Naalya Food Bulletin

3rd November, 2026

Rotary Kampala - Naalya

Issue 15 | RY 2026-27



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RC KAMPALA - NAALYA

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Message from the Editor's Desk

BY **RTN JACKLINE MUTIMBA**
Club's Public Image Chair



Dear Rotarians and Friends,

Welcome to another edition of our weekly bulletin!

November has arrived, and with it comes a fresh collection of stories, ideas and perspectives to keep us reading, thinking and perhaps even talking long after fellowship.

One of the things I enjoy about putting this bulletin together is discovering how different stories can find their way into the same edition.

This week is no exception. We have women's mental health, The Rotary Foundation and, believe it or not, monkeys making an unexpected appearance in a conversation about Formula One!

In this edition, we ask ourselves: Who takes care of the woman who takes care of everyone else?

In "Everyone Needs Her, but Who Is There for Her?" we turn our attention to the women who seem to manage everything, from family responsibilities to demanding careers and businesses. They are often the first people we call when something goes wrong. But what happens when they are the ones having a difficult day?

It is a familiar story, and perhaps one that will make you think of someone close to you. November is also Rotary Foundation Month, and this edition features "Rolling the Wheel for The Rotary Foundation."

The article invites us to consider what keeps the Foundation going, particularly at a time when communities face growing needs and development resources are increasingly stretched.

There is an interesting question tucked into those pages about the role each of us plays in keeping that wheel turning. I will leave you to discover it.

Now, for something completely different! Have you ever had monkeys interrupt your favourite football match? Well, Denis Jjuuko has quite a story in this week's #OutToLunch.

What begins as an amusing encounter with some rather troublesome monkeys takes an unexpected turn into Rwanda's Formula One ambitions and the future of African tourism.

> "There is an interesting question tucked into those pages about the role each of us plays in keeping that wheel turning."

How does one get from monkeys on a roof to racing cars in Kigali? You will have to read it to find out!

That is the beauty of a good bulletin. One page can make you reflect on something personal, another can introduce a fresh perspective on Rotary, and the next can leave you smiling while questioning something you have always taken for granted.

As always, my appreciation goes to our contributors, whose articles continue to give this publication its variety and character. I hope you find something that catches your attention.

Happy reading

More members, more impact



MESSAGE FROM RI
President Olayinka Babalola

NOVEMBER 2026

I remember my first encounter with Rotary. I saw a Rotarian on television.

I was a teenager with my thoughts elsewhere, when suddenly my full attention was on this man. I did not know it then, but that moment would change my life.

That is the thing about impact. We often imagine it as something we create out there, in a community we visit or in a project we fund. But that impact is brought about through the change within us as well.

> "Change within ourselves is the first step toward the impact we seek to make in the world."

Increasing our impact is the priority of Rotary's Action Plan, and it asks us not only to do good but to do good that lasts and can be measured.

It means choosing sustainable, needs-based projects over comfortable ones and asking honestly whether a project will still be serving people five years from now without us in the room.

When I say we must Create Lasting Impact, I do not mean impact that fades once the ribbon is cut or the well is dug.

I mean the kind of impact that changes the person doing the work as surely as it changes the person benefiting from it. Rotary changes all of us. It changed a teenager watching a television broadcast.

It has changed millions of Rotarians and Rotaractors since 1905. And it will keep changing people, long after this Rotary year, if we do the work now to make sure it can.

That work starts with membership. Impact scales with people.

Every hand we add is another hand that can dig a well, teach a child to read, deliver a vaccine, or simply show up for a neighbour in need.

As we approach our 125th anniversary in 2030, our goal is to reach 1.25 million Rotarians and 125,000 Rotaractors worldwide. That is not a number for a banner.

It is a measure of how much more good we can do together, and how many more lives, including our own, Rotary still has the chance to change.

I have often challenged you to do better than your best. Growing our membership is where that challenge lives most urgently. Invite the colleague who keeps asking what Rotary is about.

