Naalya Food Bulletin

9th June, 2026

Rotary Kampala - Naalya

UNITE FOR GOOD

Issue 46 | RY 2025-26



Nalyaakos at the 70th Presidential Installation of their mother club, the Rotary Club of Kampala.

RC KAMPALA - NAALYA

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Chef's Note

There are moments in the life of a movement when history pauses to acknowledge itself - when the weight of what is happening is felt not just by those present, but by all who share its cause.

The 2026 Rotary International Convention in Taipei, opening on June 13, is one such moment. And for every Rotarian on the African continent, it carries a significance that goes far beyond the ceremonial.

For the first time in the 121-year history of Rotary International, a son of Africa will receive the presidential collar and gavel. Olayinka "Yinka" Hakeem Babalola - a proud member of the Rotary Club of Trans Amadi, Nigeria, and former RI Vice President - steps into the presidency with a simple but profound charge: *Create Lasting Impact*. His journey to this moment is itself a testament to that theme.

When health challenges forced the initially selected president, Past RI Trustee SangKoo Yun of South Korea, to step back and focus on his recovery, the RI Board turned to Babalola - and in doing so, turned a page in Rotary's global story.

For Ugandan Rotarians, the pride is real and deep. And so, too, is the disappointment of not being part of that historic moment in person - a 90-day travel restriction, imposed on Uganda and the Democratic Republic of Congo over health concerns, has grounded many who had planned and prepared for months to be on that convention floor in Taipei.

Yet Rotary has never been a fellowship that dwells in what cannot be changed. We adapt. We find one another across distance.

And so we encourage every Rotarian to follow the convention through the available online and social media platforms - because even from Kampala, we can witness, celebrate, and draw inspiration from what Taipei will deliver this June.

There is a quiet symmetry in the fact that this same month, June, is Rotary's Fellowship Month - a timely reminder that what binds us is not geography, but purpose and relationship.

Last week, PAG Flavia Serugo offered our Club a rich and illuminating presentation on the breadth and depth of Rotary Fellowships - those special-interest groups that connect Rotarians across the world through shared passions beyond the service table.

It was a timely reminder that fellowship is not merely a calendar theme; it is the living architecture of everything we do.

As June draws to a close and July 1 approaches - the dawn of a new Rotary year - let us carry that architecture forward with intention. Let records be clean, goals be clear, and the spirit of service be renewed.

Let the installation in Taipei not just be a moment we watched from afar, but a mandate we carry into every club meeting, every project, every handshake.

Africa is leading. Uganda is watching. And the work - as always - continues.

Rtn. Peter Nyanzi
Bulletin Officer

Let's carry the momentum

RI PRESIDENT'S MESSAGE

Rtn Francesco Arezzo



JUNE 2026

As my year as President of Rotary International comes to a close, I offer my heartfelt thanks to each member of our global Rotary family.

Your kindness, warmth, and dedication have changed my life.

During this year, I had the privilege of traveling across our world, from San Francisco, birthplace of the United Nations, to the innovative Rotary clubs of Nigeria.

In every place, I saw Rotary members and our partners working side by side to create lasting, positive change, reminding me that our strength lies in shared purpose.

That spirit leads naturally to a simple truth: Rotary is not something we attend, but something we do.

> "You have shown that when we Unite for Good, there is no challenge we cannot meet if we stand together."

We are not spectators. We act, and through that action, we transform our communities and ourselves.

As we continue this work, we must keep our focus on building conditions for peace. Rotary is, at its core, a peace machine.

But maintaining that machine requires intention, commitment, and steady effort.

That same resolve is needed now as we push toward polio eradication.

The final mile is often the hardest, but we cannot falter in our promise to the children of the world.

You have shown that when we Unite for Good, there is no challenge we cannot meet if we stand together.

Let us carry this momentum forward with courage, compassion, and an unwavering commitment to the safety and prosperity of all.

Love Made Visible, Mission Accomplished



DG'S MESSAGE

By Geoffrey Martin Kitakule

JUNE 2026

Over the past year, something extraordinary happened across Rotary District 9213. Not in grand fellowships, or events.

But in villages, schools, health centres, boardrooms, churches, dusty community grounds, and in the quiet moments where ordinary people chose service over self.

And if I have learned anything as District Governor, it is this: people still care. Deeply. They care enough to wake up before sunrise for medical camps in Atangi, Busesa, Gulu, and Kazo. They care enough to spend weekends fundraising for communities they may never personally benefit from.

They care enough to believe that a girl child deserves dignity, that a mother deserves safe delivery, that clean water should not be a luxury, and that hope is not something we merely talk about — it is something we build. Indeed… #RotaryEyamba.

When we began this journey, we spoke often about Uniting for Good. It sounded ambitious then. Maybe even slightly idealistic.

But somewhere between fellowships, dinners, project launches, Kimeza, WhatsApp debates at midnight, and those "Governor, we need just one more meeting" phone calls, we stopped being clubs working near each other and became a movement working with each other. And what a movement it became.

> "We equipped health centers; we restored dignity. We opened doors for young people."

Together with incredible partners including Davis & Shirtliff, EACOP, DFCU Bank, Buganda Kingdom, Centenary Bank, Giving Tuesday, and C-Care, among many others, we expanded Rotary's footprint of impact across Uganda and beyond.

We equipped health centers; we restored dignity. We opened doors for young people.



