Naalya Food Bulletin

31st March, 2026

Rotary Kampala - Naalya

UNITE FOR GOOD

Issue 36 | RY 2025-26

Naalya Gets New Members



Tracy Kunihira



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RC KAMPALA - NAALYA

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Chef's Note

Dear Rotarians and Guests,

What a way to close out March. New members inducted, welcomed, and folded into our Rotary family - each one a fresh voice, a new heartbeat in the club. You are not just joining an organisation. You are joining a movement. Welcome.

And what a month it has been. WASH month demanded much of us - time, treasure, talent - and our members, partners, and fellow Rotarians delivered. Take a moment to feel that. Then turn the page.

This month's theme is Environment, and it arrives not as a scheduling convenience but as a genuine summons.

Uganda's environmental distress is not abstract. It is the wetland that no longer filters the water your neighbour drinks. It is the hillside stripped of trees, now bleeding soil into silted rivers. It is the smallholder farmer staring at skies that no longer follow the calendar her grandmother taught her. Climate change is not a policy debate in some distant capital - it is Tuesday morning for millions of our neighbours.

Environmental stewardship is infrastructure. As concrete as a borehole. As urgent as a hospital ward. When we plant trees, restore wetlands, or run a plastic-free campaign, we are laying the invisible foundation beneath every development goal we care about - clean water, food security, healthy communities, economic dignity.

April calls for tree-planting drives, wetland advocacy, e-waste collection, school environmental clubs, community clean-ups. The options are as varied as our communities. What matters is this: our actions must outlast the month. The trees we plant in April must still be standing in 20 years and beyond.

Please let's not treat this as a calendar obligation. Treat it as a responsibility.

On another front, remarkable news. Dfcu Bank has announced a grant of UGX 10 million to support our upcoming mental health camp for adolescents in urban informal settlements.

This is absolutely significant and deeply needed. To our friends at Dfcu Bank, kudos!

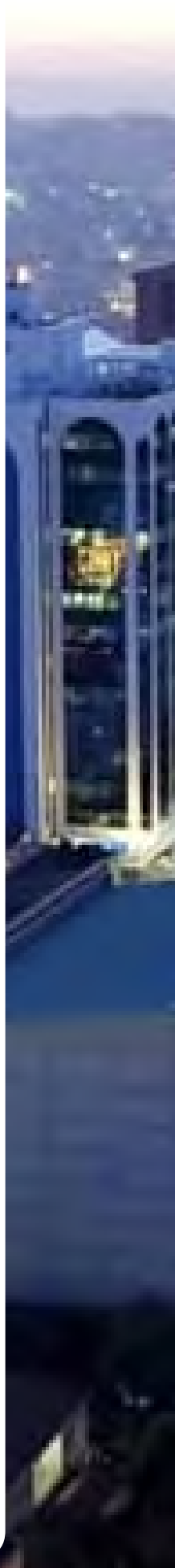
The young people we are reaching carry invisible weight: poverty, disrupted schooling, fractured families, trauma, anxiety, depression, the grinding hopelessness of economic exclusion.

These are not conditions that quietly resolve themselves. Left unaddressed, they become the architecture of a lost generation.

This work produces no ribbon-cutting photographs. It is quiet, unglamorous, and absolutely necessary.

We are not yet fully funded. If you or a corporate contact can pledge support or broker a connection, please reach out to the project committee this week, as the April 25 is around the corner.

Rtn. Peter Nyanzi
Bulletin Officer





Water: The Foundation of Peace and Opportunity

RI PRESIDENT'S MESSAGE
By Rtn. Francesco Arezzo



MARCH 2026

Cari amici,

In the Rotary calendar, March is designated as Water, Sanitation, and Hygiene (WASH) Month. While we often talk about strategy and membership, this month reminds us of the most basic human requirements that allow a community to thrive.

Clean water is more than a resource; it is the spark for transformation. When a village gains access to safe water, we aren't just installing a pump or drilling a borehole—we are reclaiming time for women and girls, reducing the burden of disease, and providing the dignity that every human being deserves.

> "It starts with how we treat one another and the commitment we keep to the world's most vulnerable."

As an orthodontist, I spent decades understanding that you cannot treat a patient without first earning their trust and understanding their environment.

The same is true for our WASH projects. Rotary does not just "build and walk away." We integrate hygiene education and local maintenance into every project.

When a child learns to wash their hands and stays in school because they are healthy, that is where our impact becomes permanent.

Unite for Good is our guiding principle this year. This month, I ask you to see how water unites us.

Our work with partners like USAID and the WASH Rotary Action Group (WASH-RAG) shows that no nation can solve the water crisis alone.

It requires a "peace machine"—which is exactly what Rotary is. Every clean water system is a step toward global peace because it removes a source of conflict and replaces it with opportunity.

I also want to reflect on my recent visit to Nigeria and Uganda. Seeing the dedication of Rotarians on the ground - managing global grants for boreholes and school latrines - reminded me that transformation starts with character.

It starts with how we treat one another and the commitment we keep to the world's most vulnerable. Let us use this month to dream big.

Take those projects you thought were too bold and bring them into the light. Whether it is a small club project or a large-scale Global Grant, let us ensure that the flow of clean water reaches everyone.

Together, we Unite for Good - for our clubs, our communities, and our world.

WITH GRATITUDE AND AFFECTION,

Bringing Clean Water to Communities

DG'S MESSAGE

By Geoffrey Martin Kitakule



MARCH 2026

Rotarians are transforming lives by ensuring that people especially children and women have safe water to drink, clean sanitation facilities, and the knowledge to practice good hygiene.