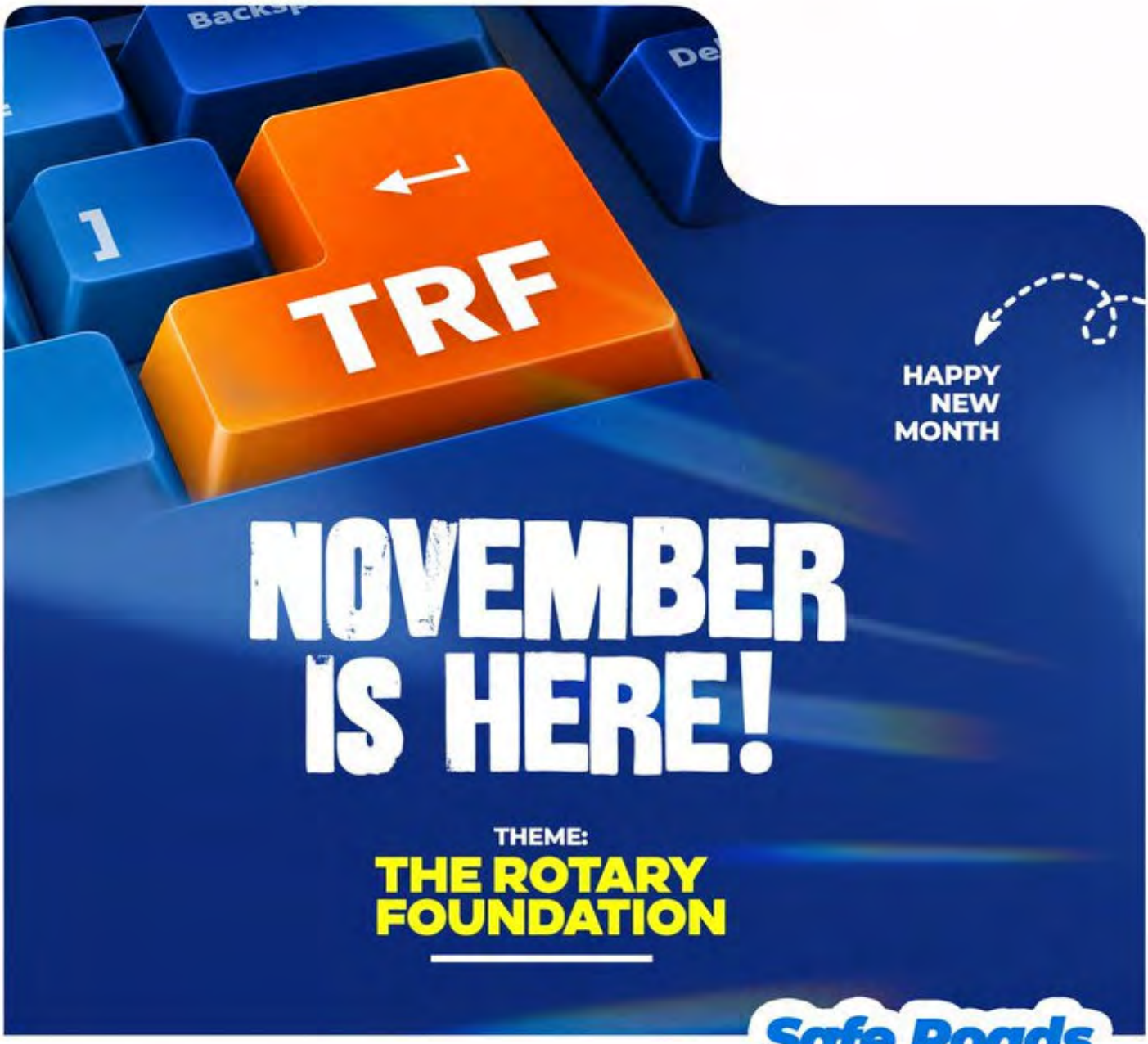
Welcome back the member who drifted away. Partner with the Rotaract club down the street. Every one of those conversations is a small act with lasting consequences.

We have 125 years behind us and a great deal of work still ahead. Let us build the kind of Rotary that keeps changing people the way it changed me, one member, one project, one act of service at a time.

Together, let us Create Lasting Impact.

Rotary
District 9213

Rotaract
District 9213



Safe Roads Save Lives

#RotaryEyamba
#RotaryKonyo

https://rotaryd9213.org
Rotary District 9213



Small actions, pooled together, become miracles

Message from DG Gerald Obai

NOVEMBER 2026

Friends,

I greet you in the spirit of Rotary, in the spirit of service, in the spirit of our shared calling to do good in the world.

When Paul Harris founded Rotary 121 years ago, he never imagined a network of over one million problem solvers.

When Arch Klumph started The Rotary Foundation in 1917 with just $26.50, he never imagined it would become one of the most impactful humanitarian foundations in human history, with over $5 billion invested in life-changing projects.

That is the power of Rotary: small actions, pooled together, become miracles.

November is Rotary Foundation Month. This is the month we stop and ask ourselves a simple but profound question: What has The Foundation done for me, and what am I doing for The Foundation?