We brought clean water to communities accessing it for the first time. We proved that sustainable service is not a dream when good people decide to move in the same direction.

On the District X platform @dgrotary9213, I often wrote that "service is love made visible." This year, you made it visible everywhere.

To our Club Presidents: you were the captains of this mission. You led with resilience, creativity, and grace. Even in moments of exhaustion, uncertainty, and loss, you remained steady. You were indeed my "RideOrDie Presidents."

And somehow, despite the impossible schedules and impossible targets, you still found energy for fellowship, selfies and conference dance floors. Rotary people are truly special human beings.

To the Assistant Governors, District leaders, project teams, volunteers, and every Rotarian who quietly served without seeking applause; thank you. Leadership is never about the title on the badge. It is about the lives changed because you showed up. And yes, we showed up.

We showed up so powerfully that together we achieved what many considered impossible: raising over one million dollars for The Rotary Foundation. I still remember some of the early conversations where people politely smiled at the goal, the way one smiles at a child describing how they will become an astronaut next week.

But as Nelson Mandela reminded us: "It always seems impossible until it is done." Well… we did it. But beyond the numbers, the grants, the projects, and the milestones, the greatest gift of this year has been the reminder that Rotary remains one of humanity's most beautiful ideas; that strangers can become family through service. I must also pause to thank my own family.

To those who shared me with Rotary when the meetings became longer, the travel became endless, and the phone never seemed to sleep — thank you. Leadership is never carried out by one person alone. Families serve too, often quietly and without recognition. This journey belongs to you as much as it belongs to me.

As this chapter closes, I leave with profound gratitude and deep optimism.

- I have seen it in young leaders stepping forward with confidence.
- I have seen it in clubs choosing collaboration over competition.
- I have seen it in communities that now believe change is possible because Rotarians kept their promises. And so, my fellow Rotarians, let us continue.

Years from now, people may forget our meeting themes, conference décor, or even who held the office. But they will remember that in a season when the world often felt divided, Rotary District 9213 chose unity, chose compassion, chose action and changed communities forever. And we can confidently say together,

- Continue building Rotary in Uganda.
- Continue mentoring.
- Continue giving.
- Continue believing.
- Continue uniting for good.
- Because I have seen the future of Rotary District 9213 confirmed by our ability to start on the journey of re-organizing into District 9217 and 9218.

The work ahead remains enormous. But so is our resolve and capacity to serve. we did more than complete a Rotary year.

Together, we transformed lives and for that, we can all drop the mic with pride.

Indeed… #RotaryEyamba.



President's Message

RTN CHARLES OWEKMENO
Unite For Good President
2025-2026



Dear Rotarians, Rotaractors, and Guests,

I trust you have had a wonderful start to the new month and week. I extend my heartfelt gratitude to all who attended our Rotary meeting last Tuesday, where Past President Flavia shared valuable insights on creating vibrant clubs through fellowships.

Her message was a timely reminder of the importance of nurturing our club culture and ensuring that every member enjoys a meaningful Rotary experience.

As we approach the close of the Rotary year, I wish to remind all you, Naalyakos, of the key upcoming events. On 16th June, we shall hold our Club Assembly.

On 20th June, Past President John Mugisa will graciously host us for a Home Hospitality.

Finally, on 30th June 2026, we will celebrate the Installation of President Christine Amucu. I encourage you to plan your schedules accordingly and make every effort to attend these milestone events.

Please note that this Tuesday, 9th June 2026, is Heroes Day, and thus a public holiday.

On this day, we pause to honor the men and women who sacrificed for the peace, freedom, and progress in our nation.

It is a moment to reflect on their courage and resilience, and to draw inspiration from their service.

As Rotarians, let us embody the same spirit of sacrifice and commitment in our work, serving humanity with dedication, integrity, and compassion.

In observance of the holiday, there will be no Rotary meeting.

> "Let us stand as beacons of prevention and hope, spreading the message of safety and resilience."

At the same time, I urge us all to remain vigilant in light of the ongoing Ebola outbreak.

Kindly adhere to the prevention guidelines issued by the Ministry of Health to safeguard our families, our Rotary community, and the wider society we serve. Let us stand as beacons of prevention and hope, spreading the message of safety and resilience.

We celebrate with joy those marking birthdays, anniversaries, and other special wins this week.

We also extend our heartfelt empathy to those who are unwell, grieving, or caring for loved ones. May you find strength and comfort in the fellowship of Rotary.

Wishing you all a fruitful and impactful week ahead.

YOURS IN ROTARY SERVICE,



TEAM TALK

Finishing Well Is Critical Part of Service

BY **AG FRANCIS LUBUULWA**

As June begins, a familiar scene is unfolding across Rotary clubs throughout Uganda. Incoming presidents are preparing installations. Boards are planning leadership transitions.

Club secretaries are compiling reports. Treasurers are reconciling accounts. Committees are rushing to complete activities before the end of the Rotary year.

For many Rotarians, June feels like the finish line. But perhaps that is where we get it wrong.

June is not simply the end of a Rotary year. It is an opportunity for every club to pause and ask a simple but important question: **What are we leaving behind?**

The answer will be different for every club. Some clubs have served their communities for decades. They have established traditions, strong systems, and generations of leaders who have shaped their identity.

Others are still in their infancy, having been chartered only recently and still defining who they want to become.