These improvements lead to:

- Better health and fewer waterborne illnesses
- Higher school attendance and improved learning outcomes
- Reduced burden on women and girls who previously walked long distances to collect water
- Empowered communities with the skills to manage and maintain WASH services

Rotary clubs such as the Rotary Club of Yumbe have drilled boreholes that have transformed communities. Other clubs have installed piped water systems in underserved towns and villages, providing reliable access to safe, clean water for the first time.



> "Access to clean water and safe sanitation directly affects children's health, school attendance, and dignity—especially for girls."

For example, a project by the Rotary Club of Kampala North delivered a solar-powered piped water system in Busunju. This initiative has transformed daily life by reducing waterborne illnesses and the time people spend collecting water.

Access to clean water and safe sanitation directly affects children's health, school attendance, and dignity—especially for girls.

Rotary initiatives have also:

- Built water catchment and storage systems in rural areas such as Agago District, enabling communities like Akwang Village to collect and use rainwater.
- Constructed latrines and handwashing facilities in multiple schools, including two schools supported this year by the Rotary Club of Wakiso.
- Provided WASH facilities for girls through the Rotary Club



of Nansana Metro.

- Delivered hygiene education and menstrual hygiene support to pupils through the Rotary Club of Kisasi–Kyanja.

In partnership with EACOP, under the Greening Schools Initiative, Rotary is also improving WASH facilities in more than nine schools.

These projects help reduce disease, keep children healthy, and encourage regular school attendance.

Providing infrastructure is only one part of the solution. Rotarians also focus on education and behavior change. Training sessions—such as those conducted at Kabule Health Center III—equip community health teams, educators, and local leaders with essential hygiene practices and sanitation maintenance skills.

Many WASH initiatives are delivered through Global Grants, which bring together Rotary clubs in Uganda and international partners.

One example is the "Bugiri WASH for Schools – Phase II" project, implemented jointly by the Rotary Clubs of Ntinda and Bugiri, together with international partner clubs.

This project has significantly improved water and sanitation facilities in multiple schools in Bugiri District.

WASH work is also closely connected to disease prevention. By combining safe water access with latrine construction, handwashing stations, and community health tools, these initiatives drastically reduce incidences of diseases such as diarrhea and malaria.

> "This is the power of Uniting for Good, and a clear demonstration that Rotary Cares."

Beyond direct service, Rotary is expanding its partnership capacity with organizations such as Davis & Shirtliff to support long-term WASH solutions.

These partnerships provide discounted equipment and technical support, making vital projects more achievable.

This is the power of Uniting for Good, and a clear demonstration that Rotary Cares.

#ROTARYEYAMBA

President's Message

RTN CHARLES OWEKMENO
Unite For Good President
2025-2026



Dear family of Rotary, Rotaractors, and Guests,

Happy new week to you all.

First of all, I wish to extend my sincere appreciation to our Membership Director, Rtn. Barbra Ninsiima, for leading the process of preparing the new members who will be inducted as Rotarians on Tuesday, 31st March 2026. Indeed, this marks another important milestone in strengthening our Club.

I also congratulate and thank the Service Projects team, led by Rtn. Brian Mayanja, for their successful bid that secured sponsorship worth UGX 10 million from Dfcu Bank for our upcoming outreach scheduled for 25th April 2026.

> "As we prepare for this outreach, we continue to mobilize funding for this important service project."

This achievement reflects the dedication and teamwork that continue to drive our Club forward.

As we prepare for this outreach, we continue to mobilize funding for this important service project.

I call upon all members and friends of the Club to contribute generously by donating to The Rotary Foundation tagged to our mental health project, so that together we can make a lasting impact.

Finally, I warmly invite you all to attend our Rotary fellowship on Tuesday 31st March 2026, starting at 7:00pm at Ndere Center in big numbers as we welcome our new members into the Club. Let us celebrate this moment with joy and unity.

To all who commemorated birthdays and anniversaries during March 2026, I extend heartfelt congratulations and best wishes for fruitful years ahead.

For those who are unwell, we wish you a quick recovery and strength.

Wishing you a wonderful Rotary week.!

YOURS IN SERVICE ABOVE SELF,



TEAM TALK

What Will Rotary's WASH Footprint Be In Future?

BY **AG FRANCIS LUBUULWA**

As we come to the close of March, Rotary's Water, Sanitation and Hygiene Month, we find ourselves not only looking back at the conversations we have shared over the past weeks, but also looking ahead at the responsibility that remains before us.

Throughout this month, we have reflected on hygiene, behaviour change, sustainability, leadership, and the deeper role that WASH plays in community development.

Each discussion has reminded us that water and sanitation are not simply technical projects. They are human projects. They shape health, dignity, education, and opportunity.

They influence how communities grow, how families live, and how young people see their future. And as we conclude the month, one final question naturally presents itself; perhaps the most important one of all:

What will Rotary's water footprint look like five years from now?

Will the boreholes we drilled still be working? Will the sanitation facilities we built still be in use? Will the communities we served remember Rotary as reliable partners? Or will some of our projects quietly fade, leaving behind good intentions but limited lasting impact?

These are not uncomfortable questions. They are the questions that define leadership. Because the true measure of service is not what we start. Rather, it is what continues long after we leave. As Rotarians, we are called not only to act, but to build things that endure.

> "Access to clean water is one of the most powerful forms of service Rotary can offer because it touches almost every part of community life."

