Naalya Food Bulletin

13th October, 2026

Rotary Kampala - Naalya

Issue 12 | RY 2026-27



RC KAMPALA - NAALYA

SCAN TO LEARN MORE

In This Issue

7 Mental Health Project Launched with Community Medical Camp in Acholi Quarters, Banda B1

20 Rotary District 9213 Records Significant Gains in First 100 Days of Service

RelaDental

Smile for Miles

Experience Our Best Quality Dental Care



Dental Consultation, Tooth extraction, root canal treatment, scaling and polishing, filing and cementing, orthodontic treatment/braces, teeth whitening, fracture management, crown and bridge work, dental surgery, dental implants, cosmetic surgery

For More Infomation

+256785834461

Contents

Tap any title to jump to page

4 Message from the Editor's Desk

6 President Amucu's Message

7 Mental Health Project Launched with Community Medical Camp in Acholi Quarters, Banda B1

13 Polio Is Not Gone. Neither Should Our Commitment Be

15 Glimpse into our Fellowship

18 What if Rotary Adopted Kampala's Primary Schools

20 Rotary District 9213 Records Significant Gains in First 100 Days of Service

21 Teachers Shape Our Future. But Who Is Standing with Them Today?

26 From Uncertainty to Internal Breakdown: The Silent Reality of Mental Health

29 Your Next Classroom Could Be Across The World!

30 Who visited us last week?

31 Considering Areas for Interventions in Economic and Community Development

35 A Daily Brunch Could Be What One Needs as The Cost of Living Skyrockets

37 Rolex Buddy Group in Charge - Members







Designed By:

CHUNZI Publishers
Desktop Publishing Services for You!
Tel: *+256 785 661 983*

Message from the Editor's Desk

By Rtn Jackline Mutimba
Club's Public Image Chair



Dear Rotarians and Friends,

What a week!

From conversations about protecting children against polio to taking mental health services into the community, celebrating our teachers and finding ways to survive Kampala's rising cost of living, this week's bulletin has something for everyone.

Our Tuesday fellowship brought us face to face with a disease many of us rarely hear about anymore.

Dr Louis B. Bayo reminded us that although tremendous progress has been made against polio, the fight is far from over.

With World Polio Day approaching, his presentation left us with a question worth considering: What can each of us do to protect the next child?

> "Our commitment to well-being continued with the third edition of the Mental Health Integrated Medical Camp."

Our commitment to well-being continued with the third edition of the Mental Health Integrated Medical Camp at Acholi Quarters, held on October 10 to mark World Mental Health Day.



Together with our partners, we brought essential health services closer to the community, demonstrating the importance of accessible care and collaborative action.

In "*From Uncertainty to Internal Breakdown,*" Rtn. Dr Theo Fokukora examines the silent struggles that often precede a mental health crisis.

Her reflection challenges us to look beyond appearances, recognise signs of distress and understand that a person's ability to keep going does not necessarily mean they are well.

As we reflect on World Teachers' Day, this edition also celebrates educators who shape our children's futures. However, appreciation must extend beyond recognition to the pressures teachers face and the support they need to fulfil their responsibilities effectively.

October is Economic and Community Development Month, making it an opportune time to examine whether our interventions address the root causes of poverty or merely respond to its visible effects.

Sustainable development demands solutions that strengthen livelihoods, expand opportunities and enable communities to build lasting resilience.

We also mark the celebration of Governor Gerald Obai's first 100 days, a milestone that provides an opportunity to reflect on leadership, progress and priorities for the journey ahead.

For young people, the call for applications for the Rotary Youth Exchange programme presents an opportunity for international exposure, cultural learning and personal growth.

By fostering cross-cultural understanding and global friendships, the programme reflects Rotary's commitment to developing young people into responsible global citizens.

Meanwhile, Denis Jjuuko's ***#OutToLunch*** brings the economic conversation closer to home, examining how Kampala's rising cost of living is stretching household budgets.

From rethinking meal routines to sharing transport and carrying lunch from home, his suggestions offer practical ways to reconsider everyday spending.

Together, these stories reflect Rotary's broad commitment to service, and remind us that meaningful change requires more than good intentions; it demands sustained action, strong partnerships and a willingness to confront difficult questions.

As you read this edition, consider how the issues raised can inform our work and inspire more effective community interventions. Ultimately, Rotary's impact is measured not simply by the activities we undertake, but by the difference we make in people's lives.

Happy Reading



President's Message

RTN CHRISTINE AMUCU
Club President
2026-2027



Dear Fellow Rotarians and Rotaractors,

Last week, we had an insightful presentation on Our Role in the End Polio Now Campaign. It reminded us that ending polio is not only a global Rotary commitment but also a responsibility that each of us can contribute to.

We learnt that our role goes beyond raising awareness.

It includes building partnerships and collaborations with international bodies like WHO, supporting community outreaches, providing logistical and volunteer support, and using our collective voice to influence policies that strengthen immunisation and protect every child.

The message was clear: the final mile in ending polio requires all of us.

On Saturday, we translated the spirit of service through Mental Health Project Medical Camp. Many patients were attended to and received much-needed services.

My sincere appreciation goes to our partners, volunteers and every Rotarian who turned up on the ground.

I know more Rotarians would have loved to be there but for one reason or the other, it was not possible. Our commitment extends beyond this camp.

> "My sincere appreciation goes to our partners, volunteers and every Rotarian who turned up on the ground.."

Working with our partners, we will support referrals and follow-up for those who need further assessment and continuing care.