Let me answer the first part. If you have ever seen a child walk because we funded a corrective surgery, that is The Foundation. If you have ever seen a community drink clean water from a borehole in Gulu, Luwero or Fort Portal funded by Rotary, that is The Foundation.

If you have ever seen a young mother survive childbirth because we equipped her health centre at Kikandwa, that is The Foundation. If you have ever watched a child receive two drops of polio vaccine that will protect him for life, that is The Foundation.

> "The Foundation is not an office. The Foundation is you and me."

The Foundation is not in Evanston, USA. It is YOUR heart. It is MY hands. It is OUR collective promise that we will not stand by and watch suffering when we have the power to change it.

This is why I am making a personal, passionate appeal to every Rotarian, Rotaractor and friend of Rotary in District 9213 this November.

Let us donate. And let us donate generously to The Rotary Foundation.

Our district target this year is bold because our needs are bold. If each one of us gives at least $200, we shall achieve our targets.

To those who are yet to give to the foundation, let us start by becoming Every Rotarian Every Year (EREY) donors with at least $25 to the Annual Fund.

Twenty-five dollars is less than a lunch for two in Kampala, but it can vaccinate 60 children or provide dignity to a family.

For those who can give more, one hundred dollars makes you a Sustaining Member. One thousand dollars makes



you a Paul Harris Fellow, and ten thousand dollars makes you a Major Donor.

But more importantly, it makes you a lifeline to a community you may never meet, but who will forever remember that Rotary came. Second, I am asking you to join the history-makers.

Our determination to eradicate polio remains firm. From over 350,000 children paralysed by polio every year 40 years ago, today, we are down to a handful of cases in just two countries.

Rotary has led this fight from day one. I call upon us to give $100 to PolioPlus and become a certified PolioPlus Society Member of District 9213.

> “Let us build a Foundation that will outlive us.”

For decades, we have said - drops, not tears. Now let us finish it.

You can give easily and securely on trf.rotary9213.org. No amount is too small. Every dollar counts.

But Foundation Month is not just about giving money. It is about continuing to serve.

I want to thank you. Since July, I have travelled this beautiful district: from the plains of Lira where I was born, to the hills of Kabarole, to Arua, to Gulu, to Mubende, to Hoima.

I have seen clubs building teachers’ houses in Kyenjojo, distributing mosquito nets in Mubende hospital, planting trees, mentoring youth, and running medical camps. You have embodied our theme: Create Lasting Impact.

The need is still immense. Uganda’s maternal mortality is still high. Youth unemployment is still a crisis. Climate change is threatening our farmers. And yet, Rotary remains the hope of many communities.

So I ask you: Do not grow weary in doing good. Continue to serve.

Continue to visit that school and teach a child to read. Continue to support that young entrepreneur with seed capital. Continue to fund that water project so we have more Kasozi Health Centres or Gayaza Primary Schools.

Continue to show up for your community because Service Above Self is not a slogan for a T-shirt. It is a way of life.

As we head into November, let your club be 100% EREY, let your club grow its Paul Harris Fellows and Major Donors, and let your club be remembered as a club that gave its best for humanity.

Let us continue to serve humanity with love and humility.

My family and I thank you for your friendship, your generosity, and your unwavering commitment to Rotary.

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

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

Friends, my message this quarter is simple: Impact is not about activity; it is about what remains after we leave.



Sustainable projects that will still be standing years from now. A child who stays in school because we paid her fees. A health centre that saves mothers because we equipped it. That is Lasting Impact.

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

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

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

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

Let us make history as a District where every Rotarian and Rotaractor is a donor. Let each of us say, “I will not be the one who denies D9213 the opportunity to create history.” Let us make this a legacy year.

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

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

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

Together, we will Create Lasting Impact.

102 DISTRICT CONFERENCE
Creating Lasting impact

Rotary District 9213

Rotaract District 9213

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President's Message

RTN CHRISTINE AMUCU
Club President
2026-2027



Dear Fellow Rotarians and Rotaractors,

Welcome to November, the month in which Rotary turns its focus to one of its greatest instruments of service: The Rotary Foundation. This is a month for reflection, but, more importantly, it is a call to action.

It challenges each of us to consider not just why we give, but the difference our giving makes in the lives of others.

The Rotary Foundation is the driving force behind Rotary's ability to transform generosity into meaningful, sustainable impact.

Through the resources we collectively contribute, communities gain access to better healthcare, clean water and sanitation, quality education, economic opportunities, maternal and child health services, peacebuilding initiatives and environmental protection.

Behind every grant supported by the Foundation is an opportunity to change lives and build a better future.

