Naalya Food Bulletin

6th October, 2026

Rotary Kampala - Naalya

Issue 11 | RY 2026-27



RC KAMPALA - NAALYA

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Message from the Editor's Desk

By Rtn Jackline Mutimba
Club's Public Image Chair



Dear Rotarians and Friends,

Kampala rarely slows down. Before many of us have settled into the day, someone has already opened a shop, loaded a taxi, made a delivery, negotiated a price or sat through traffic wondering whether they will make it on time.

We admire that energy. We even have a name for it: the hustle. But this week's edition invites us to look beyond the hustle and ask a more human question: How are the people behind it actually doing?

In "Kampala Is Hustling, But Is Kampala Okay?" we look beyond the busy streets, shop counters, steering wheels and market stalls to the people carrying the pressure of making a living, supporting families, and simply keeping going.

That conversation becomes even more important as Dr Theo brings us into the difficult but necessary subject of suicide prevention. Her article reminds us that sometimes the person who appears to be coping may be carrying far more than we can see.

It challenges us to notice, listen and create communities where people feel supported before they reach a crisis point.

However, there is always room for a little fun.

Last week, Kikomando Buddy Group took us out of our usual fellowship setting at Ndere and into the lively atmosphere of Isabella Lounge for an evening filled with comedy and live music as we marked the end of the month. A big thank you to CEO's team for giving us an evening to relax, laugh and simply enjoy one another's company.

As we step into Economic and Community Development Month, Omo asks us to look at the bigger picture. What does it really take to lift disadvantaged communities? Good intentions matter, but so does understanding the realities behind poverty and designing interventions that respond to what communities actually need.

> "A big thank you to CEO's team for giving us an evening to relax, laugh and simply enjoy one another's company."

And in #OutToLunch, Dennis Jjuuko takes us to a completely different stage. Through a reflection on Moses Matovu and Afrigo Band, Denis Jjuuko looks beyond the music to the discipline, consistency, teamwork and staying power behind a brand that has endured for decades. There may be a lesson or two there for all of us, even if we cannot play a saxophone!

And while we are talking about capturing moments, here is a call to our People of Action: keep those cameras ready. The 2027 Rotary Magazine Photo Awards are now open, allowing Rotarians and photography enthusiasts to share images that capture the spirit of Rotary, the people we serve, the communities around us and the world we live in.

If you have a photograph that tells a story of service, connection or community, this could be your chance to put it in the spotlight. Entries close on 31 December 2026.

And that is only a glimpse of what awaits you inside.

So, turn the page and join the conversation. You might find something that makes you smile or something that makes you see the familiar a little differently.

Happy Reading

99.9% is not 100%

MESSAGE FROM RI
President Olayinka Babalola



OCTOBER 2026

Aminu Ahmed Tudun-Wada knows what polio takes from a child. He contracted the disease as a young boy in Kano, Nigeria, and was left paralysed. Decades later, when Nigeria was struggling to eradicate polio, Aminu decided to use his experience to help protect other children.

He brought together polio survivors and began going door to door, talking with parents about vaccination. The survivors told their stories. They showed families the effects of polio. And they urged parents to make sure their children never had to go through the same experience.

By 2021, the Polio Survivors Group that Aminu founded had grown to more than 400 members.



Their work helped Nigeria reach a milestone that once seemed impossible: In 2020, the World Health Organisation certified Nigeria, and the entire African region, free of wild poliovirus.

I think about people like Aminu whenever we talk about ending polio. Eradication is about children who will never know what it means to lose the ability to walk.

It is about parents who will never have to watch a healthy child become paralysed by a disease that vaccines can prevent.

And it is about making sure the people who remember polio become the last generation that does. Rotary has been part of this fight for more than four decades.

Together with our partners, we have helped vaccinate more than 3 billion children, contributed more than $3 billion to the global effort, and reduced wild poliovirus cases by 99.9 per cent.

But 99.9 per cent is not 100 per cent. Wild poliovirus remains endemic in Afghanistan and Pakistan. As long as it circulates anywhere, children everywhere remain at risk.

> "Let us be the generation that creates lasting impact and ensures no one ever experiences polio again."

And even after wild poliovirus disappears from a country, we must maintain strong immunisation and surveillance systems so the virus cannot find a way back.

Aminu could have looked at his own experience and asked, "Why me?" Instead, he asked a different question: "How can I make sure this does not happen to another child?" That is the spirit we need now.

The final mile of any journey can be the hardest. But we have walked too far, worked too hard, and protected too many children to stop here.

Let us remember why we began. Let us listen to those who have experienced polio.

Let us be the generation that creates lasting impact and ensures no one ever experiences polio again.


102
DISTRICT
CONFERENCE
Creating Lasting impact
Rotary
District 9213
Rotaract
District 9213
Hello
OCTOBER
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29th APRIL TO
1st MAY 2027
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My Dear Family of Rotary District 9213,

Message from DG Gerald Obai



OCTOBER 2026

What a start!

The first quarter of our Rotary year is done, and I want to say a sincere thank you for the energy, the warm welcome, and the impact you have already created.

Clubs across the District have been engaged in a plethora of life-changing community projects. And I am delighted that road safety is now firmly on the lips of every one of us.

In just 90 days, we have officially launched the Rotary Year with renewed hope under RI President Olayinka Hakeem Babalola's theme: Create Lasting Impact.

I have visited over 60 clubs, and what I have seen is truly inspiring:



> "I have reviewed club goals, listened to your plans, and seen the passion in the eyes of Rotarians and Rotaractors."

projects that will outlive us, membership full of passion, and communities that genuinely feel Rotary. I have felt the full force of Rotary. I have reviewed club goals, listened to your plans, and seen the passion in the eyes of Rotarians and Rotaractors.

The road ahead is clearly exciting. My challenge to all clubs is to turn those goals into realities.

We have also started strong on our Foundation. We have celebrated new Major Donors and Paul Harris Fellows, and the growth in sustaining members and Every Rotarian Every Year (EREY) is heart-warming.

With each dollar we give this Rotary year, we increase the number of lives touched by our generosity. We open new frontiers, expand our reach, and increase our presence in the community.

Each time you look at your recognition pin, know that it represents the smiling faces of those whose lives have been changed by your big heart.

