Naalya Food Bulletin

22nd September, 2026

Rotary Kampala - Naalya

Issue 9 | RY 2026-27



RC KAMPALA - NAALYA

SCAN TO LEARN MORE

In This Issue

06 Rotary 5-A-Side: RC Kampala Naalya Bows Out with Heads Held High

24 Quality Basic Education Hinges on Availability of Qualified Teachers

RelaDental

Smile for Miles

Experience Our Best Quality Dental Care



Dental Consultation, Tooth extraction, root canal treatment, scaling and polishing, filing and cementing, orthodontic treatment/braces, teeth whitening, fracture management, crown and bridge work, dental surgery, dental implants, cosmetic surgery

For More Infomation

+256785834461

Contents

Tap any title to jump to page

4 Message from the Editor's Desk

5 President Amucu's Message

6 Rotary 5-A-Side: RC Kampala Naalya Bows Out with Heads Held High

8 Rotary 5-A-Side in pictures

11 RC Mapeera Turns Tournament Debut into Rotary 5-A-Side Triumph

13 A Thank You Note from Captain Gilbert

14 Glimpse into our Fellowship

17 Districts 9213, 9214 Seek Corporate Partnerships Ahead of 2027 Conferences

24 Who Supports the Teacher? The Mental Health Conversation Missing From Our Classrooms

26 More Than 12,000 Register for 2027 RI Convention as Barcelona Registration Opens

28 Medical Apprenticeship Programs Critical in Improving Diagnosis and Treatment

31 Live in the present

32 Kikomando Buddy Group in Charge - Members







Designed By:

CHUNZI Publishers
Desktop Publishing Services for You!
Tel: *+256 785 661 983*

Message from the Editor's Desk

By Rtn Jackline Mutimba
Club's Public Image Chair



What a week! We have been living on the tenterhooks, juggling club affairs, chasing stories, and, somewhere in between, finding time for a little football. After all, all work and no play...

So, this week's edition brings you a little bit of both. If you have been wondering how our teams fared at the Rotary 5-A-Side Tournament, pull up a chair. We have the full story.

Who made it through? Who bowed out? Who found the back of the net? And which players emerged as the shining stars of the tournament? We bring you the goals, the drama, the triumphs, the near misses and everything in between.

But football is only one part of the story.
There is plenty happening beyond the pitch. We bring you updates from the District, including the latest on registration for the Rotary International Convention in Barcelona. By press time, more than 12,000 registrations had already been recorded under the early-bird window. Thinking of joining the Rotary family in Barcelona? We have a little guide to get you started.

> "Thinking of joining the Rotary family in Barcelona? We have a little guide to get you started."

And because September is Basic Education and Literacy Month, we turn our attention to the people at the heart of every classroom: our teachers.

We often ask what teachers do for learners. But who supports the teacher?
The person expected to encourage, guide and care for young minds may also be carrying struggles that never make it to the classroom.

In this edition, we explore the challenge of inadequate numbers of qualified teachers in our schools, particularly in environments where classrooms are crowded and resources are stretched.

From the classroom, #OutToLunch takes us into the health system, asking an equally important question: Does medical training give health professionals enough practical exposure to recognise what might otherwise be missed?

And just when the conversations begin to feel a little too serious, PK is back with "Live in the Present", a gentle reminder to pause, breathe and look around. Are we so busy preparing for tomorrow that we are forgetting to live today?

There is, of course, much more waiting between these pages stories that will make you think, photographs that will take you back to moments we shared, and a few surprises I will leave you to discover for yourselves.

So, take a little football. Add some Rotary. Stir in a dose of education, health, reflection and fellowship and you have this week's edition.

I hope you find something that makes your day brighter.

Happy Reading

President's Message

RTN CHRISTINE AMUCU
Club President
2026-2027



Dear Fellow Rotarians and Rotaractors,

Last week, we had a very productive Club Assembly, and I was encouraged by the good attendance and active participation.

It allowed us to pause, look back at how far we have come, reflect on what we have achieved so far, and consider what more we need to do.

It is important that, as a club, we keep checking our progress because it becomes meaningful when we measure it, learn from it and keep moving forward together.

On Saturday, we stepped away from our usual fellowship setting and came together for the 5-A-side Football tournament.

What a fun day it was! The turnout was good, and it was wonderful to see members coming together, cheering and enjoying ourselves.

A special thank you to our team leader, Gilbert, for the coordination, and to the entire team that participated and represented Kampala Naalya. You made us proud!

This Tuesday, we continue our September focus on Basic Education and Literacy with an interesting conversation: "Chalkboard or ChatGPT- AI: What's the Future of Learning?"

AI is already changing how we learn, teach and access information. But where does that leave the chalkboard, the teacher and the traditional classroom?

