# Naalya Food Bulletin

7th July, 2026

Rotary Kampala - Naalya

CREATE LASTING IMPACT

Issue 01 | RY 2026-27




*Rtn Christine Amucu*
*Club President 2026/27*

RC KAMPALA - NAALYA

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# Chef's Note

**By Rtn Peter Nyanzi**
*Bulletin Officer*



The installation of Christine Amucu as the 15th President of the Rotary Club of Kampala Naalya was a fantastic evening.

It was not simply a change of guard. It was a gathering of a family around a familiar table that it has been setting for 14, pulling up one more chair, and asking a fresh pair of hands to keep the meal warm for those still arriving.

Fourteen years is not a small number. It is fourteen harvests of service, fourteen presidents who each carried the club a little further than they found it, fourteen years of quiet Tuesdays and a number of busy weekends spent inspiring hope, and looking in the eyes of young people who needed a hand up rather than a handout.

Christine Amucu does not begin a story. She turns a page in one already rich with ink. Her task is not to build a house on bare land, but to add a room to a home whose foundation has been tested by rain, wind, and time — and has held firm.

**That is the truth every Rotarian is conversant with - leadership in Rotary is not invention, it is inheritance. And inheritance carries a weight lighter mere guests rarely mention - the weight of expectation.**



> "Her task is not to build a house on bare land, but to add a room to a home whose foundation has been tested by rain, wind, and time ."

District Governor Gerald Obai, standing before the club, did not waste that moment on pleasantries.

The charge was clear and unsentimental: unlock the possibilities sitting inside your own membership.

Look not outward first, but inward. A club's greatest untapped resource is rarely a grant or a donor. It is the person already wearing the pin, waiting to be called up.

This is the real inauguration gift Amucu received; not applause and loud cheers, but an assignment.

She now carries forward the community projects Charles Owekemeno leaves in her hands: projects with names attached to them, with families whose children can now read because Rotarians supported them, teenagers pursuing a new direction after abandoning drug abuse.

These are not line items; they are destinies changed forever. A predecessor's legacy is only a gift if it is carried, not admired. Owekemeno has done his part. He built well. Now the baton is warm in Amucu's hand, and the race continues.

> "A predecessor's legacy is only a gift if it is carried, not admired. Owekemeno has done his part."

**To Christine's fellow charter members, the ones who have seen 14 installations and could recite the club's history in their sleep, this is your moment too. Your steadiness is not retirement; it is ballast.**

Together, our call is to stand beside her not as critics measuring her against last Rotary Year, but as anchors that let her sail further than you did. And to the newer members, still learning the language of "service above self," know this: your fresh eyes are not a liability to be trained out of you.

**They are the very possibility the District Governor spoke of. Serve before you feel ready - because no one, in 14 years, has ever felt entirely ready.**

A club is like a river fed by many springs.

No single spring makes the river; every spring keeps it flowing. President Christine Amucu is not asked to be the whole river.

She is asked to be a faithful spring, feeding what already flows, wide and strong, toward the sea of impact this club has always aimed for.

**So let the photo moments be cherished with pride, and let the applause fade into work.**

The measure of tonight's ceremony will not be told in speeches, but 12 months from now, in lives changed in wells built, children schooled, and health restored.

**The Rotary Club of Kampala Naalya has never needed a saviour. It needs, simply, hands willing to keep building. Amucu has hers ready.**

The foundation stands firm, the house is already standing strong.

Now, together, let us add another room to it.



# Better Than Your Best

## MESSAGE FROM RI
### President Olayinka Hakeem Babalola



**JULY 2026**

Rotary has a way of surprising you.

It surprises you when a stranger across the table becomes a lifelong friend. It surprises you when a small project in one neighborhood ripples outward in ways you never imagined. And it may surprise you when you realize that the person Rotary has changed most... is you.

That is why this year, we are called to harness the change within ourselves, to look to the future, and to *Create Lasting Impact.*

Now, I want to be clear about what those words mean.

**Change is only the beginning. Impact is what endures. We must think of the long-term impact of every project.**

How can a new water system contribute to the long-term health of a community? Can residents help other communities build their own? How can a new classroom be part of a wider strategy to improve education in the area?

That is the sort of thinking we need.

**As we prioritize impact, we must also consider how our actions can contribute to peacebuilding. Peace does not happen by accident. It must be built deliberately and strategically.**

> "We have set a goal of increasing membership to 1.25 million Rotarians and more than 125,000 Rotaractors by 2030."

As you plan your next project, ask yourself:

"How does this create the conditions for peace?" Consult the Pillars of Positive Peace to learn how we can bring the world one step closer to peace in everything we do.

The more you change your community and the world, the more you will change.

Don't just tell people about the projects you have run or the funds you have raised. Tell them how Rotary has shaped who you are. Those personal stories open doors, inspire new members, and remind all of us why we are here.

Storytelling is also an excellent way to recruit new members and raise funds. We need more people standing with us and more resources if we are to end polio, spread peace, and have a lasting impact on the world.

We have set a goal of increasing membership to 1.25 million Rotarians and more than 125,000 Rotaractors by 2030, just in time for Rotary's 125th anniversary.

Sit down with your club and look back over your accomplishments in the last few years.

Find your best year.

Maybe it was a record year for new members.

**Maybe you reached a fundraising milestone. Maybe you completed a project that the whole community is still talking about.**

Once you find that year, I challenge you to do better than your best.

In these ways and more, we will *Create Lasting Impact* across the globe, in our communities, and in ourselves.

Thank you, my dear friends.

Now let's get to work.

# President's Message

**RTN CHRISTINE AMUCU**
***Club President***
***2026-2027***



***Dear Fellow Rotarians, Rotaractors, Friends of Rotary, and Esteemed Partners,***

With deep gratitude and a profound sense of responsibility, I welcome you to the Rotary Year 2026–2027. Following my installation on 30th June 2026, I am truly honoured to serve as President of the Rotary Club of Kampala Naalya.