Access to clean water is one of the most powerful forms of service Rotary can offer because it touches almost every part of community life.

When water is reliable, children stay in school, health centres function better, families spend less on preventable illness, and women and girls gain time for education and economic activity.

Farmers can plan, small businesses can grow, and communities begin to feel a sense of stability that makes development possible.

In many ways, water is not just about health. It is about peace. Scarcity creates tension, but reliability creates cooperation.



When communities manage water together, they learn to solve problems together. That is why WASH is not simply a humanitarian activity. It is leadership in action.

Across Uganda, Rotary clubs have done commendable work in this area over the years. Wells have been drilled, tanks installed, sanitation facilities built, and schools supported. These are achievements we should be proud of.

Yet as we look ahead, the question before us is no longer how many projects we can complete, but how many of them will still be working years from now.

Sustainability must move from being something we mention in project reports to something we think about from the very beginning. A good WASH project is not only one that is launched successfully, but one that a community can maintain long after the Rotary team has moved on.

This means involving local leaders early, ensuring there is a clear plan for maintenance, and making sure the community truly owns what has been built. When ownership is weak, even the best project can fail. When ownership is strong, even a simple intervention can last for many years.

Another lesson that continues to emerge is that some challenges are simply too big for one club alone. Reliable water systems, sanitation infrastructure, and hygiene programs often require long-term commitment, technical expertise, and resources that go beyond what a single club can provide. This is where collaboration becomes important.

When clubs work together, when Global Grants are used effectively, when partnerships are formed with local authorities, corporate partners, and community organizations, the impact becomes deeper and more sustainable.

We also need to remember that water projects do not stand alone. Clean water supports education, improves health, strengthens livelihoods, and creates the conditions for economic growth. A school with safe sanitation keeps more children in class. A health centre with proper hygiene serves patients better.

A community with reliable water has more time and energy for productive work. When we see WASH in this broader way, we begin to design projects that connect with other areas of service instead of working in isolation.

As we close this month, perhaps each club can reflect on one simple but powerful question:

What will still be working five years from now because Rotary was here?

That question changes how we plan. It changes how we partner. It changes how we lead. It reminds us that service is not only about starting something meaningful, but about leaving something that continues to serve long after we are gone.

As we move into the next months of the Rotary year, may we carry this mindset with us. Let us design with the future in mind. Let us work together more. Let us build projects that communities can sustain.

Let us aim not only for activity, but for lasting impact. Because when Rotary touches water, it touches life itself. And may the water footprint of Rotary across our communities not only be wide, but one that endures..

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




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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
#Unite4good9213 #OneActAtATime
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#CoverStory



Welcome to the Family: RC Naalya Gets New Members

EVERY ROTARIAN CARRIES A STORY — OF PURPOSE, OF SERVICE, OF A LIFE LIVED WITH INTENTION. AS THE ROTARY CLUB OF KAMPALA NAALYA OPENS ITS DOORS TO FOUR REMARKABLE INDIVIDUALS, WE CELEBRATE NOT MERELY THEIR ARRIVAL, BUT THE RICHNESS THEY BRING TO OUR FELLOWSHIP. THESE ARE THEIR STORIES.

1. GILBERT NUWAGABA

Artist. Creator. Visionary.

There is a particular kind of person who simply cannot be contained by convention — who looks at a blank canvas and sees not emptiness, but infinite possibility. Gilbert Nuwagaba is that person.

Co-founder of Omushomesa Creatives Ltd and a man whose hands have shaped portraits, graphics, and engraved works that outlast the moments that inspired them, Gilbert is as much a philosopher of creativity as he is its practitioner.

His academic journey began at St. Henry's College Kitovu, continued through St. Kaggwa Bushenyi High School, and culminated in a Bachelor of Science in Education from Mbarara University of Science and Technology.

Armed with a teacher's mind and an artist's soul, he stepped into the classroom



Rtn Gilbert Niwagaba

at Kitabi Seminary — and was rather good at it. Physics and mathematics bent to his will. But something deeper was calling.

"The creative part of me won," he says simply. And win it did. From his early days as a Graphics Designer with the Futsal Association Uganda and later as Chief Graphics Designer at Sagrada Sports Agency, Gilbert's career has been a steady, deliberate march toward artistic mastery.

Today, through Omushomesa Creatives Ltd, he offers portrait painting, computer graphics, and engraving services — each piece, as he insists, a unique masterpiece in its own right.

> "Every piece I create is unique. That's what keeps me fulfilled. ."

"Every piece I create is unique. That's what keeps me fulfilled. The fulfillment that comes with building and creating is greater than anything money can buy."

These are not the words of a hobbyist. They are the credo of a man who has chosen his life's work with eyes wide open.

Gilbert is no stranger to Rotary's spirit of service. A Charter Member of the Rotaract Club of Kampala Naalya, he served as PR Director and sat on the District 9213 PR team.

He arrives at Rotary not as a stranger to fellowship, but as someone ready to deepen it.

Off duty, Gilbert is a footballer with genuine conviction about his game, a storyteller who loves a clean joke, and a reader whose quiet introspection gives his creativity its depth.

He is, by his own admission, something of an introvert — but one who, once he opens up, fills the room.

Welcome, Gilbert. The Club's canvas is richer for having you on it.

2. NORMAN RUGUMYA

Economist. Strategist. Nation Builder.

If the story of Uganda's development were to be written in numbers, Norman Rugumya would be one of its most important editors.

