Naalya Food Bulletin

7th April, 2026

Rotary Kampala - Naalya

UNITE FOR GOOD

Issue 37 | RY 2025-26



Club President Charles Owekmeno (R) and Membership Director Barbra Ninsiima (L) pose with the Club's new members at their induction on March 31

RC KAMPALA - NAALYA

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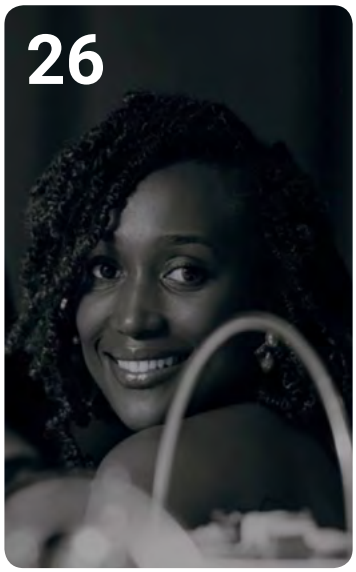
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Chef's Note

Dear Rotarians and Guests,

March was remarkable. It ended on a high – the induction of new members - Rtn Norman Rugumya, Rtn Tracy Kunihira, Rtn Gilbert Nuwamanya, and our corporate partner, Wells of Life.

For this bulletin, our heroes are AG Francis Lubuulwa and PP Godfrey Okello-Omoding who relentlessly shared precious information about WASH.

To every Rotarian out there who participated in the fixing of a handpump or taught a child to wash their hands: you were the ripple. And ripples, as we know, do not stop at the shoreline.

Water flows downhill. That is physics. But water also flows into forests, through wetlands, beneath the shade of trees that hold the soil in place. That is ecology - and ecology, dear fellow Rotarians, is the quiet truth beneath everything we did in March.

April arrives with a new imperative. Our monthly theme is Environment - not a separate cause, but the very stage upon which water flows, health lives, and hope breathes. Without healthy forests, our rivers run dry.

Without protected wetlands, the cleanest borehole sits on poisoned ground. The environment is not a luxury for the wealthy or a cause for activists alone. It is our shared roof.

Sir Winston Churchill famously described Uganda as the 'Pearl of Africa' - but it's general information that the Pearl is losing its lustre.

From the Albertine Rift to the shores of Lake Victoria, our biodiversity is under siege: wetlands drained, tree cover vanishing, soils exhausted. Climate change is no longer a forecast. It is a harvest failed, a landslide buried, a season gone amiss.

The erratic rains that confuse our farmers, the rising temperatures stressing our ecosystems — these are not tomorrow's warnings. They are today's reality.

Our response must be threefold. Conservation - active restoration: protect a wetland, plant native species, adopt a threatened forest patch.

Climate adaptation - help communities build rainwater harvesting systems, agro-ecological gardens, and solar solutions that reduce pressure on charcoal and forests. Education - teach the next generation that a plastic bottle dropped carelessly today is a poison pill for tomorrow's child.

We do not inherit this earth from our ancestors. We borrow it from our grandchildren. We're stewarding the Earth for posterity.

Every bee that pollinates our coffee, every fish in Lake Victoria, every tree holding the hillside against the rains: these are not background scenery. They are the architecture, not just for our survival but also for our grandchildren.

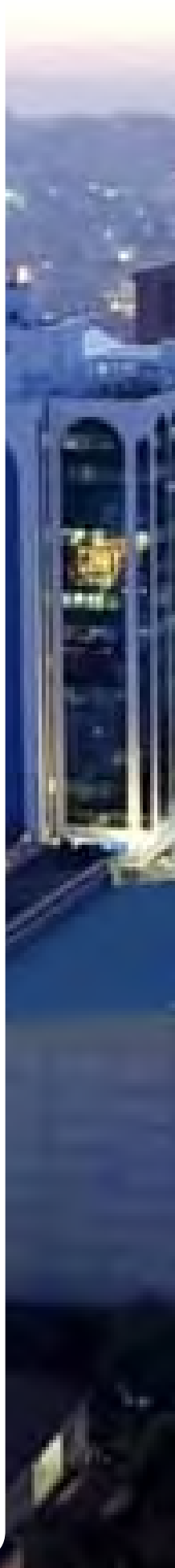
Before April ends, let every club hold one environmental action; a tree planting, a river clean-up, a school talk on waste management.

Partner with a school or parish. Speak where the Rotary voice for sustainability is absent.

And when you plant that tree, plant it, not for the photograph in front of a banner; plant it for the birds, for shade, for the child who will rest beneath it 20 years after we're gone.

Let us ensure that when we say Pearl of Africa, we mean something real: a gem still green, vibrant, and alive.

Rtn. Peter Nyanzi
Bulletin Officer





Count On Preparation, Not Luck

RI PRESIDENT'S MESSAGE
By Rtn. Francesco Arezzo



APRIL 2026

Not long ago, in a small health center in the village of Aaye in southwest Nigeria, a woman arrived in labor carrying twins. The facility was short-staffed, and the nurse midwife in charge was not present.

A community health worker stepped forward. She had participated in Together for Healthy Families in Nigeria, a Rotary Foundation Program of Scale initiative.