Some clubs will conclude this Rotary year with a sense of momentum. Their meetings remain vibrant. Members are engaged. Committees are functioning. Incoming leaders are already planning retreats and setting goals for the year ahead.

> "June is an opportunity for every club to pause and ask a simple but important question: What are we leaving behind?."

Others find themselves in a different position. There are clubs where the same handful of members have carried the burden of service throughout the year while many others remained on the sidelines. There are clubs still struggling to fill leadership positions for the incoming year.

Some boards have not yet found the time to reflect on what was achieved or to plan for what comes next. In some clubs, members who enthusiastically attended meetings in July quietly disappeared somewhere along the journey and were rarely seen again.

These realities are not unique to any one club. They are part of the challenges that many voluntary organisations face.

The important question is not whether a club had a perfect year. Very few do.

The question is whether the club is willing to honestly acknowledge where it succeeded, where it fell short, and what must change moving forward.



Sometimes the most important achievement of a Rotary year is not the project that was completed but the lesson that was learned. As Rotarians, we often measure our success by the number of projects implemented, funds raised, meetings held, or social media posts shared. While these have their place, they do not tell the full story.

The deeper question is this: **What changed because the club existed?** Did a community gain access to cleaner water? Did a mother or child receive better healthcare? Did a school become a better place for learning? Did a young professional discover leadership through Rotaract? Did members build stronger friendships and a deeper commitment to service? Did the club leave its community better than it found it? These are the questions that matter.

June is also a time for courageous conversations. If membership engagement declined, why did it happen? If projects stalled, what got in the way? If the same five or six people carried the club throughout the year, what does that say about how leadership and responsibility are being shared? These are not comfortable questions, but healthy clubs are willing to ask them.

A club grows stronger not by pretending that everything went well, but by learning honestly from what did not.

For older clubs, June presents an opportunity to protect and strengthen the traditions that have sustained them over the years. The values, culture, and practices that have enabled a club to thrive should not be assumed to continue automatically. They must be intentionally passed on to the next generation of leaders.

For younger clubs, June offers a chance to establish foundations that will shape their future. The habits formed during the early years often determine whether a club merely survives or truly thrives. New clubs should be asking themselves not only what they accomplished this year, but what kind of club they are becoming.

For every club, regardless of size or age, June should also be a season of gratitude. Behind every project are members who volunteered their time. Behind every successful event are committees that worked long hours.

Behind every contribution to The Rotary Foundation and every act of community service are Rotarians who chose to serve when they could have chosen convenience instead. A club that finishes well takes time to appreciate these contributions.

Most importantly, finishing well means leaving the next leadership team in a stronger position than you found it. A smooth transition is one of the greatest gifts an outgoing president and board can offer.

> “The values, culture, and practices that have enabled a club to thrive should not be assumed to continue automatically..”

Clear records, honest conversations, complete handovers, and thoughtful guidance provide incoming leaders with a foundation for success.

As this Rotary year draws to a close, let us resist the temptation to focus only on the activities that remain undone.

Instead, let us reflect on the impact that has been created, the relationships that have been strengthened, the lessons that have been learned, and the legacy that has been built.

Because in Rotary, how we finish matters just as much as how we begin. And the clubs that finish well are often the ones that continue serving effectively long after the applause of installation night has faded.

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


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2026
LAST CALL
TO THE
END OF EARLY BIRD
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TAIPEI, TAIWAN
Registration fees:
26th June - 15th Dec 2025: 475 (Early Registration)
16th Dec 2025 - 31st Mar 2026: $575
1st Apr - 17th June 2026: $675
Register and pay in full by 15th December 2025 to secure the lowest registration price at https://convention.rotary.org
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#CoverStory

We Are Not in Taipei - But We Are Not Left Behind



BY **EDITORIAL DESK**

THE 2026 RI CONVENTION OPENS THIS SATURDAY IN TAIPEI

All is set for the Rotary International Convention to be held in Taipei, Taiwan from Saturday June 13 June – 17. Sadly, it will be a no show for Ugandan Rotarians.

Worried about the he Ebola outbreak in Uganda and the Democratic Republic of Congo, the Government of Taiwan took the decision to bar Rotarians from the two countries from travelling to the country.

On June 2, Taiwan's Ministry of Foreign Affairs suspended visa issuance for Ugandan and Congolese nationals and barred entry even to those who already held valid visas. The restriction runs for 90 days. The Rotary convention falls within that time frame. The decision is a public health one, and it is understandable - but that does not make the disappointment any easier to carry for those of us who had planned, registered, and saved up to be in that room.

We acknowledge the loss. Then we move on to what we can do about it.

What Is Happening in Taipei

The 2026 Rotary International Convention to be held at two landmark venues - the Farglory Dome (Taipei Dome) and the Taipei Nangang Exhibition Center (TaiNEX) - is expected to draw over 30,000 Rotarians from more than 120 countries. Taiwan last hosted the convention in 1994, and after the COVID-19 cancellation of the 2021 event, the island's 37,000 Rotarians across 12 host Rotary districts are pulling out every stop.

RI President Francesco Arezzo, who visited Taipei last September to preview preparations, has projected that the convention will inject between US$50 million and US$55 million into the local economy. That is the footprint our movement makes when it gathers.

> “...It's projected that the convention will inject between US$50 million and US$55 million into the local economy..”