Can AI replace the teacher, or can it help the teacher do even more? And what kind of learners are we preparing for tomorrow?

> "Let's keep learning, keep connecting and keep creating lasting impact."

I look forward to an engaging and thought–provoking fellowship on Tuesday as we explore how learning is evolving and how we can prepare our children for the future.

Let's keep learning, keep connecting and keep creating lasting impact.

See you on Tuesday!

Yours in Service,

#CoverStory



Rotary 5-A-Side: RC Kampala Naalya Bows Out with Heads Held High

BY **RTN SYLVIA NANKYA**

The Rotary Club of Kampala Naalya may not have lifted the trophy at this year's Rotary 5-A-Side Tournament, but the club left the pitch with plenty to celebrate after a spirited campaign that saw players, members and its growing family of baby clubs make their mark at the 10th edition of the tournament.

Led by Captain Gilbert Nuwagaba (Gilo), RC Kampala Naalya opened its campaign with a three-point victory over RC Kampala Metropolitan at the Kampala Quality Sports Complex on Saturday, giving the Nalyaakos an encouraging start to the competition.

Gilo marshalled a side that drew on the experience of Rotarians Edgar Ategeka, Brian Mayanja and goalkeeper Herbert Oloka, while several other members, led by President Christine Amucu, turned up in strong numbers to cheer the team from the sidelines.

The team made a stylish appearance in its newly unveiled kit sponsored by Rela Dental, giving the Nalyaakos a distinctive presence on the pitch.

Their journey, however, came to an end after a narrow 1-0 defeat to neighbours Kisaasi Kyanja, bringing their hopes of progressing further to a close.





> "Led by Captain Gilbert Nuwagaba (Gilo), RC Kampala Naalya opened its campaign with a three-point victory over RC Kampala Metropolitan."

But beyond its own campaign, RC Kampala Naalya had another reason to celebrate: the stellar showing of its baby clubs.

Rotary Club of Kyaddondo Rugby, led by President Jurua, put up a determined performance, only to bow out to eventual champions Rotary Club of Mapeera, who went on to lift the tournament trophy after a 1-0 victory over defending champions Rotary Club of Nakasero Central in the final.

The performance by Kyaddondo Rugby offered an early glimpse of the competitive spirit developing within the young club and underscored the growing footprint of the Kampala Naalya family in Rotary sporting activities.

Then came Rotary Club of Naalya States, which attracted attention not only for its competitive spirit but also for its unusual and bold team composition.

While the other teams largely fielded four men and one woman, Naalya States took a different route, stepping onto the pitch with four women and one man. The gender-balanced twist, or, in this case, gender-tilted formation, made Naalya States one of the tournament's more memorable teams and demonstrated the willingness of the young club to challenge convention while embracing the spirit of fellowship and participation that defines Rotary.

> “The performance by Kyaddondo Rugby offered an early glimpse of the competitive spirit developing within the young club.”

The 10th edition brought together Rotary clubs from Districts 9213 and 9214, Rotaractors and corporate teams, creating a lively day of football, fellowship and friendly competition.



Pictorial: 5-A-Side 2026











Pictorial: 5-A-Side 2026















Pictorial: 5-A-Side 2026













RC Mapeera Turns Tournament Debut into Rotary 5-A-Side Triumph

Rotary Club of Mapeera has turned its first appearance at the Rotary 5-A-Side Tournament into a championship triumph, defeating defending champions Rotary Club of Nakasero Central 1-0 in the final to lift the Rotary category title.

The victory is a significant milestone for the club, an institution-based Rotary club hosted by Centenary Bank. Having entered the tournament for the first time.

The new champions took home the trophy, gold medals and 5 million Shillings, while Nakasero Central received silver medals and 3 million Shillings. Rotary Club of Kiboga finished third, earning a cash prize of 2 million Shillings and a match ball.

Mapeera's success was complemented by individual recognition, with Rtn Juliet Nakimera among the female players recognised for outstanding performances during the tournament.

Rtn Ssenabulya Herbert also received the goalkeeper award in the Rotary category.

In the Rotaract category, Gayaza Football emerged victorious, taking home the trophy and a cash prize of 2.5 million shillings. Manyangwa finished first runner-up and took home 1.5 million Shillings, while Bweyogerere Namboole took second runner-up, receiving 1 million Shillings and a match ball.

> "In the Rotaract category, Gayaza Football emerged victorious, taking home the trophy and a cash prize of 2.5 million shillings."

Gayaza Football's success also earned individual recognition, with Rotaractor Shadia Nankya among the standout female players and Raymond Kalema receiving the goalkeeper award. Ayebare was named the category's top scorer.