This is what creating lasting impact looks like: reaching people where they are, responding to real community needs.

This Tuesday, we turn our attention to another important area of service with a conversation on "Building an Impactful Economic Empowerment Project."

As we think of empowering communities economically, let us challenge ourselves to look beyond short-term interventions.

How we design projects that create sustainable livelihoods, build resilience and continue transforming lives after our direct involvement has ended is what we should be aiming for.

I look forward to another week of learning, fellowship and service together. As we continue to be led by the Rolex buddy group.

See you Tuesday.

Yours in Service,



#CoverStory

Mental Health Project Launched with Community Medical Camp in Acholi Quarters, Banda B1

BY **RTN MATHIAS MULUMBA**

The Rotary Club of Kampala Naalya officially launched the Mental Health Support for Adolescents in Ghetto Communities (MHSAG) project through a successful Mental Health and Medical Camp held at Acholi Quarters Football Ground in Banda B1 on Saturday.

The event marked one of the first major community outreach activities under Global Grant 2570450, bringing essential health and psychosocial services closer to the vulnerable residents in the community.

Implemented by the Rotary Club of Kampala Naalya, the project is supported by the Rotary Club of Carlsbad High-Noon as the international partner, with the Rotary Club of Seven Hills and Rotary Club of Bukoto serving as collaborating partners.

The initiative seeks to strengthen mental health awareness, psycho-social support systems and access to integrated health services for adolescents and young people living in underserved urban communities.

Partnerships for Community Well-being

The outreach brought together several key stakeholders committed to improving community health outcomes.

> "Health service providers included Kampala Capital City Authority (KCCA), which offered medical consultations, medicines and laboratory testing services."



Reach A Hand and Space Media supported the event coordination, participant guidance, documentation, photography, and audiovisual storytelling, helping highlight the voices and experiences of community members.

Health service providers included Kampala Capital City Authority (KCCA), which offered medical consultations, medicines and laboratory testing services.

Butabika National Referral Mental Hospital provided counselling and psychosocial support, while TIKO delivered Sexual and Reproductive health education, HIV counselling and rapid testing services.

The event also attracted notable participation from Rotary leadership and members, including past District Governor Mike Cebaloo, representatives from Rotary clubs of Bukoto, Rotary Club of Seven Hills, Rotaract leaders and members of the Rotary Club of Kampala Naalya.

Community Response Exceeds Expectations

Despite intermittent rain during the morning hours, residents turned up in large numbers to access the services provided.

More than 370 community members participated in the camp, with the majority comprising adolescent girls, young mothers, women and youth.

The camp officially commenced at approximately 11:00 am and continued through to 4:00 PM. Interestingly, many residents continued arriving throughout the afternoon, explaining that work commitments had prevented them from attending earlier in the day.



This demonstrated both the significant demand for healthcare services and the trust that community members have begun to place in the project.

Many beneficiaries sought treatment for common illnesses and medical conditions, while others took advantage of the opportunity to receive confidential counselling and mental health support.

The integration of mental health services into the General Medical Camp proved particularly effective in reducing stigma and encouraging residents to seek professional help.

Local Leadership Drives Community Ownership.

The success of the event was further strengthened by the active involvement of local leaders, who mobilised residents and supported the project Health Camp activity.

Among those present were LC Vice Chairperson Odur Sam, Christine Abaro, the Village Health Team provider, Pastor Mike Kinyera ministering within the community, Grace Adeno and Awachango Teddy youth public relations representation.

Their participation reinforced community ownership of the intervention and underlined the importance of joint approaches in addressing health and social challenges at the grassroots level.

Quick Observations, Lessons and Recommendations

As part of continuous learning and project improvement, several important observations emerged. Several important observations emerged from the outreach committee members, who expressed a desire for earlier and more targeted mobilisation campaigns.

Conversations with some participants indicated that they were attracted by the message about a free medical camp, suggesting opportunities to strengthen awareness about the broader services available, including mental health support, sexual and reproductive health education, Question and Answer sessions, and confidential counselling.

Participants also recommended improved project visibility through directional signage and information banners highlighting available services.

> “Participants also recommended improved project visibility through directional signage and information banners highlighting available services. .”

Health Educational videos and Pictorial displays in waiting areas were suggested as useful tools for increasing awareness and engagement, while participants await diagnostic services.

Another note of observation was the need for specialised mobilisation strategies targeting hard-to-reach youth particularly Young Men who may be reluctant to participate in such public health activities due to stigma and finger-pointing by community members as drug addicts and idlers.

Community members, especially Pr. Mike Kinyera proposed creating dedicated safe spaces and youth-focused sessions separately to ensure greater inclusion.

Residents further highlighted the need for additional healthcare services during future outreaches, particularly physiotherapy, dental care, oral hygiene education, eye screening and provision of spectacles, plus Water, Sanitation and Hygiene (WASH) promotional/ visual educational materials to address the prevalence of Urinary Tract Infections (UTIs).

Preventive interventions such as deworming were also recommended for both children and adults attending future camps.

The launch of the MHSAG project represents an important milestone in Rotary District 9213's commitment to improving mental health and well-being among vulnerable urban populations.

The strong community turnout, active stakeholder participation and positive feedback received during the outreach highlight the relevance and necessity of integrated community health interventions.

As implementation of the project progresses, the Rotary Club of Kampala Naalya and its partners remain committed to strengthening access to mental health support, promoting healthy lifestyles and creating safe spaces where adolescents and community members can access the care and support they need.