To appreciate your generosity, every donor in the District will be recognised: two special pin categories for those giving a minimum of $100 and $500 to The Foundation, and a beautiful wristband for all donors.

Friends, my message this quarter is simple: Impact is not about activity; it is about what remains after we leave. Sustainable projects that will still be standing years from now.

A child who stays in school because we paid her fees. A health centre that saves mothers because we equipped it. That is Lasting Impact.

> "Let each of us say, "I will not be the one who denies D9213 the opportunity to create history."

In quarter two, I ask us to focus on four things:

1. Membership with Purpose: Invite one guest who shares your passion. Membership remains our number one internal priority; it is core to everything we do.

Each new member brings new ideas, more hands, more resources, and more compassion. There are many potential Rotarians waiting to be invited.

2. Give to the Foundation: Every Rotarian, Every Year, at least $25. Our District Designated Funds depend on it. Our fight against polio hinges on our giving. The future of our Foundation lies in our generosity.

Let us make history as a District where every Rotarian and Rotaractor is a donor.

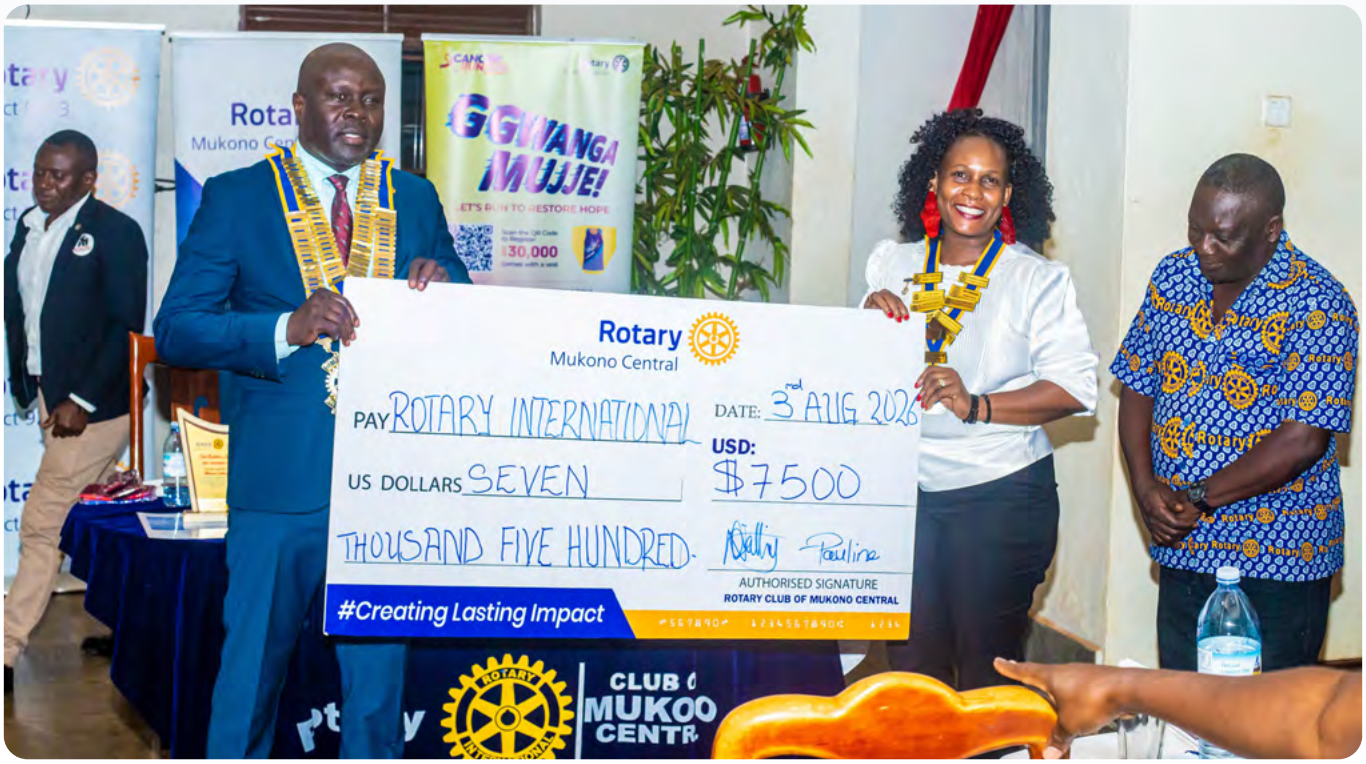
Let each of us say, "I will not be the one who denies D9213 the opportunity to create history." Let us make this a legacy year.

3. Take Rotary to the Community: That is the only place where Rotary has true meaning. Let every club implement at least one community project aligned to our 7 Areas of Focus.

4. Tell our Story: No one can tell our story better than us. A story of a community having clean water for the first time in generations. A story of a disadvantaged child being given an opportunity to stay in school. A story of our relevance in the lives of millions of people.

I am proud to be your District Governor. Let us keep the momentum. Let us continue to inspire, to give, and to serve.

Together, we will Create Lasting Impact.




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Malaria
Carnival
06
DEC
LAS VEGAS
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2026
CLOSING UGANDA'S
MALARIA FUNDING GAP
UGANDA CAN'T WAIT,
THAT'S WHY WE MOBILIZE
DOMESTIC RESOURCES,
THAT'S WHY WE HAVE
THIS CARNIVAL
#United against Malaria.

President's Message

RTN CHRISTINE AMUCU
Club President
2026-2027



Dear Fellow Rotarians,

As we welcome October, we also mark the close of our first quarter together and the beginning of a new chapter in our Rotary journey. It is a timely opportunity to reflect on what we have achieved and consider how we can translate our fellowship into greater impact.

October is Economic and Community Development Month, a theme that speaks directly to the kind of Rotary club we aspire to be. Economic development is not simply about financial resources; it is about people, opportunity, dignity and the capacity of communities to build sustainable livelihoods.

> "Happy Economic and Community Development Month, and happy October to you all."

As Rotarians, we have a responsibility to support initiatives that empower individuals, strengthen communities and create opportunities for people to thrive.

Over the past three months, we have focused on learning, connecting, participating and growing together. Through our fellowships, activities, home hospitalities and inspiring speakers, we have created spaces for meaningful conversations about membership, belonging, leadership and service.

