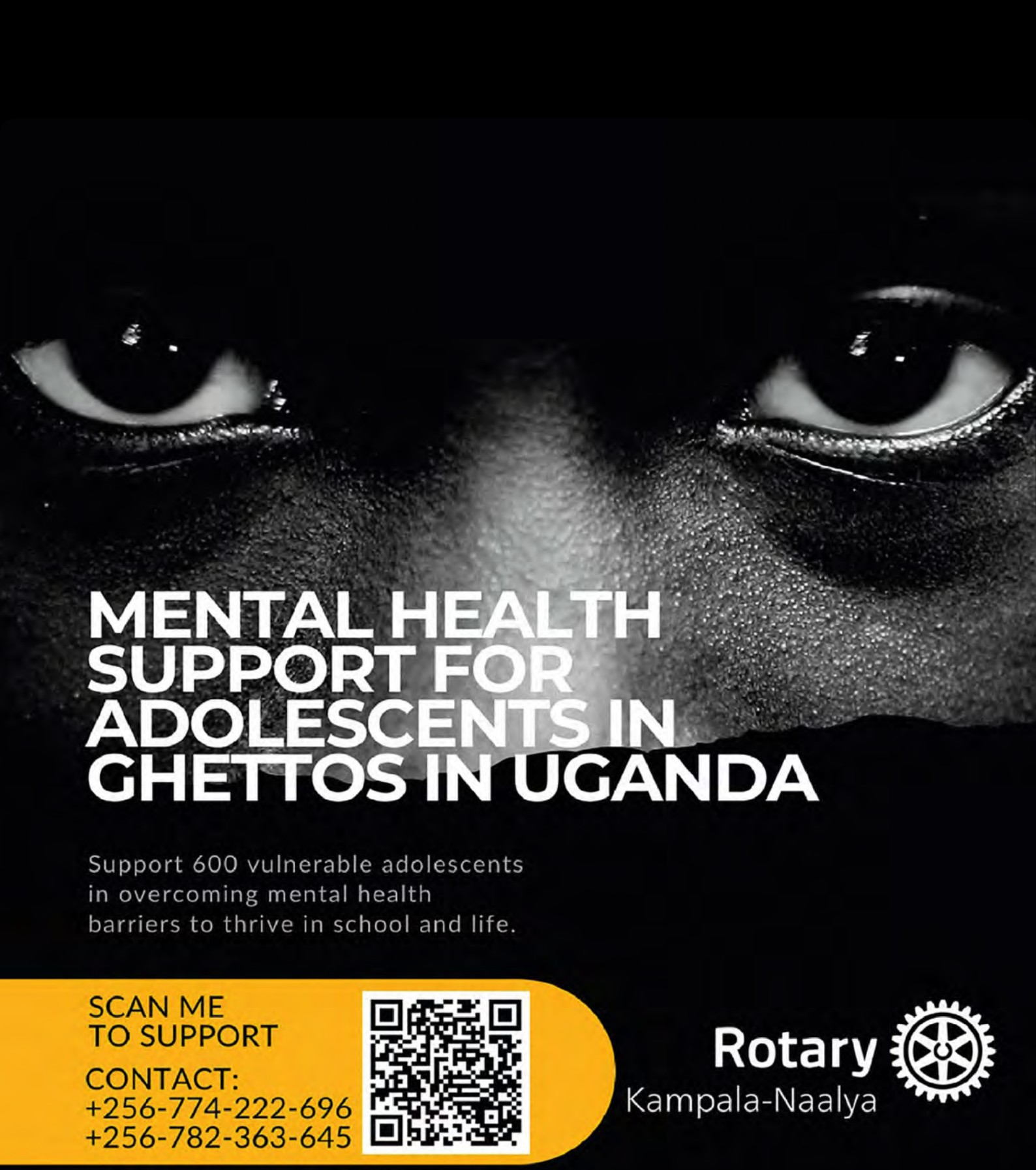
A successful education system should produce children who can read, write, calculate and think critically. But surely we also want young people who understand that making a mistake does not make them failures.