Pictorial: Mental Health Camp















Pictorial: Mental Health Camp











Pictorial: Mental Health Camp















102 DISTRICT CONFERENCE
Creating Lasting impact

Rotary District 9213

Rotaract District 9213

COMMUNITY ECONOMIC DEVELOPMENT *Month*

A thriving community is one where people have opportunities to grow.



Scan to Register

29th APRIL TO 1st MAY 2027

GANG WA RESORT & SPA GULU CITY

$130 ROTARACTORS | $200 ROTARIANS

Valid until November 30th 2026

In Partnership with

Redsquare advertising

DISCON 102



Polio Is Not Gone. Neither Should Our Commitment Be

BY **RTN JACKLINE MUTIMBA**

When was the last time you heard of a child suffering from polio? For many of us, it has been years.

Some younger people may never have encountered anyone living with the effects of the disease. And perhaps that is where the danger begins. When a disease becomes less visible, we start believing it is no longer a problem.

But polio has not disappeared. This was the reminder Dr Louis B. Bayo, a global health and immunisation expert, shared with the Rotary Club of Kampala-Naalya fellowship on Tuesday, October 6, 2026, during a discussion titled "End Polio Now: What Is Our Role?"

Dr Bayo took members through Uganda's progress in fighting polio, the challenges that remain and why the final stretch towards eradication may require even greater commitment.

He explained that although wild poliovirus has been eliminated from much of the world, circulating vaccine-derived poliovirus remains a concern, particularly in communities where vaccination coverage is low.



> "Sometimes families relocate before completing the vaccination schedule. In other cases, it is mis-information."

In simple terms, when too many children miss their vaccinations, the protection within a community weakens. This creates conditions in which the weakened virus used in oral polio vaccines can circulate, change over time and potentially cause disease.

Uganda Has Made Progress, But the Gaps Are Still There.

Dr Bayo shared figures showing that coverage for the second dose of the injectable polio vaccine had reached approximately 86 per cent, against a desired target of 95 per cent. He also presented maps showing that some districts continue to struggle with routine immunisation coverage.

Behind those figures are children who may be missing protection. But why are children still missing vaccines? Sometimes it is the distance to a health facility.

Sometimes families relocate before completing the vaccination schedule. In other cases, it is misinformation.

One of the most memorable moments of the evening came during the question-and-answer session. A member shared an experience from Maracha,

where some parents reportedly kept their children away from school during an immunisation campaign because they believed the vaccines would make them infertile.

Imagine a parent keeping a child home, believing they are protecting that child, when they may actually be exposing them to a preventable disease.

Dr Bayo acknowledged that vaccine misinformation is becoming a serious obstacle. Health workers sometimes encounter resistance from parents and schools, forcing them to find alternative ways of reaching children.

The discussion also raised concerns about declining resources for disease surveillance. Dr Bayo explained that Uganda monitors poliovirus through sewage testing and investigations into sudden paralysis. These systems help detect potential outbreaks before they spread further.

What Is Rotary's Role?

Rotary has been involved in the fight against polio since 1979. Through PolioPlus and partnerships with governments and international health organisations, Rotarians have helped mobilise resources, support vaccination campaigns and keep eradication on the global agenda.

That history is remarkable. But Dr Bayo challenged members to think beyond what Rotary has already accomplished.

During the discussion, one member suggested that successful partnerships begin when everyone contributes what they do best. Government brings vaccines and technical expertise. Rotary brings networks, community relationships, volunteers and the ability to mobilise people.

> “Rotary has helped bring the world this far. We cannot afford to lose momentum simply because the disease is less visible..”

And there is plenty we can do with those strengths.

Our medical camps and community outreaches can become opportunities to share accurate vaccination information and connect families with immunisation services.

Our professional networks can support partnerships with health teams. Our social media platforms can help challenge harmful myths.

Dr Bayo asked whether members had shared information about polio during the month leading up to World Polio Day on October 24.

We regularly share fellowship photographs, club activities and project achievements. How often do we use those same platforms to remind parents about completing their children's vaccinations?

We may not all be doctors or immunisation specialists, but we are parents, neighbours, employers, professionals and community members. People within our circles listen to us. That influence can help protect a child.

Rotary has helped bring the world this far. We cannot afford to lose momentum simply because the disease is less visible.

Because until the last child is safe from polio, our work is not finished.



Pictorial: Glimpse into our Fellowship















Pictorial: Glimpse into our Fellowship















Pictorial: Glimpse into our Fellowship









What if Rotary Adopted Kampala's Primary Schools



BY **RTN JOACHIM BUWEMBO**

Public exams have started (with O'level/ UCE), and public attention is all focused on the education sector. But some of the stories to come from the educational season for the next three or four months are quite predictable and depressing: learners barred from sitting exams because a headteacher collected the fees but did not remit to UNEB, results of a school withheld because of suspected cheating; "mercenaries" arrested while writing exams for candidates, and even a couple of teachers arrested for engaging actively in exam malpractices.

So, for how long will the nation continue entertaining the abuse within the very process of preparing its young for the future, an abuse that annually climaxes with exam malpractice but stems from insufficient oversight of the sector, thus enabling failure to fully implement the policies and intentions of universal primary and secondary education?

With every parent and guardian rightly pinning the hopes of their child's making it in life on succeeding in education, when does the rescue of the school system from profiteers and outright criminals start?

> "We Can 70 or so Rotary Clubs (RCs, coincidentally) each adopt one of the 76 parishes that constitute Kampala city..?"