Though she was not formally trained as a midwife, she was equipped with essential emergency obstetric skills.

Hours later, both babies had been delivered - one at the health center and the other at a general hospital, where the mother had been referred after complications were quickly identified. The newborns and their mother were alive and safe.

Women around the world face similar circumstances every day - moments when the difference between life and loss depends on well-trained medical staff and reliable systems and procedures.

Together for Healthy Families in Nigeria exists to increase the chances that those moments end in hope.

By strengthening health systems and training frontline workers, the program helps communities protect mothers and children even when circumstances are difficult.

> "Rotary understands that service means investing in people and systems long before they are tested."

This work reflects the very heart of Rotary service. Service is not only what we do when conditions are ideal; it is what we do when systems are strained, resources are limited, and the need is urgent.

It is the commitment to prepare people before a crisis arrives and to stand with communities when it does.

Maternal and child health is not an abstract goal. It is deeply personal. It is a mother who survives childbirth, a newborn who takes a first breath, and a family that remains whole because someone was trained, ready, and cared enough to act.

Rotary understands that service means investing in people and systems long before they are tested. Programs like ***Together for Healthy Families in Nigeria*** show what is possible when Rotary brings together local knowledge, global partnerships, and sustainable solutions.

By working alongside health professionals and local leaders, Rotary helps ensure that lifesaving care does not depend on luck or location.

The story of the mother and her twins is, at its core, a story of service. It is a reminder that Rotary's impact is measured in human moments - when people step forward to help others in their most vulnerable hours.

When we unite for good, service becomes more than an ideal; it becomes a lifeline for families, a source of strength for communities, and a promise that Rotary will endure.

Green Hope in Action:
Restoring Uganda's Environment

DG'S MESSAGE
By Geoffrey Martin Kitakule



APRIL 2026

Across Uganda, a quiet yet powerful movement is taking root—one tree, one community, and one project at a time. Led by dedicated Rotarians, environmental restoration is becoming a defining pillar of Rotary's impact, transforming landscapes while uplifting livelihoods.

Rotarians are stepping forward with a shared vision: to protect the environment today while securing a sustainable future for generations to come.

Rotary and Rotaract clubs have mobilized communities, schools, and partners to plant thousands, if not millions, of trees across the country.

These efforts go beyond numbers. Each tree planted represents a step toward restoring degraded forests, a natural defense against climate change, and a boost to soil fertility and agricultural productivity.

In many communities, tree planting has become a shared responsibility, bringing together young people, local leaders, and families in a collective act of environmental stewardship.

Uganda's wetlands and water sources remain vital lifelines for both people and ecosystems. Recognizing this, Rotarians have taken active steps to protect and restore these fragile environments.

Through community sensitization, campaigns, and conservation initiatives such as "Run for the Nile," Rotary is helping to reduce wetland degradation while safeguarding the Nile and Lake Victoria.

> "Uganda's wetlands and water sources remain vital lifelines for both people and ecosystems."

These efforts not only protect biodiversity but also strengthen resilience against climate-related challenges.



At the same time, Rotary is influencing everyday practices within communities by promoting practical, sustainable solutions.

Initiatives such as energy-efficient cookstoves in schools like Ivunamba by the Rotary Club of Kira,



and improved waste management programs led by the Rotary Club of Acacia Sunset, demonstrate that environmental conservation does not have to be complex. It begins with simple, deliberate choices that improve both lives and livelihoods.

Education remains at the heart of these environmental efforts. By engaging schools, youth groups, and community members, Rotarians are building a culture of awareness and responsibility.

Young people, especially through Rotaract, are playing a leading role by organizing clean-up drives, spearheading campaigns such as the "Rotaract Earth Initiative," and championing innovative ideas.

Their energy and creativity are ensuring that the message of sustainability reaches far and wide.

Rotary's environmental success in Uganda is further strengthened through collaboration. By working closely with local communities, government institutions, and international partners, Rotary clubs are able to scale their efforts and ensure long-term impact.

> "It is Rotary in action - hope taking root and growing steadily toward a sustainable future."

Partnerships with organizations such as Uganda Breweries Ltd and the National Forestry Authority have enabled the restoration of the Namananga Forest Reserve, while collaboration with EACOP is supporting the greening of schools across six districts along the oil pipeline.

These partnerships bring together resources, expertise, and shared commitment, turning ideas into sustainable solutions.

The environmental work undertaken by Rotary in Uganda goes beyond conservation; it is a commitment to life, health, and future prosperity. Healthy ecosystems contribute to improved food security, better public health, and stronger, more resilient communities.

As these efforts continue to grow, they demonstrate that meaningful change is possible when people unite for good with purpose and passion.

In every tree planted, every wetland restored, and every community empowered, there is a story of hope.

This work is not only about healing the land, but also about inspiring a nation to care, to act, and to build a greener tomorrow.

It is Rotary in action - hope taking root and growing steadily toward a sustainable future. And it is a powerful reminder that indeed.

#ROTARYEYAMBA!