In the corporate category, Cente Team A, another member of the Centenary Bank group, claimed the title and 3 million Shillings, while PKF finished runner-up and took home a cash prize of two million Shillings.

Tumushabe Alinda of Cente Team A was among the female players recognised, while Olga Rukia received the goalkeeper award.

PKF's Brian Ssebunnya was named the corporate category's top scorer, while Simon Okwi, also known as Gen. Okwi, of Kampala Islanders took the top-scorer honour in the Rotary category.



Pictorial: 5-A-Side 2026







A Thank You Note from Captain Gilbert

Dear Nalyaako's

I am here on a gratitude tour.

Today marked the culmination of the 5-Aside journey we embarked on nearly two months ago.

For the effort, time and dedication that went into our training sessions almost every weekend, and for the moral and financial support from the club, I say thank you. You are truly appreciated.

To everyone who showed up, cheered us on, dug into their pockets, and offered advice along the way, thank you. Each of you gave us a building block that helped bring us this far.

To my teammates who stepped onto the battlefield, you were brave, and I have never been prouder of you.



We competed, kept our bodies fit, bonded as a team and, above all, had fun while doing it. We gave it our best, did well, and walked away with our heads held high.

And in a very special way, I want to thank Team Rela Dental for the generosity you extended to this gallant team.

Thank you for believing in us and, most importantly, for putting your trust in me to lead the way. I am truly humbled.

This journey has been about more than football. It has been about teamwork, friendship, sacrifice and the joy of showing up for one another.

Thank you, Naalyakos.

~ Gilbert aka Dzaddy
Your Team Leader

Pictorial: Glimpse into our Fellowship















Pictorial: Glimpse into our Fellowship













Rotary
Kampala-Naalya

Topic:

FROM CHALKBOARD TO CHATGPT:

AI & THE FUTURE OF LEARNING



SPEAKER:
PAG RONALD S. KAWADDWA
RC KASANGATI

TUESDAY 22ND SEPTEMBER 2026 | **7PM PROMPT** NDERE CULTURAL CENTRE

Buddy group in charge: ***Kikomando***

RotaryNaalya
rotarykampala-naalya
www.rotarykampalanaalya.org

RelaDental
Smile for Miles



Districts 9213, 9214 Seek Corporate Partnerships Ahead of 2027 Conferences

BY **RTN SYLVIA NANKYA**



Rotary Districts 9213 and 9214 have called on corporate organisations, businesses and institutions to explore new opportunities for partnership as they prepare for their respective District Conferences in April 2027.

The call was made during a joint corporate engagement organised by the two Rotary districts, bringing together corporate partners to reflect on existing collaborations and discuss opportunities for deeper engagement in community development and social impact initiatives.

> "The engagement provided an opportunity for Rotary to showcase the contribution of corporate partnerships to its work."

The engagement also provided an opportunity for Rotary to showcase the contribution of corporate partnerships to its work in Uganda and to encourage more organisations to support programmes aimed at addressing community needs.

District 9213 will host its District Conference, DISCON 102, in Gulu City at Gwang Wa Resort, while District 9214 will hold its conference in Jinja City.

District Conferences are among Rotary's major annual gatherings, bringing together Rotarians, corporate partners, community leaders and other stakeholders to review the year's activities, celebrate achievements and recognise contributions to community service.

The conferences also provide an opportunity for Rotary clubs to share successful projects, strengthen relationships and discuss priorities for the coming Rotary year.

Speaking at the corporate engagement, held in Kampala, District 9213 Governor Gerald Obai thanked corporate partners for their continued support, saying their involvement had enabled Rotary to expand its contribution to communities across Uganda.

Obai said Rotary had established a stronger presence in community and social services partly because of the support it had received from its corporate partners.



He noted that District 9213, which was established six years ago, had grown significantly in terms of membership, reach and community investment.



According to Obai, the district has mobilised and invested more than USD 5 million over the years through Rotary resources and corporate partnerships, supporting initiatives intended to improve the lives of people in different communities.

Corporate partners at the engagement also highlighted the value they have derived from working with Rotary.

Godfrey Byekwaso, Managing Director of Centenary Bank, said the bank's partnership with Rotary had developed over several years and extended to a number of initiatives, including the Rotary Cancer Run, education programmes and projects implemented by individual Rotary clubs.

Byekwaso said Centenary Bank had chosen to work with Rotary because of the organisation's focus on transforming lives and addressing community needs.

> "The conferences also provide an opportunity for Rotary clubs to share successful projects, strengthen relationships..."



He said the bank's sustainability objectives were aligned with Rotary's emphasis on long-term community impact, including through the Rotary theme for the 2026/2027 year, *Creating Lasting Impact.*

The engagement comes as Rotary seeks to broaden its corporate network and mobilise additional resources for community programmes. The organisation is inviting businesses, institutions and other organisations interested in social impact to consider partnership opportunities linked to DISCON 102 as well as Rotary's broader community initiatives.