I thank you for the confidence you have placed in me. This is not a journey I undertake alone; it is one we will walk together, united by our shared commitment to *Service Above Self*.

**I also extend my sincere appreciation to our past leaders, whose dedication and sacrifice have laid a strong foundation upon which we shall continue to build.**

I am delighted that we have begun the new Rotary year with purpose and enthusiasm.

On **4th July 2026**, members of the Board participated in a Board Training Session, where committee chairs deepened their understanding of their respective roles and responsibilities.

**This training reaffirmed our commitment to effective leadership, accountability, and teamwork as we serve our club and community throughout the year.**

> "I look forward to serving alongside each of you as we make this a memorable and impactful Rotary year."

Following the training, we enjoyed a wonderful Home Hospitality fellowship graciously hosted by **Dr. John Mugisa**.

The gathering strengthened our friendships, built team spirit, and reminded us that Rotary is not only about service but also about the meaningful relationships that make our service impactful.

I extend my sincere appreciation to Dr. Mugisa and his wife for their warm hospitality and generosity.

July is Rotary's **Maternal and Child Health Month**, reminding us that healthy mothers and children are the cornerstone of strong families and thriving communities.

As we embark on this new year, let us recommit ourselves to supporting initiatives that promote safe motherhood, quality healthcare, child nutrition, immunization, and access to essential health services.

Together, we can give every mother the opportunity to thrive and every child the chance to grow up healthy and reach their full potential.

As we move forward, I encourage every member to participate actively in our projects, fellowship activities, and membership growth initiatives.

**Together, let us strengthen our club, deepen our impact, and continue to uphold Rotary's ideals of fellowship, integrity, and service.**

I look forward to serving alongside each of you as we make this a memorable and impactful Rotary year. Together, let us inspire hope, transform lives, and make a lasting difference in our communities.

*Yours,*



TEAM TALK

# *Reflections at the End of My Journey as Assistant Governor*

BY **AG FRANCIS LUBUULWA**

Every Rotary journey has defining moments: moments when we are invited to step beyond what is familiar and comfortable, moments when someone places confidence in us before we have fully placed confidence in ourselves, moments that quietly shape the course of our lives without our realising it.

**For me, one of those moments came when District Governor Geoffrey Kitakule invited me to serve as an Assistant Governor for the 2025–2026 Rotary year.**

To be honest, I accepted with hesitation, not because I doubted Rotary or the importance of the role, but because I wondered whether I was equal to the responsibility. Like many Rotarians asked to serve, I found myself asking familiar questions. Would I have enough time? Would I meet expectations? Would I make a meaningful contribution? Thankfully, I chose to say yes.

> "As we conclude another Rotary year, I would like to leave us with one final question: What legacy am I leaving as a Rotarian?.."

Looking back today, I can confidently say it was one of the best decisions of my Rotary journey. The rest, as they say, became history.

Over the past year, I have had the extraordinary



privilege of walking alongside three remarkable clubs: the Rotary Club of Kiteezi under President Jimmy Lumu, the Rotary Club of Kirinya Bukasa under President Sandra Twikirize, and the Rotary Club of Ssingo Mityana under President Beatrice Kagole. Each club welcomed me differently, yet each welcomed me wholeheartedly.

**The Rotary Club of Kiteezi taught me an important lesson in humility. Although still a relatively young club, it is home to several experienced Rotarians who transferred from other clubs to establish Rotary's presence in their community.**

Many have served Rotary far longer than I have, yet they embraced me, respected my role, and gave me the freedom to serve.

Their openness reminded me that Rotary leadership is not about seniority, but about mutual respect and a shared commitment to service.

Kirinya Bukasa and Ssingo Mityana offered a different but equally rewarding experience. As younger clubs, they are still shaping their identity and establishing the traditions that will define them for years to come.

Walking alongside these clubs, celebrating their successes, discussing their challenges, and supporting their leadership teams has been one of the greatest privileges of my Rotary life. Together, I believe we have helped lay foundations that future leaders will continue to strengthen.

One of the unexpected gifts of serving as Assistant Governor was the opportunity to learn beyond the three clubs under my care.

Regular interactions with fellow Assistant Governors opened my eyes to the realities facing clubs across our district.

> "To District Governor GK, thank you for believing in me and for giving me the opportunity to grow through service."

I discovered that every club, regardless of size or age, celebrates victories and wrestles with challenges; those conversations reminded me that while clubs may differ in context, they are united by a common purpose.

Perhaps that is what I will treasure most about this year: it has made me a better Rotarian. I understand our organisation more deeply than I did twelve months ago.

I appreciate more fully the responsibility we all share in protecting Rotary's image and reputation, and I have developed an even greater respect for the countless volunteers who quietly give their time, talents, and resources to ensure that Rotary continues changing lives every single day.

**As I prepare to return my full attention to my home club, the Rotary Club of Kampala Naalya, I know I will do so differently.**

I will listen more, appreciate more, and serve more intentionally, because I have seen Rotary from a wider perspective.

As I bring this chapter of my Rotary journey to a close, my heart is filled with gratitude. To District Governor GK, thank you for believing in me and for giving me the opportunity to grow through service.

To President Jimmy Lumu, President Sandra Twikirize, President Beatrice Kagole, your boards, and every member of the Rotary Club of Kiteezi, the Rotary Club of Kirinya Bukasa, and the Rotary Club of Ssingo Mityana, thank you for welcoming me into your clubs and allowing me to walk this journey with you. You gave me far more than I was ever able to give in return.