These experiences have reminded us that Rotary is about building relationships that inspire action and creating impact beyond ourselves.

As we enter the second quarter, I challenge each of us to take our engagement a step further: Learn. Connect. Act.

- Learn from one another and from the communities we serve.
- Connect beyond our usual circles and build relationships that open doors to opportunity.
- Act by turning our ideas, conversations and resources into initiatives that make a measurable difference.

I also wish to sincerely appreciate the Chefs of Katogo, Kitoobero and Kikomando buddy groups for the exceptional leadership they demonstrated during the first quarter.

You brought forward engaging speakers, created lively and meaningful fellowships, and demonstrated that leadership is about giving others the opportunity to contribute and shine. You truly stood out.

To every member who has contributed time, ideas, resources, or simply shown up and participated, thank you. Our progress is not the achievement of one person. It is the result of what we accomplish together.

The first quarter gave us a foundation. The second quarter calls us to build. And as we focus on economic and community development this October, let us ask ourselves not only what Rotary can do for our communities? but also what can we do to empower our communities to do more for themselves?

We are delighted to hand the October fellowship journey to the Rolex Buddy Group and look forward to the energy, creativity and leadership you will bring to the month.

Let us continue building Rotary Club of Kampala Naalya as a club where people belong, contribute, are empowered and make a lasting difference.

Happy Economic and Community Development Month, and happy October to you all.

Yours in Service,



#CoverStory

Nalyaakos Cap Basic Education Month with an Evening of Laughter

BY **RTN SYLVIA NANKYA**

The Rotary Club of Kampala Naalya marked the end of Basic Education and Literacy Month with a special fellowship at Isabella Lounge, giving members a chance to relax and celebrate the month's activities in a different setting.

The fellowship, hosted by the Kikomando Buddy Group, took members away from the club's usual fellowship venue at Ndere to Isabella Lounge along the Ntinda-Kiwatule Road.

Entertainment was a major highlight of the fellowship, with Ugandan comedian Herbert Mendo Ssegujja, popularly known for his Teacher Mpamire character, taking members through a lively session of comedy and audience interaction.

Ssegujja's Teacher Mpamire character is built around the persona of an eccentric high school teacher who engages audiences with academic questions, classroom scenarios and fast-paced tongue twisters. Moving from table to table, Teacher Mpamire fired questions at unsuspecting members, testing their general knowledge and leaving the room in stitches.

Among the questions posed to members were those about the names used to describe people from different countries.



One question sounded deceptively simple: Ugandans are from Uganda. But what do we call the people of Burkina Faso? What about the people of London? Yes, some questions were that confusing, but the interaction generated considerable interest and laughter as members attempted to answer the questions.

There were also a few answers that probably deserved to be sent back to the classroom for remedial lessons.



A live band provided music after the comedy, creating a relaxed atmosphere as members interacted across tables and enjoyed a variety of food and drinks. Among the evening's culinary highlights was Molokony, which appeared to have its own fan club. For some members, it was less a side dish and more an essential part of the evening's programme.

The evening provided a fitting conclusion to Basic Education and Literacy Month, combining the club's emphasis on learning with fellowship and social interaction.

For the Kikomando Buddy Group, which hosted the month's activities, the fellowship offered an opportunity to bring members together in a relaxed environment and strengthen the bonds that underpin Rotary fellowship.

If there was one thing the Kikomando Buddy Group wanted to prove as they brought the month to a close, it was that fellowship and learning can happen almost anywhere.

As the evening continued, the live music and conversations carried on late into the night, bringing the month's programme to a memorable close.

Pictorial: Glimpse into our Fellowship















Pictorial: Glimpse into our Fellowship









Pictorial: Glimpse into our Fellowship











Rotary Club of Kampala Naalya Qualifies for Rotary Foundation Grants

The Rotary Club of Kampala Naalya has qualified to access Rotary Foundation grants for the 2026/27 Rotary Year, paving the way for the club to seek funding for community and international service projects.

The qualification means the club has met Rotary's annual requirements for participating in the Foundation's grant programmes, including training and financial stewardship commitments.

As part of the qualification process, clubs are required to send at least one or two members, for grant management training organised by the district or complete the relevant courses through the Rotary Learning Center.

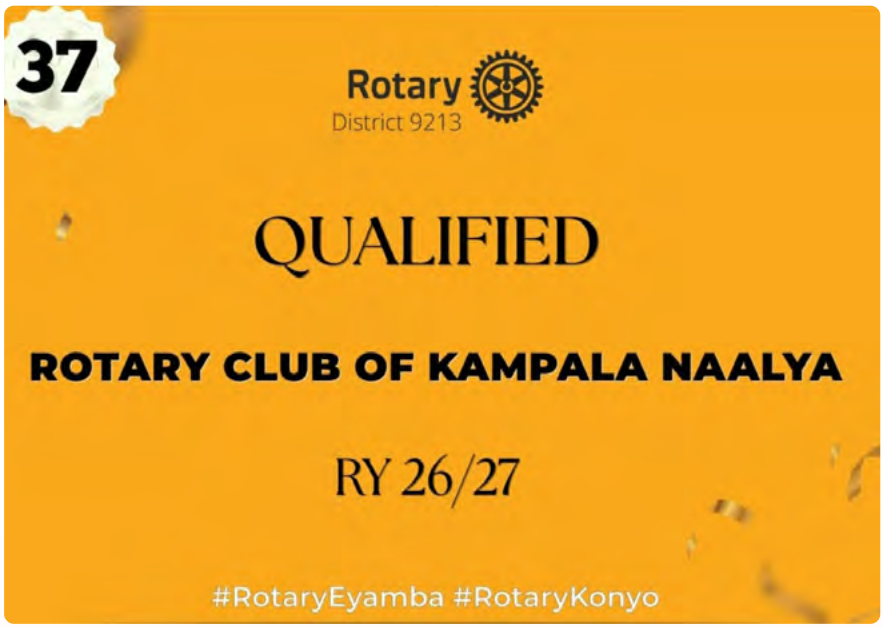
The club's current and incoming presidents must also sign the Club Memorandum of Understanding (MOU), committing the club to proper financial management, accountability and responsible use of Rotary Foundation funds.