The partnerships are expected to provide organisations with opportunities to connect their corporate social responsibility and sustainability priorities with projects in areas where Rotary clubs are implementing community interventions.

Beyond corporate visibility, Rotary says the collaborations are intended to support initiatives that produce measurable and lasting benefits for communities.




102
DISTRICT
CONFERENCE
Creating Lasting impact
Rotary
District 9213
Rotaract
District 9213
Gulu
DISCON 102
BOOKSTORE
CENTRAL PROVISIONS
BONZA STORE
airtel
WELCOME TO
GULU
CITY
One District
One Destination
One Unforgettable DISCON
Scan to Register
29th APRIL TO
1st MAY 2027
GANG WA RESORT
& SPA GULU CITY
$130
ROTARACTORS
$200
ROTARIANS
Valid until
November
30th 2026
In Partnership with
Redsquare
advertising



Who Supports the Teacher? The Mental Health Conversation Missing From Our Classrooms

BY **RTN JACKLINE MUTIMBA**

By 7:30 in the morning, she is already at school.

Before the first lesson begins, one parent wants to discuss a child's declining grades. A learner has lost an exercise book. Another is crying after an argument with a classmate.

Then the bell rings. She walks into a classroom full of children and becomes what everyone expects her to be: patient, attentive, organised, and ready to teach.

She explains the lesson. Marks books. Corrects behaviour. Encourages the struggling learner. Reminds another about homework. She smiles.

What nobody in that classroom knows is that she barely slept the night before.

She has problems of her own waiting at home. There are bills to pay, family responsibilities to manage and personal worries she carried with her to school.

But when she enters the classroom, she is expected to leave all that at the door.

Teachers are supposed to cope.



> "Teachers' work is often measured through learner performance and examination results.."

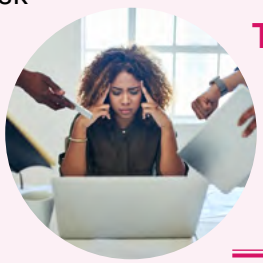
We talk often about what teachers should do for learners. They should identify children who are struggling, make classrooms inclusive, motivate learners, improve performance, communicate with parents and create safe learning environments. All of this matters.

But there is a question we ask far less often: Who is looking after the teacher? Teaching is deeply human work.

A teacher does not simply deliver mathematics, science or English. Every day, teachers manage relationships, emotions, expectations and behaviour.

Some teach large classes with limited resources. They support children experiencing difficulties they cannot always solve.

They face expectations from parents, school administrators and the communities they serve. Their work is often measured through learner performance and examination results. And then there is life outside school.



Teachers are also parents, spouses, caregivers, sons, daughters and community members.

They experience grief, financial pressure, relationship difficulties, illness and uncertainty just like everyone else.



Yet we sometimes expect them to walk into a classroom every morning emotionally untouched by any of it.

An overwhelmed teacher may become impatient. An exhausted teacher may struggle to prepare lessons. Someone who once loved teaching may begin counting the hours until the school day ends.

This does not necessarily mean they are a bad teacher.

Sometimes, it simply means the person doing the caring also needs care.

Teacher wellbeing matters because children experience education through relationships.

A learner is more likely to ask for help when they feel safe with their teacher. A classroom where mistakes can be made without humiliation creates a very different learning experience from one governed by fear.

A teacher who feels supported is also better positioned to notice the learner who suddenly becomes withdrawn, the child whose performance unexpectedly declines or the student whose behaviour may be communicating something deeper.

Supporting teachers, therefore, is not separate from supporting learners.

Schools can start with practical changes.

Create environments where teachers can speak about workload and stress without being perceived as incompetent.

Make staff wellbeing part of regular school conversations rather than waiting until someone reaches breaking point. Strengthen peer support and ensure teachers know where professional help can be accessed when needed.

> “Create environments where teachers can speak about workload and stress without being perceived as incompetent.”

School leaders can also ask a simple question that has nothing to do with lesson plans, attendance or examination results:

“How are you coping?”

And then genuinely listen to the answer.

As Rotary marks Basic Education and Literacy Month, we rightly talk about getting children into school, strengthening literacy, improving teaching and ensuring learners have the resources they need to succeed.

But classrooms do not run on textbooks, lesson plans and examination timetables alone.

