Naalya Food Bulletin

27th October, 2026

Rotary Kampala - Naalya

Issue 14 | RY 2026-27



RC KAMPALA - NAALYA

SCAN TO LEARN MORE

In This Issue

6 Rotarians Urged to Embrace Green Investment Opportunities

19 Packaging and Labelling: Uganda's Quiet Gateway to Regional Markets

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

5 President Amucu's Message

6 Rotarians Urged to Embrace Green Investment Opportunities

8 Glimpse into our Fellowship

9 Fellowship Flyer

10 Why Rotary's Fight Against Polio Still Matters

13 Beyond the Diagnosis: Reconnecting Humanity, Restoring Dignity and Building a Mentally Healthier Society

16 When Money Is Tight, Even Love Can Feel Heavy

19 Packaging and Labelling: Uganda's Quiet Gateway to Regional Markets

21 Who visited us last week?

23 Re-Imagining Economic and Community Development in Changing Times

26 Make Cylinders of 1kg, 2kg If Gas Is to Replace Charcoal

28 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,

Have you ever wondered what happens to a good promise when the excitement of making it fades?

Do we keep showing up, or do we quietly move on to something else?

As October draws to a close, that question seems particularly fitting. This week's bulletin brings together stories about promises, everyday struggles and opportunities that could change lives.

Some will make you reflect, others might surprise you, and a few may even challenge the way you see things.

Let's begin with polio. On October 24, Rotarians marked World Polio Day, and our friends at Bweyogerere Health Centre III demonstrated that the promise of a polio-free world is still very much alive.
In "We Have Come Too Far to Let Polio Win," we reflect on Rotary's remarkable journey towards eradication. We are so close, but what happens if we start celebrating before crossing the finish line?

As we turn the page, another important conversation awaits. "Beyond the Diagnosis" reminds us that mental health is about more than hospitals, medication and diagnoses. It is also about feeling heard, having somewhere to turn and knowing that someone cares. As October comes to an end, perhaps the bigger question is whether our concern for one another will continue beyond the awareness activities.

> "Different stories, different perspectives, but one thing connects them: the difference we make is not measured only by what we start, but by what we help sustain."

And while we are talking about life's pressures, "When Money Is Tight, Even Love Can Feel Heavy" takes us into our homes. When school fees are due, business is slow and bills keep arriving, even a simple conversation can become difficult. Sound familiar?

Then comes Denis Jjuuko's #OutToLunch, with a rather interesting proposal. Could smaller cooking gas cylinders help families move away from charcoal? Before dismissing the idea, you might want to hear his argument!
Our focus on Economic and Community Development Month also takes an interesting turn.

In "Re-imagining Economic and Community Development in Changing Times," we are invited to question whether the ways we have always supported communities are still working.

And Rtn. CPA Fred Ahimbisibwe has us looking at something we probably take for granted: packaging! His article explores how a simple label could make the difference between a product struggling to find buyers and one reaching regional markets.

Who knew a packet could carry so much possibility?

Different stories, different perspectives, but one thing connects them: the difference we make is not measured only by what we start, but by what we help sustain.

There is more to discover in this edition, so I won't spoil the reading for you.

Happy reading

President's Message

RTN CHRISTINE AMUCU
Club President
2026-2027



Dear Fellow Rotarians and Rotaractors,

Last Tuesday, our guest speaker took us through an insightful presentation on Green Investment Opportunities in Uganda. She reminded us that most people think green investment is planting trees, solar energy or recycling plastic.

We learnt that green investment is not only about protecting the environment; it is about pursuing financial returns while responsibly managing environmental and social impact. At its heart is sustainability, meeting the needs of the present while preserving opportunities for future generations.

> "Thank you, Buddy Group Rolex, for keeping us engaged and well fed!"

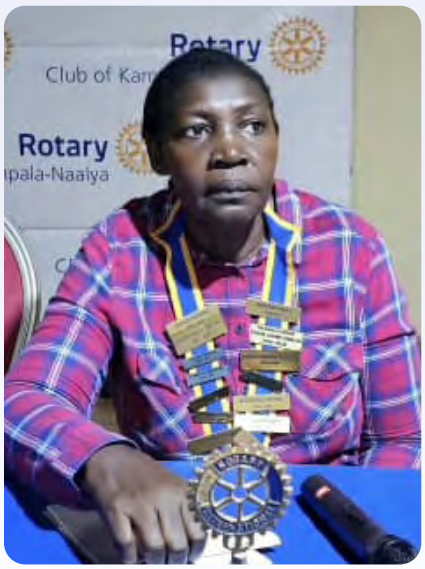
The discussion helped us to appreciate the key pillars of sustainability and many green investment opportunities available across the different sectors.

It was a timely reminder that the choices and investments we make today can create both economic value and a healthier, more sustainable future.