**Looking back, I realise that saying yes was never simply about accepting an appointment; it was about accepting an opportunity to grow. And for that, I will always be grateful.**




*Yours in Rotary Service*

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

#CoverStory



# DG Gerald Obai installs Amucu as New Club President

BY **EDITORIAL DESK**

***CHRISTINE AMUCU BECOMES 15TH PRESIDENT OF ROTARY KAMPALA NAALYA, INHERITING A FIRST GLOBAL GRANT AND BOLD PLANS FOR COMMUNITY IMPACT.***

On the evening of June 30, Christine Amucu took the oath as the 15th president of the Rotary Club of Kampala Naalya, with District Governor Gerald Obai officiating.



*DG Obai is supported by PDG Anne Nkutu to install President Amucu*

The turnout, and the roll call of partners in the Ndere Centre Arena, confirmed something bigger: this club now carries significance well past its own membership register.

District Governor Gerald Obai used his address to reframe what club leadership means.

**He told incoming presidents from Kampala Naalya, Kyaddondo Rugby, and the Rotaract Club that district-level planning means nothing without club-level execution.**

Ambitious Rotary Foundation targets, he said, stay on paper unless clubs act on them.

> "She holds a master's degree in Business Administration from ESAMI and postgraduate training in human resource management from UMI."

His charge to Amucu and her peers was direct: engage every member, including the quietest ones, because that is where unclaimed ideas live.

Amucu inherits a club already moving. Immediate past president Charles Owekmeno reported 11 new members added this year, pulling the club to the edge of medium-sized status.

He announced that the club's first global grant, for youth mental health support, had been secured after a long pursuit.

He thanked partners, sister clubs, and mentors, then handed Amucu a target: sixty members, and counting.

What makes Amucu suited to carry that target forward is not new to the club, but it is newly visible on this stage.

Past president Sylvia Nankya, introducing her, traced three decades of human resource leadership at the National Water and Sewerage Corporation.

**Amucu built organisational capability there, aligned workforce strategy with corporate goals, and managed labour relations at scale.**

She holds a master's degree in Business Administration from ESAMI and postgraduate training




in human resource management from UMI.

That is the discipline of someone who has spent a career unlocking people's potential, the same task Governor Obai just handed every club president in the room.

Speaker after speaker connected that professional record to what the club needs next.

> "Sister clubs, Naalya States, Kyaddondo Rugby, and the Rotaract Club, have proven this year that shared projects outperform solo ones."

**Assistant Governor Hope Tumwesigye called the new members, the TRF contributions, and the global grant genuinely remarkable achievements.**

He asked Amucu to pursue two more global grants already in the pipeline, and pledged the district's support to get there.

Charter President Francis Lakor, introducing Governor Obai, noted his public health background and his record of pushing clubs toward what Lakor called "crazy little things done boldly."

## President Amucu's pledge

Amucu did not accept the gavel quietly.

In her acceptance speech, she named her priorities without padding: growing membership, expanding the mental health grant into deeper psychosocial support for urban youth, and scaling the club's Women in Rotary initiative into a lasting signature programme.

She committed to a global grant supporting teenage mothers in Kamuli District, and to continuing work with St Mbaga Primary School, where the club will now promote road safety, echoing Governor Obai's own signature cause.
She also confirmed a new environmental partnership with Kampala Seven Hills and the Ministry of Water and Environment, focused on tree planting.

None of this happens through good intentions alone. The club's second three-year strategic plan, built under past president Geoffrey Okello Omoding, begins implementation this year, and it needs hands, not applause.

**Members who have sat quietly at fellowship meetings are the people Governor Obai asked presidents to draw out.**

Corporate partners already backing one project are the natural first call for the next. Sister clubs, Naalya States, Kyaddondo Rugby, and the Rotaract Club, have proven this year that shared projects outperform solo ones.

**The ask is specific. Rotarians who care about youth mental health can attach themselves to the grant's rollout now, before its design is finalised.**

Those with reach in Kamuli District can help identify the teenage mothers the next grant is meant to serve.

Anyone with a relationship at St Mbaga Primary School or within Kampala Seven Hills can shorten the distance between plan and delivery.

Amucu has set the agenda. The club that installed her, and the district that endorsed her, now decide how fast it moves.

Owekmeno highlighted corporate partners such as Reach A Hand Uganda, Wells of Life, Rela Dental and Ndere Centre. Reach A Hand had already backed the club's mental health project financially. Wells of Life had joined as a corporate member and began two WASH projects.

> "Her agenda is ambitious, but it was built on a foundation that 14 years of collective effort laid down."

**The 14 presidents whose names appear on the chain that now hangs on Amucu's chest leaned on this club, and the club never let them down.**

Every membership drive, every grant, every school project succeeded because Rotarians showed up when asked. That same commitment is what Christine Amucu now needs. Her agenda is ambitious, but it was built on a foundation that 14 years of collective effort laid down.

The question before every one of us is simple: will you show up for president number 15 the way you showed up for the other 14?

Supporting Amucu does not require grand gestures.

It means attending fellowship meetings, not just installation nights. It means answering the call when a project needs volunteers, not just applause.

**It means introducing her to a partner, a school, or a donor who can move one of her priorities forward.**

Indeed, 14 presidents were carried by members who chose to act rather than watch. Christine Amucu deserves the same. The club's next chapter depends on it.