The Headliner: Malala Yousafzai

The single most important session to follow remotely is the keynote address by Nobel Peace Prize laureate Malala Yousafzai, scheduled for Tuesday, 16 June.

The youngest Nobel laureate in history and founder of the Malala Fund, her life's work - fighting for girls' access to education in the face of violent opposition - sits squarely at the heart of Rotary's basic education and literacy focus area. Her address will be widely shared. Do not miss it.

Service in Motion

Over 100 humanitarian project exhibits will fill the House of Friendship at TaiNEX - the living, breathing marketplace of ideas that veterans of past

conventions will know as the true soul of any RI gathering. Breakout sessions will cover peacebuilding with Rotary Peace Fellows, membership growth, and youth engagement through Interact.

How to Follow From Kampala

Being grounded at home does not mean being left out. Here is exactly what to do:

Watch the sessions. Convention.rotary.org and Rotary International's official YouTube channel will stream and archive the Opening and Closing General Sessions, the Flag Ceremony, and key keynote addresses - including Malala on June 16. Bookmark both now.

Follow the live conversation. On Facebook, Instagram, X, and LinkedIn, search **#Rotary26** and **#RotaryTaipei2026**. Attendees, clubs, and official Rotary accounts post continuously.

You will see the House of Friendship, the cultural performances, and the energy of Taipei in near-real time.

Download the Rotary Events app. Available on both the Apple App Store and Google Play, the app carries the full schedule of 100-plus breakout sessions, speaker profiles, and live updates - even without a convention badge.

Read the daily dispatches. The Rotary Voices blog at voices.rotary.org is updated throughout the convention with human-interest stories and session highlights. It is ready-made content for your club bulletin.

> "Host a watch party. Gather your fellow Rotarians for a watch party especially for Malala's address."

Host a watch party. Gather your fellow Rotarians for a watch party especially for Malala's address. Discuss it. Decide together what idea from Taipei you will bring home to Kampala.

The Ebola travel ban is a setback, not a severance. The convention is happening. Our movement is gathering. And with a phone, a laptop, and the links above, so are we.





The Dawn of the Yinka Era

At the 2026 Rotary International Convention in Taipei, history will be made as Olayinka "Yinka" Hakeem Babalola, a member of the Rotary Club of Trans Amadi, Nigeria, and former RI Vice President, will be inaugurated as the 2026–27 Rotary International President, becoming the first African to lead the organisation.

His presidency, themed *"Create Lasting Impact,"* marks a defining moment for African Rotarians and signals the continent's arrival on the global leadership stage.

Babalola's path to the presidency came through an extraordinary turn of events. Originally, Past RI Trustee SangKoo Yun of South Korea had been selected for the role, but following his courageous decision to step back and prioritise his cancer recovery, the RI Board appointed Babalola in his place.

As outgoing President Francesco Arezzo will hand over the presidential collar and gavel, a milestone decades in the making will be realised - global leadership of Rotary International will rest in African hands.



Love Made Visible: DG Kitakule Hands Over the Reins

BY **EDITORIAL DESK**

On 1 July 2026, Rotary District 9213 turns a page. District Governor Geoffrey Martin Kitakule formally surrenders the reigns to incoming District Governor Rtn Gerald Obai, closing one of the most consequential chapters in District 9213's s recent history.

The transition marks not merely a change of office, but also the continuation of a movement - one that, over 12 deliberate months, proved that the district's theme of "Unite for Good" was never just a slogan.

When Kitakule took office in July 2025, the ambition was clear and, to some, audacious. District 9213 would raise over USD1 million for The Rotary Foundation, deepen its community footprint across Uganda, and forge the kind of cross-club solidarity that transforms Rotary from a network of well-meaning neighbours into a single, purposeful force.

"It sounded ambitious then," he acknowledged in his farewell message to the district. "Maybe even slightly idealistic." He recalls those early conversations where the million-dollar target was met with polite smiles - the kind reserved for the endearingly over-optimistic. And yet. Together, the district did it.

The year's impact was written, not in board rooms, but in places where need is most honest: medical camps in Atangi, Busesa, Gulu, and Kazo; clean water installations reaching communities for the first time; health centres equipped and restored; doors opened for young people who had none.

These outcomes were made possible by a coalition of partners - Davis & Shirtliff, EACOP, DFCU Bank, Buganda Kingdom, Centenary Bank, Giving Tuesday, and C-Care, among others — whose alignment with Rotary's mission expanded the district's reach well beyond what any single club could have achieved alone.

The DG was unsparing in his gratitude. To the Club Presidents — his self-described "RideOrDie Presidents" — he offered particular recognition, saluting their resilience through exhaustion, uncertainty, and loss.

To Assistant Governors, project teams, volunteers,

> "The year's impact was written, not in board rooms, but in places where need is most honest: medical camps..."



and the Rotarians who served without seeking recognition, he was equally direct: "Leadership is never about the title on the badge. It is about the lives changed because you showed up."

He also acknowledged a quieter sacrifice: that of his own family, who shared him with Rotary through endless meetings, constant travel, and a phone that never slept.

"Families serve too," he noted, "often quietly and without recognition."

What did 12 months of district leadership teach him? Above all, that people still care - deeply and concretely.

That the distance between good intentions and transformed communities collapses when clubs stop working near each other and start working with each other.

> "Carry the lesson that service, at its most powerful, is not a programme or a theme.."

And that the most enduring test of any Rotary year is not what was celebrated at conference but what was kept after the banners came down.