Because the strength of our Foundation lies in our collective commitment. A contribution may appear modest when made by an individual, but when multiplied by the generosity of Rotarians across the world, it becomes a formidable resource for change.

> "A culture of giving is not built by a few generous members; it is sustained by a club in which every member understands the value of contributing."

Our contributions make it possible for clubs to access District and Global Grants, leverage partnerships and implement projects whose reach and impact would otherwise be difficult to achieve.

Giving to The Rotary Foundation is therefore much more than a financial contribution. It is an investment in the values we uphold, the communities we serve and the future we aspire to create.

It is how we ensure that Rotary's capacity to serve is not limited by the resources of an individual club, but strengthened by a global network of people committed to making a difference.

As members of Rotary, we must embrace Foundation giving as an integral part of our service journey. Let us each take personal responsibility for strengthening this institution.

The amount we give may differ, but our commitment should be shared.

As we embark on this November journey, I invite every member to reflect on one important question: What lasting impact will my contribution help create?

Our November fellowship journey will be stewarded by the Katogo Buddy Group. We look forward to your leadership, creativity and enthusiasm in making this month's engagements enriching, engaging and memorable.

Fellow Rotarians and Rotaractors, let us not only celebrate the work of our Foundation but actively strengthen it.

Let our giving reflect our commitment to service, our belief in humanity and our determination to leave communities better than we found them.

Yours in Service,



#CoverStory

Rolex Buddy Group Concludes October Activities with 'Know Your Neighbour' Fellowship

BY **RTN SYLVIA NANKYA**

Rolex Buddy Group concluded its activities for October with a vibrant fellowship themed "Know Your Neighbour."

The fellowship was designed to foster deeper connections among members, encourage meaningful interactions, and strengthen the bonds of friendship that underpin Rotary.

> "The Baton has since been handed over to the Katogo Buddy Group for another month of fun under The Rotary Foundation Theme."

During the evening, Rotarians were challenged to get to know the members seated next to them, one by one, before introducing their newfound neighbours to the wider club.

The interactive session gave members an opportunity to learn more about one another beyond their regular fellowship engagements, creating an atmosphere of warmth and camaraderie.



The exercise highlighted the importance of personal connections in building a stronger and more cohesive Rotary family, with members encouraged to embrace fellowship as an essential pillar of Rotary service.



The gathering brought back the very spirit upon which Rotary was founded.

When Paul Harris and three other professionals established Rotary in Chicago on February 23, 1905, their initial vision was to create a platform where people from different professional backgrounds could build friendships, exchange ideas and develop meaningful relationships.

Over time, these friendships evolved into a global movement dedicated to humanitarian service. More than a century later, fellowships such as “Know Your Neighbour” continue to embody this founding principle, reminding Rotarians that strong relationships remain central to building effective and impactful clubs.

The Rotary Club of Kampala Naalya was joined by a larger delegation from the Rotary Club of Bukoto, led by its President, Sarah Rukundo and past District Governor Mike Kennedy Sebalu, further strengthening inter-club relations and creating opportunities for collaboration and friendship.

Held at the Ndere Cultural Centre, the fellowship combined the spirit of Rotary friendship with an engaging approach to member interaction, as Rotarians shared conversations and discovered new things about their fellow club members.

The “Know Your Neighbour” fellowship brought the Rolex Buddy Group's activities to a close, leaving members with a renewed appreciation of the relationships that make Rotary more than just a service organisation.







Pictorial: Glimpse into 'Know Your Neighbour' Fellowship















Rotary
Kampala-Naalya



Guest Speaker
Rtn Percy Lubega

Are you Growing Wealth or Just Earning a Living?

Tuesday,
November 3, 2026

Ndere Centre

7:00 PM

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Katogo Buddy Group

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www.RotaryKampalaNaalya.org @RotaryNaalya Rotary Club of Kampala Naalya



#Community

Over 80 Businesses Take Centre Stage at Rotary Club of Naalya States Mega Business Exposé

BY **MAUREEN K TUMWEBAZE,**
Charter President, RC Naalya States

The Rotary Club of Naalya States brought together more than 80 exhibitors for its Mega Business Exposé, creating a lively platform for entrepreneurship, business networking and community engagement.

The event was designed not only to give businesses an opportunity to showcase their products and services, but also to bring the Club closer to the community by creating space for interaction with people beyond its membership.

> "In this way, the event served more than a commercial purpose."

Held at Moments Lounge, Kiwatule, the exhibition attracted businesses from a wide range of sectors, including real estate, cosmetics, consultancy, education, cleaning services, automotive, photography and manufacturing, among others.