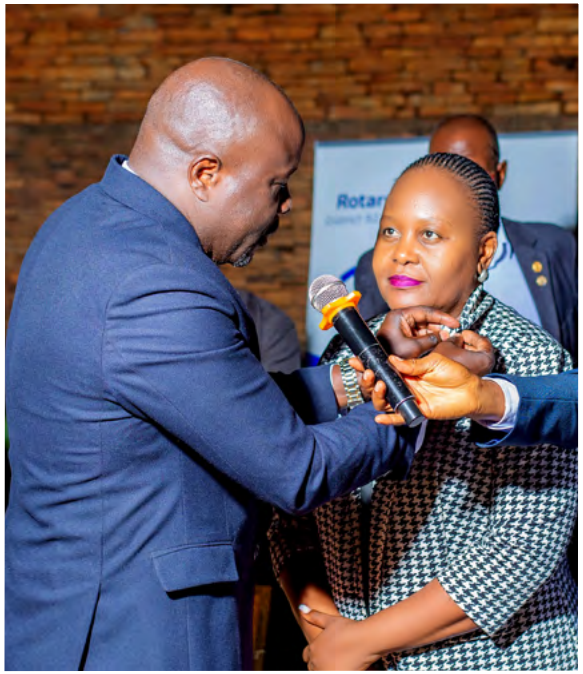
# Joint Presidential Installation in Pictures









# *Joint Presidential Installation in Pictures*












# Joint Presidential Installation in Pictures





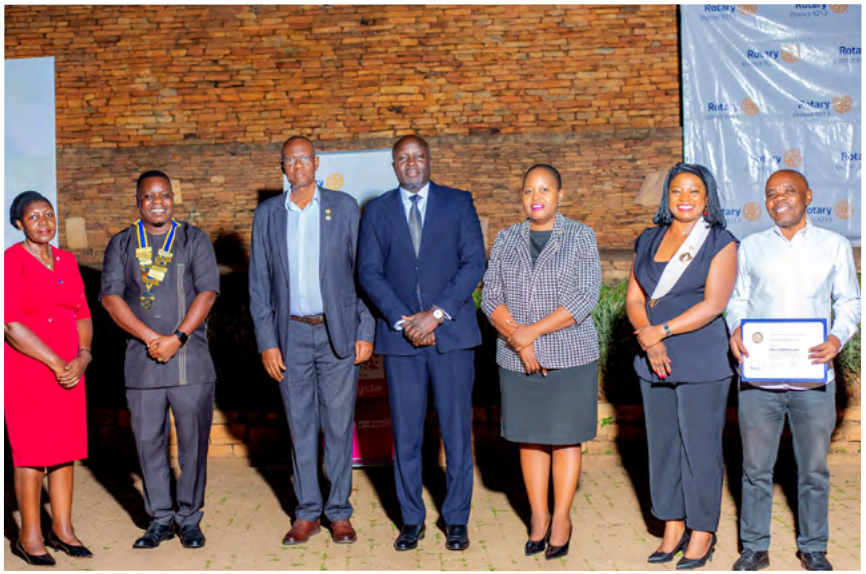







# *Joint Presidential Installation in Pictures*










# RI President Babalola's Inaugural Speech

***NEW RI PRESIDENT OLAYINKA HAKEEM BABALOLA MADE THIS SLIGHTLY ABRIDGED INAUGURAL SPEECH AT THE ROTARY CONVENTION IN TAIPEI LAST MONTH***

Please give my family a warm Rotary welcome!

My family has not only supported my Rotary journey; they are my Rotary journey. When I first met Precy, I saw her across a room at a Rotary event in Port Harcourt, leaned over to a friend, and said quietly, "That's the one." Since then, our whole family has chosen service as a way of life.

And as I honor my family, I want to honor someone whose presence is with us here despite their absence: my dear friend and brother, SangKoo Yun.

SangKoo once said, "I do not see myself as a lone leader, but as one link in a strong, unbroken chain." He was, and remains, a strong link in that chain, a chain of Rotary members who gave more, reached further, and served with greater purpose, generation after generation.

**Like SangKoo, like all of us really, Rotary has changed me deeply. I have been part of the Rotary family for more than 40 years, and I can tell you exactly when Rotary changed me.**

My club took on a literacy project when I was a young Rotaractor. We were helping adults in my community learn to read and write.

**During that project, I watched a woman hold a piece of paper and read her own name for the first time. That moment redirected me.**

I was no longer simply a young man with opportunities; I was a young man with a responsibility to extend those opportunities to others.

Every Rotary member has a story like that, a moment when fellowship and service stopped being what you did and became who you are.

> “Every Rotary member has a story like that, a moment when fellowship and service stopped being what you did and became who you are.”

I want us to tell more stories about how Rotary has changed each and every one of us, because when we do, we show the world that Rotary is more than a service organization; it is a transformative experience.



That transformation is at the heart of our call to action this year: to *Create Lasting Impact.*

In Rotary, we give members a place to belong. We help keep students in school. We organize vaccination campaigns that protect children. These results are real, and they matter deeply. But to create lasting impact asks a harder question: What happens next?

We turn friendships into lifelong bonds. We help each other change for the better. And we measure not just what we did, but what changed and whether that change will endure. That shift is what the message *Create Lasting Impact* is about.

**Nowhere is that distinction more important than when we talk about peace. Peace must be deliberately pursued; it must be built into the design of what we do, not assumed as a by-product.**

Last year, Rotary launched a program of scale in Colombia called Pathways to Peace and Prosperity. It works in communities scarred by decades of armed conflict, poverty, and forced displacement. The program trains local leaders in conflict resolution.

It pairs economic empowerment with peacebuilding skills. It builds the capacity of communities to manage disagreement and work toward reconciliation together.

As one Rotary leader in Colombia put it, "By building peace from the ground up, with dignity, opportunity, and trust, we are planting the seeds of transformation that will grow for generations."

That is what deliberate peacebuilding looks like, and that is the standard I am calling all of us to bring to our work this year.

In everything we do, we must ask: Does this create the conditions for peace? Not just improving lives, but building the trust, the understanding, and the structures that make lasting peace possible.

And we must keep our most important commitment: we will eradicate polio.