Qualification is renewed annually and remains valid for only one Rotary year. Clubs must therefore complete the requirements again each year to remain eligible for Rotary Foundation grants.

> "The annual qualification process is intended to ensure that Rotary clubs have the knowledge and systems required..."

The qualification gives Rotary Club of Kampala Naalya an opportunity to pursue two major categories of Foundation support, District Grants and Global Grants.

District Grants support smaller-scale, short-term projects that respond to community needs, while Global Grants support larger projects with sustainable and measurable outcomes.





The qualification provides an opportunity to translate identified community needs into structured projects that can attract Rotary Foundation support.

It also places responsibility on the club to maintain strong financial controls, properly document expenditure and meet the Foundation's reporting and stewardship requirements.

The annual qualification process is intended to ensure that Rotary clubs have the knowledge and systems required to manage Foundation resources transparently and deliver projects that create measurable and lasting impact.

Rotary
Kampala-Naalya



Buddy group in charge: *Rolex*

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#SolRise

Kampala Is Hustling, But Is Kampala Okay?

BY **RTN JACKLINE MUTIMBA**

As early as 5 a.m., downtown Kampala is already alive. Shops are opening. Taxis are loading. Boda bodas are weaving through traffic.

A trader is arranging merchandise outside an arcade. Someone is pushing a trolley through Kikuubo. A commuter keeps checking the time while sitting in traffic.

Somewhere, a customer is bargaining over 5,000 Shillings because today, that difference matters. Everyone seems to be going somewhere, selling something, buying something or trying to make something happen. This is Kampala.

We call it hustling. But beneath all that movement is a question we do not ask often enough: How are the people keeping this city moving actually doing?

> "The challenge is that we have become very good at treating this pressure as normal."

For many people, the day begins with pressure. A business owner opens the shop without knowing whether today's sales will cover rent, suppliers, salaries and the needs waiting at home.

A taxi driver starts another trip knowing that fuel must be bought and the day's target met. A boda rider may have a motorcycle payment waiting.



Photo Credit: Reuters

A street vendor knows that a poor day of sales could affect what the family eats that evening.

Then there is the commuter. Before the working day begins, someone may already have spent an hour navigating traffic, crowded taxis, transport costs and the anxiety of arriving late.

None of this automatically means someone has a mental health condition.

But financial uncertainty, long working hours, traffic, family responsibilities and the constant pressure to earn can take a toll.

The challenge is that we have become very good at treating this pressure as normal.

"Business is slow."

"Traffic was terrible."

"Rent is due."

"Things are hard."

"Let me hustle."

We hear these statements every day. Sometimes we say them ourselves.

Then we move on.

There is resilience in Kampala. People improvise, negotiate, start side



Photo Credit: Daily Monitor

businesses, borrow, adjust and wake up the next morning to try again.

That resilience deserves recognition.

But resilience should not require pretending that pressure has no consequences.

A trader worried about rent may struggle to sleep. A business owner facing poor sales may carry that worry home. A driver who has spent hours navigating traffic may have little patience left.

A commuter may arrive at work already exhausted and return home with very little energy for family. A customer worried about money may become frustrated when a trader refuses to reduce a price. And this is where individual pressures meet.

The stressed customer meets the worried trader. The exhausted commuter meets the frustrated driver.

The struggling business owner manages an equally stressed employee.

Everyone is carrying something.

Sometimes, we take it out on each other.

Ask someone downtown how they are doing and the answer will often be familiar: "I am fine."

Perhaps they are. But sometimes "fine" simply means there is no time to explain.

> "But sometimes "fine" simply means there is no time to explain."

What happens when you need rest but missing work means losing a day's income?

What happens when someone tells you to "take a break" but rent, school fees and food cannot take a break with you?

This is why conversations about mental wellbeing must make sense within people's realities. We cannot talk about managing stress without talking about livelihoods.

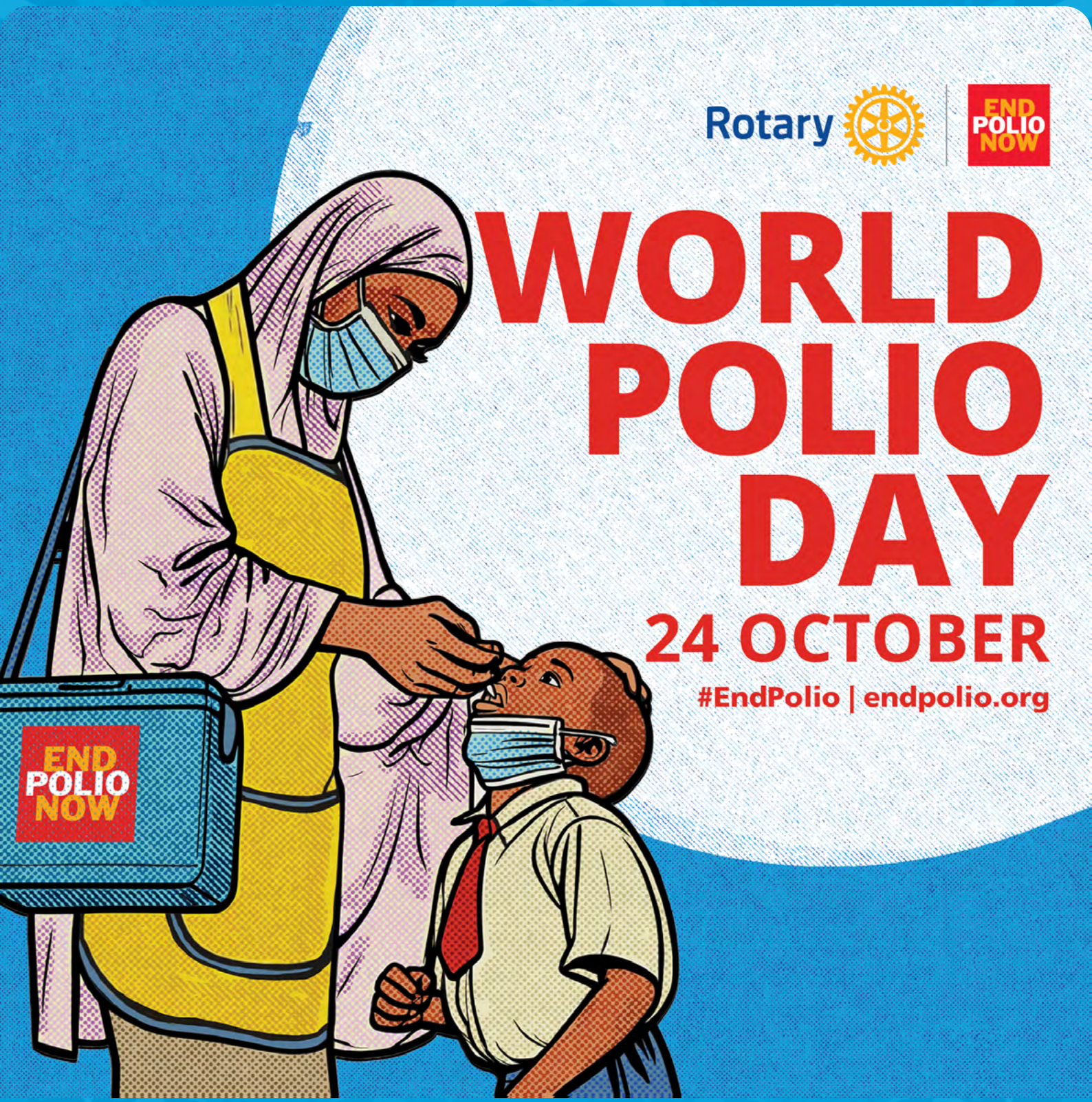
We cannot discuss rest without acknowledging people whose income depends on showing up every day. And we cannot encourage people to seek support without asking whether that support is accessible and affordable.