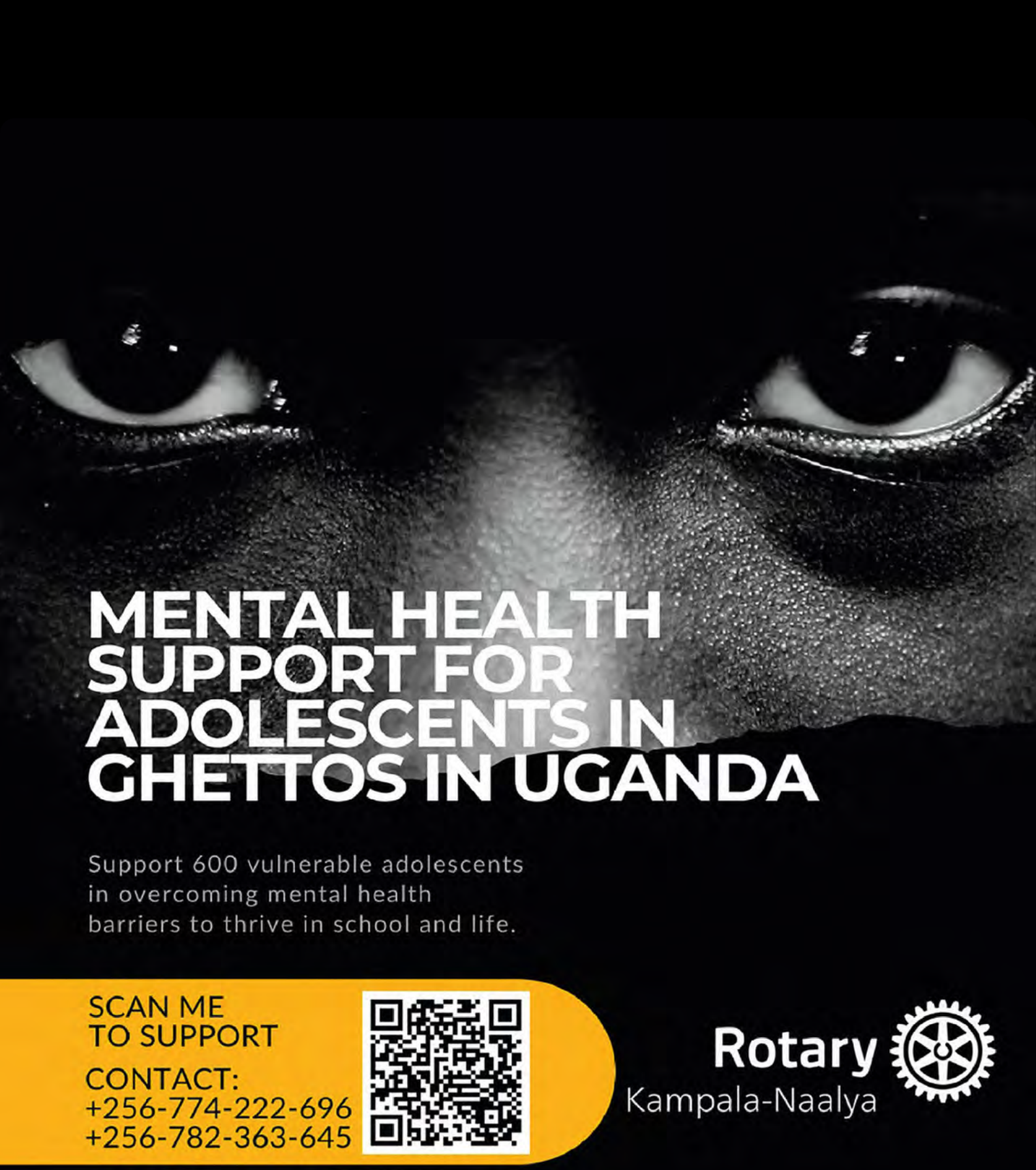
They run on people.

If we want teachers to notice the child who is struggling, encourage the learner who has lost confidence and create classrooms where children feel safe enough to learn, then we must also notice the teacher standing in front of them.

Because sometimes the person saying, “You can do this,” to a classroom full of children is quietly wondering whether they can keep doing it themselves.

As we invest in better education, let us remember:

Healthy classrooms need supported teachers too.


MENTAL HEALTH
SUPPORT FOR
ADOLESCENTS IN
GHETTOS IN UGANDA
Support 600 vulnerable adolescents
in overcoming mental health
barriers to thrive in school and life.
SCAN ME
TO SUPPORT
CONTACT:
+256-774-222-696
+256-782-363-645
Rotary
Kampala-Naalya

VP
VENTURES

Aluminium and Metal Fabrication







Najjera- Buwaate Rd, Kira

+256 75 811 1409 +256 740 863 399

vipventuresltd@gmail.com



ELDER'S EYE

Quality Basic Education Hinges on Availability of Qualified Teachers

BY **PP GODFREY OKELLO-OMODING**

This month we continue to reflect on various aspects that enable, facilitate and enhance the delivery of formal basic education and literacy. Among these aspects is the availability of qualified teachers in schools.

