Naalya Food Bulletin

28th April, 2026

Rotary Kampala - Naalya

UNITE FOR GOOD

Issue 40 | RY 2025-26

New DGs Stepping Up



Rtn Geoffrey Kitakule
DG 2025 - 2026



Rtn Gerald Obai
DG 2026 - 2027



Rtn Fabian Kasi
DG 2027 - 2028



Rtn Jane Kabugo
DG 2027 - 2028

RC KAMPALA - NAALYA

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Chef's Note

Dear Rotarians and Guests,

What a marathon April it has been - our month of Environmental Conservation.

To every Rotarian who planted, cleaned, educated, and advocated this month: you did not merely observe a theme. You kept a covenant with tomorrow.

From wetland restorations along our riverbanks to tree-planting drives across our sub-counties, from plastic-collection campaigns in the veins of our cities to environmental dialogue in our most remote communities - your service wove resilience into the very fabric of this land.

You proved something our forebears always knew: that a people who honour the earth sustain themselves. In a Uganda where deforestation and climate vulnerability press ever closer, your green resolve was not symbolic. It was structural. It was survival.

That same fire burned at our District Conference last week. To watch Rotarians gather, each carrying the weight and wisdom of their club, and emerge renewed, was to witness fellowship at its finest. What members shared at last week's meeting was ample proof that ideas sparked.

Projects were resolved. Vows of 'Service Above Self' were renewed not in ceremony alone, but in the gritty, specific language of action. You showed up, you spoke up, and you carried the district's vision home with you. Our district remains a lighthouse. Do not let its beam dim.

As the calendar turns to May - Youth Service Month - we are asked to shift our gaze. If April was about Mother Earth's soil, May is about the seed within the seed: our young people.

Uganda is one of the youngest nations on earth by median age, and that is not a footnote; it is a mandate. Our Interactors, Rotaractors, and the unaffiliated young professionals in our midst are not the future of service; they are its present tense, impatient and capable.

Too often, we invite youth to our tables but not to our decisions. We offer them applause but withhold the platform. This May, I challenge every club in this district to do differently.

Find one youth-led initiative and stand beside it; not as distant patrons writing cheques, but as steadfast partners sharing risk, knowledge, and credit.

Mentor a young leader with the same intentionality you would give a major project. Sponsor a community idea that began in a young mind. Amplify a voice that the room has not yet learned to quiet.

Our legacy will not be found in the trophies on our shelves. It will be measured in the steadiness of the young hands we helped to hold the wheel.

The world changes fastest in the grip of those with the least to lose and the most to build. Let's trust them. Let's walk beside them. Let's give them not just our wisdom but our platform — and step back far enough that they can use it.

From soil to student. From conservation to cultivation. Rotary's service does not pause between themes; it deepens. The green shoots of April must grow into the sheltering canopy of May.

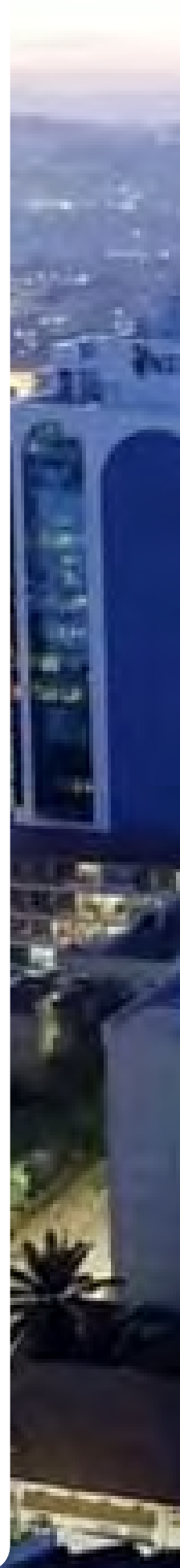
Let the momentum of our District Conference, the warmth of our fellowship, and the urgency of our moment press us forward.

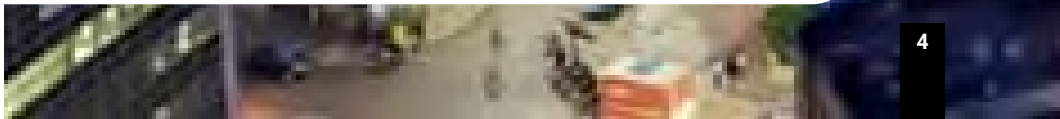
This week, identify one young person, just one, and invite them to a mission of personal and community transformation.

Move with the grace of the crested crane and the conviction of those who know why they serve. The youth are not waiting for a better world; they are ready to build one.

Rotary's greatest gift, in this season and every season, is the decision to walk beside the young generation, which will keep the wheel turning long after we are gone.

Rtn. Peter Nyanzi
Bulletin Officer





Count On Preparation, Not Luck



RI PRESIDENT'S MESSAGE
By Rtn. Francesco Arezzo

APRIL 2026

Not long ago, in a small health center in the village of Aaye in southwest Nigeria, a woman arrived in labor carrying twins. The facility was short-staffed, and the nurse midwife in charge was not present.

A community health worker stepped forward. She had participated in Together for Healthy Families in Nigeria, a Rotary Foundation Program of Scale initiative.

Though she was not formally trained as a midwife, she was equipped with essential emergency obstetric skills.

Hours later, both babies had been delivered - one at the health center and the other at a general hospital, where the mother had been referred after complications were quickly identified. The newborns and their mother were alive and safe.

Women around the world face similar circumstances every day - moments when the difference between life and loss depends on well-trained medical staff and reliable systems and procedures.

Together for Healthy Families in Nigeria exists to increase the chances that those moments end in hope.

By strengthening health systems and training frontline workers, the program helps communities protect mothers and children even when circumstances are difficult.

> "Rotary understands that service means investing in people and systems long before they are tested."

This work reflects the very heart of Rotary service. Service is not only what we do when conditions are ideal; it is what we do when systems are strained, resources are limited, and the need is urgent.

It is the commitment to prepare people before a crisis arrives and to stand with communities when it does.

Maternal and child health is not an abstract goal. It is deeply personal. It is a mother who survives childbirth, a newborn who takes a first breath, and a family that remains whole because someone was trained, ready, and cared enough to act.

Rotary understands that service means investing in people and systems long before they are tested. Programs like ***Together for Healthy Families in Nigeria*** show what is possible when Rotary brings together local knowledge, global partnerships, and sustainable solutions.

By working alongside health professionals and local leaders, Rotary helps ensure that lifesaving care does not depend on luck or location.

The story of the mother and her twins is, at its core, a story of service. It is a reminder that Rotary's impact is measured in human moments - when people step forward to help others in their most vulnerable hours.

When we unite for good, service becomes more than an ideal; it becomes a lifeline for families, a source of strength for communities, and a promise that Rotary will endure.