In Afghanistan, medical workers are now using needle-free jet injectors to vaccinate children in communities where fear and distrust once kept families away, and it is working. Innovation is helping us reach the unreachable.

But we cannot rest now. Funding is under pressure globally. This is precisely the moment Rotary must hold firm. Every child protected is one step closer to a promise kept to every family in the world that will never have to know this disease.

In just a few weeks, I will formally assume the title of President of Rotary International. It is a responsibility I do not take lightly, and one I could not take on without the support of Precy, our family, and every one of you. Together, we are an unbroken chain, and to grow, we must forge new links in that chain.

As Larry said, we have a goal of 1.25 million Rotarians and 125,000 Rotaractors by 2030. Each new member represents a person who has not yet had their Rotary story. They are out there, and they are waiting for us to welcome them.

**So here is my challenge to you: look back at the last five to seven years in your club. Find your best year for membership growth and retention, then do better than your best.**

This year is our turn to forge the next link in that chain: our turn to be changed by Rotary, to build the future we wish to see, to pursue peace deliberately, to *Create Lasting Impact*, across the globe, in our communities, and in ourselves.



#SolRise

# *Service Above Self: But at What Cost to Men's Mental Health?*

BY **RTN JACKLINE MUTIIMBA**

***SERVICE ABOVE SELF… BUT WHO CARES FOR THOSE WHO SERVE?***

One of the values that first drew me to Rotary is our unwavering commitment to Service Above Self.

It is more than a motto; it is a way of life that inspires us to improve lives, strengthen communities, and leave the world better than we found it.

As Rotarians, we volunteer our time, share our expertise, mentor young people, and mobilize resources for causes greater than ourselves.

**We are often the first to respond when communities face challenges and the last to leave when the work is done. Service gives us purpose.**

Yet, as Men's Mental Health Month comes to an end, I find myself reflecting on a question we seldom ask within communities built on serving others:

**Who takes care of those who dedicate themselves to caring for everyone else?**



It is an uncomfortable question, but an important one.

## The Hidden Cost of Service

Service is deeply fulfilling, but it also carries unseen emotional demands.

The qualities that make exceptional servant-leaders, compassion, responsibility, reliability, and an unwavering commitment to others, can also leave them vulnerable to stress, emotional exhaustion, and burnout if they neglect their own wellbeing.

> "Because they are known as dependable people, everyone assumes they are doing fine.."

**Many leaders continue to show up, lead projects, and encourage others while privately carrying anxiety, loneliness, grief, or overwhelming pressure.**

Because they are known as dependable people, everyone assumes they are doing fine. Sometimes, they are not.

For many men, this burden is even heavier. Across many cultures, boys grow up hearing messages like *"Be strong," "Don't complain,"* and *"Handle it yourself."* These expectations often follow them into adulthood, making it difficult to acknowledge emotional struggles or seek support.

**When these societal expectations intersect with Rotary's noble culture of selfless service, many men become experts at caring for everyone else while quietly neglecting themselves.**

Research consistently shows that men are less likely to seek professional mental health support and are more likely to delay asking for help until they reach a crisis.

Similarly, studies on volunteers, healthcare workers, caregivers, and community leaders have found that prolonged helping roles without intentional self-care increase the risk of burnout and compassion fatigue.

Seeking help is not a sign of weakness.

It is an act of wisdom.

### An Opportunity for Rotary Leadership

Rotary has always responded to society's emerging needs. Today, mental health is one of those needs. Imagine the impact if our clubs intentionally created environments where wellbeing was valued alongside service.

That could begin with simple but meaningful actions.

We can genuinely check in with one another beyond project updates and committee reports.

A sincere conversation may reveal that someone is carrying more than they have ever expressed.

We can normalize professional mental health support by encouraging members who are struggling to seek counselling or other appropriate services without fear of judgment.

> “Taking care of our selves enables us to continue serving our families, professions, communities, and the causes we care about.”

We can also champion community mental health initiatives through awareness forums, partnerships with mental health organizations, or projects that encourage men to speak openly about their wellbeing.

**Perhaps most importantly, our leaders can model authenticity. Leadership is not diminished by vulnerability.**

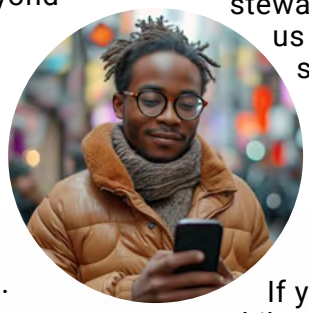
On the contrary, leaders who speak honestly about challenges create cultures where others feel safe to do the same.

### A Personal Reflection

As both a Rotarian and a mental health advocate, I have come to believe that sustainable service begins with a healthy servant.

**We often hear that we cannot pour from an empty cup. The same principle applies to leadership and service.**

Taking care of ourselves is not selfish; it is responsible stewardship. It enables us to continue serving our families, professions, communities, and the causes we care about for years to come.



If you are reading this while quietly carrying burdens that feel too heavy, please know that you do not have to carry them alone. Strength is not measured by how much pain you can hide. Sometimes, the strongest words a person can say are simply:

*"I need help."*

**As Rotarians, may we continue to live out Service Above Self, while also embracing the wisdom to care for the people behind the service.**