Teachers play an instrumental role in delivering education services. They carry out teaching, counselling, guiding, and modelling for children, and administer education services.

A teacher is like a potter. A potter gets a heap of clay, prepares it, and moulds it into different forms of admirable and precious items. Similarly, teachers mould children at the basic level. They get children when they are virtually raw and bake them into different valuable people.

At the basic level is where: foundations are prepared, shapes are set and formed, interests are raised and nurtured, and sharpening is started. After the basic level, other levels are for additions, integrations, and specialities, building and drilling.

To reflect on teachers at the basic level in Uganda, here are some key questions to guide:

What is the status of these teachers? How available are qualified teachers in schools? What is the teacher's presence and position in the delivery of quality basic education and literacy?

> "The average teacher-to-pupil ratio is about 48 to 53 pupils, higher than the government target of 40:1 and the global standard of 40:1."

Approximately, there are 135,000 to 142,000 primary school teachers working in public schools (government-aided), alongside tens of thousands of those employed in private primary schools.

Ugandan teachers today at the basic level, especially in many public schools, are educators conducting lessons in overcrowded classrooms with limited instructional material.

The average teacher-to-pupil ratio is about 48 to 53 pupils, higher than the government target of 40:1 and the global standard of 40:1. This has an impact on the foundational learning outcomes.

A teacher at a school in underserved areas, like remote rural areas, faces even larger class sizes. In this situation, this teacher, when it comes to professional development, faces a balancing act between pursuing it or not. Is he willing to leave his pupils without a teacher? With large workloads, it is a hurdle to pursue professional development.

In public primary schools, there is a notable shortage of qualified teachers. This shortage is also attributed to contributing to: the seventy percent (70%) of primary school children (P3-7) being



unable to do basic maths or attain basic reading skills; sixty-five per cent (65%) of children dropping out of primary school before graduation; and 55% of primary school children (P3-7) being incompetent in basic math skills.

With these statistics, Teach for Uganda, a non-governmental organisation (NGO), describes it as a learning crisis. This can be viewed as a classic case of reaping what you sow. You don't recruit qualified teachers; you reap these percentages.

These classroom outcome realities point out foundational learning challenges that need addressing.



Having qualified teachers is key in changing the outcomes of education service delivery. The alarming deficit of qualified teachers in rural and remote areas needs to be given priority.

Large class sizes force a teacher to rely heavily on lecture-type teaching, which is not very appropriate at the basic level. Most recommended for this level is interactive learning. With low or no application of interactive learning, the result is low literacy and numeracy proficiency among pupils. Obviously, pupils from the rural and remote areas are most affected. Yet, it is only through education that these children's hope to see "far" is possible. Their dreams to defeat their reality today will not be achieved because their chances of learning are not enabled and enhanced.

Efforts to provide quality education bring the availability of qualified teachers to the centre of discussions.

Studies have revealed that pedagogy and teacher-focused programming has the biggest impact. They conclude that qualified teachers are key to improving the quality of education and ultimately learning.

Rotarians, as we continue to intervene in basic education and literacy in schools, it is important to pause and ask a question: are there qualified teachers in these schools where our interventions are being carried out? This is a worthy inquiry.

It awakens and ensures that interventions being carried out can be put to better use by qualified teachers and yield lasting impact. If this inquiry is difficult to make, it may as well be like having the clay and tools but no potters. Such clay will turn out wasted in the end.

> "As people of good will, we need to work towards turning obstacles to learning into opportunities for all the children."

As people of good will, we need to work towards turning obstacles to learning into opportunities for all the children. Removing stumbling blocks in the way of learning. This should be our very essential mission.

Very often, we find it easy to support schools with classrooms, staff rooms, staff quarters, computers, equipment, desks and textbooks. We hardly mind or inquire about the presence of teachers, let alone whether they are qualified or not.

We assume the provision of teachers in school as given. Government or/and school governing body: that is their responsibility.

We delinked ourselves from it. It is high time we joined in the advocacy and lobbying for qualified teachers, particularly for schools in remote areas.

With more voices added with persistence, there are high chances of making situations better. Raise your voice, get counted. Let the clay not get wasted.





More Than 12,000 Register for 2027 RI Convention as Barcelona Registration Opens

BY **RTN ELIZABETH WAMALWA**

The rush to secure a place at the 2027 Rotary International Convention in Barcelona has already pushed registration past the 12,000 mark, just days after registration opened. The Convention is scheduled for June 26-30, 2027 at Fira de Barcelona Gran Via in Spain.