Green Hope in Action:
Restoring Uganda's Environment

DG'S MESSAGE
By Geoffrey Martin Kitakule



APRIL 2026

Across Uganda, a quiet yet powerful movement is taking root—one tree, one community, and one project at a time. Led by dedicated Rotarians, environmental restoration is becoming a defining pillar of Rotary's impact, transforming landscapes while uplifting livelihoods.

Rotarians are stepping forward with a shared vision: to protect the environment today while securing a sustainable future for generations to come.

Rotary and Rotaract clubs have mobilized communities, schools, and partners to plant thousands, if not millions, of trees across the country.

These efforts go beyond numbers. Each tree planted represents a step toward restoring degraded forests, a natural defense against climate change, and a boost to soil fertility and agricultural productivity.

In many communities, tree planting has become a shared responsibility, bringing together young people, local leaders, and families in a collective act of environmental stewardship.

Uganda's wetlands and water sources remain vital lifelines for both people and ecosystems. Recognizing this, Rotarians have taken active steps to protect and restore these fragile environments.

Through community sensitization, campaigns, and conservation initiatives such as "Run for the Nile," Rotary is helping to reduce wetland degradation while safeguarding the Nile and Lake Victoria.

> "Uganda's wetlands and water sources remain vital lifelines for both people and ecosystems."



These efforts not only protect biodiversity but also strengthen resilience against climate-related challenges.

At the same time, Rotary is influencing everyday practices within communities by promoting practical, sustainable solutions.

Initiatives such as energy-efficient cookstoves in schools like Ivunamba by the Rotary Club of Kira,



and improved waste management programs led by the Rotary Club of Acacia Sunset, demonstrate that environmental conservation does not have to be complex. It begins with simple, deliberate choices that improve both lives and livelihoods.

Education remains at the heart of these environmental efforts. By engaging schools, youth groups, and community members, Rotarians are building a culture of awareness and responsibility.

Young people, especially through Rotaract, are playing a leading role by organizing clean-up drives, spearheading campaigns such as the "Rotaract Earth Initiative," and championing innovative ideas.

Their energy and creativity are ensuring that the message of sustainability reaches far and wide.

Rotary's environmental success in Uganda is further strengthened through collaboration. By working closely with local communities, government institutions, and international partners, Rotary clubs are able to scale their efforts and ensure long-term impact.

> "It is Rotary in action - hope taking root and growing steadily toward a sustainable future."

Partnerships with organizations such as Uganda Breweries Ltd and the National Forestry Authority have enabled the restoration of the Namananga Forest Reserve, while collaboration with EACOP is supporting the greening of schools across six districts along the oil pipeline.

These partnerships bring together resources, expertise, and shared commitment, turning ideas into sustainable solutions.

The environmental work undertaken by Rotary in Uganda goes beyond conservation; it is a commitment to life, health, and future prosperity. Healthy ecosystems contribute to improved food security, better public health, and stronger, more resilient communities.

As these efforts continue to grow, they demonstrate that meaningful change is possible when people unite for good with purpose and passion.

In every tree planted, every wetland restored, and every community empowered, there is a story of hope.

This work is not only about healing the land, but also about inspiring a nation to care, to act, and to build a greener tomorrow.

It is Rotary in action - hope taking root and growing steadily toward a sustainable future. And it is a powerful reminder that indeed.

#ROTARYEYAMBA!

President's Message

RTN CHARLES OWEKMENO
Unite For Good President 2025-2026



Dear Rotarians, Rotaractors, and Guests,

I hope you have all had a great start to the new week.

I want to thank all those who turned up in big numbers for the fellowship last week, where each of our delegates to Discon 101 shared their experiences and learnings from the event.

I once again extend my gratitude to all the delegates for the excellent representation of our club at the conference. Our visibility was outstanding, and our teamwork commendable.

As we celebrate the two awards we won, there remains an opportunity to secure two more, Membership and Rotary Foundation Awards, if we can increase our contributions to $10,000. I appeal to all Naalyakos to join me in this final drive so that we can reach this milestone together.

This week, being the last Tuesday of the month, our focus will shift to fellowship and fun.

We shall be joining our friends from the Rotary Club of Bukoto for a Karaoke Fellowship at Kabira Country Club on Tuesday, 28th April 2026 starting at 7:00pm.

I warmly invite all Naalyakos to turn up ready to perform and enjoy the evening.

> "This week, being the last Tuesday of the month, our focus will shift to fellowship and fun."

I also wish to remind you of our key upcoming events: the Mental Health Outreach on 2nd May 2026, the Club Retreat on 30th May 2026 in Jinja, and the Installation of President Christine Amucu on 30th June 2026.

Kindly mark these dates and plan accordingly.

I celebrate all those who marked birthdays, anniversaries, or personal wins last week and this week.

May you continue to enjoy blessings and favor. To those who are unwell, caring for sick loved ones, or grieving, I pray for the Lord's strength and comfort upon you.

Wishing you all a great week of Rotary service to humanity!

YOURS IN SERVICE ABOVE SELF,



TEAM TALK

Leading Like the Good Shepherd: A Call to Rotary Leaders

BY **AG FRANCIS LUBUULWA**

There is something deeply powerful about the image of a shepherd. Jesus Christ did not choose the metaphor lightly.

In the Gospel reading for Good Shepherd Sunday (John 10:11–18), He describes Himself not just as a guide, but as one who knows His sheep, calls them by name, protects them, and most strikingly lays down His life for them. This is not leadership from a distance. It is leadership that is personal, sacrificial, and deeply committed.

As Rotarians, especially in this Easter season, that image should sit uncomfortably close to home.

Because whether we formally acknowledge it or not, Rotary leaders at every level: club presidents, board members, committee chairs, etc., are shepherds. Not of sheep, but of people. Of communities. Of ideals. Of a mission that exists far beyond any one individual.

And yet, if we are honest, the "flock" is not always intact. In almost every club, there are members who have quietly drifted away. Some lost interest. Some felt unseen. Some became overwhelmed by life's demands.

Others were once active leaders whose fire slowly dimmed. Board members who started the year with energy now show signs of fatigue. Rotarians who once showed up consistently are now distant, disconnected, or entirely absent.

> "...Rotarians who once showed up consistently are now distant, disconnected, or entirely absent."

The easy response is to move on and focus on those who remain engaged, to keep the machinery running, to deliver projects, to tick the boxes before the Rotary year closes.

But that is not what a shepherd does. A shepherd notices absence. A shepherd goes after the one who has wandered, not just to bring them back into the fold, but because they matter. Because they are known. Because they are valued.

That is the uncomfortable but necessary challenge that Good Shepherd Sunday places before us as Rotarian leaders. Leadership is not measured by how well we



manage the present, but by how intentionally we care for those we are at risk of losing.

In Rotary, we often speak about service to the community and rightly so. But there is also a quieter, often overlooked dimension of service: service to each other. What would it look like if we truly embraced the role of shepherds within our clubs?

It would mean picking up the phone and calling that member who has not attended in months, not to question them, but simply to check in. It would mean understanding that behind disengagement there is often a story of personal struggles, professional pressures, or even silent disappointment.