A report card tells us something about a learner's academic performance. It does not tell us everything about the child.

So, when the results come home, celebrate the 92%. Talk about the eight marks if you need to. But somewhere in that conversation, make sure the child hears something more important: "I am proud of who you are, not only the marks you bring home.



Photo Credit: StrongMinds


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ELDER'S EYE

Promoting Initiatives for School Feeding Programmes

BY **PP GODFREY OKELLO-OMODING**

Rotarian Joachim Buwembo was a lone voice at the Rotary Club of Kampala-Naalya in 2024 on the school feeding programme. Indeed, he was in his own desert with his "crazy idea"- the idea to feed many pupils and have them transformed.

He went ahead to look for land to hire. He got some land in Zirobwe, outside Kampala, which he personally hired for St. Mbaaga Tuzinde Kiwatule Primary School to farm food and provide pupils with meals.

Before that, he was contributing food to the school using his personal resources. He brought the "crazy idea" to the Club. The Club members bought it.

> "...parents are still responsible for feeding their children under the current Universal Primary Education (UPE) guidelines."

This is what can be referred to as an impact investment. Studies have revealed that school feeding programmes are investments with economic returns ranging from $7 to $35 for every $1 spent (School Meal Coalition, 2024). They are also recognised as one of the smartest policy investments available to governments and policymakers, and, by extension, goodwill people.



Photo Credit: Daily Monitor

In addition, school feeding programmes contribute towards attaining some of the Sustainable Development Goals (SDGs), namely: household poverty (SDG 1), hunger (SDG 2), health and nutrition (SDG 3), school attendance and learning outcomes (SDG 4), girls and women (SDG 5), local economies (SDG 8), and food systems transformation (SDGs 12–13).

In 2025, Uganda formulated a National School Feeding Policy, a national framework for transitioning from a purely parent-led school feeding model to a standardised national policy.

However, the policy is yet to be implemented due to challenges such as the high financial implications of feeding millions of learners nationwide and defining clear institutional responsibilities.

Hence, parents are still responsible for feeding their children under the current Universal Primary Education (UPE) guidelines. They do so either by cost-shared financial contributions or supply of food items like maize, beans, cassava, and sweet potatoes, depending on what is grown locally or accessible/ affordable to them.



Photo Credit: UNICEF

Parents' contributions determine the kind of meals children receive. This ranges from tea or porridge to a full meal served during lunchtime.

In some cases, in the same school, not all children are served unless the parents have contributed or they have packed some food.

No wonder, nationally, it is estimated that about 66% of pupils lack regular access to school meals. Lack of meals is also attributed to contributing to high dropout rates and low concentration of learners.



In Karamoja region, historically, the World Food Programme and several NGOs have supported school feeding programmes. This also became an incentive for children to attend school because of being assured of food. In some cases, pupils tend to come along with their young siblings to have at least one nutritious meal a day.

Rotarians, Rtn. Joachim Buwembo, having a deep understanding of the financial challenges faced by many parents whose children attend St. Mbaaga Kiwatule Primary, took to doing something rather than standing by. He knows how important and impactful for pupils to have a meal at school.

> "...dear Rotarians, it is time to put on our mobilisation boots to: first, mobilise ourselves to consider investing in school feeding programmes..."

Imagine, this is a school in the capital city of Uganda, mainly attracting children from underprivileged backgrounds; how about schools in deep remote rural areas of Kidera in Buyende district, Ocowa in Amuria district! How are they managing? Who remembers them?

It is a known fact that school feeding programmes are key educational and social initiatives. Individuals and organisations can take them on. Whatever form or structure they may be, they sustain and boost school enrollment, improve pupils' retention and attendance, children's nutritional needs and development, and go a long way in improving and enhancing learning outcomes.

Their coverage needs to be deepened and broadened to include all the pupils in all schools. This comes with addressing and bridging funding gaps, addressing implementation structures and mechanisms, and ensuring policy coherence and adherence.