President's Message

RTN CHARLES OWEKMENO
Unite For Good President
2025-2026



Dear family of Rotary, Rotaractors, and Guests,

Welcome back from the Easter celebrations. I hope that this time of renewal brings joy and blessings to each of you.

I once again congratulate and warmly welcome our new members into the Rotary Club of Kampala Naalya family.

I extend my appreciation to the Director of Membership and all the sponsors who guided and supported the new members through the induction process.

> "We are now counting down just one week to Discon 101 in Entebbe."

I also wish to thank the Kitoobero Buddy Group for their excellent leadership during the month of March 2026.

Under their guidance, we successfully hosted the Women in Rotary event and inducted four new members.

As we begin the month of April, leadership shifts to the Kikomando Buddy Group.

Let us support them fully to ensure a successful and memorable month.

This month's focus is on environmental protection, and we are honored to have Rtn. Joachim Buwembo as our first guest speaker.

We are now counting down just one week to Discon 101 in Entebbe. I thank all those who registered to represent our club at the conference.

I am proud to note that we have over 22 members registered to attend, a strong show of commitment and fellowship.

Finally, I celebrate all those who marked birthdays and anniversaries last week and this week. May you continue to receive blessings and favor in the days ahead.

Wishing you all a joyful Rotary week.!

YOURS IN SERVICE ABOVE SELF,



TEAM TALK

An Easter Reflection: The Power of Sacrifice, Serving

BY **AG FRANCIS LUBUULWA**



As the world pauses to mark the Easter season, we are drawn into a moment of reflection that goes beyond tradition, beyond routine, and even beyond religion itself.

At the heart of Easter is the story of Jesus Christ, a story often told in churches and homes, but one whose deeper meaning speaks to all of humanity.

It is a story of sacrifice, of choosing others over self, and of hope that emerges even in the face of suffering.

For Rotarians, this is not a distant or abstract story. It is one that quietly mirrors the very essence of what we strive to live out each day.

> "These are not just religious ideals; they are human ones. They are the same ideals that echo in Rotary's call to "Service Above Self."

Because when we strip away the religious language, what remains is a powerful and universal truth: that the greatest impact we can have in this world comes when we are willing to give of ourselves for the good of others.

Not everyone reading this will identify with the Christian faith, and that is perfectly alright. Yet there is something deeply human and relatable in the life that Jesus lived.

He stood for others, often at personal cost. He served without seeking recognition. He chose compassion over convenience and courage over comfort.

These are not just religious ideals; they are human ones. They are the same ideals that echo in Rotary's call to "Service Above Self."

And yet, if we are honest, living this out is not always easy. It is simple to give when it is convenient, to serve when it is visible, to contribute when the cost is manageable. But the Easter story gently challenges us to go further.

It asks us what it means to give when it is uncomfortable, to serve when no one is watching, to care deeply enough that we are willing to stretch ourselves.

It invites us to move from occasional acts of kindness into a deeper, more consistent way of living.

In our communities, the needs are not hidden. We see them in the quiet struggles of mothers seeking access to basic healthcare, in children growing up without clean water or proper nutrition, and in young people searching for opportunity and direction.



It is easy to feel sympathy when we encounter these realities. But sympathy alone does not change lives.

Easter invites us into something deeper: a sense of responsibility. A quiet but firm recognition that if we are in a position to help, then we cannot afford to look away.

This is where Rotary finds its true strength. Not just in projects completed or targets achieved, but in the mindset of its members. When Rotarians begin to see service not as an activity, but as a responsibility, something shifts.

Projects become more thoughtful. Impact becomes more lasting. And service becomes less about what we do occasionally, and more about who we are consistently.

There is also a quiet paradox in all of this. When we give, we often think we are the ones making the sacrifice. But in reality, we are also the ones being transformed. There is something deeply fulfilling about investing time, energy, and resources into the lives of others. It grounds us.

> “There is something deeply fulfilling about investing time, energy, and resources into the lives of others...”

It gives us purpose. It reminds us that our lives are connected to something much bigger than ourselves.

Perhaps then, this Easter is not simply a time to reflect on what has been done, but an opportunity to ask a deeper question.

Not, “What projects do we need to complete before the Rotary year ends?” but rather, “What kind of Rotarians do we want to become?”

Do we want to be individuals and clubs that respond occasionally to need, or do we want to become people for whom service is a natural and continuous expression of who we are?

The answer to that question will shape the kind of impact we leave behind. Because meaningful change in our communities does not come from rushed efforts or last-minute activity.

It comes from sustained commitment, from thoughtful planning, and from a willingness to invest in solutions that outlast us.

As we move through this season, there is an invitation before each of us regardless of belief or background. An invitation to go a little deeper, to give a little more, and to serve a little more intentionally.

It may not always be grand or visible. In fact, the most meaningful acts of service rarely are. But they carry within them the power to transform lives.

Easter, at its core, is a story of hope. A reminder that even in the face of challenge, renewal is possible. That sacrifice is not loss, but a pathway to something greater.

And for Rotarians, it is both an encouragement and a gentle challenge to continue showing up, to continue caring, and to continue doing good in ways that truly matter.

Perhaps that is the spirit we carry forward from this season. Not just in words, but in action. Not just for a moment, but as a way of life..