This Tuesday, we change gears and close the month with a Fun Fellowship – 'Know Your Neighbour'. It promises to be an evening of relaxation, connection and discovery, an opportunity to interact, share a laugh, and learn something new about the Rotarian sitting next to us.

After all, stronger friendships are the foundation of stronger clubs.

As we mark the end of our October fellowships, I extend my sincere appreciation to Buddy Group Rolex for steering us through the month with commitment and creativity. And what better way to live up to the name than actually serving members of Rolex during fellowship!! That thoughtful touch certainly made the month memorable.



Thank you, Buddy Group Rolex, for keeping us engaged and well fed!

Let us come together this Tuesday, celebrate the month that has been, strengthen our friendships, and create Lasting Impact.

Yours in Service,



#CoverStory

Rotarians Urged to Embrace Green Investment Opportunities

BY **RTN SYLVIA NANKYA**

Uganda has significant opportunities to grow its economy through investments that generate financial returns while protecting the environment and promoting social inclusion, according to Rtn Mona Muguma-Ssebuliba, the Chief Executive Officer of aBi Finance Limited.

Speaking during the weekly fellowship of the Rotary Club of Kampala Naalya at Ndere Centre in Kampala last Tuesday, Rtn Mona said green investment extends beyond commonly recognised activities such as solar energy, tree planting and plastic recycling, offering opportunities across agriculture, manufacturing, construction, financial services and information and communication technology.

She described green investment as an approach that seeks financial returns while managing environmental and social impacts, arguing that sustainability should be central to investment decisions. She said the ultimate objective of green investing is to meet present needs while preserving resources and opportunities for future generations to meet their own needs.





Rtn Mona identified environmental management, social inclusion and good governance as the three pillars of sustainability, commonly referred to as environmental, social and governance (ESG) considerations.

> “The ultimate objective of green investing is to meet present needs while preserving resources and opportunities for future generations to meet their own needs.”

Rtn Mona identified agriculture as one of the sectors in which Ugandans can pursue investments that combine economic returns with environmental sustainability. She pointed to solar-powered irrigation kits, rainwater harvesting tanks, organic fertiliser production and use, greenhouses for climate-smart farming, and biogas digesters that use animal waste as examples of potential investments.

According to Rtn Mona, these opportunities demonstrate how green investment can be incorporated into agricultural activities through technologies and practices that support more sustainable production.

She also highlighted water supply, sewerage and waste management as areas offering opportunities for investment.

Rtn Mona cited household rainwater harvesting systems, water-saving

irrigation technologies, plastic collection and recycling businesses, community composting enterprises and environmentally friendly sanitation facilities, including bio-toilets, as examples of potential ventures.

She also identified forestry and biodiversity as important areas for green investment, pointing to commercial tree planting for timber, eucalyptus and pine, as well as fruit tree orchards growing mangoes, avocados and oranges.

She added that bamboo-growing projects, beekeeping integrated with forest conservation and indigenous tree nursery businesses were other examples of investments that could combine commercial activity with environmental considerations.

In the energy sector, the presenter highlighted solar home systems, solar water heaters, solar-powered refrigeration for businesses, solar pumps for farms and battery storage systems for households and small and medium-sized enterprises as potential investment opportunities.



Rtn Mona identified manufacturing as another sector in which businesses can explore environmentally conscious production and resource use. She cited the production of reusable shopping bags, organic fertilisers, recycled plastic products, energy-efficient cookstoves and environmentally friendly packaging materials as examples of green manufacturing investments.

> “Rtn Mona identified environmental management, social inclusion and good governance as the three pillars of sustainability.”

In the construction sector, she highlighted green affordable housing, solar rooftop installations, energy-efficient building renovations, the production and use of compressed stabilised earth blocks, and rainwater harvesting systems in buildings.

Rtn Mona also identified financial services as an important area for green investment, highlighting the role of financing products designed to support environmentally sustainable activities.

She cited green loans for solar systems, loans for clean cooking technologies, climate-smart agriculture financing and green asset financing for equipment such as solar pumps, biogas systems and irrigation technologies.

She also identified savings products linked to environmental projects as another potential avenue within the green finance space.

In addition, Mona highlighted opportunities in information and communication technology, including smart irrigation monitoring solutions, mobile applications for climate-smart agriculture, digital platforms for waste collection and recycling, energy management software for small and medium-sized enterprises, and e-commerce platforms for sustainable products.





Pictorial: Glimpse into Last Week's Fellowship













Rotary
Kampala Naalya

FUN FELLOWSHIP

KNOW YOUR NEIGHBOUR

Moderated by:
Rolex Buddy Group

TUESDAY
27 OCTOBER 2026

7PM PROMPT

NDERE CULTURAL CENTRE



Buddy group in charge: *Rolex*

RotaryNaalya
rotarykampala-naalya
www.rotarykampalanaalya.org

RelaDental
Smile for Miles



#EndPolioNow

Why Rotary's Fight Against Polio Still Matters

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 parents have probably never encountered a case. We no longer hear about polio as frequently as malaria, HIV or other diseases that dominate our health conversations.