As Nelson Mandela put it -and as Kitakule invoked at the close of his message - "It always seems impossible until it is done." The district's achievement of the $1 million TRF target was proof enough.
His farewell also carried forward-looking weight.

The confirmation that District 9213 is on course to reorganise into Districts 9217 and 9218 signals growth, not fragmentation — evidence that the foundations laid this year are strong enough to multiply.

The work of uniting for good does not end with a handover; it scales.

So what does this mean for us at Rotary Club of Kampala Naalya as we enter the new Rotary year under DG Gerald Obai? Carry the lesson DG Kitakule leaves behind: that service, at its most powerful, is not a programme or a theme. It is, as he wrote, "love made visible."





Fellowships: The Bonds That Define Rotary

BY **RTN FLAVIA SERUGO**

In February 1905, a young lawyer named Paul Harris walked into a room in Chicago with three acquaintances - a coal miner, a tailor, and a merchant - and changed the course of organised service forever.

He had not yet imagined Rotary International, its six areas of focus, or its 1.4 million members worldwide.



Businessman Sudhir Ruparelia inspects a stall at at Business Expo organised by Rotary Means Business, a fellowship of entrepreneurs in Uganda

What he had was a simpler, more human impulse: he wanted friends. He had recently moved to the city, felt the chill of anonymity, and wondered whether professionals from different walks of life could come together regularly - not for profit, but for the warmth of genuine company.

> "When people connect over a genuine personal passion - not a one-hour agenda, not a committee assignment - they lower their guard."

Out of that first gathering, Rotary was born. Not from a manifesto or grand strategy but from friendship.

June is Rotary's month of Fellowships, and it is worth pausing on that origin story - not as nostalgia, but as instruction. The fellowship impulse is not a soft addendum to Rotary's mission. It is the root from which everything else grows.

Rotary Fellowships are formally defined as international groups of Rotarians, family members, programme participants, and friends who share a common interest, hobby, or professional passion.

There are over 100 recognised Rotary Fellowships worldwide, spanning interests as varied as wine appreciation, vintage collecting, cycling, IT, authors, golf, music, and gardening.

What unites them is not merely the shared interest; it is the shared commitment to pursuing that interest within the values of Rotary: service, fellowship, diversity, and integrity.

Fellowships do something our weekly meetings, however excellent, cannot fully do on their own. They create the conditions for depth. When people connect over a genuine personal passion - not a one-hour agenda, not a committee assignment - they lower their guard.

They discover each other as people, not just as Rotarians. And from that discovery, something durable grows: trust, loyalty, and the kind of friendship that makes a club not just an organisation to belong to, but a community to come home to.



The practical evidence bears this out. Clubs with strong fellowship cultures consistently show higher member retention.

Members who feel personally connected are more likely to attend meetings, show up at projects, take on leadership roles, and bring others in.

A fellowship is, among other things, Rotary's most organic membership strategy. Within our own club, our interest surveys have surfaced a remarkable breadth of passions - writing and poetry, chess, travel, water sports, gardening, music, youth mentorship, tea drinking, hospitality, walking, and more.

Each of these is a fellowship waiting to happen. And if no international fellowship exists for your particular passion, Rotary International's guidance is clear: start one. A local interest group is the natural seed from which a formal fellowship can grow.

Success formular for fellowships

For those ready to formalise, the registration pathway at RI level is actually straightforward. A fellowship seeking international recognition must have representation from at least five countries, maintain an active online presence - a website or active social media - and file annual reports demonstrating activity and impact.

Membership fees are modest, capped at $30 per year internationally, with lifetime options available in some fellowships. Critically, a Rotary Fellowship must be diverse: open to both men and women.

Diversity is not optional; it is a registration requirement. Fellowships are also expected to operate under standard bylaws and a constitution, both of which are available on the Rotary International website.

A fellowship that goes silent, stops reporting, and loses its diversity ceases to be a Rotary Fellowship in any meaningful sense, and risks deregistration.

The success formula for a strong fellowship is, at its heart, the success formula for a strong club. *Connect* first - genuinely, not transactionally. *Engage* with intention, showing up not just when convenient but when the group needs you.

Serve beyond the social dimension: the best fellowships do not merely meet over shared interests, rather; they mobilise those interests for community impact. A fishing fellowship can raise funds for a club project.

A gardening group can support a school. A women's empowerment fellowship can - and in our own experience, did - step forward during a national crisis to support teenage mothers when it mattered most. And finally, lead: fellowships offer a less formal but equally real space to develop the skills that Rotary's mission demands.

Call to action

The call to action is specific. Identify your passion - the thing you would do even if no one was watching, the interest that lights you up in conversation. Bring it to Rotary.

Seek out the members who share it. If there is an international fellowship that fits, join it. If there is not, propose a local group. Bring your network, your skills, and your energy - not as obligations, but as gifts.

Paul Harris did not build Rotary from a strategic plan. He built it from a longing to belong, and a willingness to open the door to others.

Some 120 years later, that impulse remains our most reliable foundation. The question for each of us is simply this: which door will you open?