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


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TAIPEI
2026
LAST CALL
TO THE
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TAIPEI, TAIWAN
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26th June - 15th Dec 2025: 475 (Early Registration)
16th Dec 2025 - 31st Mar 2026: $575
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#CoverStory



Determine Your Rotary Experience - PDG Anne Nkutu

DELIVERED AT THE INDUCTION OF NEW MEMBERS ON MARCH 31, 2026, PDG ANNE NKUTU'S WORDS CARRY THE KIND OF QUIET THUNDER THAT ONLY A ROTARIAN'S LIVED EXPERIENCE CAN PRODUCE.

BY EDITORIAL DESK

On March 31, PDG Anne Nkutu came for one thing - to enjoy fellowship at her home club of Kampala Naalya and be part of the audience to welcome new members into the club.

Then as the fellowship went on, the expected chief guest called the President Charles Owekmeno to express his apologies for not being able to turn up to officiate. No prizes for guessing who had to step in - PDG Anne Nkutu. And there was no better place to start her speech than what Rotary has taught her.

"Back high school, and our motto was 'be prepared.' Meaning, any time anything happens, just be prepared. But being in Rotary has really sharpened my level of preparedness," she said.

Rotary, according to PDG Anne, is also an extraordinary school. It will teach you to speak - not just words, but with conviction and clarity. Every fellowship, every project you champion, is a rehearsal for the larger stages of life. "When you are able to speak, people always say, come and speak. And when people see you speaking, you gain visibility," she added.

PDG Nkutu, who was joined by Charter President Francis Lakor and Assistant Governor….to pin the new members, said what nobody tells new members in the applause of an induction evening is that the pin alone changes nothing. It is the person wearing it who must do the work.

When you join Rotary, you cross a threshold. You step into a river that has been flowing for over a century, carrying in its current doctors and farmers, marketers, journalists, engineers and teachers, presidents and pastors - all bound by a single, stubborn conviction - that service to humanity is not optional. It is the highest calling.

Rotary is not a title. It is a practice. And like every worthy practice, it demands showing up - consistently, intentionally, and with sleeves already rolled. To Norman, Tracy, Gilbert and Pascal, consider what you have actually joined.

Across Uganda, more than 10,000 Rotarians are quietly building schools, drilling boreholes, fighting disease, and mentoring the next generation.

Not because a government directive sent them. Not because a television camera was pointed at them. They acted because they saw a need and recognised themselves as the answer. That is the Rotarian reflex.

> To Norman, Tracy, Gilbert and Pascal, consider what you have actually joined."

"We are people of action. Wherever we see a problem, we act. We don't wait for people to call us," said PDG Nkutu.

That instinct must now become yours. See a





problem in your community, at your workplace, in your family — and be the person who walks to the centre of it and says, “this is what I think we can do. Let us start here.”

Leadership in Rotary is not confined to those with titles. The young professional who volunteers to chair a subcommittee before they feel ready - that is a leader.

Rotary has a remarkable way of surfacing the leader in you, often before you have introduced yourself to that version of yourself.

Take up these opportunities as they come.
But, and this must be said as plainly as possible, what you receive from Rotary will be the precise measure of what you bring to it.

“It is entirely up to you to determine your Rotary experience. What you choose to do in Rotary is what you will get,” she added.

Come and sit quietly at the back of the room, week after week, and you will leave exactly as you arrived: unchanged, unmoved, unchallenged.

Come instead with intention - with curiosity about the fifty people sitting around you, with willingness to take up tasks - and Rotary will return to you friendships that outlast decades, networks that open doors you did not know existed, and opportunities that travel with you to Taiwan, to Dubai, to Abu Dhabi, and far beyond.

Yet, none of those gifts are handed to you. They are grown. They grow out of relationships, and relationships grow out of trust, and trust grows out of time and consistency.

PDG Nkutu added; “Nobody is going to recommend you for a job or a business if they do not know you, if they do not trust you. And for them to know you, you have to open yourself to interaction.”

Come often enough that someone can say, “I know who you are. I know how you work. I know that you mean what you say.” That is when the doors open — not because of the pin, but because of the person behind it.

Fourteen years on, some of us are still counting. Still showing up. Still finding, in every new project and every new member, a reason to renew our vow to serve.

Because that is the quiet miracle at the heart of this organisation: it does not merely ask you to change the world. It asks you to change yourself first - and trusts that the world will follow.

So, wear the pin with pride. Place the Objects of Rotary where you will see them every morning. Let the code of conduct be, not a poster on your wall, but a posture in your life. Be the person your community reaches for when things need doing.

On the behalf of Rotary International President



and on behalf of the District Governor Geoffrey M. Kitakule, we want to warmly welcome you to the Rotary International family and also to the Rotary Club of Kampala Naalya, you have made a nice decision to join this big family internationally.

Now make the most of it. Welcome to the Rotary Club of Kampala Naalya.



Induction of New Members









Induction of New Members







Induction of New Members








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Club of Kampala Naalya
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Thank you All for your Commitment
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#SolRise

Emotional Strain In Men And What to Do About It

BY **RTN JACKLINE MUTIIMBA**

David has mastered the art of appearing okay.