By Saturday, just two days after the start of registration, the numbers had reached 12,061, comprising 9,200 paid registrations and a further 2,861 registrations with fees due.

The strong early response comes as Rotary offers a limited five-day early-bird promotion running from 17-21 September 2026, with registration costs set to rise progressively as the convention draws closer.

For Rotarians aged 31 and above, the early-bird fee is USD 595. Those who wait until 22 September will pay USD 795, while the fee rises further to USD 895 for registrations between 1 April and 30 June 2027.

That means an adult who misses the early-bird window could pay USD 200 more by registering from 22 September, and USD 300 more if registration is delayed until April 2027.

The difference is also significant for younger participants. Those aged 30 or under pay USD 250 during the early-bird period, compared with USD 350 in the second registration window and USD 400 from April 2027.

> “The rapid registration comes despite periodic and isolated technical difficulties that have prevented some registrants from completing their purchases.”

For children aged 5-18, the early registration fee is USD 20, rising to USD 30 from September 22 and USD 40 from April. Children under five register free of charge throughout.

The rapid registration comes despite periodic and isolated technical difficulties that have prevented some registrants from completing their purchases.

Rotary International says the cases are being handled individually and that several registrants have already confirmed that their issues were resolved.

Registrants experiencing difficulties have been advised to contact RIRegistration@rotary.org.

Rotary says those who made a good-faith effort to register, alerted the organisation to their difficulties and were unable to complete payment within the promotional period may still be granted the applicable promotion rate.

Two major convention events, the Presidents’ Luncheon and the Two Priorities, One Rotary Luncheon, have already sold out, adding to the urgency around securing places and planning early.

Beyond the convention itself, Barcelona offers delegates and their families an opportunity to explore Spain and neighbouring destinations.

Attractions include Park Güell, the La Barceloneta beachfront and other family-friendly sites, while high-speed rail links connect Barcelona with Madrid and other Spanish cities, as well as destinations in France including Paris, Lyon and Marseille.





REGISTRATION RATES

CATEGORY	17-21 SEP 2026	22 SEP 2026 - 31 MAR 2027	1 APR-30 JUNE 2027
AGE 31+	US$595	US$795	US$895
AGE 30 OR UNDER	US$250	US$350	US$400
AGE 5-18	US$20	US$30	US$40
UNDER AGE 5	FREE	FREE	FREE
SATURDAY, HOUSE OF FRIENDSHIP ONLY	US$60	US$60	US$100

MD Farouk Busuulwa
D9214 Chair 2027 RI Convention

PP Pauline Wantate
D9213 Chair 2027 RI Convention



OUT TO LUNCH

Medical Apprenticeship Programs Critical in Improving Diagnosis and Treatment

BY **RTN DENIS JJUUKO**

You probably know somebody who, after trying many healthcare facilities, was told there was nothing wrong with them, and they should go back home.

The symptoms persisted, though and the more facilities they visited, the more they were told the same. Sometimes they were given painkillers to psychologically manage them.

Desperate, they visited a traditional healer whose Thursday clinic deep in the village is thronged by many people who share similar experiences.

The healer is basking in glory. He saved so and so; his marketing team, disguising themselves as waiting clients, assures them.

After a few months of some relief, the pain comes back and this time more excruciating.

But since they tried everything and failed, they give up and wait to die. And indeed, they die. At their funeral, we claim that it was God's plan!



Well, if you don't know anyone who has gone through that, at least you heard of King Oyo's story.

The now-deceased Tooro Kingdom leader visited some high-end hospitals in Kampala after feeling persistent back pain.

X-rays and MRI scans; they told him they saw nothing.

Being a person of means, he flew to a hospital in Nairobi, where he was diagnosed with a rare and very aggressive cancer. A year later, he was dead.

> "What did the people in Nairobi see that the Kampala ones couldn't? Well, Nairobi has a PET Scan or a few.."

What did the people in Nairobi see that the Kampala ones couldn't? Well, Nairobi has a PET Scan or a few. Kampala and the whole of Uganda don't. A PET Scan costs about US$3m, or approximately 17 Land Cruisers.

If there was a meeting of government officials, you would run out of space to park them. That is how many we have in Uganda, but a PET Scan is not something we have been able to buy and install yet.



Photo Credit: Mengo Hospital

But it isn't just the lack of technology that is a problem. You can have a PET Scan and still fail to diagnose a patient properly.

Patients aren't sent for a PET Scan on their first visit to a clinic, as it is rarely used as a diagnostic test, but rather one that determines the extent of the disease. Other tests have to be done. And still, a diagnosis can be missed depending on who has done the scan or X-ray and the reading of the results.

If, for example, a child has a bone tumour, a paediatric radiologist would probably pick up the first signs that an adult radiologist may easily miss.