As Assistant Commissioner for Monitoring and Evaluation at the Office of the Prime Minister, he sits at the very nerve centre of how this nation measures its own progress — tracking outcomes, scrutinising outputs, and holding public spending to account against the bold targets of the National Development Plan.

Norman brings to this role nearly two decades of experience in government — 19 years of strategic planning, governance, and the painstaking science of knowing whether what is promised is actually being delivered.

> "When you find a person you know, blending in becomes very easy," he reflects.."



Norman Rugumya

He has served as Principal Planner in the Ministry of Lands, Housing and Urban Development, and as a Planner and Senior Planner in both Isingiro and Mitooma District Local Governments.

His academic credentials are equally formidable: a Master of Arts in Economic Policy Management from Makerere University, a Post Graduate Diploma in Project Planning and Management from the Uganda Management Institute, and a Bachelor of Arts in Economics, complemented by an array of specialised certificates in M&E, planning, budgeting and reporting.

Yet for all his institutional gravity, Norman is a man who keeps his feet in the soil — sometimes literally.

He tends a banana plantation, keeps a few cows for milk, and runs a community-focused money-lending enterprise that offers financial services at a modest five percent per month.

There is something quietly admirable about a man who spends his days shaping national policy and his weekends tending the land.

His road to Kampala Naalya was, characteristically, a well-researched one. A regular visitor at the Rotary Club of Namugongo, Norman had long been drawn to the Rotary way.

A move to Kkungu, a Tuesday meeting schedule, and the welcome discovery of a familiar face — Dr. John Mugisa — made Naalya the natural choice.

"When you find a person you know, blending in becomes very easy," he reflects. With Norman's warmth and analytical precision, we suspect the blending will be effortless.

Welcome, Norman. Your experience is a gift, and your commitment to service is already evident.



Tracy Kunihira

3. TRACY KUNIHIRA

Administrator. Mother. Worshipper. Warrior.

Some people arrive in a room and change its temperature entirely — not through noise or spectacle, but through a warmth that is simply, unmistakably, theirs. Tracy Kunihira is one of those people. Wearing multiple hats as Administrator, Accountant and Public Relations officer at JBL Studios, she brings order to creative spaces and keeps the pulse of an organisation steady with equal parts - professionalism and heart.

Tracy holds a degree in Social Work and Social Administration from Uganda Christian University — a fitting foundation for a woman who understands, perhaps instinctively, that people are always at the centre of any worthwhile endeavour.

Her professional life is built on that very principle: managing, communicating, organising, and representing, all with the quiet efficiency of someone who has learned to do much with much.

Her personal story is one of resilience and grace. Raised as the second-to-last born of five siblings by a single mother, Tracy learned early what it means to show up fully for those who depend on you.

Today, she channels that same spirit into raising two daughters whom she loves, by her own words, "so much" — a love that is plainly the driving force behind everything she does.

When the week's work is done, Tracy finds her joy in music — in listening, and especially in singing worship to the Lord. She watches films with genuine enthusiasm, and when she steps onto a basketball court, she plays with the same focus she brings to everything else.

> "She is a woman of faith, of function, and of feeling — and Rotary is better for welcoming her."

She is a woman of faith, of function, and of feeling — and Rotary is better for welcoming her.

Welcome, Tracy. Your warmth and dedication are exactly what make this fellowship shine.

4. PASCAL OLINGA

Humanitarian. Water Champion. Corporate Member — Wells of Life.

There are few resources as fundamental — and as unequally distributed — as clean water. Pascal Olinga has built his professional life around opening taps of water. As Deputy Country Director of Wells of Life, a faith-based non-profit organisation dedicated to providing rural Ugandans with access to safe, clean water, Pascal sits at the intersection of humanitarian drive and operational rigour.

Wells of Life's work is as elegant as it is essential: installing sustainable borehole water wells and delivering WASH — water, sanitation and hygiene — educational programmes that empower communities not just to receive clean water, but to protect and sustain it.

Under Pascal's leadership, the organisation has continued to deepen its reach into Uganda's rural heartlands, transforming the daily realities of families for whom a safe water source is not a convenience, but a matter of survival.

The scope of Wells of Life's partnerships speaks to the quality of the team Pascal represents: The Ministry of Health, Ministry of Water and Environment, the Uganda Water and Sanitation Network (UWASNET) and the Buganda Cultural and Development Foundation (BUCADEF) – partnerships that have anchored Wells of Life's community-led sanitation programmes within Uganda's sustainable development framework.



Pascal Olinga

> "For Pascal, joining the Rotary Club of Kampala Naalya as a Corporate Member is a natural alignment of values.."

For Pascal, joining the Rotary Club of Kampala Naalya as a Corporate Member is a natural alignment of values.

Rotary's enduring commitment to water and sanitation — one of its core Areas of Focus — mirrors precisely the mission he serves every day.

His presence in our Club is not simply an addition; it is a deepening of purpose.

Welcome, Pascal. Every well you help drill is a testament to what service above self truly means.

To Gilbert, Norman, Tracy, and Pascal — the Rotary Club of Kampala Naalya extends its warmest welcome. You arrive not as newcomers, but as the newest chapter in a story of fellowship, integrity, and service that stretches across generations. We are honoured to have you.


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Thank you All for your Commitment
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Dfcu Bank's UGX10 Million Act of Love

BY **EDITORIAL DESK**

DFCU BANK'S DONATION TO THE MSAG MENTAL HEALTH CAMP IS MORE THAN A CHEQUE — IT IS A STATEMENT THAT UGANDA'S YOUNG PEOPLE MATTER FOR THE FUTURE.