This month, dear Rotarians, it is time to put on our mobilisation boots to: first, mobilise ourselves to consider investing in school feeding programmes; second, join other partners to galvanise for action, be it with parents, local communities, local governments, national government, bilateral and multilateral organisations, and local, regional and international organisations like Global Alliance Against Hunger and Poverty, Food for the Hungry, etc.

Action speaks louder than words. Rtn. Joachim Buwembo has led this and can be a source of information, inspiration and aspiration.

As we support basic education, let us consider mainstreaming and aligning school feeding programmes into our support.



Joe Biden's Prostate Cancer Battle: A Wake-Up Call for Men to Get Checked

As part of the Prostate Cancer Awareness Month focus, we turn our attention to a health issue that many men are reluctant to discuss but which can have life-changing consequences when detected late: prostate cancer.

Former United States President Joe Biden's experience has brought renewed attention to the importance of early detection. Biden was diagnosed with aggressive prostate cancer in 2025 after a prostate nodule was discovered, and the cancer had already spread to his bones by the time it was diagnosed.

In a message shared during Prostate Cancer Awareness Month, Biden encouraged men not to postpone conversations with their doctors about prostate health.

His message is particularly relevant because prostate cancer can develop without obvious symptoms in its early stages. By the time symptoms become noticeable, the disease may already have progressed.

According to the American Cancer Society, the five-year relative survival rate for prostate cancer diagnosed while it remains localised or



has spread only to nearby areas is greater than 99 per cent. When the disease has spread to distant parts of the body, including the bones, the five-year relative survival rate falls to about 38 per cent.

> "When the disease has spread to distant parts of the body, including the bones, the five-year relative survival rate falls to about 38 per cent.."

These figures underline a simple but important message for men: do not wait for pain before taking your prostate health seriously.

Biden's experience also highlights the importance of knowing one's risk factors. Age, African ancestry and a family history of prostate cancer are among the factors associated with increased risk.

For men of African ancestry, the American Cancer Society recommends beginning a conversation with a healthcare provider about prostate cancer screening from age 45.

Men with a father or brother diagnosed with prostate cancer before age 65 should also begin that discussion at 45, while men with multiple close relatives affected at an early age may need to start even earlier.

Prostate cancer screening is not simply a matter of taking a test. Health professionals recommend that men discuss the potential benefits, risks and uncertainties of screening with their doctors before deciding whether to proceed. Testing may involve a prostate-specific antigen (PSA) blood test, with other examinations or investigations considered where appropriate.

For men, especially those who tend to put their health concerns aside while caring for their families, running businesses or serving their communities, that conversation can be easy to postpone. But postponing it could come at a cost.

Biden's appeal is therefore more than a message about his personal battle with cancer. It is a reminder that men's health requires courage not only in the workplace or community, but also in the doctor's consultation room.

Message From President Joe Biden

PROSTATE CANCER AWARENESS MONTH



Every September we mark Prostate Cancer Awareness Month. This year it's more personal for me.

More than 330,000 American men this year will hear the words we did last spring when I was diagnosed with prostate cancer. By the time we found it, it had already spread to my bones.

When prostate cancer is caught early, the five-year survival is close to 100%.

So have the conversation with your doctor. Don't put it off.

If you're at average risk, that conversation should start around 50, and the guidelines now say screening every 2 to 4 years.

If you're a Black man, start it at 45 or earlier. You are nearly 70% more likely to get this disease and 2 to 4 times more likely to die from it. Which is an outrage in the richest country in the world.

If your father or your brother had prostate cancer, start the conversation at 45, and even earlier if more than one of them did.

I am deeply grateful to the doctors, nurses and other medical professionals who helped to control my cancer and who continue to take such good care of me.

> "If you're a Black man, start it at 45 or earlier. You are nearly 70% more likely to get this disease and 2 to 4 times more likely to die from it."

Their skill, dedication, and compassion mean so much. The radiation treatment from last fall worked as intended, and I continue to do the things I care about, like finishing my memoir.

Thank you to everyone who has reached out and continues to keep me and my family in your prayers. We appreciate every single one of you.

It's my hope and prayer that by sharing our experience and being part of this important conversation, we can help save lives.



Talk to your doctors. Ask the hard questions. Do it for yourself, and do it for the people who love you.