That is good news. But it also presents a danger.

When we stop seeing a disease, we can easily forget that it still exists.

For decades, Rotary has been fighting to make polio a thing of the past. We have come remarkably close, but the job is not finished.

That is why this year's World Polio Day message, "End Polio: Keep the Promise," matters. It reminds us of our commitment to protect children everywhere until polio is eradicated.

On October 24, 2026, Rotarians in Uganda demonstrated what keeping that promise looks like. At Bweyogerere Health Centre III in Kireku, the Rotary Club of Bweyogerere Namboole, together with the Rotary Clubs of Najjeera and Manyangwa-Nakwero, organised a polio immunisation drive under Rotary District 9213.

The programme included immunisation, a polio awareness talk and the launch of a dental chair, in partnership with the Uganda National Expanded Programme on Immunisation and the Ministry of Health.

> "We have come too far to stop now. We must keep the promise. Our children deserve nothing less."

Sometimes, keeping a global promise begins with making sure a child receives a vaccine.

Many of us grew up hearing stories of children who lost the ability to walk after contracting polio.

Some survived with lifelong disabilities. Others never survived.

Today, thanks to vaccination and decades of public health efforts, wild polio cases worldwide have fallen by more than 99% since 1988.

That achievement did not happen by accident. It took health workers travelling long distances, volunteers knocking on doors, governments investing in immunisation and organisations such as Rotary refusing to give up.





And that work continues. In his World Polio Day message, Rotary District 9213 Governor Gerald Obai reminded us why finishing the job matters.

"Rotary made a promise to all children: a polio-free world. Eradicating polio will be one of humanity's greatest public health achievements. But history will not remember how close we came. It will remember whether we finished the job."

Those words raise an uncomfortable question: What would it mean to come this far, only to stop before the job is done?

Closer to home, during a recent fellowship at the Rotary Club of Kampala Naalya, Dr. Louis B. Bayo highlighted vaccination gaps, disease surveillance and misinformation that continues to discourage some parents from immunising their children.

One concern was the false belief that vaccines cause infertility.

It is easy to dismiss such claims as ignorance. But imagine a mother who genuinely believes vaccination could harm her child's future. She may refuse the vaccine, not because she does not care, but because she is frightened.

> "Those words raise an uncomfortable question: What would it mean to come this far, only to stop before the job is done?"

Sometimes, addressing that fear requires more than posters and public announcements.

It requires someone willing to listen, explain and build trust.

This is where Rotary's community networks become invaluable.

We may not all be medical professionals, but we can connect families to health workers, encourage vaccination and support outreach efforts.

We have come too far to stop now. We must keep the promise. Our children deserve nothing less.

End Polio Now.


102
DISTRICT
CONFERENCE
Creating Lasting impact
Rotary
District 9213
Rotaract
District 9213
NOMINATE
YOUR CLUB
AWARDS
OFFICER.
Send details to
Anguzu Alpha Moses Bayo
Co-Chair Awards & Recognition
TEL:
0755 606151
EMAIL:
9213discon102awards@gmail.com
DISCON 102
In Partnership with
Redsquare
advertising



Beyond the Diagnosis: Reconnecting Humanity, Restoring Dignity and Building a Mentally Healthier Society

BY **RTN DR THEO FOKUKORA**

As October, the month marked by World Mental Health Day, draws to a close, we are reminded that mental health is not merely a medical concern; it is a human experience shaped by how we live, work, learn, connect and navigate uncertainty.

Behind the visible signs of distress lie experiences that are often overlooked: financial pressure, loneliness, academic expectations, displacement, family responsibilities and the struggle to find meaning in an increasingly demanding world.

The question is no longer simply how we treat mental illness, but how we create societies in which people can live with dignity, connection and psychological well-being.

On 9 October, the World Health Organisation published new guidance advocating a shift from reliance on long-term institutional care towards community-based mental health services that uphold human rights, choice and dignity. This represents an important evolution in how mental health is understood and addressed.

Recovery does not happen in isolation from everyday life.

It is influenced by supportive families, safe housing, education, employment, meaningful relationships and opportunities to participate in society.

> "People need more than access to treatment; they need environments that enable them to belong, contribute and rebuild their lives."

People need more than access to treatment; they need environments that enable them to belong, contribute and rebuild their lives. Mental health care must therefore extend beyond clinical facilities into the communities where people live and work.

Meanwhile, on 8 October, UNICEF and the Global Youth Mental Health Coalition launched *Turn Down the Noise*, a campaign co-created with young people to address digital overload, loneliness and barriers to seeking support.