Around & About District 9213











CAPTIONS

1. *Presidential Installation of Dr Davis Ndanyi at the Rotary Club of Kiteezi*
2. *RC Kampala Naalya President Elect Christine Amucu at the installation of her counterpart at RC of Bugolobi*
3. *Presidential Installation at the Rotary Club of Kololo-Kampala*
4. *Nalyaakos at the 70th Presidential Installation of their mother club, the Rotary Club of Kampala*
5. *PDG Anne Nkutu (2L) joins the 38th celebration for Charter Members of the Rotary Club of Kololo*



#SolRise

Unlearning 'Man Up': *A Generational Healing*

BY **RTN JACKLINE MUTIIMBA**

Somewhere between boyhood and manhood, most men receive a message so consistently repeated that it becomes indistinguishable from truth.

The message is: 'your feelings are a burden. Hide them.' It arrives in different forms. "Boys don't cry." "Toughen up." "Don't be soft." "Man up."

By the time a boy becomes a man, these messages are not just beliefs, they are reflexes, Automatic, unconscious, deeply embedded in how he moves through the world. And unlearning them is not a simple act of deciding to "be more open." It is a generational healing.

Where it came from

The mandate for male stoicism did not appear from nowhere. It was forged in contexts where survival required hardness, wars, labor, migration, colonial violence. Expressing vulnerability in those environments was genuinely dangerous.

Our fathers learned it from their fathers. Our grandfathers learned it from their grandfathers. The instruction was passed down not with cruelty, but with love, a love that said: "I am preparing you for a hard world." Understanding this does not mean accepting the harm. But it does mean we can hold compassion for the men who taught us, even as we choose a different path.



The Cost of Carrying it

When a man cannot name his emotional experience, it does not disappear. It transforms. Depression becomes irritability. Anxiety becomes control.

Grief becomes rage. Fear becomes withdrawal. The emotion finds another door. And when it has been finding other doors for decades, the body starts to break down.

The relationships start to fracture. The man starts to wonder what is wrong with him, not knowing that what is "wrong" is simply: unexpressed, unprocessed, unwitnessed human pain.

> "Our fathers learned it from their fathers. Our grandfathers learned it from their grandfathers."

What unlearning Looks like

It is not dramatic. It is not a single breakthrough moment. It is a man saying "I'm worried about this" instead of pretending he is not. It is a man calling a friend after a hard day.

It is a man sitting with a therapist and discovering he has things to say. It is a man telling his son: "It's okay to cry. I love you."

It is slow, uncomfortable and one of the most important things a person can do for himself and for every generation that follows.