The variety of exhibitors reflected the breadth of enterprise within the community and allowed visitors to explore different products and services in one place.

An important feature of the event was the participation of community members who are not Rotarians.

Local entrepreneurs and business owners were invited to exhibit alongside Rotarians and members of the wider Rotary network.

This was a deliberate part of the Club's approach: to open its doors, create a welcoming point of contact and build relationships with the people and businesses in the community it serves.

By sharing a common platform, exhibitors and visitors could interact naturally, learn about one another's work and identify areas of mutual interest.

For exhibitors, Business Exposé provided an opportunity to present their brands directly to potential customers, explain the value of their products and services, increase visibility and explore possible partnerships.

For visitors, it offered the chance to discover local businesses, compare offerings, make purchases and connect directly with the people behind the brands. Business cards and conversations exchanged during the event could become the starting point for relationships that continue well beyond the exhibition.

The gathering also brought together Rotarians, Rotaractors and Friends of Rotary, creating opportunities for fellowship and engagement while connecting them with entrepreneurs and other members of the public.



It demonstrated how a Rotary club can use its networks and convening power to create practical opportunities, encourage enterprise and strengthen its relationship with the surrounding community.

The success of the Mega Business Exposé was reflected in the participation of more than 80 exhibitors and the range of businesses represented.

It showed the value of creating a space where established businesses, emerging entrepreneurs, professionals and customers can meet, exchange ideas and build connections.

It also offered the Club an opportunity to listen, engage and be visible within the community in a setting that was accessible and relevant to people's everyday interests.



For the Rotary Club of Naalya States, the exhibition forms part of a broader understanding of community engagement: meaningful connections are built when people have opportunities to meet, collaborate and support one another.

> "Bringing non-Rotarian business owners into the event helped make that intention tangible."

It allowed the Club to engage people who may not ordinarily attend a Rotary meeting or activity, while giving them a chance to experience the spirit of connection and service that Rotary seeks to promote.

Following the strong response to this edition, the Club looks forward to hosting Business Exposé again next year, with the ambition of making it bigger and better.

The intention is to continue providing a platform that supports business visibility, encourages networking and creates lasting connections between Rotary and the wider community.

The Mega Business Exposé was more than a showcase of products and services.

It was an invitation to connect: businesses with customers, entrepreneurs with opportunities, and the Rotary Club of Naalya States with its community.



Pictorial: Naalya States Mega Business Exposé











Pictorial: Naalya States Mega Business Exposé












Rotary District 9213
The Rotary Foundation
Rotaract District 9213
Rotary Foundation Recognition Fellowship
TUEDAY
24th Nov 2026
Venue:
Hotel Africana
Katonga Hall
7PM
Hosted by the Tuesday Clubs
#Rotarykonyo #Saferoadssavelives #D9213



#SolRise

Everyone Needs Her, But Who Is There For Her?

BY **RTN JACKLINE MUTIMBA**

THE SILENT EMOTIONAL BURDEN OF WOMEN WHO SPEND THEIR LIVES CARING FOR EVERYONE ELSE.

She wakes up before everyone else. There is breakfast to prepare, children to get ready for school, household responsibilities to attend to and perhaps a business to open or an office to report to.

Before the day has even begun, several people have already called on her. At work, she is expected to deliver. At home, she is expected to provide care, maintain peace and keep everything running. As a daughter, sister, wife, mother or friend, there is always someone who needs her attention.

And somehow, she manages. She smiles when greeting people. She attends meetings, participates in community activities and remembers important family occasions. From the outside, she appears to have everything under control.

> "Rest feels like laziness. Saying no feels selfish. Asking for help feels like admitting failure."

But what happens when the woman everyone depends on is herself struggling?

For many women, emotional exhaustion does not always announce itself through tears or a visible breakdown.



Sometimes, it appears as irritability, persistent tiredness, sleepless nights, difficulty concentrating or simply losing interest in things that once brought joy.

Yet these signs are easily dismissed.

"You're just tired."

"Every woman goes through that."

"You need to be strong for your children."

And perhaps the most familiar: "You are a mother. You have to manage."

These statements may be well-intentioned, but they can leave women feeling that their struggles are ordinary burdens they must quietly endure.

Consider a woman running a small business in downtown Kampala.

Sales have been slow, rent is approaching, school fees are outstanding, and customers expect her to remain cheerful. She returns home in the evening, where another set of responsibilities awaits.

Or the professional woman who spends her working day meeting deadlines, supporting colleagues and solving problems, only to return home to an endless list of domestic responsibilities.