The campaign reported that 60 per cent of surveyed young people aged 14-25 felt overwhelmed by current events, while 40 per cent reported stigma around discussing mental health at school or work.

These figures describe the survey respondents, not every young person globally, but they highlight a concern that deserves attention.

We inhabit a world of unprecedented digital connectivity, yet connection does not always produce belonging.

People can participate in countless online conversations while feeling unheard in their actual lives. The challenge is not simply reducing screen time; it is restoring meaningful human connection, safe spaces for expression and relationships in which people feel seen and valued.



In Uganda, the situation is equally deserving of attention. On 15 October, *Daily Monitor* highlighted concerns about students experiencing mental

health difficulties amid tuition challenges, academic pressure and difficult social circumstances, including the experiences of refugee students affected by conflict and trauma. These realities remind us that mental well-being cannot be separated from the conditions in which people pursue their futures.

A student worried about school fees, an unemployed graduate uncertain about tomorrow, or a displaced young person carrying difficult experiences may be expected to perform, succeed and remain hopeful while navigating pressures that others cannot see.

Responses that focus exclusively on individual resilience risk overlooking the structural circumstances contributing to distress.

Compassion must be accompanied by practical action addressing access to education, financial vulnerability, social inclusion and appropriate mental health support. Perhaps one of the greatest challenges of our time is recognising distress before it becomes overwhelming.

Many people continue working, studying, leading and caring for others while struggling internally. Not every difficult emotion constitutes a mental disorder, but persistent distress should not be dismissed simply because someone appears functional.

Listening without judgment, recognising when professional support is needed and creating cultures where asking for help is accepted are essential steps towards prevention and early intervention.

What, then, can Rotary do?

Rotary has an opportunity to translate awareness into sustained community action. Through its clubs, professional networks and partnerships with schools, universities, health facilities, employers and community organisations, Rotary can champion a practical mental well-being initiative built around three commitments: *listen, connect and support.*

> “Perhaps one of the greatest challenges of our time is recognising distress before it becomes overwhelming.”

First, Rotary clubs can organise mental health conversations in schools, universities, workplaces and communities, helping to reduce stigma and improve understanding of when and where to seek professional support.

Second, clubs can partner with qualified mental health professionals to strengthen referral pathways, provide psychological first-aid training where appropriate, and connect vulnerable young people with reliable services.

Third, Rotary can support initiatives addressing the social conditions affecting well-being, including mentorship, educational assistance, youth inclusion and supportive community networks.

As we close October, let us build communities where people can speak honestly, seek support without shame and access the opportunities and relationships necessary for meaningful lives.



Mental health is not the responsibility of health professionals alone; it is a shared commitment involving families, educational institutions, workplaces, governments, communities and service organisations such as Rotary.