In an unexpected message on the Club's Group on Saturday, President Charles Owekmeno said: "I am delighted to share that DFCU Bank has awarded our Club UGX 10 million for the upcoming medical camp scheduled on 25th April 2026 at Banda in Acholi Quarters."

> "Total project funding stands at approximately $59,323, drawn from Club Cash."

There was an eruption of excitement. And for a reason. In Acholi Quarters, a densely packed settlement in Kampala's Banda area in Nakawa Division, thousands of adolescents navigate daily life burdened by trauma, anxiety, and depression, with almost nowhere to turn.

The Rotary Club of Kampala Naalya decided to do something about it. The result is the Mental Health Support for Adolescents in Ghetto Communities (MSAG) Project — a two-year Global Grant initiative targeting young people aged 12 to 17, designed to bring counselling, screening, and psychosocial support directly into the communities where they live.

The project's inaugural outreach camp served close to 1,000 people. The next is scheduled for April 25, 2026, but there is still a significant balance on the funding required..

Now, the private sector is stepping in. Dfcu Bank's donation of UGX 10 million towards the upcoming camp is a contribution that carries both practical and symbolic weight.

In a country where mental health is still heavily stigmatised — where many communities still attribute depression and anxiety to witchcraft or moral weakness — the deliberate framing of youth mental health as an investment is itself an act of leadership on Dfcu's part.



Owekmeno and his club are not simply organising a medical camp. They are staking a claim: that the mental wellbeing of Uganda's young people is inseparable from the country's future.

More Than a Medical Camp

The MSAG Project is built on three pillars: expanding direct access to mental health services within the community, training teachers and health workers to identify and manage mental health challenges, and establishing a formal referral pathway to Butabika National Referral Mental Hospital for cases that require clinical care.

It is backed by a strong coalition — Rotary Club of Carlsbad Hi-Noon in the United States as an international partner, Butabika Hospital as the technical anchor, and the Rotary Clubs of Bukoto and Kyadondo Rugby alongside Kampala Capital City Authority as collaborators.

Total project funding stands at approximately $59,323, drawn from Club Cash, District Designated Funds from Districts 9213 and 5340, and a match from The Rotary Foundation World Fund.

But beyond the numbers and the partners, what makes MSAG remarkable is its approach.



Launch of Dfcu's Rotary Club of Kampala Blue Hearts on August 30, 2025

Rather than waiting for troubled adolescents to find their way to a clinic, the project uses school-based mental health clubs, community drama, testimonies, and skits to change how people think and talk about mental illness.

It meets young people where they are — in their schools, in their neighbourhoods, in their language.

Why Dfcu's Support Matters

Dfcu Bank's UGX 10 million is not a charity donation. It is a signal. It tells other private sector actors that this cause is credible, that the work is real, and that partnership with Rotary delivers community impact that money alone cannot buy.

This is the kind of resource mobilisation that President Owekmeno's team has deliberately pursued, with Rotarian Brian Mayanja and the Service Projects Team crafting the proposals that continue to position the Club of Kampala Naalya at the forefront of purposeful service.

> "The April 25 camp is one day. The impact, if properly resourced, is generational."

Uganda has one of the youngest populations in the world. A country that neglects the mental health of its adolescents is not simply being unkind — it is being strategically reckless.

The young people of Acholi Quarters will grow up to be workers, parents, voters, and leaders.

Whether they do so with or without the tools to manage their minds is a choice Uganda is making right now, whether consciously or not.

To every Rotarian reading this ask your club what it is doing about mental health in the community. Ask which local businesses around you might be willing to step up the way Dfcu has.

And to the private sector: the Rotary Club of Kampala Naalya has done the hard work of building a credible and technically-sound project.

What we need now are partners willing to go the distance with us. The April 25 camp is one day. The impact, if properly resourced, is generational.

Dfcu Bank has shown what it looks like when the private sector leads with conscience.

For more information about the MSAG Project or to partner with the Rotary Club of Kampala Naalya, contact the Club President Charles Owekmeno on: +256770568863, or the Projects Director Brian Mayanja on: +256782363645.



Who Will Be District Governor in 2028-2029?

BY **EDITORIAL DESK**

Every great organisation depends not just on who leads today, but on the care it puts into choosing who will lead tomorrow. In Rotary, that care has been built into the very architecture of our governance for decades.

The process currently underway in District 9213 - the nomination of the District Governor Nominee Designate (DGND) for Rotary Year 2028/2029 - is one of the most consequential exercises your Club will participate in this season.

The deadline is 3rd April 2026 and there's is no extension.

Rotary's leadership succession model is deliberate by design. The person your Clubs nominate over the next few weeks will not walk into the Governor's office the next day.

They will first be confirmed as District Governor Nominee Designate, then advance to Governor Nominee, then Governor Elect - before finally serving as District Governor in RY 2028/2029.

This three-year preparation pipeline is not bureaucracy; it is wisdom. It gives our future leader time to learn, be mentored, and earn the confidence of the District before the weight of office falls on their shoulders.

When DG Kitakule, the current DG, leaves office on June 30, Rtn. Gerald Obai from the RC of Gulu will take over for the Rotary Year 2026/2027.



DG Geoffrey Kitakule

He will then be succeeded by Rtn. Fabian Kasi of Kiwatule for the 2027/208 Year, following his successful confirmation as DGND at DISCON 100.

The person we select now will be confirmed at DISCON 101 in Entebbe next month. District 9213 currently stands at 144 clubs and 5,180 members – having grown by 113 members since DG Kitakule took office in July 2025.