At work, he delivers. With friends, he keeps things light. At home, he shows up as expected. If asked how he is doing, the response is automatic: "I'm fine."

And most days, that answer feels accurate, at least on the surface.

But there are quieter moments, usually when the day slows down, when something else surfaces. Not a breakdown. Not even a clear emotion. Just a weight he cannot fully explain.

It does not stop him from functioning. It simply stays.

By morning, routine resumes. The feeling is set aside, not addressed. And the cycle continues. This pattern reflects a broader reality.

Many men are socialized to manage emotion privately and perform stability publicly. Strength is often associated with control, not expression. As a result, emotional experiences are acknowledged internally but rarely processed externally.



> "The challenge is not that men do not feel. It is that there are limited frameworks for engaging with what they feel."

This creates a system that works, but only to a point. On the outside, it produces consistency, reliability, and composure. On the inside, it can lead to unprocessed emotional strain.

The challenge is not that men do not feel. It is that there are limited frameworks for engaging with what they feel.

Because emotional strain is not always urgent, it accumulates quietly. It does not usually show up as "I am overwhelmed."

Instead, it appears indirectly:

- Irritability over small issues
- Withdrawal from conversations
- Reduced patience in relationships
- Ongoing mental fatigue without a clear cause

These signs are subtle and often normalized as stress or routine pressure.

But over time, they form patterns. And patterns, when unexamined, become default.

One of the key gaps in men's mental health is not awareness; it's processing.

Without a clear way to engage with emotions, the default responses become:

- Ignore it
- Distract from it
- Push through it

While these strategies



maintain functionality, they do not reduce the internal load. They simply delay it.

Unprocessed emotion does not disappear. It translates into behavior - affecting focus, communication, and relationships over time.

A pro-active shift

The shift required is not dramatic vulnerability or complete openness.

It is more practical: developing functional emotional awareness.
This starts with small, intentional steps:

1. Recognition
Pausing to ask: "What am I actually feeling right now?"
Not to fix it—just to acknowledge it.

2. Naming
Identifying the emotion - stress, pressure, frustration, fatigue.
Clarity reduces intensity.

3. Low-Risk Expression
Expression does not have to be public.

It can be:

- A brief, honest conversation
- Writing thoughts privately
- Saying one truthful sentence instead of "I'm fine"

The goal is not exposure. It is release.

> "Emotional awareness allows for better decisions, stronger relationships, and reduced internal strain.."

4. Pattern Awareness
Noticing recurring triggers - work pressure, financial stress, relationship dynamics.

This turns emotional experiences from random to manageable.

This is not about changing who you are. It is about expanding capacity.

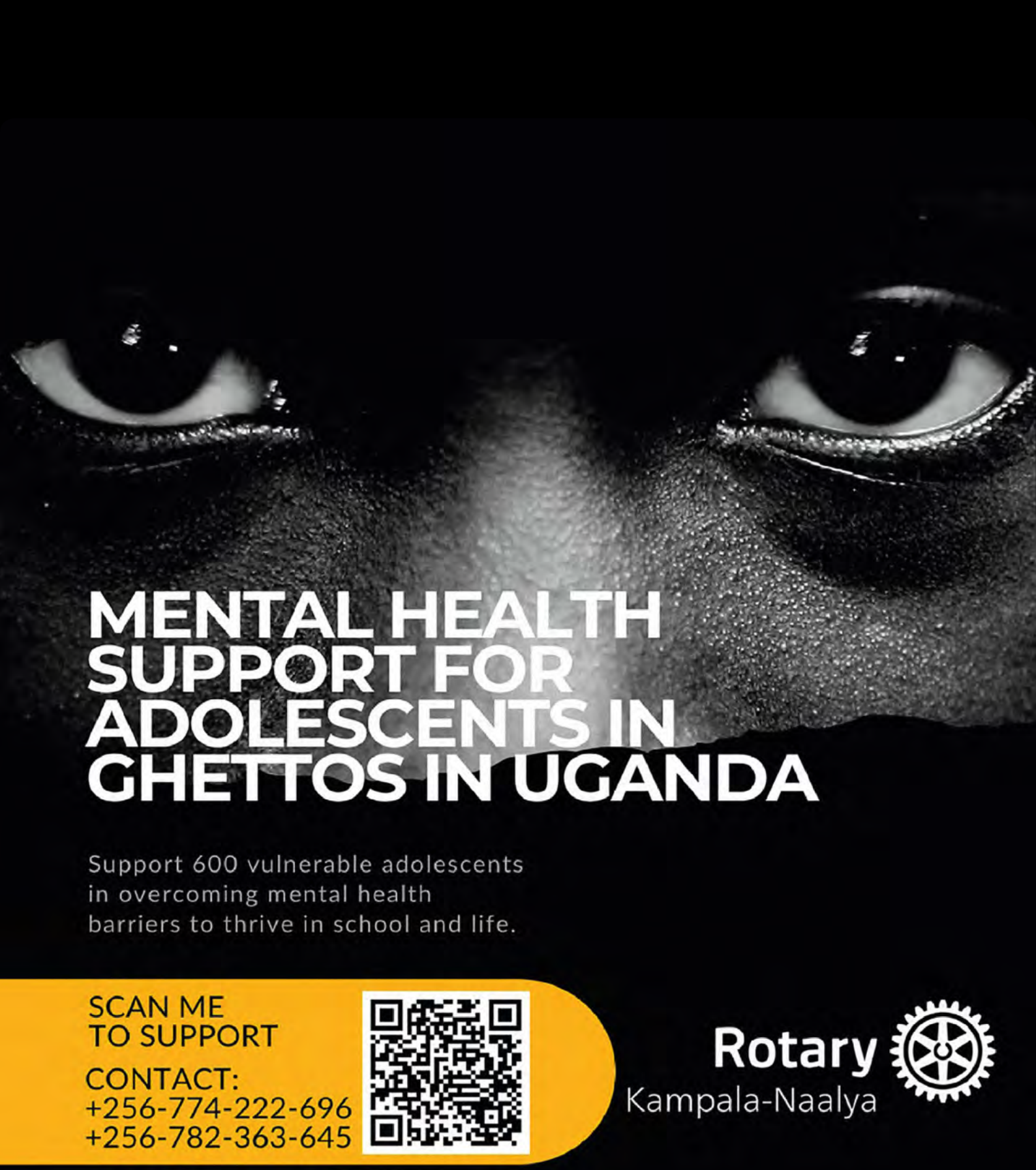
Because emotional awareness is not a weakness; it is operational clarity. It allows for better decisions, stronger relationships, and reduced internal strain.