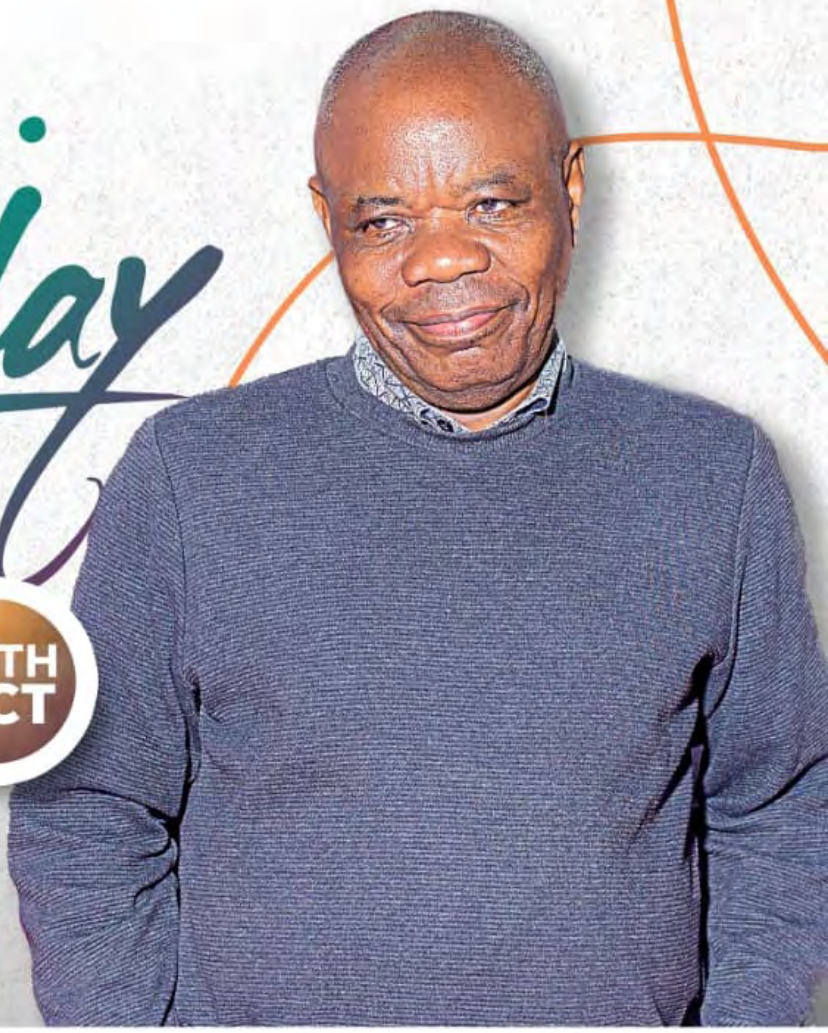
Rotary
Kampala-Naalya

HAPPY
Birthday



Rtn. Joachim Buwembo

25TH OCT



Our Membership Director! Today we celebrate not just your birthday, but your passion for growing our Rotary family. Thank you for your dedication, leadership and great heart for service. Wishing you more years of good health, joy and success.

RotaryNaalya
rotarykampala-naalya
www.rotarykampalanaalya.org

RelaDental
Smile for Miles



#SolRise

When Money Is Tight, Even Love Can Feel Heavy



BY **RTN JACKLINE MUTIMBA**

THE HIDDEN WAYS FINANCIAL PRESSURE AFFECTS OUR RELATIONSHIPS AND EMOTIONAL WELL-BEING

A man comes home after a long day in Kampala. His shoes are dusty, his phone battery is almost dead, and he is already thinking about the bills waiting for him.

Before he can sit down, his wife asks a simple question:

"Did you manage to get the money?"

He shakes his head.

She reminds him that the children need school fees and the electricity bill is overdue. He hears blame in her voice. She hears indifference in his silence. Within minutes, a conversation about money becomes an argument about responsibility, commitment and who is doing enough.

Neither of them planned to fight.

Both are tired.

And beneath the anger is a fear neither of them knows how to say out loud.

This is happening in many homes, although we rarely talk about it as a mental health issue.

When money becomes tight, it affects more than what a family can buy. It can change how people speak to each other, how they see themselves, and how safe or connected they feel at home.

A once cheerful person may become quiet. Someone who enjoyed spending time with family may start staying out longer. A couple who used to laugh over small things may begin arguing about transport money, groceries or an unexpected expense.

Sometimes we interpret these changes as a lack of love. But what if financial pressure is affecting how people cope? Think about the expectations placed on people in our communities.

A man may feel that his worth depends on his ability to provide. When business slows down, or a job is lost, he may not know how to explain the effect it has on his confidence and identity.

> "When money becomes tight, it affects more than what a family can buy."

A woman may be carrying the daily responsibility of making sure everyone eats, goes to school and has what they need, even when the household income is no longer enough.

Young adults may feel ashamed to ask their parents for help after working hard to become financially independent.

Parents may quietly borrow money to maintain a lifestyle they can no longer afford because they fear disappointing their children or being judged by others.

The pressure is not always visible.

Sometimes, what looks like anger is fear. What looks like withdrawal

is shame. And what looks like indifference may be someone struggling to cope.

Of course, financial stress does not excuse insults, intimidation, violence or neglect. People are still responsible for how they treat others, even when life is difficult.

But understanding what may be behind a change in behaviour can help families respond before the situation becomes worse.

One of the biggest problems is that many households talk about money only after something has gone wrong. The landlord calls. The school sends a reminder. A loan repayment is due. The electricity is disconnected. Suddenly, everyone is talking, but nobody is really listening.

Instead of asking, "How are we going to manage this together?" the conversation becomes, "Why haven't you paid?" or "What have you been doing with the money?"

Blame takes the place of problem-solving.

Financial difficulties are often easier to face when families can talk about them before they become emergencies. That may mean admitting that income has reduced, agreeing on which expenses must come first, postponing non-essential spending or seeking financial advice.

It may also mean saying something more personal:

"I am worried."

"I feel embarrassed."

"I don't know what to do next."

These words can be difficult, especially in communities where people are expected to remain strong no matter what they are going through.

But being vulnerable is not the same as failing.

There is also a difference between supporting someone emotionally and taking responsibility for every problem they face.

A partner can listen, encourage and help look for solutions without accepting mistreatment or carrying the entire burden alone.

> "The pressure is not always visible."

In the same way, someone experiencing financial hardship can ask for understanding while still taking responsibility for their behaviour.

Healthy families need both compassion and boundaries.

Sometimes the pressure becomes too much for a household to manage without outside support. Persistent anxiety, hopelessness, poor sleep or constant conflict may be signs that speaking to a counsellor or mental health professional could help.

In Kampala, where the cost of daily life can place enormous pressure on families, these conversations deserve more attention. We often talk about money as an economic issue, relationships as a family issue and mental health as a health issue.