It would mean creating space for those who feel they no longer belong, reminding them that Rotary was never meant to be a place of perfection, but a place of purpose.

It would mean that board members do not simply execute roles but actively nurture the spirit of the club. That presidents do not only lead meetings, but lead people. Because shepherding is not a title. It is a posture. And it is costly.

The Good Shepherd, as described by Jesus, does not act out of convenience. He/she commits fully even when it requires sacrifice. Even when it is inconvenient. Even when the return is not immediate or visible. That is perhaps the hardest part for us as voluntary leaders.

Rotary does not pay us. Our time is stretched. Our businesses and families demand attention. The temptation to do the minimum or to quietly withdraw when the burden feels too heavy is real.

But Easter reminds us that the greatest impact is rarely convenient. The story of Jesus is ultimately one of selfless service.

He walked among people, gave of Himself freely, and remained committed to His mission even in the face of exhaustion, rejection, and sacrifice. Not because it was easy, but because it was necessary.

And that is where the Rotary calling finds its deepest alignment. We are not just volunteers filling positions. We are stewards of a mission that has the power to transform lives both in our communities and within our own clubs.

But that transformation does not happen automatically. It requires leaders who care enough to act, to pursue, to restore, and to uplift.

As we approach the closing months of the Rotary year, this is the invitation and the challenge.

Look around your club: Who is missing? Who is struggling silently? Who has lost their spark? And then ask yourself: what would a good shepherd do? Not in theory, but in practice. Today. This week.

> “...that transformation does not happen automatically. It requires leaders who care enough to act, to pursue, to restore, and to uplift..”

Because the strength of Rotary is not only in the projects we deliver, but in the people we keep, the relationships we restore, and the culture we build.

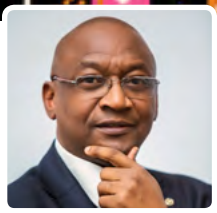
If we can learn to lead like shepherds to know our people, to care for them intentionally, and to go after those who are lost or weary, then we will not only finish the Rotary year strong. We will build clubs that endure.

Clubs that truly reflect the spirit of service. Clubs that, in their own small but powerful way, echo the example of the Good Shepherd who gave everything freely for the good of others.

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




Rotary
District 9213
District 9214
Rotaract
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District 9214
TAIPEI
2026
LAST CALL
TO THE
END OF EARLY BIRD
ROTARY INTERNATIONAL CONVENTION
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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D9217 & D9218: DG Kitakule Calls for DGND Nominations

BY **EDITORIAL DESK**

Something historic is happening in Ugandan Rotary. District 9213 — which has served as the home of our Rotary family for years — is being reorganised into two new districts: District 9217 and District 9218. This is not a bureaucratic shuffle.

It is a declaration of growth. It is proof that Rotary in Uganda has expanded so powerfully that one district can no longer contain it. And now, both of these new districts need their founding leaders.

District Governor Geoffrey Martin Kitakule has written to Club Presidents across the district, calling for nominations for the position of District Governor Nominee Designate (DGND) for the two new districts.

"The Board of Rotary International approved the re-organisation of District 9213 into two new Districts, namely District 9217 and District 9218.

This important milestone reflects the growth, strength, and expanding impact of Rotary within our region.

As part of establishing strong leadership structures for the new Districts, we are mandated to identify persons who will be Governors in the Rotary Year 2028/2029 and therefore this email invites nominations for the position of District Governor Nominee Designate (DGND)," DG Kitakule said.

The persons eventually elected will serve as Governors in 2028-2029.

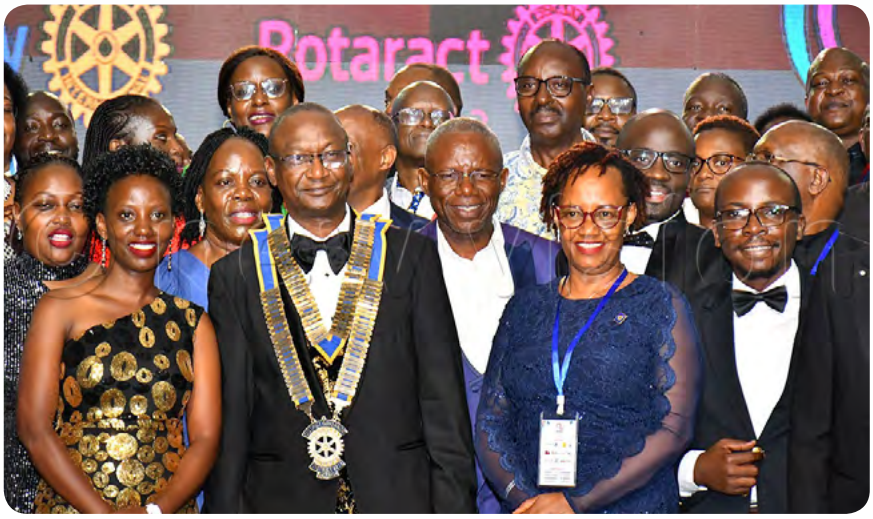
> "The Rotary International Board has formally approved the split of Zone 22 into two zones."

The 2026-2027 incoming District Governor Gerald Obai will be the last Governor of District 9213.

At the DISCON 101 in Entebbe last week, Rotarian Jane Kabugo was named District Governor Elect for District 9218, while Rotarian Fabian Kasi, the District Governor Elect, will make history as the first Governor for District 9217 when the split takes effect for the 2027-2028 Rotary Year.

A member of the Rotary Club of Sunrise Kampala, Rtn Kabugo joined the Rotary in 2007.

She has served in various high-level capacities, including as the District 9211 Treasurer and as a prominent trainer and speaker on The Rotary Foundation (TRF) to which she is a Major Donor.



Rotarian Fabian Kasi, the Managing Director of Centenary Bank, is a prominent member of the Rotary Club of Kiwatule, which he joined in 2005. He served as President of the club six years later.

Under his leadership, Centenary Bank has been a driving force behind major initiatives such as the

New DGs Stepping Up



Rtn Geoffrey Kitakule
DG 2025 - 2026



Rtn Gerald Obai
DG 2026 - 2027



Rtn Fabian Kasi
DG 2027 - 2028



Rtn Jane Kabugo
DG 2027 - 2028

Rotary Cancer Run, which has raised billions of shillings for cancer treatment facilities in Uganda.

Who Can Step Forward?

The eligibility criteria are clear and intentionally demanding.
To be considered, a candidate must be a Past Club President in good standing with their club, the district, and Rotary International.

> "All nominations must be vetted and approved by the candidate's club before submission."

They must have a minimum of five continuous years of Rotary membership, and must have been actively present at District Conferences and other Rotary activities — not as a spectator, but as a participant.

Above all, candidates must demonstrate the leadership, integrity, and commitment to Rotary values that this role demands.

Serving as District Governor is not simply "more Rotary." It is a transformation. As Club President, you focused your energy on one community.

As Governor, you become the catalyst for dozens of communities simultaneously.