DGE Gerald Obal

> "...a Governor Nominee Designate must be a member in good standing of a functioning Club in the District."

The person selected through this process will therefore inherit a District in forward motion and must be ready to sustain it.

Who Can Be Nominated?

The qualifications are clear and non-negotiable, according to DG Kitakule. Under Article 12 of the RI Bylaws, a Governor Nominee Designate must be a member in good standing of a functioning Club in the District.

They must have served as Club President for a full term and must demonstrate not only the willingness but the capacity to fulfil the duties of Governor, and they must submit a formal statement to Rotary International confirming that they understand those



DGN Fabian Kasi

responsibilities and are prepared to carry them.

These are not arbitrary hurdles; they reflect Rotary's enduring principle: the best qualified candidate should be selected for service.

DG Kitakule says each Club may suggest only one of its own members, and that suggestion must come in the form of a resolution - adopted at a regular Club meeting and certified by the Club Secretary. The complete application package must include the completed Governor Nominee Designate form, the Club resolution, and the candidate's CV.

How the Selection Works

The DGND for District 9213 is selected by a Nominating Committee - not by popular vote, and not by electioneering or lobbying. The Committee is chaired by the current DG and includes the Immediate Past District Governor, the DGE, the DGN, and two past Governors who have not served on the same Committee in the two prior selections.

Beyond this core group of six, every 20 Clubs in the District are entitled to one delegate on the Committee. Given our current Club count, that means seven additional delegates will be needed to make the total of 13 members.

To serve as a delegate, a Rotarian must be a Past Club President whose club was in good standing at both RI and District level as at December 2025. They must have paid their RI and District dues, hold continuous membership of not less than five years, and must have attended at least two of the last three consecutive District Conferences.

Under Rotary's bylaws, no candidate, supporter, or Rotarian may attempt to influence the selection process - positively or negatively. No canvassing. No campaigning. The process must be, and must be seen to be, clean. This is not politics. DG Kitakule further notes that Clubs should be aware that discussions around redistricting District 9213 are still ongoing.

Until a formal 'No Objection' is received from Rotary International, the original timelines remain unchanged. A way forward on the leadership would be communicated should the proposal to split the District into two Districts be approved by Rotary International

Timelines:

By 3rd April 2026:
Submit your DGND nomination - including the completed GND form, a certified club resolution, and the candidate's CV - to the District.

By 5th April 2026 (close of business):
Submit your proposed Nominating Committee delegate to the Vice District Executive Secretary at pdhamuzungu@gmail.com



PDG Mike Ssebalu (L) congratulates DGND Fabian Kasi upon his nomination at DSCON 100 in Jinja last year.



#SolRise

Double Lives: Online Confidence, Offline Survival

BY **RTN JACKLINE MUTIIMBA**

Juma knows what works online.

The right caption. The right angle. The version of himself that gets attention. In that space, he is confident, expressive, and visible. Offline, the reality is different, school pressure, limited options, expectations he is still trying to understand.

The contrast is not accidental. It is functional.

For many young people today, especially those navigating constrained environments, digital spaces offer a level of control that real life does not. Online, identity can be curated. Offline, it is shaped by circumstance.

This creates a subtle but persistent tension.

Social media delivers:

- Immediate validation
- A sense of belonging
- Temporary escape

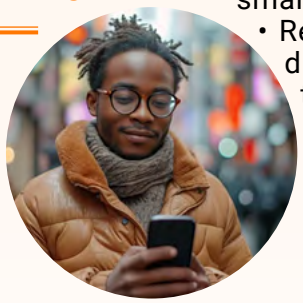
At the same time, it introduces:

- Continuous comparison
- Pressure to sustain an image
- Dependence on external feedback

Over time, this is not just about confidence, it becomes identity fragmentation.

A young person may begin to experience two versions of self: one that is seen and affirmed online and one that is navigating uncertainty offline.

The challenge is not the existence of these two spaces, but the growing distance between them.



When online validation becomes the primary source of self-worth, offline struggles begin to feel like personal failure instead of contextual reality.

> "The strategic shift is not disengagement from social media, but integration of identity."

The strategic shift is not disengagement from social media, but integration of identity.