But in everyday life, these things are closely connected.

So, the next time a conversation about money begins turning into an argument, it may help to pause and ask what is really happening beneath the words.

Is this only about the unpaid bill? Or are fear, disappointment, exhaustion and impossible expectations also sitting at the table?




Rotary
District 9213
District 9214
rotary youth exchange
Rotaract
District 9213
District 9214
CALL FOR APPLICATIONS
FOR ROTARY YOUTH EXCHANGE 2027 - 2028
SEND APPLICATION BY EMAIL
D9213rye@gmail.com
D9214rye@gmail.com
DEADLINE: 30TH NOV 2026
Safe Roads Save Lives
#RotaryEyamba
#RotaryKonyo
https://rotaryd9213.org
Rotary District 9213



Packaging and Labelling: *Uganda's Quiet Gateway to Regional Markets*

BY **RTN CPA FRED AHIMBISIBWE**

Every product on a supermarket shelf makes a silent sales pitch before anyone speaks to the buyer. That pitch is packaging. Ugandan farmers can grow food, but turning their harvests into profitable businesses remains a challenge, largely because of limited access to reliable markets.

Increasingly, the solution lies not just in what farmers grow, but in how their produce is packaged, presented and preserved.

Limited market access, post-harvest losses and food waste continue to erode farm incomes. Good packaging can help address all three by extending shelf life, protecting produce during transportation, improving product presentation and making agricultural products more attractive to buyers.

More Than Wrapping

Packaging is a combination of science, art and technology: a coordinated system for preparing goods for transportation, distribution, storage, retailing and end use. Done well, it delivers the 5Ps: presentation, preservation, protection, price and profit.

It is the last output of production and the first input of marketing, which is why it is called the "silent salesman".

The Label is the Passport

Labelling is the display of essential details about a product. A compliant food label carries the product name, a complete ingredient list in descending order of proportion, net weight in metric units, the name and physical address of the manufacturer or packer, manufacture and expiry dates, batch identification, country of origin, and storage, use and disposal instructions.

These are not bureaucratic burdens. They let consumers, especially those with allergies or dietary concerns, make informed choices, and they are the conditions under which regional buyers accept your goods.

Simply put, regional markets cannot be accessed without paying attention to packaging and labelling.

Consumers are changing.

Urbanisation, rising literacy, health consciousness and a growing middle class are shifting demand towards packaged, branded and labelled foods.

More working women want ready-to-eat products. Supermarkets and food malls are spreading into smaller towns, while low-priced sachets and pouches are winning village customers who buy in small quantities. A young, brand-conscious population also expects attractive, convenient and environmentally friendly packs.

Globally, packaging is the third-largest industry sector after food and energy, valued at about USD 1.24 trillion and employing over 10 million people. India's industry, worth about USD 75.97 billion, ranks sixth in the world and has grown at an average of 15.9 per cent annually.

Uganda tells a different story. Packaging is a priority sector under the Investment Code Act 2019,





yet it remains in its infancy, inadequately regulated and without a dedicated policy.

For investors, that gap is the opportunity.

Demand is visible, and supply is thin across flexible films, sachets and pouches, corrugated fibre board cartons, composite cans, printed labels, vacuum and modified-atmosphere packs, and packaging machinery.

Recycling and up-cycling of packaging waste into new products adds a further, environmentally positive, frontier. A processor who invests early can secure shelf space, supply contracts and brand loyalty before competition arrives.

Compliance builds competitiveness

Technology shows what proper packaging can achieve. Modified atmosphere packaging keeps mangoes fresh for 35 days at 20°C and pomegranates for four months at 6°C. Breathable membrane technology lets bananas travel to demanding markets without additives.

Vacuum packaging slows rancidity and discolouration, and smart films are being developed to detect spoilage bacteria such as E. coli and Salmonella.

For an enterprise, the commercial logic is plain. Compliant packaging cuts post-harvest losses, reduces rejected consignments, extends shelf life, builds brand recognition and supports premium pricing.

> “A farmer selling loose produce sells a commodity and accepts whatever price is offered.”

In modern retail, the “Look at Me” principle rules: attractive graphics and clear information win the customer’s attention within seconds.

Packaging that is recoverable, reusable, recyclable and compostable also meets the expectations of international buyers and regulators.

Consider the arithmetic. A farmer selling loose produce sells a commodity and accepts whatever price is offered. One selling a labelled, traceable, protected product sells a brand, and brands negotiate.

A call to Rotarians

Rotary’s call to Service Above Self finds practical expression here. We can mentor farmer groups and agri-SMEs to package and label to standard, finance packaging start-ups, and champion a clear national policy.

Banks and development partners can structure credit around packaging lines and equipment, turning compliance into a bankable business case.

Whoever packages well will trade well: the shelf in Nairobi, Kigali or London is waiting.



Who visited us last week?