Then there is the woman caring for ageing parents, raising children or supporting relatives while navigating her own financial and relationship challenges.



Their circumstances may differ, but the emotional burden can be remarkably similar.

It is that many carry those responsibilities without sufficient support, recognition or opportunities to rest.

> “The problem is not that women have responsibilities.”

Society often celebrates women for their strength, sacrifice and ability to hold families together.

We praise the mother who never gives up, the wife who keeps the family united and the professional who manages everything effortlessly.

But rarely do we ask what maintaining that image costs her emotionally.

Some women have become so accustomed to putting others first that attending to their own needs brings feelings of guilt.

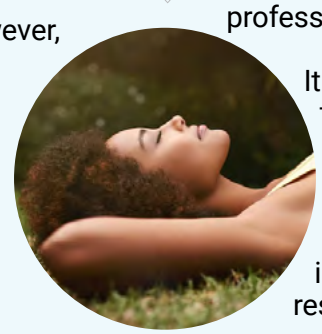
Over time, this pressure can affect emotional well-being, relationships, physical health and the ability to enjoy everyday life.

It is important, however, to recognise that exhaustion does not automatically mean someone has a mental health disorder.

Persistent emotional distress deserves attention, and professional support may be necessary when symptoms interfere with daily functioning.

Supporting women’s mental health requires more than encouraging them to practise self-care.

It requires families to share responsibilities rather than assume that everything belongs to the woman. It requires workplaces to recognise that employees have lives beyond their professional roles.



It requires partners to offer emotional support, listen without judgment and participate meaningfully in household responsibilities.

And it requires communities to create spaces where women…

Rotary
Kampala-Naalya

HAPPY
Birth Day

02
NOV





Rtn. Pamela Kawaddwa

Thank you for your service and kind heart for Rotary. Wishing you good health, joy and more impactful years.
We celebrate you our PE!

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Paid-Up Zone Institute Delegates to Enjoy Complimentary Access to Africa Peace Concert

BY **RTN SYLVIA NANKYA**

Paid-up delegates attending the All Africa Zone Institute will enjoy complimentary access to the 6th Edition of the Africa Peace Concert, scheduled for Friday, November 27, 2026, at Speke Resort Munyonyo.

The concert will be an all-white affair, as delegates gather to celebrate Africa's rich cultural heritage through music, artistic expression and a shared commitment to peace.

The event has provisions for both physical and virtual attendance, allowing participants beyond Uganda to join the celebrations.

Beyond the musical performances, the Africa Peace Concert is an important fundraising initiative supporting Rotary's peacebuilding agenda, particularly the Rotary Peace Centre at Makerere University, the first of its kind on the African continent.

Established through a partnership between Rotary International and Makerere University, the centre was set up to equip African peace and development leaders with the knowledge, practical skills and networks needed to address conflict and promote sustainable peace.
It offers specialised training in peacebuilding, conflict transformation and development, bringing together professionals from different African countries to explore solutions to challenges affecting communities across the continent.

Its training programme addresses issues including human rights, governance, refugee and migration challenges, climate change, community cohesion and conflict resolution.

Through academic instruction, practical experience and community engagement, fellows are equipped to become catalysts for peace in their respective countries and communities.

> "The Makerere Rotary Peace Centre is one of seven Rotary Peace Centres globally."

Beyond Entertainment, the Africa Peace Concert provides a platform to raise awareness about the work of the Peace Centre, mobilise financial support for its programmes and celebrate the role of music and culture in bringing people together across different backgrounds.

Although admission is complimentary for paid-up Zone Institute delegates, organisers are encouraging voluntary contributions towards the Rotary Africa Peace Fund.

A minimum contribution of US$100 will be credited to the individual donor's Rotary Foundation giving record under Peace Promotion and Conflict Prevention.

Donations can be made between November 1 and November 30, 2026, through the Rotary Foundation's official donation platform.
Contributors are required to select Endowment, followed by Endowment-Rotary Peace Centres, when completing the transaction.

This year's edition of the concert is expected to bring together Rotarians, Rotaractors, peace advocates and other stakeholders in a celebration of African music, culture and the shared aspiration for a more peaceful continent.



The Rotary Foundation

AFRICA PEACE CONCERT

6TH EDITION

27th NOVEMBER 2026

Speke Resort
Munyonyo

15H (GMT)
18H (EAT)

Physical & Virtual Attendance

USD 100

Payment Link:
https://tinyurl.com/rotary-peace-26

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ELDER'S EYE

Rolling the Wheel for The Rotary Foundation

BY **RTN GODFREY OKELLO-OMODING**

The Rotary Foundation (TRF) is an integral part of Rotary, feeding its part of the wheel through interventions and image-building around the world.