David does not suddenly transform.
He still shows up. He still delivers. He still maintains composure.
But one evening, when the familiar weight surfaces, he does something different.
He pauses.

Not to solve it. Not to analyze everything.
Just to acknowledge it.

For the first time, the question is not, "How do I keep going?" It becomes, "What am I actually carrying?" It is a small shift.

But it changes everything that follows.
So, when was the last time you checked in with yourself, not about what you are doing, but about what you are carrying?


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Kampala-Naalya

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



ELDER'S EYE

Everyone should do something about environmental conservation

BY RTN GODFREY OKELLO-OMODING

We all live in a certain situation that influences how we interact with it. The instinct is to survive. In such a confinement, there are both internal conditions, which we can control, and external conditions (usually beyond our control).

This simply refers to 'environment.' The theme for April is the environment. The term 'environment' encompasses several things and there are different ways of defining or looking at the notion of environment.

Nevertheless, it can be narrowed down to concerns about the sustenance of survival for today and tomorrow - for humans, animals, plants, insects, soils, waters, air, sceneries, etc.

Environment makes and/or brings out the beauty or ugliness of life, even to non-living things. For example, if you build your marvellous house in a 'bad' environment, its value will be very low.

This is how the embodiment of environment can manifest. Therefore, environment can mean or be seen differently for different people.



However, its effects have no confinements nor are they discriminative. Good and bad things can happen to environment. In return, environment can impose good and bad things. All these things, somehow, are driven by human beings.

> "...environment can impose good and bad things. All these things, somehow, are driven by human beings..."

Seen differently by those behind it, in most cases, as good depending on their objectives. They pollute environment in the course of making a livelihood or profits. They cut trees indiscriminately to get a livelihood or making profits. They carry out all sort of extractions and exploration to make profits wrapped with ideas of making life better. They carry out development activities seeking social and economic transformation with little regards to the environment.

They cause destruction, pollution and different effects on biodiversity, physical environment, climate and human and animal health.

Their appetites for material things keep increasing



exponentially. The list is long, and yet the interventions to maintain or create harmony with environment do not match.

The challenge today is creating a balance. This balance must come from deliberate actions. We cannot afford to wish because every day there are consequences.

These consequences can be addressed when we start now to control, prevent, avoid, eliminate or simply doing what is right.

Fortunately, we know what is right, but only separated by the will to act or primitive appetite for accumulation of material things.

True, not everyone or countries are endowed equally to address issues of environment. But with concern for the common good, solutions are obtainable.

Technical skills and knowledge can be shared; drawn from those with them. Financial support can be extended with friendly terms to those in need.

> “Find out from your Club plan whether environment is incorporated. Indeed, there are many other things to check and do.”

Local authorities’ adaption capacities can be built. Local communities can be supported in various ways - provision of skills and knowledge, building their capacities to adapt, and provision of suitable seeds and tools.

At household level, some of the environmentally destructive actions are purely out of searching for survival. They arise out of no choice, negligence and ignorance. They can be addressed. Whatever the case, collective interventions are essential for mitigation.

Rotarians, the call for you this month is to re-awaken and act. There is no doubt that environmental tasks are huge and diverse. However, with your spirit, already rooted in action, there is lot that you can do.

To begin with, have an inward looking assessment of your behaviour and actions guided by the following 4Rs: reuse, recycle, reduce and recover. Do an honest assessment of your scorecard.

Secondly, as a Club, ask yourselves what the level of your commitment to the environment is. Find out from your Club plan whether environment is incorporated. Indeed, there are many other things to check and do.