Tomorrow morning, Kampala will hustle again.

The hustle itself is not the enemy. But perhaps alongside asking, "How is business?", we should occasionally ask the person behind the business: "And how are you?"

Because behind every shop counter, steering wheel, market stall, boda helmet and hurried commuter is a human being.

Everyone you meet downtown may be carrying something you cannot see.


Rotary
END POLIO NOW
WORLD POLIO DAY
24 OCTOBER
#EndPolio | endpolio.org
END POLIO NOW

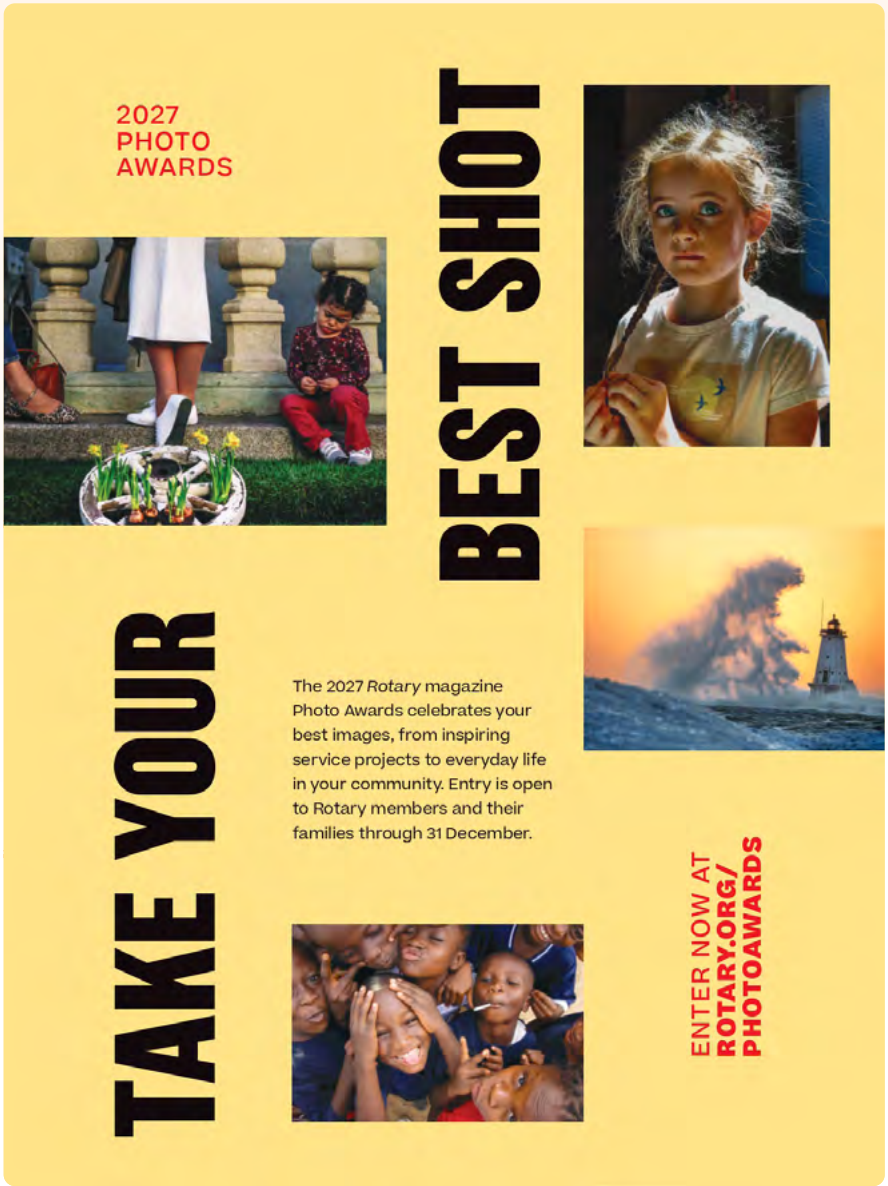


Rotary Invites Photographers to Enter 2027 Rotary Magazine Photo Awards

BY **RTN SYLVIA NANKYA**

Rotarians and photography enthusiasts have until 31 December 2026 to submit their best images for the 2027 Rotary Magazine Photo Awards, an opportunity to showcase the spirit of Rotary and the communities it serves.

The awards seek photographs that capture the many dimensions of Rotary; from members taking action in their communities and people whose lives are being transformed through service to the cultures, landscapes and everyday moments that tell Rotary's story around the world.



The competition opened on 1 October 2026.

Participants are encouraged to submit compelling images that reflect Rotary's work and values, including Rotary clubs in action, People of Action, Community life which captures authentic images of people, culture, livelihoods and everyday experiences as well as the world around us.