Rotarians

- **AG Edward Mugerwa –** Rotary Club of Kampala Day Break
- **Rtn Mary Namuwaya –** Rotary Club of Bugolobi-MorningTide
- **Rtn James Serugo –** Rotary Club of Kampala
- **Rtn Olive Lumonya –** Rotary Club of Kampala North
- **Rtn Mona Muguma –** Rotary Club of Kampala

Rotaractors

- **Rtr William Kigenyi –** Rct Kampala-Naalya 9213
- **Rtr Ainembabazi Angella –** Rct Kampala Naalya
- **Rtr Catherine Birungi –** Rotaract Club of Kampala East
- **Rtr Nassuna Shayimah –** Rac Kampala Kibuli

Guests

- **Nakiwala Sanyu**



AFRICA RISING
Grow to serve

Rotary Zone 22

7th ALL AFRICA
ZONE INSTITUTE
UGANDA 2026

VENUE:
SPEKE RESORT
Munyonyo Kampala

26th - 28th
November 2026

SECURE THIS SPECIAL RATE NOW

VALID UP TO 31st October 2026

Rotarians - USD 500
Rotaractors - USD 250
New rates effective 1st October

Secure your seat NOW:
Register On: africazoneinstitute.org

Follow Us







ELDER'S EYE

Re-Imagining Economic and Community Development in Changing Times

BY **RTN GODFREY OKELLO-OMODING**

In the Rotary Year 2013-2014, the Rotary Foundation introduced Economic and Community Development (interchangeably referred to as community economic development) as an area of focus. In July 2013, it officially became a priority area for grants and projects, and the month of October was designated as a month to observe it. The focus was to grow local economies.

The core objectives then were:

- Building the capacity of entrepreneurs, local leaders, and community networks.
- Creating opportunities for productive work and employment.
- Reducing poverty in underserved communities.
- Supporting career-minded professional studies and vocational training

Since then, a lot has been tried, done and achieved worldwide in the economic and community development area of focus. While several interventions are still under implementation, more achievements are yet to be realised. Also, there have been changing economic dynamics and alignments at play in the global economic arena.

Globally, economic structures have changed and/or are experiencing changes. New economic realities are fast emerging and engulfing the world. The effects and trends are felt differently among different communities.

Some communities are increasingly becoming vulnerable, and others are fast sliding deeper





into poverty. The prevailing world economic order is strangling them, driving them far deeper into traps of poverty.

Development aid patterns and relationships are "diplomatically" getting redefined, characterised by fund cuts, reductions and stops. Different forms of realignments are emerging.

This is having far-reaching implications for development and actors in development, be it in philanthropic organisations and even faith-based organisations. The aid is shrinking.

For Rotary, this comes as a call for making new strategic partnerships and revisiting delivery mechanisms, including financing models.

The emerging global development architecture has different and varying impacts on different global economies, shaping economic and aid reforms, including the delivery of development.

Transformations are continuously being defined and redefined, and growth opportunities and actors are being drawn. In this interplay, weak economies

are affected much more negatively. They are more on the receiving side since most of the drivers are exogenous.

Today, re-imagining economic and community development in the changing times is paramount. It comes with addressing how to create an enabling and conducive environment, building adaptability, managing risks, as well as attracting the right investments and finance flows. Where positive trickle-down to communities is a must to look out for.

> “Today’s reawakening call is an invitation to reimagine our approaches, initiatives, and interventions.”

For tackling development challenges in communities, a need for working partnerships that appreciate, understand and contextualise them is important. A call to address this is apparently in reimagining. Reimagining kinds of collaborations, partnerships and ways of deepening cooperation and adaptability.

And also embedding understanding of unique development challenges in different communities. Reimagining gives that window and a will to root initiatives in local knowledge and build long-term sustainability.

Reimagining is an entry opportunity to having or initiating, where not available, a process of shared cause and purpose. Having in it, among others concerns; fairness, access, equity and strengthening local efforts and systems that hold a community’s survival.

It also means moving away from tendencies that may cause crippling in the flow of resources and imposition of tough conditions. Being a vulnerable community, it is already hurting. An important concern is safeguarding it from drifting deep into poverty and/or remaining in a poverty trap. It is being genuinely mindful of the root of its calamities.

Rotarians, in our Clubs, let the reimagination include ways of developing affordable, suitable, sustainable, adaptable, reliable and accessible financial infrastructure, not necessarily focusing on global grants. For instance, reimagining ways of raising long-term funds in the local context. It can be through mobilising local savings to promote local businesses and local entrepreneurs.

Mobilising local capital is ultimately a good way of widening outreach and sustaining development.

However, it takes time and needs patience. A good thing with this, it creates more local reliance in terms of flow of resources and ownership. It is pragmatic and a reawakening from always looking outside. A reminder that the sun shines too on us equally like us, and we can face the future together.