You oversee the strategic distribution of the District Designated Fund — you are no longer building one well; you are directing the strategy that builds fifty.

The moment one assumes the role of Governor, one steps onto the global stage. You attend Governor-Elect Training alongside some of the best Rotary minds in the world. You build friendships with fellow DGs across Africa and beyond — relationships that become your most valuable personal and professional resource.

You gain a direct line to Rotary International headquarters in Evanston, giving our new Ugandan districts a voice in how global policy is shaped.

Closer to home, the Governorship unlocks a level of influence that club leadership simply cannot reach. You engage directly with government ministers, traditional leaders, NGOs, and the private sector as Rotary's chief ambassador.

You represent our Rotarians at zonal level forums, influencing continental strategy and resource allocation.

You lead a team of high-achieving volunteers — and mastering the art of leading people who don't have to follow you is among the most powerful leadership lessons available anywhere.

And the path does not end at the Governorship. Past Governors are eligible to serve as RI Directors— shaping policy at the global level. They are prime candidates for The Rotary Foundation Board of Trustees, where they influence global grant strategy.

Every great Rotary leader who has ever served at the highest international levels has passed through the Governorship. It is the universal prerequisite.

All nominations must be vetted and approved by the candidate's club before submission. They should be submitted through the Club President or Club Secretary to Governor Kitakule at gkitakule@gmail.com. The deadline is 23rd May 2026 - close of business.

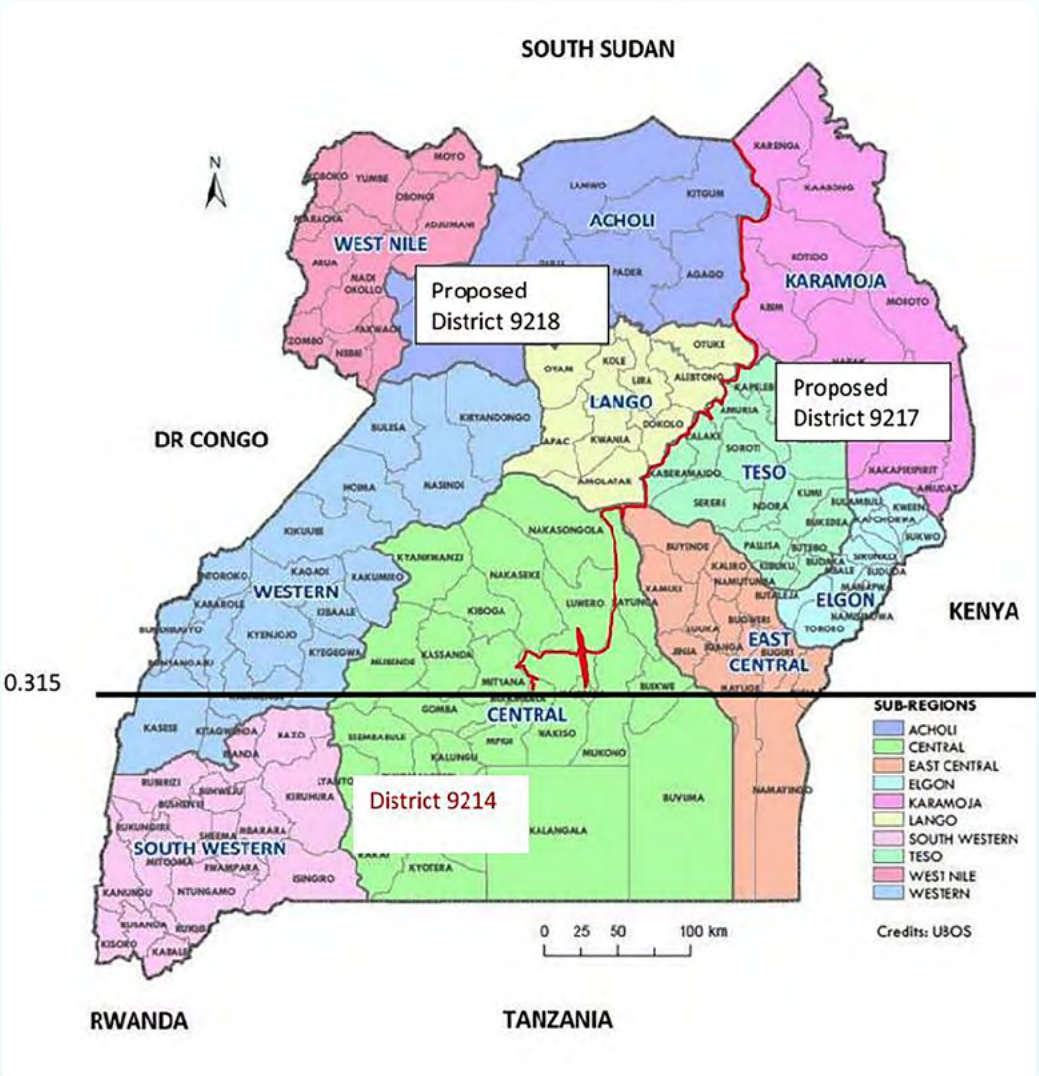
Effective 1 July 2027, District 9213 will be split into two new districts as follows:

District 9217

Kampala City Nakawa Division
Wakiso District
Eastern Region
Northeastern Region including Karamoja

District 9218

Kampala City Central Division & Kawempe Division
Central Region Districts
Northern Region
Western Region.





It Is Time to Step Up

DISTRICT 9217 IS CALLING ON CLUBS TO NOMINATE THEIR BEST FOR DISTRICT COMMITTEE SERVICE. HERE IS WHY ANSWERING THAT CALL MATTERS MORE THAN YOU MIGHT THINK.

Vice District Executive Secretary Peter Dhamuzungu has formally invited clubs across the district to nominate qualified Rotarians for positions on district committees, with a deadline of 23rd May 2026.

Clubs are also asked to put forward names of potential leaders to serve the district over the next three years. This is not a routine administrative exercise.

It is a serious, structured call to advance our collective mission - and every club owes it to the district to respond thoughtfully.

"Following recent leadership planning engagements, we invite nominations of qualified Rotarians to serve at the District level in various committees, as well as recommendations for future District leadership," Dhamuzungu said in an email.

The criteria is clear and deliberate. Nominees must be Rotarians in good standing — preferably Past Presidents - who have demonstrated integrity, consistent attendance at district conferences and conventions, active participation in trainings and projects, and a genuine record of supporting The Rotary Foundation (TRF).



> "Nominees must be Rotarians in good standing — preferably Past Presidents."

Clubs are asked to attach each nominee's TRF giving history. These are not box-ticking requirements. They reflect the standard of seriousness that District service demands.

Why District Service Changes Everything

Club leadership is where most of us learn to serve. District leadership is where we learn to multiply that service. The shift is not just in scale — it is in perspective.

When you serve at district level, you stop thinking about one community and start thinking about dozens. You stop managing a club budget and start shaping a regional strategy.