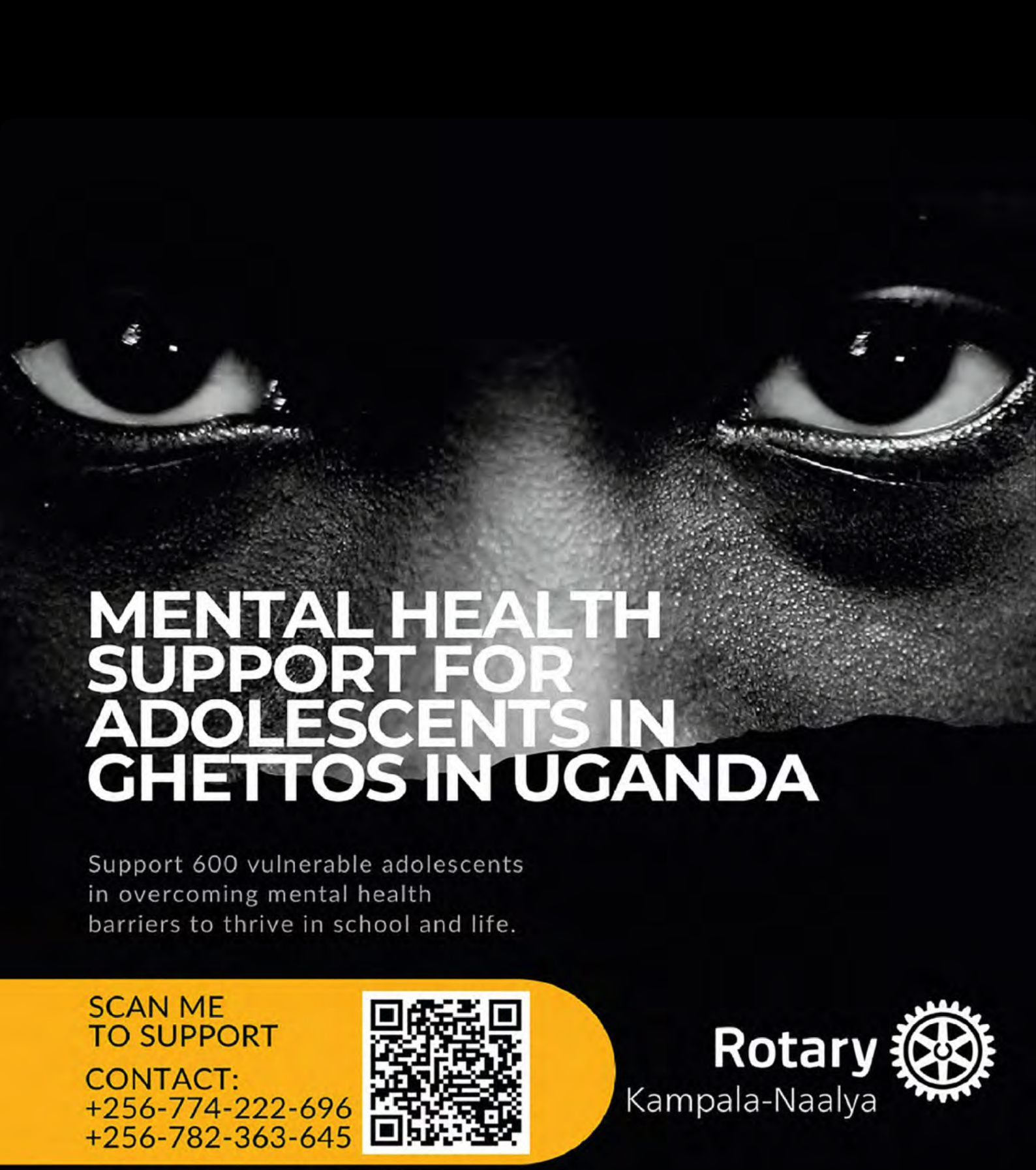
To the Men Reading this

You were not broken. You were shaped. And what was shaped can be reshaped. The healing is not weakness. It is reclamation.

You are reclaiming the parts of yourself that were told to be quiet.

You are giving yourself back. And in doing so, you make it a little easier for the men who come after you. That is legacy. That is strength.

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ELDER'S EYE

What Rotary Year Are You Saying Bye to?

BY **PP GODFREY OKELLO-OMODING**

Saying goodbye - to a person or anything else - carries emotional weight. It stirs memories. There are many ways of expressing farewell, and each carries its own meaning. Some goodbyes are painful; others bring a warm, bittersweet feeling.

Still others express relief at letting go of something or someone. All of these arise from the passage of time.

Time changes, events unfold, and one must move forward with whatever those changes bring. In all of this, there is a touch of history.

For a Rotarian, June is the month to say your goodbyes. There are naturally areas and aspects you must bid farewell to. These are evaluative goodbyes grounded in Rotary's guiding rules, regulations, beliefs, core values, and expectations of its members.

From the Rotary Grace and the Object of Rotary to Rotary's core values, there are fundamental commitments expected of every Rotarian. As the end of June approaches, before stepping into the new Rotary year, what goodbyes must you say? Time is ticking - but what, exactly, are you saying goodbye to?

> "...it is important to hold onto the warmth of life and hope for better things ahead.."

The Rotary year 2025–26 may have been your best year or your most difficult.

True to life, the passage of time brings ups and downs, hills and valleys, heat and cold, gains and losses -some anticipated, some not. Either way, they leave an impact. That is the natural rhythm of living. Even so, it is important to hold onto the warmth of life and hope for better things ahead. A turning of the year is an opportunity to reflect on these experiences and move forward.

There are things you cannot change, and there are things that change you - from the way you perceive them, to the way you think about them, to the actions you ultimately take.

You must strive to be in control of yourself throughout. These things shape your outlook, your perspectives, and your relationships.

Whatever the case, the choices are yours to make. And so comes the need to say goodbye: What will you carry forward and what will you leave behind? What will you do better?



What will you hold onto in the coming Rotary year?

The basic fact of life is that what has happened - good or bad -cannot be changed. What remains available are opportunities to do things differently. The future always holds possibilities, but they must be discovered, explored, and embraced.

The lessons of the past serve as a compass for the direction to take and for determining what kind of goodbye is truly needed.

As a Rotarian, what has your participation in club service - and by extension, service to the community - looked like? Are you saying goodbye to your inaction in Club affairs? Are you saying goodbye to one community project and moving on to the next? Are you saying goodbye to completed projects and turning to new ones?

What is the basis of your goodbye? Are you saying goodbye to the president and board for "troubling" you? Are you saying goodbye to what you call "boring" fellowships and meetings -even though your own engagement was lacking?

What challenge does your Club face that your renewed involvement could help address by July? Is it your poor attendance at Club meetings that you must say goodbye to?

Is it the late payment of dues? Saying goodbye to your individual vices and weaknesses means choosing to do things differently when the next opportunity arises. A change of season offers the best chance to do just that.

It is not uncommon to find a Rotarian reaching the end of the Rotary year without having fulfilled their dues obligations.

The Four-Way Test offers a useful guide in reflecting on such a situation. That Rotarian needs to say goodbye to this habit.

There is often a tendency to offer endless excuses rather than simply saying, 'I cannot pay right now.' A word of honest acknowledgement saves the Club - and fellow members - a great deal, since the invoices issued to the Club include your contribution as well.



Rotarians, saying goodbye to our vices - in whatever form they take - inevitably opens new chapters.

It is a turning point for the better. It allows a new spirit to flow. When that happens, the good that follows extends beyond you alone and reaches many.

We can make this month a turning point - for ourselves and for our Club. Come July, the Club's entire system will be well conditioned to take on many tasks and offer far-reaching services, because its strength will have been drawn from the renewed outlook of its members.

> "Come July, the Club's entire system will be well conditioned to take on many tasks and offer far-reaching services..."

The Club moves away from merely salvaging situations and gets onto the track of implementing planned activities on schedule, with the full involvement of its members - reducing the burnout that falls on the few who always carry the load.

When Club members say goodbye to destructive habits, the whispers of gossip give way to the building of united fronts. Open discussion strengthens a Club's capacity for service.

It draws genuine contributions from all members, rooted in shared commitment and common interest.

As a result, outreach expands, ideas are enriched, and service delivery improves. May we say goodbye to our vices this June as we look forward to July and the beginning of the new Rotary year.