Can 70 or so Rotary Clubs (RCs, coincidentally) each adopt one of the 76 parishes that constitute Kampala city and, without creating any new program, proceed to deepen our Basic Education and Literacy Enhancement Programme!

Imagine a situation where each club agrees with a school in a parish to design a seven-year strategic plan aimed at making a model institution where children learn in the most conducive environment!

After procedures like doing a needs assessment, the club would proceed to mobilise resources, mostly money and manpower.

There is no club in Kampala that can fail to raise 500,000 Shillings every week if they want. And no club can fail to have at least 10 members going to their school for about five hours every Saturday.

With a master plan to follow and refer to, half a million to inject every week, at least ten people to go on the ground and join with parents, staff and learners, it is conceivable that any school would be physically



refurbished to enviable standards within one year.

But alongside the physical makeover, there is nutrition that can be boosted by planting vertically around the school premises so as to ensure that vegetables and fruits are available for consumption by the learners daily.

Needless to add, the learners would, in the process, be learning a lot of Agriculture in our Uganda, which is said to be an agricultural country.

The actual core business of the schools is knowledge/ academics. The club would have an IT-based step-by-step approach to ease learning and make it more effective.



Besides buildings, nutrition, and academic standards, the seven-year plan should also cover WASH facilities, teachers' housing, and extra-curricular activities.

> "The club would have an IT-based step-by-step approach to ease learning and make it more effective."

The weekly contributions pooled into a district-managed fund would make the enjoyment of bulk procurement economies of scale possible.

It would also be easier to claim allocations of equipment, hardware, bandwidth/data from public agencies like UCC and NITA-U for a capital city-wide programme.

A century ago, the Rotary International visionaries envisioned a world of peace after the ravages of war, and gave the world the United Nations.

Rotarians in Uganda can similarly bequeath to the children of Uganda by delivering a meaningful education faster than the current systems can provide.



Rotary District 9213 Records Significant Gains in First 100 Days of Service

BY **RTN SYLVIA NANKYA**

Rotary District 9213 has reported significant progress across key directorates during the first 100 days of service under the leadership of Governor Gerald Obai.

Under its resource mobilisation agenda, the district reported total giving of USD 312,090 towards a USD 1 million Rotary Foundation fundraising target, representing 31.2 per cent of the goal.



The contributions include USD 167,726 towards the Annual Fund target of USD 620,000, USD 7,773 towards the Endowment Fund target of USD 80,000 and USD 44,487 towards PolioPlus, against a target of USD 150,000. Contributions to other funds, including matching grants, amounted to USD 92,104 against a target of USD 150,000.

The district also reported 19 Major Donors, three Major Gifts, 137 Paul Harris Fellows and three Benefactors.

In addition, 199 members were recognised as Sustaining Members, while 431 members were listed under Every Rotarian, Every Year (EREY).

The presentation also identified 96 members eligible for the Paul Harris Society.

The achievements were presented by District Governor Gerald Obai on Saturday, as he celebrated the first 100 days of his leadership. He took office on July 1, succeeding Geoffrey Kitakule.

The district also reported progress in membership



recruitment, with 259 new Rotarians inducted and one club chartered.

Two clubs were in provisional status, while 15 clubs were in formation and another 20 were at the ideation stage. The district was also pursuing the formation of three corporate clubs and one cause-based club.

In a panel discussion that followed the DG's presentation, Rtn Flavia Serugo, the chair of the District Governance Committee, reported progress in strengthening governance systems and supporting clubs to manage risks and improve accountability.

She said that a governance scorecard and risk register were put in place, while 70 per cent of Rotary clubs were reported to be submitting monthly reports.

Rtn Flavia added that the district has supported more than 14 Rotary clubs and conducted at least nine governance awareness interventions.

She added that 85 per cent of club risks were being managed internally, indicating progress in strengthening clubs' capacity to address governance challenges.

> "The district also launched the Governance and Ethics Lounge Series to provide an additional platform for discussions on governance and ethical leadership.."

The district also launched the Governance and Ethics Lounge Series to provide an additional platform for discussions on governance and ethical leadership.

Governor Obai observed that the achievements recorded during the first 100 days point to progress in several areas of the district's work, from fundraising and membership expansion to communication, governance and member welfare.

However, he added, the fundraising figures also show that further mobilisation is required to meet the district's Rotary Foundation targets.

With total giving at USD 312,090 against a USD 1 million target, the district will need to sustain its fundraising efforts while continuing to strengthen participation in its various funds.




102
DISTRICT
CONFERENCE
Creating Lasting impact
Rotary
District 9213
Rotaract
District 9213
Gulu
airtel
WELCOME TO
GULU
CITY
BOOKSTORE
CENTRAL PROVISIONS
BONZA STORE
DISCON102
One District
One Destination
One Unforgettable DISCON
Scan to Register
29th APRIL TO
1st MAY 2027
GANG WA RESORT
& SPA GULU CITY
$130
ROTARACTORS
$200
ROTARIANS
Valid until
November
30th 2026
In Partnership with
Redsquare
advertising



#SolRise

Teachers Shape Our Future. But Who Is Standing with Them Today?

BY **RTN JACKLINE MUTIMBA**

The school bell rings, and children begin rushing out of their classrooms.

For most learners, the day is over. For the teacher, there are still exercise books to mark, tomorrow's lessons to prepare and perhaps a parent waiting to discuss a child's performance. By the time she leaves school, she is exhausted.