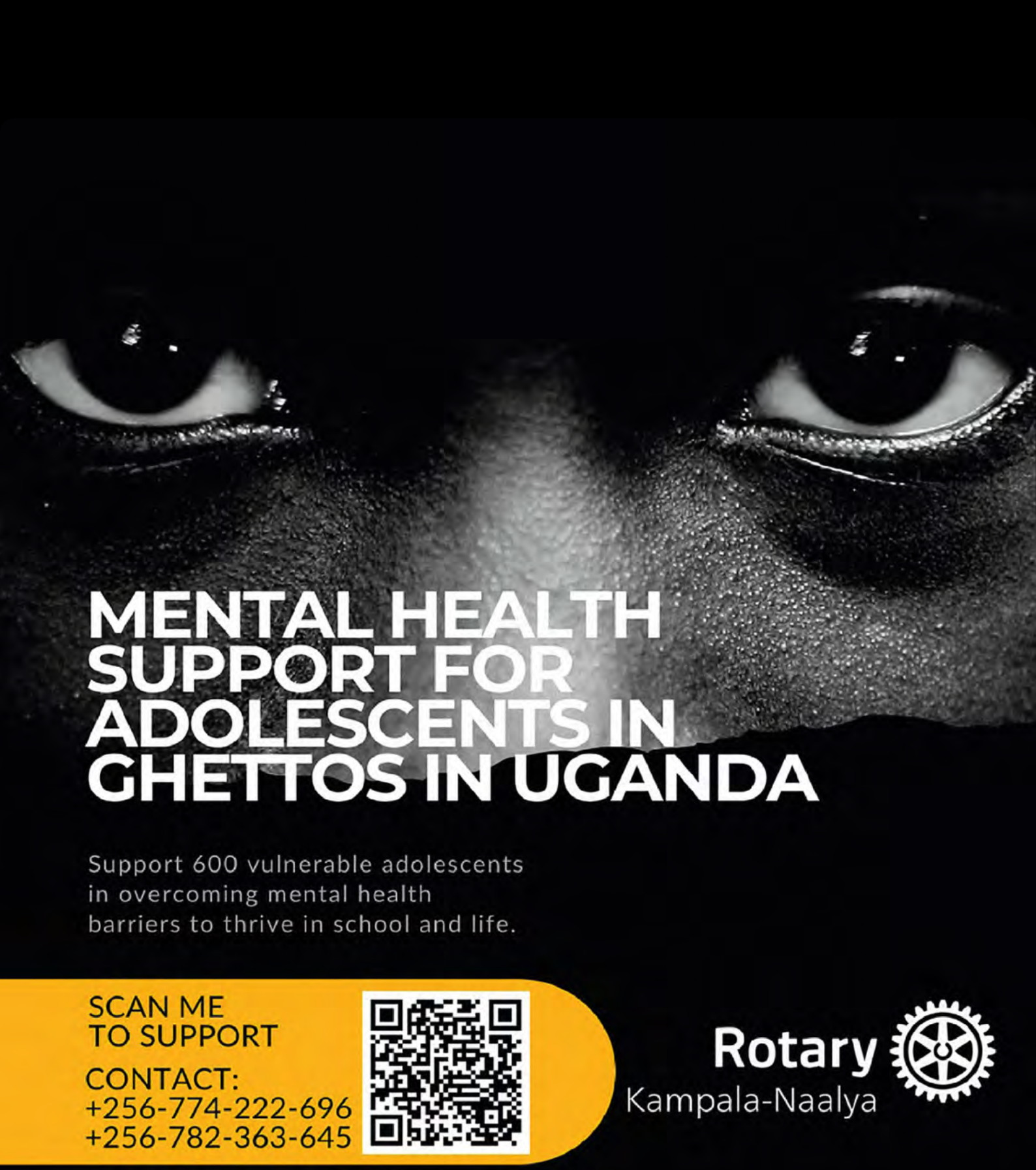
Because our Rotary community is not only here for those we serve.

It is also here for one another.

When we care for those who serve, we strengthen our ability to serve the world.

Yours in Service,

***The writer is a Rotarian, Mental Health Advocate, Monitoring, Evaluation, Accountability & Learning (MEAL) Specialist***


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ELDER'S EYE

# It's a Fresh Start, But With Continuity

BY **PP GODFREY OKELLO-OMODING**

The new Rotary year has rolled in. Though it is a fresh start, it is also continuity. We begin the new year with a theme that itself symbolizes beginnings: **Maternal and Child Health.**

**Maternal and child health is about the beginning of human life. It is through better maternal care that life is nurtured, nourished, and brought to reality. Child health is the sustenance of that life once it is born.**

Statistics on maternal and child health tell us not only how a nation cares for her mothers and children, but how a nation replenishes herself.

A nation with high maternal and child mortality rates reveals how little value it places on mothers and children.

It becomes a difficult task to bring life into the world and then sustain it.

For Rotary, this beginning of the new year is a continuation of our striving for a better world; a world with better access to maternal services for all, a world where every newborn can reliably expect to reach their fifth birthday.

How can this be realized? It becomes possible when we have people who feel uneasy reading and seeing troubling maternal and child health statistics, people who take it upon themselves to act, even if it means sounding the drums of war against inaction on maternal and child health.

> "For Rotary, this beginning of the new year is a continuation of our striving for a better world."

Rotarians, this month is a reminder that a fresh start to the year is a refuelling station; a re-energizing point for a new take-off.

For instance, if a club has had no involvement in maternal and child health, now is the time to think about it, to start something, and to be counted.




**This month also gives us an opportunity to nest a nucleus of action. We ought to ask: where do we continue from, or where do we start? What is to be done, and where? Who should we partner with, if necessary? How should it be done?**

The beginning of the year's month sets the pace. Never start it at a low pace or with low energy, as doing so risks setting a weaker foundation.

Just as a newborn's first act is to cry, and crying draws in air, so must fresh air be infused into the Club's life this month.

This is the moment to take advantage of the "freshness" in members' minds to secure a good start.

Anchoring on continuity is better, since lasting impact is the result of continuity. This moment comes just as planning has been freshly completed; it is now time to put plans into action.

It is important to note that a good start also marks the beginning of celebrations. Begin by celebrating your part in service, the service of good memories.

Service is crystallized when there is a genuine wholesomeness of mind to create differences. It comes with the realization that learning and accomplishment begin at the very start.