Let’s identify those things around us that deplete natural capital, that present unsustainability for either the present or future generations, and start lobbying or advocating to create awareness. This is good enough to show spirit of Unite for Good.



OUT TO LUNCH

Does Uganda need all these international airports?

BY **RTN DENIS JJUUKO**

Uganda has found her latest love interest - international airports.

For decades, we have always had one international airport at Entebbe, and some airfields in several parts of the country. But those aren't the talk of the town in online discussion groups and timelines.

The construction of an international airport is almost complete in Kabaale just outside Hoima City, to support the oil and gas sector. Another has been proposed near Kidepo National Park in Karamoja, to support the tourism industry and regional trade.

But the one that has led to more intense discussion has been the one proposed for Nyakisharara outside Mbarara City in South Western Uganda. This airport will reportedly enable flights to South America to refuel on their long journeys to Asia and the Far East.

The proposers of the airport claim that there is an existing gap. I am not an aviation expert, so I don't know why these flights aren't able to refuel at Entebbe or at other airports in East Africa.



I am also not sure whether it makes sense to build an international airport whose main business is refueling flights from South America.

What also caused debate were the artistic impressions of the Nyakisharara International Airport. Some people claimed the airport looked exactly the same as one somewhere in the Middle East.

Some people prompted artificial intelligence apps to make one at least with the famous horns of the Ankole cows incorporated into the design.

This newly found love for international airports has led to the continuation of a debate that never stops - the lack of scheduled domestic flights in Uganda. Up to the 1990s, there were affordable scheduled flights to Kasese, Arua and other parts of the country.

Some still exist but they cost an arm and a leg, unlike in developed markets in Europe where people fly for a song.

> "What also caused debate were the artistic impressions of the Nyakisharara International Airport.."

There are many reasons that explain the lack of affordable domestic flights in Uganda.

The infrastructure is poor, enabling only small aircraft to operate at these fields. But that isn't the biggest problem. The market simply doesn't exist.

Until oil starts flowing from the wells in western Uganda, the country's economy is largely within a radius of 80km of Kampala. Otherwise, businesses in many parts of the country are small comprised of smallholder farmers and petty traders.

The majority of these people have no genuine reason to fly to Kampala and if they do, they wouldn't afford the cheapest tickets that would sustain an airline business.

Bus companies have tried to provide executive coaches for which people pay an extra UGX10,000 or UGX20,000 to travel in comfort. After a few months or years, they usually close and return to non-executive passengers.

The argument the domestic flight enthusiasts give is that the markets for air travel is of those who drive personal cars to these towns.

The statistics are hard to find but how many cars arrive in Soroti or Arua from Kampala every single day? They aren't many. Most of these towns have few hotels but you will hardly arrive in a town and find no room for a night.

That is why most people who travel to these towns don't even bother to book accommodation in advance. They know these towns with fewer than 1,000 hotel rooms will have plenty of free rooms when they arrive.

> "If people can't fill hotel rooms of UGX100,000, how would they fill aircraft of 50-200 seats on a regular basis..."

A city that can't fill less than 1,000 hotel rooms each night probably doesn't have much business going on. Decent hotel rooms in Uganda cost on average less than UGX100,000 a night including breakfast.

If people can't fill hotel rooms of UGX100,000, how would they fill aircraft of 50-200 seats on a regular basis for the airline to stay in the skies?

Look at Members of Parliament, one of the most notable categories of high earners in Uganda. Many of those who represent constituencies outside Kampala come for their weekly meetings by night bus, to save money.

Where scheduled flights exist like to Kasese, they don't use them as well. Now, if a high-earning MP Uganda can't afford to drive every week to Kampala, what about a small trader based in Kasese or Arua?

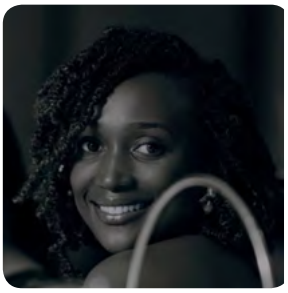
Although we can improve the airfields to facilitate air travel, international airports in every corner of the country won't lead to improved incomes for the majority of Ugandans.

However, if we want tourists to avoid grueling road trips to Kisoro or Kidepo, smaller airports could do, which could be expanded as the traffic increases.

Higher investments in agribusinesses and small-scale industries could lead to improved incomes for people who then could be targeted for flying. As per now, international airports could end up as vanity projects.

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





PK's CORNER

Mirror Reflections

BY **RTN PAMELA KAWADDWA**

In the mirror's gaze, I
search for me,
A reflection of dreams, and reality.
The good, the bad, the old, the new
A journey of growth,
with moments true.

I dive into the depths,
of my inner sea,
Uncovering treasures,
in you and me.
The waves of thought,
crash on the shore,
As I explore, the depths I adore.

I see a story, of trials and strife,
Of moments that shaped, my life.
The laughter and tears, the
wins and losses too,
A mosaic of experiences,
that make me anew.

I search for answers, in
the whispers of night,
As stars above, shine
with all their might.
I seek the truth, in the
silence and sound,
As my heart beats loud, with
a rhythm profound.