For Rotary clubs, the awards provide an opportunity to move beyond simply documenting activities and instead tell compelling visual stories about who Rotary is, what it does and the difference it makes.

Strong photographs do not have to be staged because often, the most powerful images capture genuine emotion, human connection and action.

Photographers should select visually engaging images and provide clear captions or descriptions explaining what is happening, who is involved and why the moment matters.

Where people are identifiable, photographers should ensure that appropriate consent and permissions have been

obtained, particularly when photographing children or vulnerable people.

The Photo Awards are also a valuable public relations and storytelling opportunity. A winning photograph can showcase a club, its members and its community work to an international Rotary audience.

The goal should be more than photographing people posing beside banners. The strongest images capture action, emotion, relationships and impact; moments that show Rotary at work.

Before submitting an image, photographers should ask:

- Does it tell a story?
- Does it show people taking action?
- Can the viewer understand what is happening?
- Does it capture genuine emotion or human connection?
- Is it technically strong and visually engaging?
- Does it reflect Rotary's values and positive impact?

> "The strongest images capture action, emotion, relationships and impact; moments that show Rotary at work."

For example, a photograph of a Rotarian handing over supplies may document an activity, but an image capturing the emotion of a beneficiary receiving those supplies may tell a more powerful story

Winning photographs set to be featured in the June 2027 issue of Rotary magazine.




Submit a **Breakout Proposal** for the **2027 International Convention**!
BARCELONA 2027
Submit by 19 October



Suicide Facts, Warning Signs, and How Rotary Can Save Lives

BY **RTN DR THEO FOKUKORA**

The World Health Organisation (WHO) estimates that more than 720,000 people die by suicide globally each year. Its latest detailed global estimates put the number at approximately 727,000 deaths in 2021.

Suicide was the third leading cause of death among people aged 15-29 in 2021 and about 73 per cent of suicide deaths occurred in low- and middle-income countries, highlighting the need for stronger prevention efforts in communities where access to mental-health services may be limited.

WHO emphasises that suicide is preventable. Suicide rarely has a single cause. It can be influenced by a combination of social, psychological, biological, cultural and environmental factors.

> "Encourage open, respectful conversations about mental health and emotional wellbeing."

These may include social isolation, family difficulties, violence, financial pressures, exclusion, mental-health challenges and other forms of distress.



Uganda's latest UN Sustainable Development Goal country profile reports a suicide mortality rate of 5.5 deaths per 100,000 people in 2021, compared with 6.8 deaths per 100,000 in 2000.

However, these figures should be treated cautiously.

WHO has identified limitations in Uganda's death-registration data, while mental-health professionals have also raised concerns about under-reporting and gaps in suicide surveillance.

In fact, many countries do not have complete or high-quality systems for registering causes of death, meaning that some suicide deaths may not be accurately recorded.

What Can Rotary Do?

Rotary can help move suicide prevention from a conversation that happens only after a crisis to a culture in which communities notice distress earlier, listen without judgment, connect people to appropriate help, and build communities where people feel seen, heard, supported and valued.



Rotary can contribute in five practical ways:

1.Create safe spaces for conversation and listening

Encourage open, respectful conversations about mental health and emotional wellbeing.

People experiencing distress should feel able to speak without fear of judgment, shame or stigma.

2.Strengthen referral pathways

Rotary clubs can connect individuals and families to qualified health and mental health professionals and help communities understand where and how to seek appropriate support.

3.Invest in young people's resilience and life skills

Young people need skills that help them manage stress, communicate effectively, solve problems, cope with setbacks and build healthy relationships.

4.Address the conditions that contribute to distress

Prevention also means looking beyond the individual.

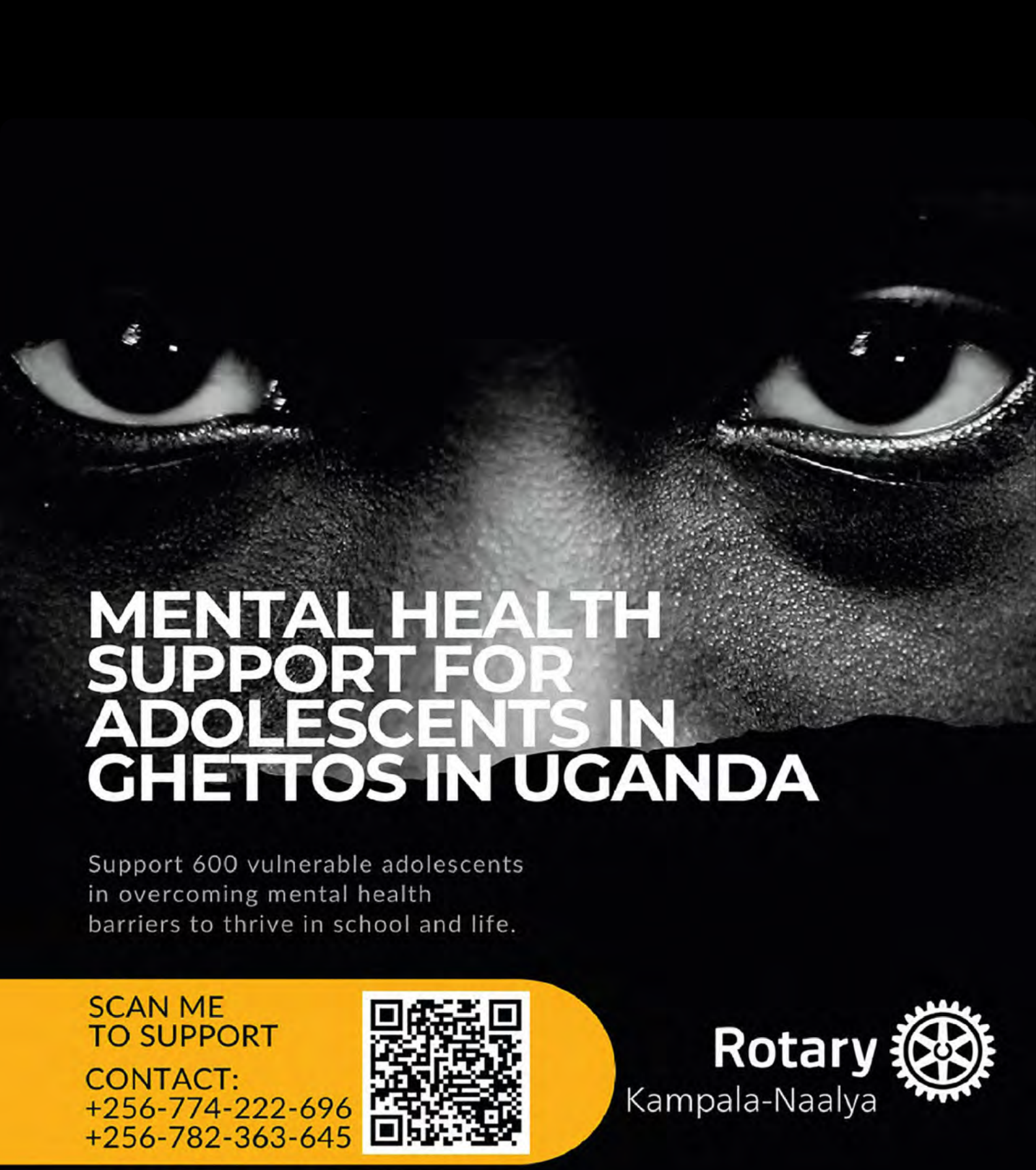
Rotary can support initiatives that address isolation, family challenges, violence, economic pressures, exclusion and other social factors that can increase vulnerability.