On her way home, she remembers that her own child's school fees are due. There is food to buy, a family matter to attend to and a few personal worries she has been putting aside all day.

Tomorrow morning, she will return to school, ready to teach, listen, encourage and guide another group of children.

For many teachers, this is an ordinary working day. And perhaps that is why we rarely stop to think about it.

On 5 October, the world commemorated World Teachers' Day 2026 under the theme "Standing with teachers: 60 years of protecting the profession, advancing its status and shaping our futures."





The theme marks 60 years since the adoption of the 1966 ILO/UNESCO Recommendation concerning the Status of Teachers, which established international standards concerning teachers' rights, responsibilities and working conditions.

Sixty years later, one question deserves our attention: What does standing with teachers mean in their everyday lives?

We all remember a teacher who made a difference. The one who stayed behind to explain a difficult mathematics question. The one who encouraged us after a disappointing examination. Or the one who noticed something was wrong when everyone else thought we were simply being stubborn.

> "We all remember a teacher who made a difference. The one who stayed behind to explain a difficult mathematics question.."

Teachers have shaped many of our lives in ways they may never know. But behind those memories are people with their own struggles.

A teacher may spend the day comforting a distressed learner while worrying about a sick parent at home. Another may be struggling financially. Someone else



may be exhausted after weeks of heavy workloads. Yet we expect them to remain patient, attentive and emotionally available to their learners.

In Uganda, conversations about education often focus on examination results, school fees, curriculum changes, teacher attendance and academic performance.

We ask whether teachers are delivering quality education. But how often do we ask whether their working conditions allow them to do so?

Imagine managing a large classroom with limited teaching materials, administrative demands, pressure for good examination results and children who need individual attention.

Add personal responsibilities, and the burden can become overwhelming. Sometimes that pressure begins to show. A previously enthusiastic teacher becomes withdrawn. Another grows impatient. Someone starts dreading Monday mornings. We may interpret these changes as poor attitude or lack of commitment.

But sometimes, they are signs that someone is struggling.

Not every tired or frustrated teacher has a mental health condition, and stress does not excuse mistreating learners.

However, teachers' mental wellbeing must be part of the conversation about protecting the profession.

Advancing the status of teachers cannot end with praising their dedication. It must also involve respecting their professional judgement, listening to their concerns and improving the conditions under which they work.

A teacher who feels undervalued may struggle to remain motivated. One who fears being judged for admitting they need help may continue suffering in silence. And when teachers are overwhelmed, the effects can reach the classroom.

So, what would standing with teachers look like?

Perhaps it begins with a headteacher who listens, Parents who treat teachers respectfully, colleagues who check on one another, schools that provide opportunities for emotional support and pathways to professional help and education authorities that take teachers' wellbeing seriously.

“Not every tired or frustrated teacher has a mental health condition, and stress does not excuse mistreating learners.”

As we reflect on 60 years of efforts to protect and advance the teaching profession, we should also consider what the next generation of teachers will inherit.

Will they enter a profession where dedication is met with respect and support? Or one where being a good teacher means quietly enduring whatever comes their way?

If teachers are shaping our future, their wellbeing deserves a place in that future too.

Rotary
Kampala-Naalya



Happy Birthday



Rtn. Edgar Ategeka

06 Oct

As club treasurer, thank you for your dedication, tireless service, accountability, and commitment to the club alongside your service above self. Wishing you joy, good health and more blessings. Cheers!

RotaryNaalya
rotarykampala-naalya
www.rotarykampalanaalya.org

RelaDental
Smile for Miles



From Uncertainty to Internal Breakdown: The Silent Reality of Mental Health

BY **RTN DR THEO FOKUKORA**

We have spoken extensively about mental health diagnoses, prescribed treatments, and conditions such as depression and anxiety.

Yet, beneath the visible symptoms lies another reality that deserves our attention: the gradual journey from uncertainty to internal breakdown.

What happens to a person long before their suffering becomes visible, receives a diagnosis, or attracts the attention of others?

> "The danger is that many of us have learned to celebrate endurance while overlooking the cost of constantly enduring.."

Sometimes, the journey begins with uncertainty. Uncertainty about the future, relationships, employment, finances, identity, belonging, or one's place in the world.

A person may continue working, studying, leading, laughing, caring for others, and fulfilling responsibilities while privately struggling to make sense of life. From the outside, everything appears normal. Internally, however, the person may be overwhelmed by unanswered questions, competing expectations, fear of failure, and the pressure to remain strong.

When these experiences persist without adequate support, they can gradually affect our emotional and physical well-being.

The body may respond through disrupted sleep, persistent fatigue, muscle tension, headaches, changes in appetite, difficulty concentrating, or a constant sense of unease.

Emotionally, a person may become irritable, withdrawn, overwhelmed, or disconnected from activities and relationships that once brought meaning.

These experiences do not automatically indicate a mental illness, but they may be signals that deserve attention rather than dismissal.

The danger is that many of us have learned to celebrate endurance while overlooking the cost of constantly enduring. We tell people to be strong, pray harder, work harder, or stop overthinking, without asking



what they are carrying, what remains unspoken, or what support they need.

We may become so accustomed to functioning under pressure that we mistake survival for wellbeing.

A person can remain productive while struggling internally; functioning is not always the same as flourishing.

This is why mental health must be understood beyond diagnosis and treatment. It must also include how we experience uncertainty, process our emotions, relate to ourselves and others, find meaning, and navigate the demands of everyday life.