I learn to let go, of fears and doubts,
To release the weights, that
hold me back, no more.
I rise above, with wings to soar,
Free to grow, wild and
carefree, forever more.

In self-reflection, I find my way,
A path unwinding, through
night and day.
I embrace my flaws, and
all I'm meant to be,
A unique soul, wild and free.

With every step, I find my voice,
A whisper that echoes,
a heartfelt choice.
To be me, to be bold, to be true,
A reflection of me, shining
bright and new.

Sitting with myself!

Till again,

~pkwy

Last Week's Fellowship















April
4

Rotary
Club of Kampala Naalya

HAPPY Birthday



Rtn Efrance Nakitto

HOPE YOUR DAY IS FILLED WITH JOY AND ALL THINGS WONDERFUL AS YOU ARE !

www.RotaryKampalaNaalya.org

April
4

Rotary
Club of Kampala Naalya

Happy Birthday



PP Denis Jjuuko

On your birthday, we celebrate your contributions to Rotary over the years. May your day be filled with joy and the year ahead bring you continued success!

www.RotaryKampalaNaalya.org

Rotary
Club of Kampala Naalya

Happy Birthday

May you have all the joy
your heart can hold.
Wishing you the happiest
and brightest day ever !



PP Evelyn Mulinda

1.04.2026

Rotary
Club of Kampala Naalya

3rd April

Happy Birthday



Rtn Faith Nambozo

It's never too late to wish you a Happy Birthday on your special day. Wishing you the best in the year ahead!

www.RotaryKampalaNaalya.org

Fun Facts

Snack

Did you know that this 400-year-old word saved an entire civilisation (one bite at a time)?

Do not scoff. The snack is older than your club blazer, more democratic than a round-table discussion, and frankly, more reliable than the 12:30 lunch that always gets served at 2pm.

The word snack did not arrive politely. It barged into the English language around the late 1500s, hopping across the North Sea from Middle Dutch and Low German — where snacken meant, magnificently, "to snap" or "to bite." In its earliest incarnation, a snack was not food at all. It was the action - the quick, decisive bite of a dog, a disgruntled mule, or a medieval peasant too busy to sit down.

By the 1600s, the word had settled comfortably into meaning "a small portion of food taken between meals." Notice the admission embedded in that definition: even our 17th-century ancestors knew that three scheduled meals a day was, at best, optimistic.

The real breakthrough came in the 19th century when English speakers did what English speakers do best - they turned a noun into a verb. Suddenly, one could snack. No ceremony. No tablecloth. No emotional preparation. You could simply snack, and carry on with your life.

Want the utility of the word? First, there is the 3 p.m. energy collapse - that specific hollowing of the soul that strikes precisely when you have four more hours of meetings and zero remaining goodwill.

Your blood sugar has plummeted to minus. Enter the snack: a banana, a handful of groundnuts, or that slightly stale biscuit at the bottom of your desk drawer. It asks nothing of you. It judges nothing. It simply says, "Keep going."

For our members who have mastered the art of arriving home after 9 p.m - snack is the lazy dinner phenomenon. When the prospect of chopping an onion feels like a hostage negotiation,



the snack steps in as culinary peacekeeper. The famous chapati rolex, scrambled eggs, or chicken thigh or a slice of bread. Congratulations. Shhh, please don't tell my mum! The dishwasher though, would applaud.

In 400 years of dictionaries, diet trends, and meal-prep influencers, snack has never once needed defending. It evolved from verb to noun to adjective (snacky) to full lifestyle branding (snack culture), all while keeping its original promise intact: small, immediate, and gloriously unpretentious.

It is, in short, democracy on a small plate. No reservation required. No silverware necessary. No apology expected.

So, the next time you're standing in front of an open fridge at an unreasonable hour, weighing whether a slice of bread smeared with a bit of Blue Band constitutes "dinner" - know this: you are not being lazy. You are honouring a 400-year-old tradition of pragmatic human brilliance.

The snack has always been there. Beneficial to all concerned? May be not, but it certainly good for building better relationships.

Jokes of the week

Once in school, I showed my report card to my father, in which I scored 90 out of 100 in mathematics. Upon seeing my marks, my dad started hitting me, saying, "Since when did you become so smart? You must have made 9 look like 90." He kept accusing me of adding a "0" by myself, while I cried and pleaded, saying that I didn't add the "0." But my dad wasn't in the mood to listen and kept hitting me. Even after all these years, I would still say that I didn't add the "0."



I only added the "9."

KIKOMANDO BUDDY GROUP IN CHARGE



Peter Simon Nyanzi



Anne Nkutu



Christine Amucu



Denis Jjuko



Dorcas Karungi Mwanje



Elizabeth Wamalwa



Godfrey Okello Omoding



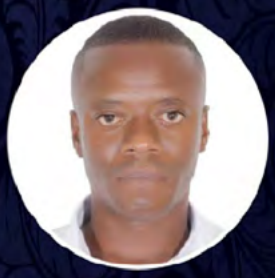
Julie Nabwire



Mathias Mulumba



Rita Aciro Lakor



Pastor Elias Namanya



Juliet Nabunnya

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+256 75 811 1409 +256 740 863 399

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