And no matter what, keep the faith. God bless you.



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AGE 5-18	US$20	US$30	US$40
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Uber's Abrupt Exit Calls for Regulation of International Brands to Protect Users

BY **RTN DENIS JJUUKO**

Ten years ago, Kampala was all the rage. Uber, the global taxi-hailing app, launched in Kampala with fanfare. The razzmatazz that comes with a global brand that promises to change the world. All our transport problems, at least in Kampala, would be sorted.

It was cool to order an Uber or arrive at a fancy party in one. If you hadn't installed the app, you were being left behind. There was no need to buy a car. Uber would sort that at a fraction of the cost.

If you had a car, it was so cool to use it as an Uber on your way to or from work. And if you didn't like your boss, you could quit your job and become your own boss as a Uber driver. It wouldn't get any fancier than that.

Some people cashed out their savings, bought a few Corollas, got their cousins who had previously graduated from university and made them Uber drivers. Side hustle had never been so simple.

> "With apps like Uber and Airbnb and their early global success, other platforms for gig work or sharing were created everywhere."

Special hire drivers cried. Calls placed to their previous customers went unanswered. The suitor had a new lover. You were exploitative. Uber transported someone to wherever they wanted at the cost of a chapati!

Some young people decided to create Uber for all sorts of things. Looking for somebody to wash your clothes over the weekend, a "Uber" was created for that. Need a truck to transport something? There was a "uber" for it. Need a boda? Well, another "Uber" was created before Uber itself introduced bodas.

Innovation hubs were full of ideas, with young people dressed in hoodies spending all their time trying to create the next Uber. To be fair, it wasn't just in Uganda. Every innovation has somebody trying to replicate it for another industry.

With apps like Uber and Airbnb and their early global success, other platforms for gig work or sharing were created everywhere.



Upwork, Fiverr, DoorDash… the list is endless.

We were told the sharing economy was the new thing. That we didn't need to own stuff. We could easily share. The problem, though, with international brands like Uber is that they can wake up and make a decision that affects many people.

Like they did when they announced that they would no longer be available in Uganda. And within a few minutes, they were gone. They didn't even have the courtesy to inform the drivers signed up on their app for at least a week.

I believe some were even still processing the news and maybe even parked at malls waiting for clients, only to realise that the application had gone mute. I believe those who hadn't checked their communications platforms restarted their phones several times.

Developing economies like Uganda shouldn't just allow these brands to come in, do and go as they wish. They can't just be making abrupt decisions from Silicon Valley. Why couldn't Uber give time before exiting the country? They could have given a 90-day notice so that their drivers and customers have enough time to prepare. To operate here, the government should force them to follow some rules and regulations.

Usually, when they start offering service in smaller economies like ours, there is something they want which isn't direct revenue.

> "Unlike a special hire (cab), the driver would be able to find a customer after dropping off somebody."

It is global presence that enables them to have an explosive initial public offering on the New York Stock Exchange or attract some funding.

Once they achieve those goals, their mission is over, and they can do whatever they want, especially where there is no regulation. In markets where they are regulated, they can't just wake up and announce that they have closed.

Also, the actions of brands like Uber mean that there is a need to identify our challenges and find applicable solutions. For many years, I wondered whether Uber drivers made any money. The rates were so low, prompting many of them to try to negotiate out of the app.

What had made Uber appealing to drivers was the near guarantee of a return trip. Unlike a special hire (cab), the driver would be able to find a customer after dropping off somebody. That increasingly became difficult, yet the rates remained low.

When fuel prices went up, Uber didn't respond appropriately. Apparently, increments had to follow some policy created based on the American or Western European economy. Bad roads and traffic jams were never factored in.

Ugandans largely drive old cars, which means that they consume a lot of fuel and are susceptible to breakdowns. If the roads are potholed, maintenance and repair become costly.

An unregulated global brand wouldn't care much about that while setting rates, especially when they don't own the asset that guarantees their return (25 per cent of each trip in the case of Uber). Regulation of global brands is critical in protecting the interests of users.

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





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