Last Week's Fellowship

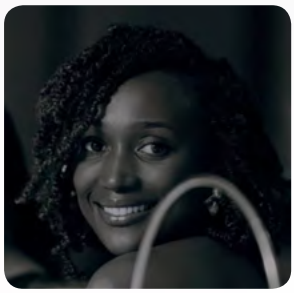












PK's CORNER

The Parts of Me Only I Can Hold

There are pieces of you
no one will ever
fully understand not
because they do not try,
not because they do not
love you enough,
but because some parts of a
soul are written in a language
only its owner can read.

People will know your laughter, but
not always the ache behind it.
They will admire your softness
without understanding
how hard you fought
not to become cold.
They will call you strong
without ever seeing
how many times you nearly gave up
in the privacy of your own mind.

And perhaps that is not loneliness.
Perhaps it is sacred.

Because there is something holy
about belonging to yourself first.

You are not a puzzle
meant to be solved by
another person.
You are a universe
vast, layered, changing
and even stars keep parts
of themselves hidden
inside the dark.
So when the world
misunderstands you,
when your silence is
mistaken for distance,
or your depth becomes too
much for shallow hands to
hold, do not shrink yourself
into simpler versions for comfort.

Some pieces of you
were never meant for
public understanding.
They were meant to be held
gently by your own heart —
the quiet truths,
the private scars,
the secret wonders
that make you who you are.

And maybe healing begins
the moment you stop asking others
to completely understand your
soul, and start learning to sit
beside yourself instead,
with tenderness,
with patience,
with awe
for the beautiful mystery
you have always been.

Listen to yourself!

Till again,

~pkwy

Object of Rotary

The Object of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster:

FIRST

The development of acquaintance as an opportunity for service;

SECOND

High ethical standards in business and professions; the recognition of the worthiness of all useful occupations; and the dignifying of each Rotarian's occupation as an opportunity to serve society;

THIRD

The application of the ideal of service in each Rotarian's personal, business and community life;

FOURTH

The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service

Fun Facts

Soup

It began with bread. Stale bread, to be precise - and then a linguistic journey so rich it could fill a bowl.

Long before "soup" referred to anything liquid, the word described a humble sop: a chunk of dense, often day-old bread placed at the bottom of a bowl to absorb hot broth.

Germanic tribes coined *soppa* for that bread-sopping practice, medieval Latin adopted it, and Old French passed it along as *soupe*.

For centuries across Europe, the bread was the main event; the liquid merely its delivery vehicle - much like how, in many Rotary meetings, the agenda is the vehicle and fellowship is the main event.

Then came the great inversion. By the late 17th Century, as culinary tastes refined, the liquid stole the show. The word for the bread quietly transferred to the broth it was soaking in, and *soupe* - the bread - became soup, the liquid. The final seal was set in late 18th Century Paris, where the first modern *restaurants* opened, selling restorative, seasoned broths for the weary. French culinary prestige exported both the concept and the word globally, and so it has remained.

Interestingly, the words *soup*, *sop*, *sip*, and even *supper* - the evening meal at which one ate one's sops - all share this single ancient ancestry. One humble root; a whole table of relatives.

Where soup truly earns its keep, however, is in the English idiom.

Because soup is inherently liquid, blended, and boundary-dissolving, it became the perfect metaphor for life's messier moments - and grandest scopes.

"From soup to nuts" derives from the formal multi-course dinner, which opened with soup and closed with a dessert of nuts and fruit. Today it means absolute completeness, from first to last. The kind of thoroughness we Rotarians aspire to - whether running a fundraiser or a Discon dinner.

"In hot soup" emerged from mid-19th Century American slang. To be 'in hot soup' is to be in trouble, stuck in something hot and difficult to escape. It carries just the right measure of self-deprecating humour - ideal for a treasurer explaining an overspent budget.

"Souped up" has a racier origin: early 20th Century slang for the chemical injections given to racehorses to quicken their pace. Hot-rodders borrowed it for modified, high-performance engines. A "souped-up" club project, then, is one running on extra fuel - and extra volunteers.

And then there is *primordial soup*: the scientific term for the organic, chaotic liquid from which all life on Earth is believed to have emerged. Apparently, even the origin of life, it seems, required a good broth.

From soaked bread to restorative broth to a metaphor for existence itself - the word *soup* has travelled further than most of us ever will. It is a testament to how language, like a good pot on the stove, deepens with time, absorbs everything around it, and somehow becomes greater than the sum of its ingredients.

Okay, I've got to go now let's I find myself in the sergent at arms' hot soup for talking too much.

Jokes of the week

1.A gentleman at a fancy restaurant calls the waiter over. "Taste this soup," the man demands. The waiter, surprised, says, "Is there something wrong sir?" "Just taste it," the man insists. The waiter shrugs, bends down, and looks around the table. "I would be happy to, sir, but where is the spoon?" The man smiles grimly. "Exactly."



A customer shouts, "Waiter! What is this fly doing in my soup?!" The waiter leans in, inspects the bowl closely, and says, "To be perfectly honest, sir, it looks like it's doing the backstroke. But don't worry, the soup isn't deep enough for him to drown."

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Dennis Osikol



Efrance Nakitto



Evelyn Mulinda



Francis Lubuulwa



Hadijah Nankanja



Laetitia Kiyingi



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Stephanie Gacukuzi



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