We need environments where people can speak honestly without fear of judgment, seek professional support without shame, and rediscover a sense of agency when life feels uncertain.

This message resonates with Pope Leo XIV's October 2026 prayer intention for mental health ministry.

He calls for communities that become safe spaces where people are welcomed, listened to without judgment, and accompanied rather than excluded.

His message challenges us to confront stigma and recognise the dignity of those experiencing psychological distress.

> "A person can remain productive while struggling internally; functioning is not always the same as flourishing."

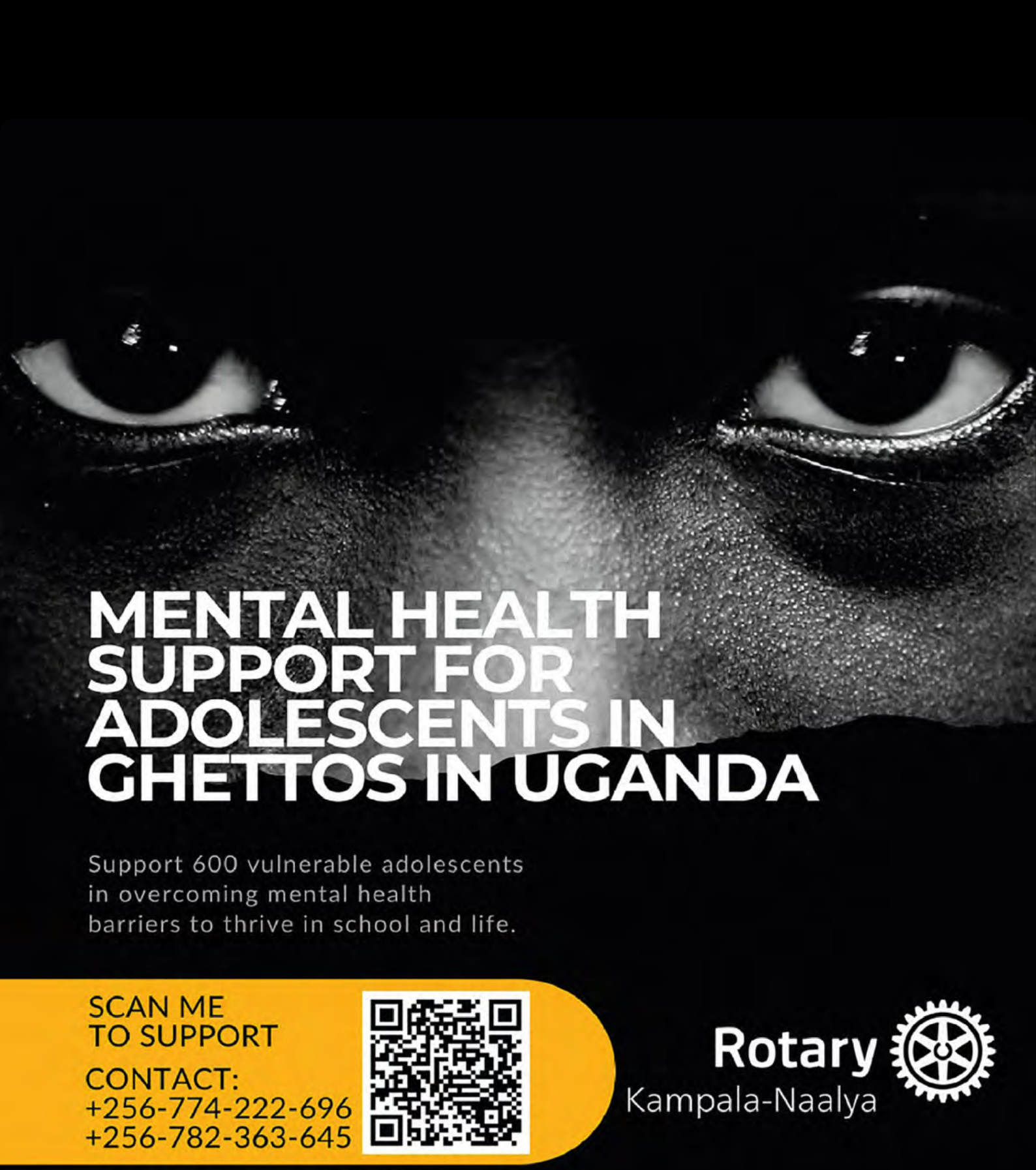
Perhaps, therefore, one of the most important questions we can ask ourselves and one another is not simply, "Are you mentally ill?" but, "How are you really experiencing life, and what is happening within you that others cannot see?"

Moving from uncertainty to wellbeing begins when we stop treating inner struggles as personal failures and start treating them as human experiences worthy of understanding, compassion, and appropriate care.

We cannot eliminate every uncertainty in life, but we can create the relationships, environments, and support systems that help people navigate uncertainty without losing themselves in the process.

Let us learn to recognise distress before it becomes overwhelming, listen before we judge, and create spaces where people do not have to break down before they are allowed to receive support.




MENTAL HEALTH
SUPPORT FOR
ADOLESCENTS IN
GHETTOS IN UGANDA
Support 600 vulnerable adolescents
in overcoming mental health
barriers to thrive in school and life.
SCAN ME
TO SUPPORT
CONTACT:
+256-774-222-696
+256-782-363-645
Rotary
Kampala-Naalya



Your Next Classroom Could Be Across The World!

Imagine spending a year in another country, attending a new school, living with a host family and discovering a different culture, all while representing Uganda and Rotary on the international stage.