Its mission is to help Rotary members advance world understanding, goodwill, and peace by, among others, improving health, providing quality education, improving the environment, and alleviating poverty.

> "The theme of this month- The Rotary Foundation- connects us to the incredible decision taken in 1928 to establish a foundation."

At a time like this, when the world is in turbulence, economically and politically, and geopolitics is at play, TRF becomes especially relevant.

In times of soaring problems, there ought to be a wheel that can be rolled in addressing some of the challenges. A wheel that can pull financial spokes from across and around the world. And channel it to the centre for distribution to meet the dire needs in various communities.

The theme of this month- The Rotary Foundation- connects us to the incredible decision taken in 1928 to establish a foundation.

This decision has, so far, resulted in Rotary spending over USD four billion on life-changing interventions across the world. Members remain with the sole role of financially contributing to it before looking out for additional funds from friends.

One of the many questions the theme of this month Rotarians ought to ponder is, "How can the wheel be sustained rolling"?

Any plan, in the first place, lies squarely with Rotarians themselves to keep the wheel moving forward. Discussions this month ought to pivot around widening streams of giving, donations and connecting with ways of meeting increasing demands.

A sense of urgency in giving to TRF is more necessary now than before.

Times are turbulent, generating a lot of effects that are impacting different communities negatively. For instance, climatic effects are there and blind to discrimination. They are hitting hard on already vulnerable communities; in most cases, the least pollutants.

Food stocks are reducing, and some communities are forced to cut their rations to survive another day.

Increasing conflicts in the world, on the other hand, are also generating refugees. Generating vulnerability in what would have been settled communities.

Narrowing and cuts in development aid are affecting the delivery of social services in already vulnerable communities, and deepening vulnerability in others. In many different ways, such communities are set back.



Amidst wars are complex geopolitics and economic changes, which are making it increasingly more difficult for people to meet daily requirements and obtain adequate services. Priorities of wealthy donor nations are shifting, leaving a number of vacuums.

In all these dynamics, Rotary remains with its paired goodwill and commitment to see humanity made better. Its response is a determination which is coupled with knowing that its members are a backup force.

Rotarians ought to continue bridging gaps and be carriers of hope.

In some instances, be catalysts and players in whatever small parts in igniting development, innovations, coping and supporting adaptations.

Leadership in clubs is, therefore, a space to think more about finding, broadly, ways to reengage with members; bringing them together and getting TRF purposes known, appreciated and understood.

Contributing to TRF comes from an understood view that this is a vehicle for solving challenges of the world. And it is motivating to be part of those who contribute to help and create lasting impacts.

Particularly in this hard time, with development assistance contracting, where some important aspects of human survival are affected, there is a need for reliable alternatives.

> "TRF can be that reliable alternative development pot of funding."

Areas of need today are more than before. It requires rolling out new strategies in raising and strengthening TRF giving. The new strategies ought to be led by approved and tested goodwill, anchored in Rotary core values.

History should be our witness that during the time of tough funding challenges, Rotarians made sacrifices, sacrifices of bettering humanity. They ensured that their organisation, TRF, remained strong partners in supporting communities. Its strength bore the names of its members. Its members went all ways, finding strategies for supporting their organisation.

In its over 100 years of history, TRF should remain standing tall in its seven areas of focus and make worthy contributions.

Giving hope where there is no hope, saving lives and eradicating some diseases from the earth.

Remaining a trusted organisation in supporting and navigating world challenges. Planting more footprints beyond its present horizon.

This is a call for its members to give as people of action.

Let us keep creating lasting impact.





Who visited us last week?

Rotarians

- **PDG Mike Kennedy Sebalu –** Rotary Club of Bukoto
- **AG Edward Mugerwa –** Rotary Club of Kampala Daybreak
- **President Sarah Rukundo –** Rotary Club of Bukoto
- **Rtn Nakachwa Madrine –** Rotary Club of Muyenga Foresthills
- **PAG Moses Kafeero –** Rotary Club of Bukoto
- **PAG James Serugo –** Rotary Club of Kampala
- **VLG Maureen K Tumwebaze –** Rotary Club of Naalya States
- **PP Faridah Nankya –** Rotary Club of Kampala Impala
- **Rtn Edgar Roy Katusiime –** Rotary Club of Naalya States
- **PE Abodu Hellen –** Rotary Club of Naalya States
- **Rtr Moses Serugo –** Rotary Club of Bukoto