> "Sometimes prevention begins with something as simple as noticing that someone is struggling..."

5.Build awareness, partnerships and evidence

Rotary can work with health professionals, schools, government, civil-society organisations and other partners to promote accurate information, strengthen community awareness, support reliable data collection and advocate for effective prevention programmes.

Sometimes prevention begins with something as simple as noticing that someone is struggling, asking how they are doing, listening without judgment and helping them find appropriate support.


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Bukoto

MENTAL HEALTH

3RD EDITION

INTEGRATED MEDICAL CAMP

Services:

- Mental Health Awareness and Community Dialogue to Reduce Stigma
- Mental Health Screening and Treatment
- Counselling and Psychological Support
- General Medical Consultations and Provision of Essential Medicines
- Mentorship for Adolescents and Young People Including Age-Appropriate Health Information
- Refferrals and follow up for people requiring further care
- Sexual and Reproductive Health Education
- Family Planning Services



10th October
8AM-5PM

Acholi Quarters
Football Ground

Partners:

Reach a Hand Africa

KCCA
Kampala Capital City Authority
For a better City

Space Media

RelaDental
Smile for Miles

World Mental Health Day is almost here, and as planned, we'll hold the 3rd Edition of the Mental Health Integrated Medical Camp to mark the occasion.

- Saturday, 10 October 2026
- Acholi Quarters Football Ground, Banda B1, Nakawa Division
- 8:00 a.m. – 4:00 p.m.

The camp is a collaboration between the Rotary Club of Kampala Naalya, Rotary Club of Kampala 7 Hills, Rotary Club of Bukoto, KCCA, Butabika National Referral Hospital, Reach A Hand Uganda and Space Media.

For partnerships, contributions or coordination, please contact:

- **Dr Christopher Oundo,** Nakawa Division (KCCA) DHO: +256 772 639 712 | chrisoundo@gmail.com
- **Mark Kayizi,** Camp Focal Point: +256 752 683 918 | mark@reachahandug.org
- **Nuwagaba Gilbert,** Rotary Coordination: +256 788 215 171 | nuwagilo@gmail.com.



Who visited us last week?

Rotarians

- **Rtn Nakate Frida Ssozi** - Rotary Club of Nansana
- **Rtn. Robert Charles Aguma** - Rotary Club of Kira
- **Rtn Babatunde Oyeyemi** - Rotary Club of Najjeera

Rotaractors

- **Rtr Kaddu Micheal** - Rotaract Club of Kampala Central
- **Rtr Kasozi John Kennedy** - Rotaract Club of Kyengera
- **Rtr Christine Bako** - Rotaract Club of Kampala Naalya
- **Rtr Angellah Nantumbwe** - Rotaract Club of Nansana

Guests

- **Ssanyu Nakiwala**
- **Ainembabazi**





ELDER'S EYE

Lifting Disadvantaged Communities Through Economic and Community Development

BY **PP GODFREY OKELLO-OMODING**

There will always be poor people in the land. Therefore, I command you to be openhanded toward your brothers and toward the poor and the needy in your land" *(Deuteronomy 15:11 NIV).*

Moses proclaimed this statement in about 1400 BC, but it remains relevant. Rotary, which is 121 years old, is in agreement with Moses' statement.

> "A reminder to us to recollect and redirect our thinking and marshal actions to lift the poor and needy in our midst."

It purposed to theme this month Economic and Community Development as a reminder. A reminder to us to recollect and redirect our thinking and marshal actions to lift the poor and needy in our midst.

Definitely, dedication of thinking and actions to lifting communities calls for openhandedness. It is proper to begin from our land. Our land has worrying statistics.

According to the Uganda Bureau of Statistics (UBOS), in March 2026, we had about 12 million (27 per cent) Ugandans living in multidimensional poverty. However, according to the World Bank, approximately 52.3 per cent of Ugandans then suffered from overlapping deprivations.

Multidimensional poverty refers to severe deprivations in daily necessities, including health, clean cooking fuel, health insurance, improved sanitation, education, basic services, and living standards.

Fortunately, these deprivations fall within Rotary areas of focus.

On income-based poverty, roughly 8.3 million (16.1 per cent) Ugandans are trapped in it. They live below the absolute financial baseline of USD 1.77 per person per day.

This metric is the minimum cash required for securing essential caloric intake and minimal non-food necessities.

At the international poverty line rate of $2.15 / $3.00, approximately 42.1 per cent to 54.4 per cent of Ugandans live below the international extreme poverty threshold.



Over 60 per cent of Ugandans are just above the poverty line, making them highly vulnerable to falling back into poverty from economic or environmental shocks.

Nationally, poverty remains deeply concentrated in rural populations, where over 70 pr cent of the poor individuals live. Nearly 60 per cent of them are concentrated in the Northern and Eastern regions.