ROTARY YOUTH EXCHANGE 2027-2028 Applications are now OPEN for students aged 15-17 who are ready to embrace new experiences, build lifelong friendships and become ambassadors for Uganda.

What is in it for you?

- One year of tuition in the host country
- Host family accommodation and care
- Air ticket and insurance
- Support with passport, visa and vaccinations
- A life-changing opportunity to experience a new culture and education system.

Who can apply?

Students aged 15-17 as of July 2027, currently in secondary school (Grade 10 or above), who meet the programme requirements and are recommended by a Rotary Club.

Application deadline: Monday, 30 November 2026

Apply here: d9213rye@gmail.com.

<u>Please note:</u> Shortlisted students and their parents must attend a mandatory physical orientation seminar in Uganda in 2027. Exchange destination countries will be announced later.

<u>For enquiries and submissions:</u>
Rtn. Mark Asiimwe, RYE Chair, Rotary District 9213, +256 708 583 358.

Start your journey. See the world. Represent Uganda.



Who visited us last week?

Rotarians

- **Rtn Tunde Oyeyemi** - Rotary Club of Najjeera
- **Rtn James Serugo** - Rotary Club of Kampala

Rotaractors

- **Primo Connie Nagami** - Rotaract Club of Kira
- **Namutebi Charlotte Mary**

Guests

- **Ms Ainembabazi Angella** - Kampala





ELDER'S EYE

Considering Areas for Interventions in Economic and Community Development

BY **PP GODFREY OKELLO-OMODING**

Poverty is multifaceted, and its alleviation ought to come from a multidimensional front. It is, therefore, important that Rotary clubs, when considering areas for intervention, be intentional and mindful of sustainability, complementarity, ownership, and suitability to create impact.

Broadly, creating impact starts with planning of interventions. An intervention can be impactful when it is better designed and can complement other interventions, whether done by government or other partners.

Stand-alone interventions do not necessarily bring a desired transformation. They may just be putting a community in "life support mode".

Ever wondered why some communities with several development interventions seem not to get transformed? Some of these interventions are designed and implemented as if beneficiaries are not holistic in their needs.

The essence of economic and community development is transforming lives. The interventions ought to evolve right with a benefiting community.

There should be connectivity and building of linkages. This leads to maximisation of impacts. Suitability of an intervention ought to address underlying causes of the state in which a community is.

> "Caution is necessary here. There ought to be a differentiation between those communities whose need is relief and those whose need is a seed for development."

Within any particular community, there are possibilities and opportunities to innovate and create, allowing the taking advantage of any adaptations.



Photo Credit: World Economic Forum

Merely copying development interventions because they have worked elsewhere may not give a desired outcome. Sometimes there is a rush because it worked somewhere else and similar results must be obtained.

Beckoning for helping hands by poverty-hard-hit communities calls for differentiation between a need for relief and a seed for development.

Caution is necessary here. There ought to be a differentiation between those communities whose need is relief and those whose need is a seed for development.

Often, there is a tendency to diagnose communities'



Photo Credit: Kisoboka Africa

needs more out of sympathy. Community assessment can easily be skewed because something must be done for a particular community. A failure to pick out underlying factors is the beginning of a wild goose chase for impact. Whose problem, community or assessors?

Rotarians, let the documented country data give us pointers. Looking at the case of Uganda, there are sectors where a lot has been studied, and many people are engaged in them. For instance, if a club took on supporting the agricultural sector in a community, it should get the basics and the direction the country as a whole is taking.

Agriculture is wide and has a number of components that are connected and interlinked. It also employs directly and indirectly over 70% of Uganda's workforce, but many are practising subsistence farming.

To pull out a community that is in subsistence farming is an enormous task. There are a number of impediments that require plugging out, and it needs time. Strictly speaking, it is a community that depends on rainfed farming.

Such a community is vulnerable to climate shocks like droughts, erratic rain, etc. Its people have no ability to invest in modern farming technologies, and they are not creditworthy.

With this, considerations should include looking for complementarities and partners.

Investing in agriculture is very pivotal in community development. When done appropriately with sufficient resources, it can reach many households and transform them. However, challenges are many that need to be addressed too.



It is advisable that if a rotary club picks a particular aspect of agriculture, it has to inject resources and energy. And ensure that there are supportive linkages. Some yield quick results while others take time.

For example, if a club considers taking on an aspect of financial literacy, it should encourage the creation of groups for saving and follow up on self-capacity building.

> "Some local governments have a shortage of skilled manpower, which Rotary clubs can mobilise to fill gaps."

Group self-capacity building initiatives are good for continuous training of group members. It can also be a platform for changing attitudes.

Lobbying and partnering with local governments is another strategy that Rotary clubs can employ. They can support local government with knowledge transfer.

Clubs can mobilise expertise and support local governments in their extension services, enabling local governments to enhance utilisation of received financial support from central governments.

Some local governments have a shortage of skilled manpower, which Rotary clubs can mobilise to fill gaps.

As we continue to reflect on economic and community development this month, more aspects where to participate will be explored. But remember to come out to be counted. Even a drop matters in the sea of poverty. We need to differentiate relief from a seed of development.

VP
VENTURES

Aluminium and Metal Fabrication







Najjera- Buwaate Rd, Kira

+256 75 811 1409 +256 740 863 399

vipventuresltd@gmail.com

Rotary
Kampala-Naalya

HAPPY
Birthday



10TH OCT

Rtn. charles e.ofwono

Wishing you a joyful celebration and a new year filled with good health, success, and happiness. Thank you for your great service and fellowship you bring to the club.