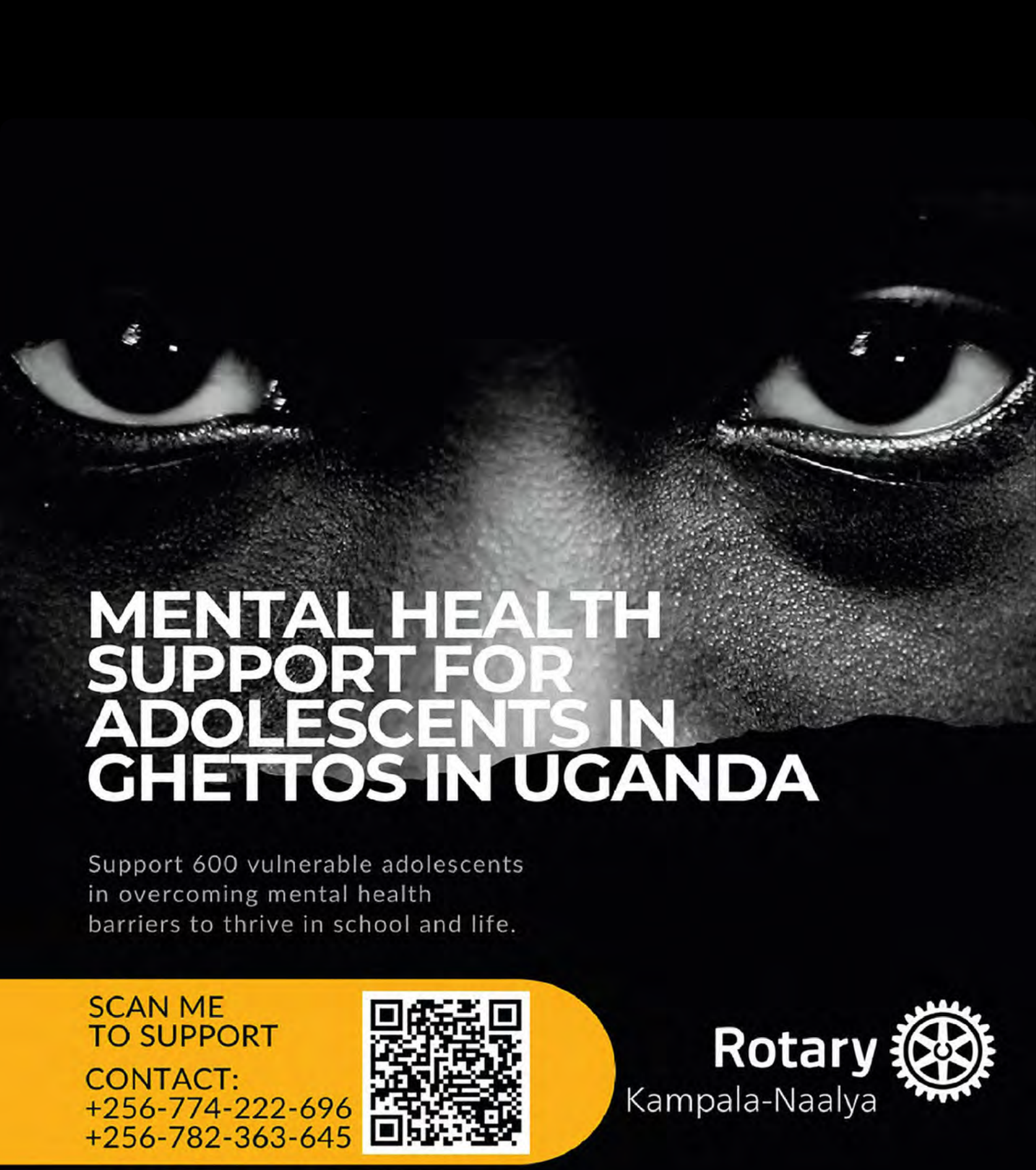
This involves:

- Recognizing that online expression is partial, not complete
- Building offline confidence through skills, relationships, and small achievements
- Reducing reliance on digital validation as the main measure of worth

Alignment, not perfection, is the objective.

Where do you feel most authentic -online or offline? What is the one step you can take to reduce the gap between the two?




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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



ELDER'S EYE

WASH: *A Problem That Needs Creative Solutions*

BY RTN GODFREY OKELLO-OMODING

On 22nd March 2026, the world celebrated International Water Day under the theme 'Water and Gender' with a campaign slogan, "Where Water Flows, Equality Grows." This is a collective campaign with a collective thinking.

It shares in rallying nations for the common cause for humanity. It highlights relationship between water access and gender equality, pointing out to what women and girls bear - the brunt of the global water crisis.

Today, there is no limit to finding solutions on access to safe water and other WASH components when we decide to come together to think and share. We are challenged by the words of Michael McMillan: "For every problem, there exists a solution... and at the very least...an opportunity. You can live each day in a world filled with 'problems,' or rise each morning and embrace a world filled with unseen solutions...eager for you to find them. The decision is yours...both worlds exist.

> "Through regional organisations, some of the solutions are possible to be generated and shared.."



The one you choose is the one you will create."

We must continue creating solutions and sharing them.

To begin with, there are several known solutions in WASH that are still inaccessible to some nations and communities, among them, funding and technical know-how.

Another key limit is behavioural – the 'soft' part of it.

We cannot afford to run away from the fact that the world is increasingly networked; bringing in and even increasing the choices of the available solutions - both 'hard' and 'soft.'

There are costly and less costly solutions - those in near reach and far reach and importantly, easily adaptable and tested. With a spirit of sharing, accessing solutions is within reach.

Even then, some of the solutions might be simple advice, knowledge and information, which can be accessed at a reasonable cost and in real time. Here, a question of willingness to share matters more.

Through regional organisations, some of the solutions are possible to be generated and shared.

It is worth knowing, for example, that African Union this year made its water access focus on women and girls.



Pointing out what access to WASH means to women and girls in four dimensions; gender-responsive water management, safety and hygiene, empowerment, and regionalizing the context. It is promising to have solutions directed to addressing, among others, these four dimensions.

Today, the generation and application of WASH solutions requires more collaborative approaches and partnerships locally, regionally and globally.

Recognizing that in this, there are many things at play when it comes to access to WASH.

These include; climate change, political undertones are there, capacity needs, creative and innovations, governance and policy issues, finance and investment, and integrations both in water resources management and transboundary.

Water resources and systems are as connected as people are. What affects one part of the world gets very easily manifested in another part. Collective management of water resources is extremely essential today.

Water resources need to be managed as a common good as well as building resilience mechanisms. Solutions to think about and share should address these.

> “...let the engagement of both men and boys be consolidated as allies for promoting equality in access to WASH services..”

In addition, solutions for water today ought to address the voices of the universe. Globally, we must be united in addressing a global water crisis regardless of our different needs and endowments.