Consider the reach. A well-run club project might transform a school or equip a health centre.

A district-coordinated initiative, leveraging Global Grants and partnerships across multiple clubs, can bring clean water, maternal health support, or literacy programmes to tens of thousands of people.

The arithmetic of service changes dramatically at this level.

Then there is the professional growth. District roles demand skills that club service rarely tests: mediating disputes between clubs, facilitating multi-club training events,

managing complex budgets, and reporting to Rotary International.

These are the same skills demanded in boardrooms, NGO headquarters, and government offices. Rotarians who serve at district level return to their clubs, their careers, and their communities as sharper, more capable leaders.

The networking alone is transformative. At club level, you engage with your club's membership.

At district level, you engage with leaders from across the region — professionals from health, education, finance, government, and civil society. Friendships forged at this level open doors that would otherwise remain closed.

There is also the matter of mentorship. District service puts you in daily contact with some of the most experienced Rotarians in the region - past governors, Foundation champions, and long-serving committee leaders.

You learn how to navigate complex organisational dynamics, how to align local projects with global priorities, and how to build the kind of institutional memory that sustains a district across leadership transitions.

And for those with ambition: district service is not optional if you aspire to lead beyond your club. No one becomes a district governor, an assistant governor, or an RI committee member without first demonstrating credibility at this level. District 9217 is young. The leaders we build today will define what it becomes.



DGE Obai unveiling

> "...nominate them; not as a favour to the district, but as an investment in the future of Rotary in this region."

A Word of Honesty

Those who have served at District level admit that it is not glamorous. It involves travel, time away from family and work, and the quiet frustration of pushing things forward when progress is slow.

But it is precisely that pressure – the stretch - that produces the growth. The Rotarians who come through district service are rarely the same people who walked in.

Every club in District 9217 carries a responsibility that goes beyond its own membership and its own projects. We are all shareholders in this district.

How well it functions, how far it reaches, and how strongly it is led depends directly on the quality of people we put forward.

So, look around your club. Identify the Past Presidents who still show up. Find the members whose TRF giving is consistent, whose attendance at district events is reliable, whose integrity is unquestioned.

Talk to them. Encourage them. Then nominate them; not as a favour to the district, but as an investment in the future of Rotary in this region.

District 9217 is ours to build. Let us send it our best.

Submit nominations by 23rd May 2026 to **Peter Dhamuzungu,** Vice District Executive Secretary, at pdhamuzungu@gmail.com, and copy **District Governor Nominee Fabian Kasi** at kasi.fabian@gmail.com. ***Indicate each nominee's areas of strength and attach their TRF giving history.***



Speaker Among's Induction Marks Defining Moment for Rotary in Uganda

BY **EDITORIAL DESK**

There are moments that simply speak for themselves. The induction of the Speaker of Parliament, Rt. Hon. Anita Annet Among, into Rotary at the 101st District 9214 Conference and Assembly (DCA) was one of them.

Held under the theme ***"Together, One Act at a Time,"*** the DCA brought together Rotarians from across the district and beyond for what turned out to be more than just the usual roll call of club reports, elections, and handovers.

It was a statement - bold and unmistakable - about where Rotary stands in Uganda today.

District Governor Christine Kyeyune Kawooya formally inducted Speaker Among into the Rotary family. The Speaker didn't just accept the blue badge. She made a pledge.

Amid loud cheers, she committed to becoming a major donor, channeling personal support into humanitarian causes that Rotary champions. That, in itself, tells you something about the woman and what she sees in this organisation.

> "Transformation requires sustained collaboration across public institutions, civil society and development partners."

But it was her words as chief guest that deserve careful attention. Speaker Among did not speak in the language of ceremony or courtesy. She spoke in the language of conviction.

"Transformation cannot be achieved by government alone," she said. "It requires sustained collaboration across public institutions, civil society, and development partners."

She singled out Rotary specifically - commending the organisation for its continued work in health, youth empowerment, and



community development. "Rotary is making a real difference in our people's lives," she added.

Parliament, under her leadership, contributed UGX3 billion toward the 2026 Rotary Cancer Run - bringing Parliament's total support for that cause alone to UGX7.2 billion since 2016.

When a legislature backs a civil society initiative to that tune, over a decade, it is no longer a donation. It is a partnership. And that distinction matters enormously for how Rotary is perceived at the highest levels of government.

The VIP presence at Rotary

The Speaker's induction was the headline, but the supporting cast at this year's DCA told an equally compelling story.

Uganda's Vice President, Hon. Jessica Rose Alupo, is not merely a friend of Rotary. She is a Rotarian - a member of the Rotary Club of Muyenga, in District 9214.

Just a week before the 101 DCA, she served as chief guest at the District 9213 Conference in Entebbe, where she described Rotary as a "trusted and strategic partner in national development."

Her words were specific and grounded. She cited Rotary's complementary role in delivering services in health, education, water, sanitation, and economic empowerment - all aligned, she noted, with Uganda's Vision 2040 and the National Development Plan.

"Rotary's impact is not only visible; it is transformational," she said, calling on the private sector and all Ugandans to emulate Rotary's spirit of collective responsibility.

Also at the DCA was the Katikkiro of Buganda Kingdom, Charles Peter Mayiga - the Prime Minister of one of Africa's most respected cultural kingdoms.

His presence was not incidental. It was intentional, and it spoke to Rotary's reach across both the formal structures of government and the cultural institutions that shape Ugandan society.

> "...that distinction matters enormously for how Rotary is perceived at the highest levels of government."



Katikiro Charles Peter Mayiga makes his speech

When you line up these names - Speaker of Parliament, the Vice President of Uganda, the Katikkiro of Buganda - and place them in the context of a Rotary event, you are looking at an organisation that has earned its seat at the table.

Not by lobbying or positioning, but by doing the work, year after year, community after community.