Even then, the doctors who ordered the tests and other specialists can sit as a group and discuss what they are seeing. They may even disagree. After that, they could order a biopsy and eventually a PET Scan if it is needed.

You see, that means that you need to have a team of specialists with not only adequate training but also experience that has exposed them to a diverse spectrum of patient diseases and how to diagnose them.

If you only train in Uganda and practice in Uganda for a year or two, it is most likely you won't be able to diagnose many diseases, even with advanced technologies at your disposal. Doctors in Europe struggle to diagnose and even treat malaria, which is many times chicken feed to Ugandan doctors.

When did your doctor last consult anyone before prescribing drugs? Most likely he or she listened to you, sent you to the lab, looked at the results and sent you to the pharmacy or told you to go back home. Isn't that likely to lead to a wrong diagnosis? I am not saying that a team needs to look at each and every case, but you get the drift.

To have good doctors in Uganda, there is a need for a robust apprenticeship program so that the graduate doctors can learn from as many experts as possible.

When we spend years discussing intern doctors' wages, it means we are delaying their learning. They aren't getting the right exposure from the seniors. And if they aren't properly apprenticed, they will not become good doctors. There is no two ways about it.

We also need to have a critical number of health workers sent elsewhere for exposure. They should learn how medicine is practised elsewhere while getting exposed to different diseases and treatment methods.

> "Unlike a special hire (cab), the driver would be able to find a customer after dropping off somebody."

The government should be talking, for example, to American hospitals for medical residency. We could send some to Aga Khan in Nairobi as well.

Those who are sent by the government should be contracted and incentivised to come back to work here. The right technology and generally good working conditions should be in place.

Upon return, they should train others through apprenticeships. They should spend a certain number of hours a week for a few years in public hospitals, with the list of young doctors they have mentored as part of their deliverables. Ensure that those trained doctors remain in hospital wards too.

This is actually cheaper than sending politically connected patients abroad for treatment because Uganda can only send so many.

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



AFRICA RISING
Grow to serve

Rotary Zone 22

7th ALL AFRICA ZONE INSTITUTE UGANDA 2026

VENUE:
SPEKE RESORT
Munyonyo Kampala

26th - 28th November 2026

GRAB THIS INCREDIBLE EARLY BIRD RATE

LAST DATE 30th September 2026

Rotarians - Us$380
Rotaractors - Us$220

Secure your seat NOW:
Register On: africazoneinstitute.org

Follow Us



PK'S CORNER

Live in the present

BY **RTN PAMELA KAWADDWA**

Live in the moment,
Just take it all in.
Pay attention to everything,
Right there and right then.

Don't let your mind wander
To what's coming next.
Cherish this moment
And give it your best.

Don't let tomorrow
Make you rush
through today,
Or too many great
moments
Will just go to waste.

And the person you're with,
In that moment you share,
Give them all of your focus;
Be totally there.

Laugh till it hurts,
Let the tears drop.
Fill up each moment
With all that you've got.



Don't miss the details;
The lesson is there.
Don't get complacent;
Stay sharp and aware.

It can take but a moment
To change your life's path.
And once it ticks by,
There is no going back.

In just 60 seconds,
You may make a
new friend.
Find your true love,
Or see a life start or end.

You become who you are
In those moments, you live.
And the growth's
not in taking
But in how much you give.

Life is just moments,
So precious and few.
Whether valued or squandered,
It's all up to you!

Till again,

KIKOMANDO BUDDY GROUP IN CHARGE

OUR MEMBERS



Rtn Sylvia J. Owachi



Rtn John Mugisa



Rtn Godfrey Okello-Omoding



Rtn Barbra Ninsiima



Rtn Elizabeth Wamalwa



Rtn Peter Nyanzi



Rtn Theopista Fokukora



Rtn Nelson Bugembe



Rtn Louis B. Ogwal



Rtn Charles Ofwono



Rtn Juliet Kisekka



Rtn Brian Mayanja



Rtn Efrance Nakito

WOULD YOU LIKE TO

JOIN OUR CLUB?

TAP THE BUTTON BELOW

FILL THE FORM AND OUR
MEMBERSHIP DIRECTOR WILL REACH OUT

Tap to submit your details

OUR CLUB MEETS EVERY TUESDAY AT 7-8PM

www.rotarykampalanaalya.org

ROCKET

AFRICA'S CORPORATE GIFTS CO.











ALL YOUR BESPOKE MERCHANDISE NEEDS IN ONE PLACE

Affordable Prices and So Much More!

uganda@rocketafrica.com
www.rocketafrica.com
TANZANIA | UGANDA | KENYA | RWANDA | SYCHELLES

+256 783 202014 / +256 700 869474