Regionally, Karamoja Sub-region tops with the highest poverty rate of 74.2 per cent, the Northern region with 42.1 per cent, the Eastern region with 35.7 per cent and the Western region with 14.5 per cent.

Rotarians, these statistics tell a lot. Indeed, suggesting that we ought to start charity right at home. How then do we intervene? For any successful economic intervention, it is important to have an understanding and appreciation of the drivers behind the figures. And knowing the frameworks in place for tackling poverty.

Poverty is multifaced in nature. Tackling it ought also to be from multidimensional fronts with dynamism. It is driven by complex factors in various spheres: economic, social, demographic, environmental, cultural, and structural.

For the case of Uganda, according to the World Bank and UBOS, the following are the key factors: high reliance on low-productivity agriculture; extreme vulnerability to climate and weather shocks; rapid demographic pressures; human capital and labour deficits; and historical conflict and geographic disparities.

These constitute a good menu of factors to begin from and use for determining our interventions. Well, sometimes, our interventions tend to be influenced by geographical preference and internal factors at play within clubs.

> “Rotary needs to pivot its interventions right at the driving factors of poverty.”

Whatever the case, it is important to bear in mind also the respective prevailing frameworks in various sectors. This enables giving directions and firm sustainability ground for any intervention.

In Uganda today, the government’s economic framework for addressing poverty is structured, multi-layered and centred on decentralised wealth creation.

Localising development while anchoring it on the three core pillars, namely: Macro framework- National Development Plan IV, parish development model, and complementary wealth and inclusivity funds such as *emyooga*, youth fund, and women fund.

By the nature of poverty, government alone cannot eradicate it. A framework for non-state actors is provided, and they are recognised as important partners in development. This is where Rotary falls.

What does this mean for Rotary? Rotary-supported interventions come in handy in complementing various interventions by government and other non-state actors.

Therefore, Rotary needs to pivot its interventions right at the driving factors of poverty. Drawing lessons, learning and adapting implementation modalities which have been tested and approved, building partnerships, and encouraging collaboration and cooperation.

Also, taking advantage of the presence of documented knowledge and information that can be good reference materials.

These documents are rich with data and facts to begin with. They go a long way in complementing community assessments, normally done before carrying out an intervention.

Rotarians, our challenge this month is to have a deeper reflection on: what to intervene on, where to intervene, how to intervene, who to partner with, and identifying the kind of interventions suitable for a particular community.

Behind all this, be reminded of Moses’ words, *“… I command you to be openhanded toward your brothers and toward the poor and the needy in your land.”*

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OUT TO LUNCH

Moses Matovu Defined Music. Others Must Posthumously Learn from Him

BY **RTN DENIS JJUUKO**

When news started filtering through that Moses Matovu had been killed in Kibuli last Thursday, the first question I asked myself was who would want him dead? I can't claim to have known Moses Matovu very well.

I only met him a few times; the first was while interviewing him more than 20 years ago for a newspaper I worked for. The other occasions were whenever I was involved in organising events and his Afrigo Band was set to perform.

He was always calm and even-tempered. He dressed smartly, and there was hardly a hair out of place. His army green Land Rover always looked immaculate, and you could think he wasn't driving it in dusty Kampala. You never saw it with a coat of dust.

Moses Matovu, also known as Papa Moi, carried the personality of a man who had seen it all. Indeed, he had, having started performing when people reading this were not even yet born.



He survived the turbulent 1970s and early 1980s when Uganda was engulfed in wars and extrajudicial killings.

Some of his colleagues were actually killed. His band equipment was looted during those days, but he didn't give up. He reassembled his ensemble and got back to work. The deaths of his colleagues didn't stop Afrigo.

Last year in August, his legendary band celebrated its 50th anniversary with a deserving performance at the Millennium Grounds in Lugogo.

Hopefully, his death won't be the end of a group that represents the best of Ugandan music, even though we will miss his melodious voice. One could only hope that over the last 51 years or so, he had time to mentor others who could take over from him.

Afrigo Band didn't last this long in the industry known to have a high mortality rate because of just the vocal and saxophonizing



ability of Moses Matovu. They are a disciplined lot. I have never heard that Afrigo was booked to perform somewhere and they didn't turn up or turned up drunk and unable to perform.

You didn't hear them spend half their performance time talking about haters. Or even performing when their soul wasn't there.

Unlike today's bands, you hardly saw them reading the songs off their smartphones strapped to the microphone stands. They only performed songs they knew at heart or had spent time practising. They arrived on time and indeed finished their shows on time.

Today, there is a band performing somewhere every single day. Many of these bands actually have large followings, but I doubt any of them will be around for half the time Afrigo has been on stage. Once they become famous, they split, and each member starts a band.

Soon after, you see interviews on TikTok when one group is dissing the other. Each splinter group accuses the other of greed, unprofessionalism and all sort of things.

Before you know it, the groups are all struggling to create a distinctive brand and then you hear one member disappeared with the drums, another with a keyboard.

In Afrigo, Herman Ssewanyana a.k.a Omwana w'Ensenene has been with the band for 44 years. Joanita Kawalya for 36 years. Rachael Magoola for as long as one can remember. Even when she was elected Member of Parliament, she remained with the band.

Each of those people I mention and many others could have started offshoots of Afrigo.



They didn't. They instead remained together and built a brand like no other.

But also, Afrigo don't just do covers. They don't just recruit singers who can't sing. They don't appear to read songs instead of singing them. And most importantly, they have their distinctive voice.

If you are abruptly woken up, you could immediately tell that it is Afrigo performing. I think because they have their own songs.

> "Why should we actually pay bands to sing Afrigo songs? There is quite a lot to learn from Moses Matovu..."

Many other bands, you have to first see the vocalists to tell which one it is. And they all follow the same performance format. Start with ballads and end with Congolese songs!

Why are today's bands unable to have their own songs? How can a band, even those with good vocalists and other musicians be unable to record just one original song? How can they be comfortable to only perform other people's songs for years (for those which are good enough to last a year or more)?

Why should anyone pay a band 5m or even 7m to do karaoke at their wedding or any other events?

Why should we actually pay bands to sing Afrigo songs? There is quite a lot to learn from Moses Matovu, unfortunately now, posthumously.

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

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