A New Governor, a New Season

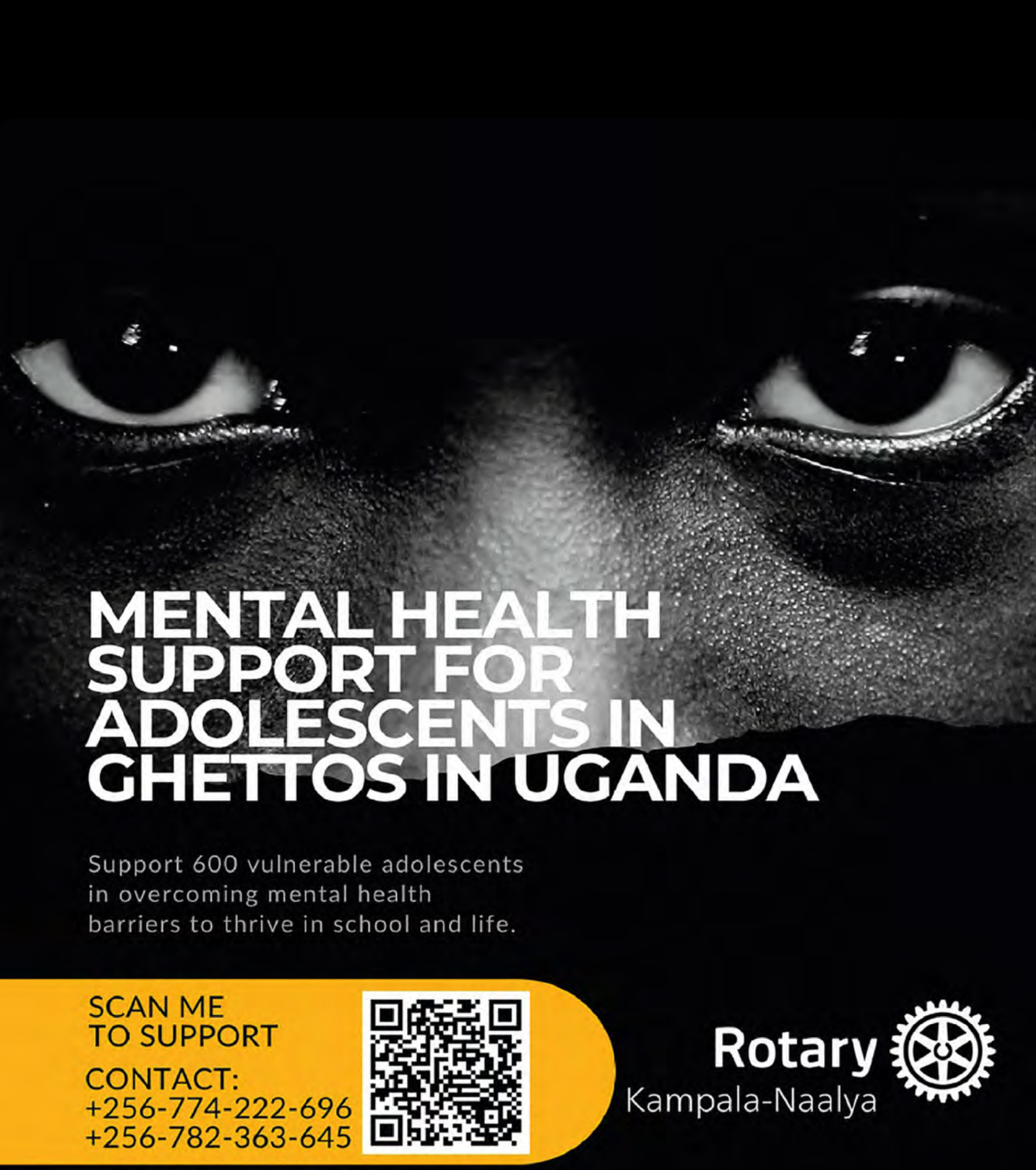
The DCA also marked a generational transition. Governor Christine Kyeyune Kawooya, who marked her tenure with both the launch of the ***"Oxygen For Life"*** initiative at Kawempe National Referral Hospital and ended it with the publication of her book, ***Leadership Without Permission***, handed the chain of office to District Governor-Elect Daniel Ddamulira, who takes charge for Rotary Year come July 2026.

A past president of the Rotary Club of Mengo, Ddamulira steps into the role with deep organisational roots.

Speaker Among also used the occasion to recognise two Ugandans making their mark at the global level - Rtn Emmanuel Katongole, serving on the Rotary International Board of Directors, and Dr. Francis Tusu Tusubira, on the Board of Trustees.

Uganda's growing influence within Rotary International is no accident. It mirrors the strength of the work being done on the ground.

The 101 DCA was, in the end, a reminder of what Rotary has always been at its best: a movement where service is not a slogan, and where the company Rotary keeps reflects the credibility that the organization has built over the years.


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#SolRise

Confronting the Hidden Mental Health Impact of Malaria

BY **RTN JACKLINE MUTIIMBA**

Every year on April 25, the global community commemorates World Malaria Day, spearheaded by the World Health Organization, to amplify efforts toward malaria prevention, control, and eventual eradication.

While the disease is often framed through a biomedical lens—mosquito transmission, fever cycles, and treatment protocols—there is a critical dimension that remains insufficiently addressed: the intersection between malaria and mental health.

In Uganda, malaria isn't a distant headline. It's a lived reality.

It's the mother who notices that her child is unusually quiet at sunset. The sudden fever in the middle of the night. The hurried walk to a clinic. The waiting. The worry. The quiet prayers.

We've learned how to treat the fever.

But we rarely talk about the fear.

Reframing the Malaria Narrative

Malaria continues to exert a disproportionate burden on sub-Saharan Africa, with countries like Uganda ranking among the highest in global case counts.



According to WHO estimates, Africa accounts for over 90% of malaria cases and deaths annually. Uganda alone contributes approximately 5% of the global malaria burden.

However, beyond mortality and morbidity, malaria is a psychosocial disruptor.

Frequent infections, particularly among children and vulnerable populations, create a cycle of uncertainty, fear, and economic strain.

For caregivers and families, repeated hospital visits, financial depletion, and caregiving fatigue translate into heightened stress levels and, in many cases, anxiety and depressive symptoms.

The Hidden Mental Health Impact

The mental health implications of malaria manifest across multiple layers:

> "Uganda alone contributes approximately 5% of the global malaria burden."

1. Caregiver Psychological Distress
Parents managing recurrent malaria episodes in children often experience chronic anxiety, emotional exhaustion, and decision fatigue—especially in low-resource settings where access to quality healthcare remains inconsistent.

2. Economic Stress and Mental Well-being
Malaria is not just a health issue; it is an economic shock. Lost productivity,

medical expenses, and school absenteeism compound financial insecurity. This economic instability is a well-documented driver of poor mental health outcomes.

3. Cognitive and Neurological Effects
Severe malaria, particularly cerebral malaria, can result in long-term neurological complications, including memory deficits, behavioral changes, and impaired cognitive development in children—factors that directly influence psychological well-being and future life outcomes.

4. Community-Level Trauma and Fatigue
In high-transmission areas, malaria becomes normalized, yet this normalization masks a form of collective fatigue—communities living in a constant state of vulnerability, which subtly erodes resilience over time.

Strategic Opportunity: Integrating Mental Health into Malaria Programming

As global health systems evolve toward integrated care models, there is a compelling case for embedding mental health into malaria interventions. This is not an add-on—it is a force multiplier.

Key strategic entry points include:

- **Community Health Systems Strengthening.** Equip Village Health Teams (VHTs) and community health workers with basic psychosocial support skills to identify and respond to distress linked to malaria episodes.
- **Integrated Health Messaging.** Malaria prevention campaigns—such as distribution of insecticide-treated nets—can be leveraged to include messaging on stress management, caregiver support, and mental well-being.
- **Data and Evidence Generation.** Expand Monitoring, Evaluation, Accountability, and Learning (MEAL) frameworks to capture mental health indicators within malaria programs. What gets measured gets prioritized.
- **Policy Alignment.** National malaria control programs should align with mental health policies to foster cross-sectoral collaboration—bridging infectious disease control with psychosocial care.
- **Localizing the Response: Uganda and East Africa.** In Uganda and across East Africa, the dual burden of infectious diseases and mental health challenges presents a unique policy and programming opportunity. With increasing recognition of mental health within national health agendas, integrating these domains can drive cost-effective, people-centered outcomes.