**The idea that some clubs are simply "great" is only perception; the reality is that a Club is what its members believe they are, what they believe they can accomplish, and what they believe they can share.**

It is the link chain they build to hold themselves together. A Club with a strong link chain holds its members together and makes them accountable.

Accountability is a by-product of engagement and involvement; never waiting to be called, but rallying and relaying one another into action.

**Beginnings require careful handling. As in a relay race, a poor start can be destructive to the rest of the team, demanding extra effort just to catch up.**

That is why it is good to generate momentum right at the start and take advantage of continuity.

Success comes from knowing where to launch from; strategizing and plotting moves are essential in the beginning.

Creating lasting impact does not happen by accident. It comes from deliberate and consistent effort, where insight is shared rather than mere sight.

Whatever challenges arise in implementation, there is always a base from which to handle them.

Whatever is found new, including direction, remains shared, and opportunities are seen through the lens of serving better.

Rotarians, as we look forward to creating lasting impact, let us first create lasting bonds within our Clubs.

**Let us make our Clubs hubs of life and fun, where togetherness and belonging flow freely, and where every member is active.**

Make a pact with yourself to create lasting impact, beginning within your own Club.



Rotary District

SERVICE ABOVE SELF

# HAPPY Birthday

PAST ASSISTANT GOVERNOR

# FRANCIS LUBULWA!



Wishing you a wonderful year filled with good health, joy, and continued opportunities to *Serve Above Self.*

Thank you for your exemplary Rotary leadership and lasting impact.

May the year ahead bring you abundant blessings and success.

*Warm Rotary Regards*

THE BEST WAY TO FIND YOURSELF IS TO LOSE YOURSELF IN THE SERVICE OF OTHERS.

– PAUL HARRIS

FELLOWSHIP INTEGRITY DIVERSITY SERVICE LEADERSHIP

TOGETHER, WE MAKE A DIFFERENCE



OUT TO LUNCH

# Africa must level up if the continent is to create a trillionaire

BY **RTN DENIS JJUUKO**

There was a hullabaloo recently when the world's richest man, Elon Musk, yet again launched another initial public offering (IPO), this time for his space exploration, satellite internet, artificial intelligence, and social media company, SpaceX. The IPO made him the world's first trillionaire, in US, not Zimbabwean, dollars!

It didn't take long before the usual commentators in Uganda and elsewhere on the continent went into overdrive, many running out of superlatives in praise of Musk.

Some claimed him as an African since he was born in South Africa, while others blamed everyone but themselves for the state of innovative companies on the continent. Why aren't Africans developing AI products and companies, many wondered.

**Many people have probably tried, but scaling them is difficult. Look at how many Africans have developed payment applications.**

In every innovation hub in Kampala, Nairobi, Lagos, or Johannesburg, there are people developing all sorts of payment apps, but they remain relatively unknown outside the ecosystems in which they were developed.

**Once in a while, a founder gets some funding, and there is some noise, evidenced by billboards in various capitals featuring Nigerian musicians.**

Once the rental fees run out, you will hardly hear about them again until they receive another round of investment.

I have a feeling many founders' dreams end at raising a certain amount of funding; once they have enough money to pay bills, they sit and relax a bit. I hope I am wrong.

> "The IPO made him the world's first trillionaire, in US, not Zimbabwean, dollars!."

But I wouldn't blame founders or entrepreneurs on the continent.

Creating innovative products, like building reusable rockets or AI applications that can be scaled, requires enormous resources that are hard to come by.

How many founders or entrepreneurs would refuse a job that pays money immediately to work instead on a product whose success cannot easily be determined? They need



Photo Credit: Technext

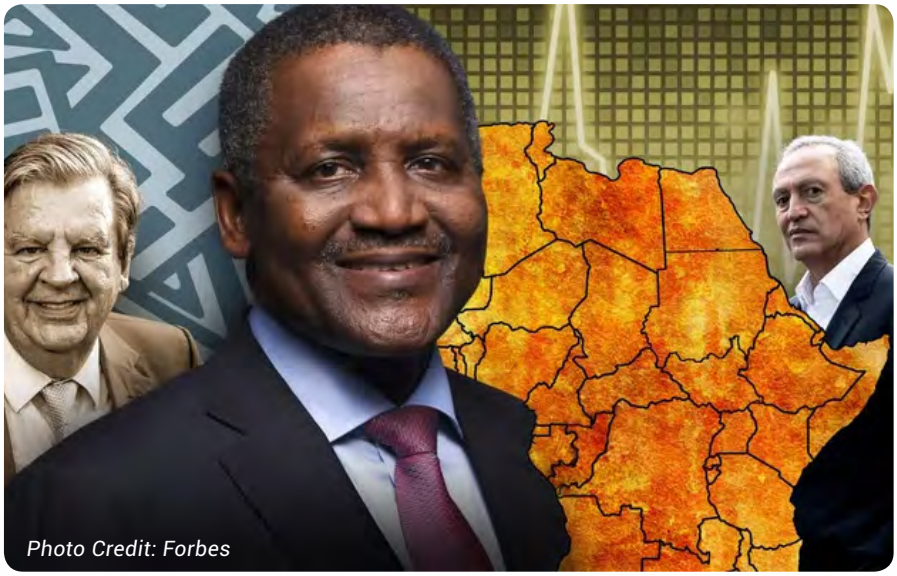


Photo Credit: Forbes

to pay bills and cannot always look on when their beautiful ex-girlfriends remind them that they cannot "eat potential."

**Many American innovators have become successful because the government provides them with tax breaks and subsidies.**

Elon Musk would not have been able to scale Tesla and SpaceX without a lot of subsidies, soft loans, and even contracts from the US government.