Yes, local mobilisation comes with doing extraordinary work and trying to minimise external shocks. As Rotarians, let us bring our value and create added value to support community development. There are many ways, using our skills and expertise, that we can make our communities better and sustain their hope.

Today’s reawakening call is an invitation to reimagine our approaches, initiatives, and interventions. Let the testimony of the future be that, even in these challenging and changing economic times, we dared to think differently, act boldly, and transform community development.

Let our story be one of creating possibilities where challenges abound, turning innovative ideas into meaningful action, and restoring hope through sustainable, impactful interventions.

Ultimately, may our actions speak louder than our words, demonstrating that through reimagination, we can transform lives, strengthen communities, and inspire lasting change.



VP
VENTURES

Aluminium and Metal Fabrication







Najjera- Buwaate Rd, Kira

+256 75 811 1409 +256 740 863 399

vipventuresltd@gmail.com



OUT TO LUNCH

Make Cylinders of 1kg, 2kg If Gas Is to Replace Charcoal

BY **DENIS JJUUKO**

On a trip to northern Uganda some years ago, I asked the transport team to provide a sports utility vehicle (SUV). I prefer SUVs for long journeys as they are more comfortable and can handle the terrain. We were to spend a week traversing the breadth of northern Uganda.

It didn't take me long to realise that some of the people I was travelling with were unhappy, but I couldn't put a finger on it. I thought maybe they didn't want to make the trip.

Along the way, the driver pointed to a roadside makeshift market and said in Luganda, "*laba emaali*," loosely translated as look at money while pointing at sacks of charcoal that were packed beyond the rims with a fibre net holding the extra black pieces together.

That is when my colleagues said that I had made them miss returning to Kampala with charcoal. That I should have asked the transport team to provide a pickup truck. "We are not ministers to travel in this kind of car," another angrily quipped.

I was ably informed that a sack of charcoal cost a fraction of what the traders in Kampala charged. I understood their sentiments.

I offered lunch and dinner for the weeklong trip, arguing that they could use that saving to buy charcoal when they returned to Kampala.

I ceased being a fan of buying stuff along our highways to return with to Kampala after realising that prices quoted by traders depended entirely on the car you drive and how you looked, but that is another story. Also, I have never been a fan of charcoal. I find it expensive, easily wastable by households, dirty and cumbersome to use.

After that trip, I understood the place charcoal occupies in people's hearts and households. It wasn't, therefore, surprising when panic engulfed Ugandans, especially the urban dwellers, last week when there was an announcement that charcoal had been banned in Uganda ostensibly to protect the environment. Social media went gaga. Parliament swiftly stepped in and advised the government to give it a week to present its comprehensive plan.

Charcoal is a byproduct of trees, and many have been felled to make it. Truckloads of it used to dominate certain routes to urban areas. Many roadside kiosk owners survived by vending charcoal.

We have just experienced a severe drought in Uganda, and I believe that many people won't have food to eat in a few months. I perfectly understand why the government wants to ban it.



As somebody who isn't a fan of it, I have no tears to shed, to be honest. But that would be selfish. The majority of households can't afford the alternatives: electricity and gas. Beyond price, both forms of energy also have distribution limitations in Uganda.

Liquefied petroleum gas in Uganda is largely sold in cylinders of 6 kg and 12 kg. If you don't have a cylinder, the startup cost is approximately 170,000 shillings for 6 kg and 266,000 shillings for 12 kg.

The median monthly pay in Uganda is 200,000 Shillings!

What makes charcoal the preferred choice for many urban households is that, with 1,000 shillings, one can get a palmful of it, which they can use to cook something.

Many of our people don't earn a predictable regular income. They wake up, go to work (if they find it) and are paid per day or per work done. Once they get that money, they can buy some charcoal for 1,000 shillings and some maize flour or a few fingers of Matooke and prepare the day's meal. They can't afford to spend more than their monthly income on the gas equipment.

There was a time when the government distributed some gas cylinders freely. I believe that at 60,000 shillings for a 6kg and 112,000 shillings for a 12kg for a refill, respectively, the majority of our people can't afford it.

Gas cylinders, even if distributed for free, will most likely end up as decorative materials.

What then can be done? The government must support the private sector to make 1 kg or 2 kg gas cylinders, which means that the majority of households can afford to refill at 10,000 shillings for a 1kg or 20,000 for a 2 kg, or even lower.

That is why manufacturers of consumer goods like sugar or cooking oil don't sell only 25 kg or 5 litres, respectively. They sell in small quantities that the majority can afford.

Our people buy sugar by the spoonful, diapers by the piece, eat beans but ask the restaurant to add meat soup (because they can't afford meat).

> "I find it expensive, easily wastable by households, dirty and cumbersome to use."

They can only afford gas by the kilo or a half, not 6 or 12 kg.

The writer is a communications 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