For example, schools in malaria-endemic regions can serve as platforms not only for prevention education but also for early identification of cognitive and emotional challenges in children recovering from severe malaria.

A Call to Action: From Survival to Well-being

This World Malaria Day, the conversation must evolve—from simply saving lives to improving the quality of those lives.



Eliminating malaria is not just about reducing parasite prevalence; it is about restoring dignity, stability, and mental well-being in affected communities.

A resilient population is not only malaria-free—it is mentally empowered.



ELDER'S EYE

Environment held in trust: What is required of us?

BY PP GODFREY OKELLO-OMODING

We have always been reminded that with the environment, we, the present generation, are trustees for future generations. We are lent this environment by those who are to come after us.

This is an interesting reversal of inheritance. The normal order of inheritance is to receive from the dead.

Instead, in this case, the unknown who are to come lend to those who are present. What a great responsibility!

When you inherit from the dead, you can afford to "misuse" it - after all, they will not hold you accountable. In the case of the environment, however, future generations hold the present generation accountable.

Therefore, this requires the present generation to lay a firm groundwork for future generations; building foundational infrastructure and structures, policies, laws, rules, standards, practices, behaviours, taboos, traditions, etc.

The building of environment foundation is continuous as it is being enjoyed.



Officials and pupils at the launch of the EACOP-Rotary Green Schools Initiative last year

Each passing generation builds a foundation upon which the next generation leap ahead or fall behind.

But, who gets to build and benefit from environment? This lies squarely with human beings, as it is for their very survival and continuity.

Today, there is an increasing need to revisit the investment levels of the present generation in various aspects of the environment - a call to assess responsibility and accountability.

Is the trusteeship being betrayed? Is the present generation sitting on the opportunities of its trusteeship and not sufficiently using them? What accountability will the present generation present to the next generation?

> "Each passing generation builds a foundation upon which the next generation leap ahead or fall behind."

Can the present generation stand proudly before the next generation? These are some of the questions the present generation should be prepared to answer.

Rotarians, as we come to the end of this month of April, where does our accountability on the environment stand? Have we sat back and watched? Yes, we are people of action.

Have our actions this month provided a fountain



of future prosperity? Where next generation will say, well done.

Today, we are suited to stand to bridge the present and the future. Where environment sustainability is the currency.

Where floods, landslides, droughts and water scarcity are under control. Where breathing clean air is the joy of every lung. Where the beauty of the planet tells the efforts her children have put in beautifying her face.

Where good environment is a basic right for everyone, not just being in statutory books.

We must not leave the guarding of the environment to instinct alone. Collectively, alongside governments, the private sector and other organisations, we must stand shoulder to shoulder - acting and answering the roll call as heroes of trusteeship.

> “...we must stand shoulder to shoulder - acting and answering the roll call as heroes of trusteeship.”

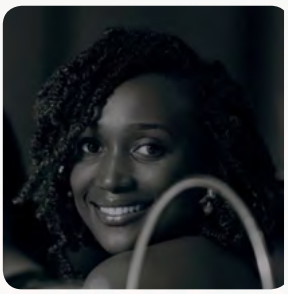
Let us acknowledge that we all sit on different opportunities that can and will continue to keep Mother Earth smiling, ready to welcome the next generation.

Our answers today should be that we have found suitable solutions to energy needs, flood and drought control, climate change, waste management, the need for forest products, methods of extraction, suitable substitutes, technologies, methods of working together, water availability and access, better care for fauna and flora, and the development of appropriate innovations.

Furthermore, we have workable rules and policies that we are consistently enforcing. The summation of our answers is sustainability - a clean bill of trusteeship for the next generation.

Rotarians, our rallying call as People of Action, with the chorus of the year – ‘Unite for Good’ - should be the fuel that drives us beyond the end of this month, with the understanding that our stewardship of the environment must be continuous and accounted for to the next generation.

May our partnerships be the key to driving environmental equity.



PK's CORNER

All we can do is wrestle with our demons

BY **RTN PAMELA KAWADDWA**

Not pray them away overnight.
Not outrun them.
Not smile so hard the pain
forgets our address.
No;
we meet them
in the middle of our becoming.

They arrive uninvited,
wearing faces of fear,
voices of yesterday,
hands heavy with every doubt
we ever swallowed.

And the world says,
"Be strong."
But strength?
Strength is waking up
when your spirit feels bruised
and choosing breath anyway.
Strength is standing
while your knees
remember every fall.

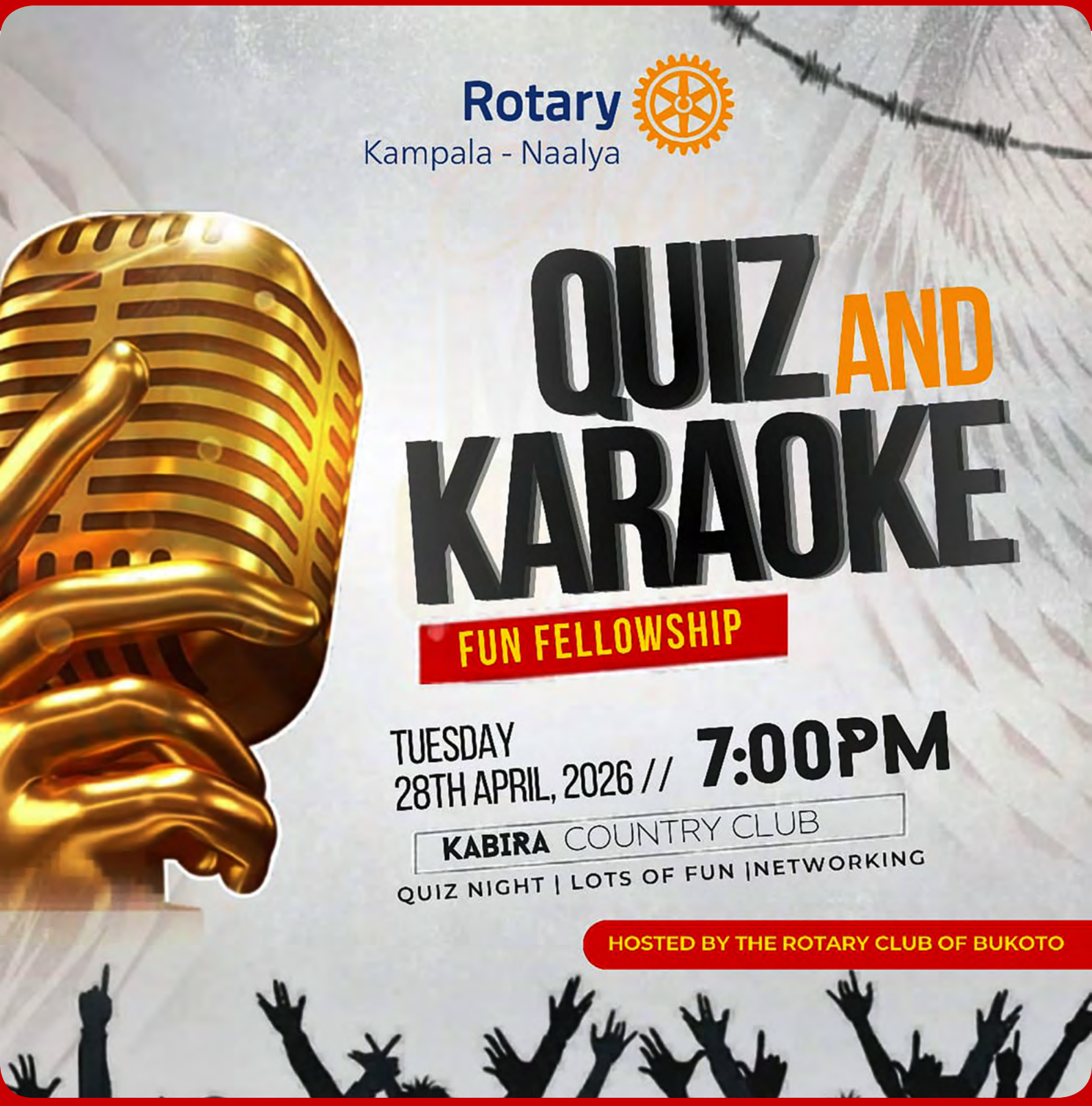
See, demons don't always
look like monsters.
Sometimes they look
like comparison.
Like regret.
Like the echo that says,
you should have been
further by now.
And we wrestle,
not to destroy them,
but to understand
what they came to teach us.
Because every grip,
every struggle,
every moment we refuse to quit
carves resilience into our bones.