RotaryNaalya
rotarykampala-naalya
www.rotarykampalanaalya.org

RelaDental
Smile for Miles



OUT TO LUNCH

A Daily Brunch Could Be What One Needs as The Cost of Living Skyrockets

BY **RTN DENIS JJUUKO**

A few months ago, if you owned a small car and fuelled it with just 100,000 Shillings or about US$30 at the time, you almost forgot about fuel for a whole week if you lived and worked around Kampala. Today, 100,000 Shillings worth of fuel lasts a day or two in the same vehicle while covering the same distance.

If you went to a market for groceries, what you used to walk away with a few notes of shillings is now significantly less.

There was a time when meat was affordable for at least an average middle-class home in Kampala.

Today, a kilogram costs as much as 20,000 Shillings at a roadside makeshift butchery. The cost of alternatives like beans has also gone up. If you add on the money one can spend on energy to boil them, things are now very tight.

As the cost of living skyrockets, there is a need for households or individuals to tighten the ship. A few ways to do so.

> "If you went to a market for groceries, what you used to walk away with a few notes of shillings is now significantly less."

Brunch: Many Kampalans, especially the youth, love brunches. There is a brunch in Kampala almost every weekend in so many places.

A brunch means a late-morning meal that combines both breakfast and lunch. It is now time to do that every day to save some money.

That way, money that would have been spent on two meals is saved by having one meal. This means eating a late breakfast or an early lunch but not both.

Rideshare: It is time to share rides to work. Since most of you are already in the neighbourhood WhatsApp group, it is time to know who works near each other and is willing to share a car. If you are five people, each can decide to drive one day.

That way, you have saved fuel for four days and significantly reduced your expenses. Of course, you will have to forego something when you share a vehicle. Online meetings are now more important than ever.

Bodaboda riding: If the boda is your main means of transport, it is now time to learn to ride one if you didn't know already. Go buy a scooter that is electric and be your own rider. You can actually buy an electric bicycle. They cost about 2 million Shillings on average.

You have seen those ridden by the food delivery guys. If you have been



spending, on average, 10,000 Shillings per day on the conventional boda, with your own electric bicycle, you will be spending about 2,000 Shillings a day or less covering the same distance.

You just need to ensure you have enough electricity units at home to charge a few days (you can charge at work and your manager won't even notice).

This means you have saved 240,000 Shillings per month or 2.88 million Shillings a year, enough to buy the bike and even keep some change. If you charge at work and your boss covers the cost of charging, you are travelling for free and saving everything.

The last time I was in Ouagadougou, everyone seemed to ride a bike. Corporate bankers, suited lawyers, nurses, civil servants, everyone, including the female ones. Today, I won't mention some European cities.

Eat at home or pack lunch: If your workplace doesn't provide a free lunch, you may have to wake up early, warm the food and pack for brunch. You would not only eat the stuff that you are sure of the quality, but you would also be saving money. If you work in some formal organisation, I believe that somebody has donated a flask cup to you (is that what they call them?). Time to put it to work. Pack the porridge or the tea to your workplace. It is even considered fancy. Want to go out on a date? I hear it is romantic to cook the food at home.

Cook only what will be eaten: Globally, statistics from the United Nations Environmental Programme show that about 30-40 per cent of the food prepared for consumption is lost or wasted. If you look at your kitchen sink or garbage bin, you will realise how full it is after every meal with wasted food. Be strict about what your people prepare, especially if they aren't the ones who buy it with their money.



> "Let them cook either what they will eat or buy some packs so they can have it stored."

Let them cook either what they will eat or buy some packs so they can have it stored. Leftover food, once warmed before consumption, has never caused a problem for anyone.

Tame the water bill: Water in Kampala used to be affordable or even cheap. Not anymore. Regularly check your toilets to ensure there is no leakage.

Recycle water as well whenever possible. Harvest some water as well. The rains are coming or already here.

Electric pressure cookers: They are very affordable and efficient nowadays. Buy one and reduce your costs and even the time spent preparing meals. There is nothing cool about eating food prepared using firewood or charcoal.

Lastly, invest whatever you have saved.

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



ROLEX BUDDY GROUP IN CHARGE
OUR MEMBERS



Rtn Charles Owekmeno



Rtn Herbert Oloka



Rtn Flavia Serugo



Rtn John Paul Kadima



Rtn Joachim Buwembo



Rtn Florence Bamwine



Rtn Enid Kabunga



Rtn Pamela Kawaddwa



Rtn Marjorie Mugenyi



Rtn Grace Mutungi



Rtn Fathila Nanozi



Rtn Pascal Olinga



Rtn Stephanie Gacukuzi

WOULD YOU LIKE TO

JOIN OUR CLUB?

TAP THE BUTTON BELOW

FILL THE FORM AND OUR
MEMBERSHIP DIRECTOR WILL REACH OUT

Tap to submit your details

OUR CLUB MEETS EVERY TUESDAY AT 7-8PM

www.rotarykampalanaalya.org

ROCKET

AFRICA'S CORPORATE GIFTS CO.











ALL YOUR BESPOKE MERCHANDISE NEEDS IN ONE PLACE

Affordable Prices and So Much More!

uganda@rocketafrica.com
www.rocketafrica.com
TANZANIA | UGANDA | KENYA | RWANDA | SYCHELLES

+256 783 202014 / +256 700 869474