Whatever the solutions are, they should be for sustaining water resources and management depending on various localities.

Rotarians; your interventions are part of the global solutions for increasing and improving access to/for various WASH components. There will be no time for you to fail to recognize that you are well placed to play advocacy, lobbying and catalytic roles. Do remember that what you do or you are doing improves someone’s standard of living.

Remember too that whatever solutions you finance, someone’s health bills are being reduced, girls’ school attendance is being improved, a woman’s life is being touched, someone’s economic participation is being addressed, communities are being made better, and inequalities are being tackled.

Continue to seek, finance and provide those solutions. Include both genders and, in particular, let the engagement of both men and boys be consolidated as allies for promoting equality in access to WASH services.

Challenge the norms and behaviours that hold back access to and use of WASH. Remember that there are people yearning for your support.

Continue to hold their WASH hopes alive past March.



FAMILY MATTERS

The Wisdom of Transition: Giving

BY **PR. RONNIE MUTEBI**

ECCLESIASTES 3:1 (KJV): "TO EVERYTHING THERE IS A SEASON, AND A TIME TO EVERY PURPOSE UNDER THE HEAVEN."

Life is designed as a path of experiences and elevations. When you outgrow any space, whether it is a job, a defined role, a business position, or a season of life, there are principles that define how you should transition.

Seasons change, but how you exit one space often determines how you will function in the next.

A core principle of transition is found in the way you give. This isn't merely about finances; it is also about the posture of your heart.

When you give of your wisdom, your time, and your grace during a transition, you are not just leaving a legacy, you are clearing the path for your own future.

True stewardship isn't found in your bank account balance; it's found in how you pour into others even as you prepare to walk away.

During my years in formal employment at Radio One, I sensed an elevation and knew that I would be transitioning to a new assignment.

Instead of an abrupt exit, I chose to sow a seed of intentionality by training my successor. I ensured continuity because the way you leave matters a lot.

This has given me the liberty of visiting my former workplace and I can see the smiles - genuine or not – at least I feel welcome there.

There is wisdom in honoring what you leave behind.

When you exit through the doors of resentment, negligence, or pride, you create a spiritual breach that can frustrate your progress in the next assignment.

Before God takes you higher, He observes how you release what is behind you.

> "Before God takes you higher, He observes how you release what is behind you."



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INDUCTING NEW MEMBERS

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Norman Rugumya
M&E Specialist



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Fun Facts

Pasta

If you have ever twirled a forkful of spaghetti and wondered, "how did this slippery genius end up on my plate?" - you're welcome. You are asking exactly the right question, and the answer is more entertaining than you might expect.

The word pasta is deceptively simple. It literally means 'paste' or 'dough.' Nothing glamorous there; it sounds like something you'd find in a nursery school art class.

And yet, this humble word carries over two thousand years of civilisational ambition, culinary ingenuity, and one spectacular myth worth debunking.

Our story begins in ancient Greece, where the word pastá referred to a seasoned barley porridge — essentially a salted mash that ancient Greeks ate before inventing anything more sophisticated.

It traces back to the verb passein, meaning "to sprinkle," specifically with salt. So yes, at the very dawn of pasta's linguistic history, a Greek grandmother was sprinkling salt into flour and water, and unwittingly setting the stage for Italian fine dining several centuries later. We salute her.



The Romans, never ones to ignore a good thing, borrowed the term into Latin, where pasta broadened to mean any kneaded dough — including, intriguingly, medicinal ointments and plaster. Somewhere between the kitchen and the pharmacy, civilisation carried on.

Then came medieval Italy, and things got serious. Durum wheat cultivation in Sicily flourished, Arab traders introduced the art of drying noodles for preservation - a technique documented by the 12th-century geographer Al-Idrisi - and the Italians, with their characteristic genius for transforming simple ingredients into life-defining cuisine, took over completely. Shapes multiplied: maccheroni, vermicelli, ravioli, and eventually the glorious cascade of forms that today fill seventeen supermarket shelves.

Now, the myth. You may have heard that Marco Polo returned from China in 1295 with noodles tucked under his arm, gifting Italy with pasta.

This is, to put it diplomatically, complete fiction. Italian pasta traditions were already documented before Polo's return, and the word pasta appears nowhere in his writings. China had noodles too — independently, magnificently - but Italy needed no inspiration from the East. They were already at it.

Interestingly, English speakers resisted the word 'pasta' for centuries, preferring specific names like macaroni or vermicelli.

It took the post-World War II wave of Italian immigration and the global seduction of Italian cuisine to finally convince the English-speaking world to adopt this single, elegant umbrella term.

And so, from a Greek barley mash to a global symbol of comfort food, pasta has made quite the journey. Next time you're at a Rotary dinner and a steaming bowl arrives at the table, raise your fork in salute. You're holding two thousand years of human civilisation in your hands.

Now, please, why don't you let me go righty away to replenish my supply of extremely handy makuloni?

Jokes of the week

1. Western nutritionist: "You should eat five small meals a day." African grandmother: "In this house, we eat when the food is ready. The food is ready once. Sit down."

2. A Ugandan man visits London for the first time and is served a tiny portion of food on a large white plate.



He stares at it for a long time. He calls the waiter: "Excuse me. Is this the garnish, or did I accidentally order the chef's apology?"

3. A child tells his mother: "Mum, I don't want ugali for dinner again." Mother looks up slowly. "Then don't eat. The ugali will still be here tomorrow. And the day after. And at your wedding."

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