Listen;
you are not weak for fighting battles
no one else can see.
You are a warrior
in invisible wars.
You rise.
You fall.
You rise again.
And one day you realize
the demons didn't come to end you;
they came to introduce you
to your own power.

So, fight.
Not with hatred.
Not with shame.
Fight with hope clenched in your fists
and faith steady in your chest.
Because all we can do
is wrestle with our demons…
and in the wrestling,
become the person
they never expected
to survive.

Till again,

~pkwy


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Well-done; Kikomando Buddy Group

As we come to the close of April, our month dedicated to the Environment, I would like to extend my sincere appreciation to the Kikomando Buddy Group for their outstanding leadership and commitment throughout this period.

Your efforts have truly reflected the spirit of service above self, even as we navigated the busy and impactful DISCON month.

I also wish to warmly thank all Rotarians who made the time to attend fellowships during April. Your presence, participation, and fellowship continue to strengthen our bond and keep our Rotary spirit alive.

Let us carry this same energy and dedication into the months ahead as we continue making a difference in our communities.

Yours in Rotary Service.

~ Juliet Nabunya

Kikomando Buddy Chef

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

Chapati

If bread were a person, chapati would be the humble aunt who shows up at every family gathering, feeds everyone without complaint, and somehow never gets enough credit. No yeast. No oven. No elaborate twelve-step fermentation ritual. Just flour, water, heat, and a pair of honest hands, and yet, in its quiet, unassuming way, the chapati has managed to conquer the world.

The Chapati story begins roughly 3,000 to 5,000 years ago, according to archaeological evidence, which reveals that the ancient inhabitants of what is now India and Pakistan were grinding wheat and cooking flat cakes on stone griddles.

The word itself is a delightful admission of honesty. "Chapati" derives from the Hindi/Urdu word chapatna, meaning "to slap" or "to flatten." In an era when breads bore noble names inspired by gods, kings, and distant cities, someone looked at this humble flatbread and said, essentially, "it's the thing we slap." And the name stuck.

What set the chapati apart from its leavened cousins was its magnificent practicality. It required no yeast (a mercurial ingredient at the best of times), no oven (a luxury most households could not afford), and no waiting. You could make one in minutes, fold it, tuck it under your arm, and walk for three days across a mountain pass. Soldiers loved it. Traders swore by it. It was, in every sense, the world's first fast food.

And so, borne on the wings of trade winds and the sandalled feet of Indian Ocean merchants, the chapati sailed westward and southward, landing on the Swahili Coast like a delicious ambassador. In Kenya, Tanzania, Uganda, and Zanzibar, it was welcomed with open arms and, crucially, a generous pour of oil. Here, the chapati underwent its East African glow-up: layered, flakier, slightly crispy at the edges, and altogether more indulgent. Uganda, in particular, took the chapati and made it its own - the perfect accompaniment to beans, rolex wraps, and the kind of Sunday morning that deserves a slow, ceremonial breakfast.

Little wonder that two of this club's Buddy Groups derive their name from the humble chapati – Rolex and Kikomando.

A Citizen of the World

Wherever Indian labour and enterprise settled, the chapati followed loyally behind. Today, you can find some version of it from Albania to Zimbabwe. It is, without exaggeration, one of the most widely eaten breads on the planet.

In South Asia, the ability to roll a perfectly round one is considered a domestic virtue – a must-have skill for a girl who describes herself as 'wife material.'

There is a poetry to the chapati that no other can match – it is the bread of the road, of the soldier, of the bachelor, of the grandmother who makes three dozen before sunrise without breaking a sweat.

It has no pretensions. It simply asks for flour, water, a pinch of salt, a few drops of cooking oil on a hot surface, and your full, attentive presence — because, as any seasoned chapati maker will tell you, the moment you walk away is precisely when it burns.

From the ancient India to the bustling roadsides of Kampala, the chapati has travelled far and asked for very little in return. It is, at once, a food of kings and commoners, of 'corporates' and boda boda riders, and an ever-present at premium buffets. The little 'slapped' thing, it turns out, has always been rather extraordinary.

Now, if you'll excuse me; please allow me to sort out this rolex of mine when it's still hot.

Jokes of the week

1. "Parents are only humble when you are helping them learn how to use electronic gadgets; you can even send them for a glass of water from the kitchen and they'll go running."

2. "But surely, why did the new Rotarian take a ladder to the DISCON? Because he was told that the theme was 'Reaching New Heights of Service'; and he didn't want to take any chances."



KIKOMANDO BUDDY GROUP IN CHARGE



Peter Simon Nyanzi



Anne Nkutu



Christine Amucu



Denis Jjuko



Dorcas Karungi Mwanje



Elizabeth Wamalwa



Godfrey Okello Omoding



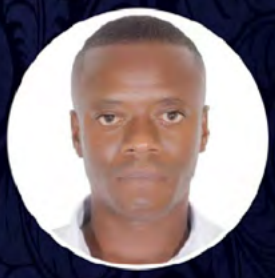
Julie Nabwire



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