Rotaractors

- **Mayobyo Hassan –** Rac Kla Central
- **Ruhweza Wycliff –** Rotaract Club of Kyambogo
- **Menta Sunshine –** Rotaract Club of Ntinda
- **Muhindo Gloria Joan –** Rotaract Club of Kyambogo
- **Christine Bako –** Rotaract Club of Kampala-Naalya
- **Raymond Kavuma –** Rotaract Kampala Core

Guests

- **Nakiwala Sanyu**



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#OutToLunch

Rwanda's Formula One Bet: A Pathway to Diversifying African Tourism



BY **DENIS JJUUKO**

Over the weekend, I decided to catch a Premier League game at a sports and leisure facility not very far from my residence. A few people were bantering with each other.

The Manchester United fans were even told that our village team could beat them. Some deafening laughter followed. Others ordered more bottles of the frothy stuff.

As one of the teams attacked, we heard some footsteps on the translucent roof. Within seconds, the TV was cut off. It wasn't raining.

We understood this wasn't the weather denying us the ability to watch the attack. Someone who frequents the facility more often said it was the monkeys. We looked up at the roof, and we indeed saw them.

They had disconnected the cable supplying the images to the TV set. A worker had to climb the roof, chase them and connect the cable again.

By the time the images were restored, the score line of the home team had been extended. We indeed missed watching that attack that resulted in the winning goal.

If you live anywhere in Uganda or even many parts of Africa, you have most likely come across our wildlife. If they are not disconnecting the TV cables, they are grabbing your food or simply chilling in your compound.

Or you have come across them on your trips from one part of the country to another. You perhaps grew up chasing them from your parents' garden or earning your school fees by making scarecrows during the holidays.

Almost the entire continent tries to sell this as tourism, even to the people who grew up on the continent or experience this every day.

Why would anyone pay for this in the name of domestic tourism? They have had a lot of these experiences. And since the entire continent sells the same thing, why would people outside the continent be interested in seeing lions and elephants from different countries?

> "Earlier in October, Rwanda announced a partnership that will see F1 racing again on the continent for the first time since 1993."

That is why Rwanda's immersion into Formula One racing makes some sense. Earlier in October, Rwanda announced a partnership that will see F1 racing again on the continent for the first time since 1993.



They are going to build a race track outside Kigali and hope to host the African Grand Prix in the early 2030s.

Large F1 races like the Silverstone attract nearly 600,000 people over the race weekend, even though the average attendance is 100,000. So, if Rwanda can attract 100,000 people on each of the F1 race weekends, that would be great for its economy.

Their new airport, which is being built in the same area, will be busy. Hotels will be busy. Transport service providers will be busy. Many people will earn a living off F1.

People who can't trek the gorillas will come to see small cars chasing each other at high speeds.

Formula One attracts wealthy people who may make the waterbody where the track is being built their next playground to show off their wealth. Fancy boats are likely to be shipped in or even made there. The skyline in the area will most likely change.

Rwanda will attract elusive foreign direct investment.

They won't have to convince many people to come and watch the cars and attend the associated parties. F1 has its devoted fanbase, which they will tap into.

> "We must diversify our animalised tourism."

F1 legend Lewis Hamilton is even claiming he'll hang around longer so he can fulfil his dream of racing in Africa. Not sure that will happen given his age.

Many Ugandans will descend on Bugesera for the race. The same people nobody can convince to go see the animals in Murchison, Mburo, Kidepo or Queen Elizabeth. They have been seeing them for free on their trips upcountry.

Many of these Ugandans have been making the trip to Kenya for the World Safari Rally. Others have been visiting the Yas Marina in Abu Dhabi for the F1 race there. Now, high-powered vehicles will be racing in their neighbourhood. They can't miss that.

We live in the Instagram era. Backdrop images are everything. I have previously written about Lake Victoria, a major water body in the world. There isn't much going on there that can attract large numbers of people.

Just an occasional canoe with a solitary fisherman. The same with the River Nile. Its source in Jinja is something many wouldn't want to visit; makeshift curio shops, jury-rigged restaurants and canoes that look like they can capsize anytime. Who wants that?

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

KATOGO BUDDY GROUP IN CHARGE
OUR MEMBERS



Rtn Christine Amucu



Rtn Sylvia Nankya



Rtn Francis Lubuulwa



PDG Anne Nkutu



Rtn Johnson Akanyijuka



Rtn Fred Ahimbisibwe



Rtn Edgar Ategeka



Rtn Dorcus Karungi



Rtn Rita Lakor



Rtn Jackline Mutimba



Rtn Denis Osikol



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