How many African governments offer contracts to start-ups? How many provide soft loans and subsidies? Nobody wants to. We easily run to Indian multinationals to develop simple things like an integrated website for tax collection.

Had SpaceX or Tesla been founded on the African continent, Elon Musk would most likely still be operating out of a shared space at an innovation hub at Ntinda Complex or Motiv around Bugolobi, unless, of course, he knew someone who knew someone whose relative worked at the presidential palace.

If he was lucky, he would have been given a flyer to borrow money at 10 percent, payable over four years, and he would need to be extremely lucky to actually get the loan credited to his account.

> "Africans who have money don't want to invest in "weird" things like space exploration or AI data centres."

Banks do not look at you if you do not have a statement showing significant cash flow. I will not even talk about collateral today.

That is why many people go to Guangzhou in China, bring back whatever fits in their checked-in luggage, clear taxes, sell, and repeat. After a few trips over five to ten years, loan officers are knocking on their doors every day.

Meanwhile, the innovator at the hub is most likely still scavenging for the next investor, prompting AI to design fancy slides for a virtual seed-funding presentation to potential investors.

The investors listen and love the idea, but they are more likely to get their money back if they instead back an 18-year-old working from his father's basement somewhere in California. If they do decide to invest in an African start-up, it is with very little money.

Africans who have money don't want to invest in "weird" things like space exploration or AI data centres. They would rather invest with a guy claiming to rear goats or keep poultry, as long as he promises a huge monthly return.

The innovator capable of developing an AI product or a rocket sees the chicken guy rolling down Bandali Avenue in a Subaru with some bimbos and wishes he had done the same.

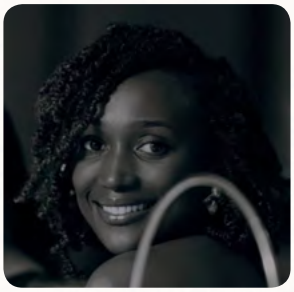
**If he is an honest person, he would console himself by joining those opening salons and boutiques in Kyanja Mall; no need to reinvent the wheel.**

I know some African governments have funded start-ups, but they are few, and the founders are usually well-connected people.

Would an African stock exchange list an unprofitable start-up? There is a need to level up and create a critical mass of innovators.

**If we do, once in a while we will have an African Elon Musk, Jeff Bezos, or another Aliko Dangote.**

The writer is a communication and visibility consultant.
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PK's CORNER

# I Am Becoming

I am not surviving anymore. Those days taught me, but they do not define me.

I am becoming.

Becoming the woman who no longer apologizes for taking up space. Becoming the soul that stands firm when the winds rage. Becoming the voice that fear can no longer silence.

The storms did not destroy me. They carved out strength I never knew I possessed. Every tear became wisdom. Every scar became a testimony. Every setback became a stepping stone.

I am stronger than yesterday,
Wiser than my pain,
Braver than my doubts.

I no longer count the battles I've endured. I count the mountains I've climbed.

I am not merely existing; I am flourishing. I am not waiting for life to happen; I am creating it.

I have stopped asking, "Will I make it?" Now I ask, "How far can I go?"

Because I am no longer surviving.

I am rising. I am thriving. I am becoming everything I was created to be.

And this... is only the beginning.

***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



## Cake

Of course, you've eaten lots of cake over the past five weeks, haven't you? But do you know the origin of the term? Not French, this time.

Curiously, 'cake' owes nothing to the Norman French that flooded English after 1066. It arrived earlier and from the north - from Old Norse 'kaka,' (baked mass of dough) entering English in the early 13th Century to describe a flat, comparatively thin mass of baked dough.

**Old English already had *'hlaf'* (loaf) for large baked goods, so this newcomer filled a gap: something flatter, denser, and smaller than bread - closer to an oatcake or griddle cake than an installation centerpiece.**

Sugar, butter, eggs, and icing came centuries later, arriving with the trade routes of the Renaissance and the industrial kitchens of the Victorian era, which turned cake into shorthand for celebration, hospitality, and domestic success.

That transformation - from peasant griddle-fare to festive icon - is precisely why cake became such fertile idiomatic soil.

Consider *'piece of cake'* (as effortless and enjoyable as eating a cake), *'cakewalk'* (an easy win, rooted in a 19th-century dance competition among enslaved African Americans, the prize being, fittingly, a cake), and *'icing on the cake'* (a bonus atop something already good). *'Sell like hot cakes'* recalls fairground cakes devoured the moment they left the oven.

*'Take the cake'* once meant winning first prize outright; today it's often delivered with a raised eyebrow. And *'you can't have your cake and eat it too'* has been reminding us since the 16th Century that possession and consumption are mutually exclusive pleasures - a fine metaphor, incidentally, for club budgets. Even our literature leans on cake for meaning. French Queen Marie Antoinette's supposed *'let them eat cake'* (if they are too poor can't afford bread) - never actually verified as hers - endures as shorthand for elite indifference.

**Portal's 'the cake is a lie' gave a new generation their own version of a promise unkept.**



Why does one small baked good carry so much figurative weight? Because cake was always more than sustenance.

Bread feeds; cake celebrates. It has long marked the occasions - weddings, birthdays, victories - where ordinary life gives way to abundance.

Small wonder, then, that a word for a flat Norse dumpling now stands, quite deservedly, for reward, ease, and joy itself.

Some cake?

### Jokes of the week

1. My grandpa's birthday cake collapsed under the weight of the candles. The baker called it "structural aging."

2. Her birthday cake was on a strict diet; it lost three slices before the first guest even arrived.



3. Every cake says, "You deserve this." Every bathroom mirror says, "We need to talk."

4. My diet plan has one rule: cake doesn't count if it's for someone else's birthday. By that logic, I've never actually eaten cake.

5. The only time CP willingly sings in public is when cake is involved.

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