Naalya Food Bulletin

30th June, 2026

Rotary Kampala - Naalya

UNITE FOR GOOD

Issue 49 | RY 2025-26



President Charles Owekmeno poses with some Past Presidents at his final fellowship meeting on June 23

RC KAMPALA - NAALYA

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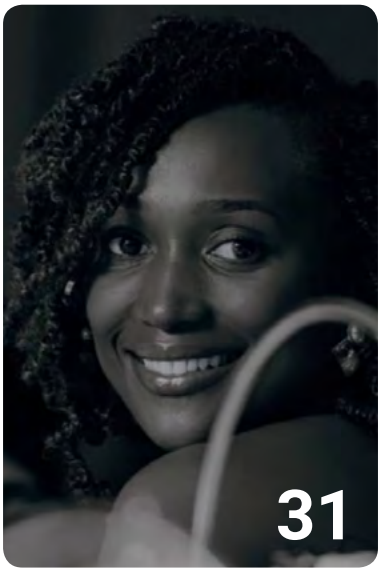
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Chef's Note

There is a particular kind of quiet that falls at the end of a good leadership tenure - not the quiet of absence, but of something settled. Of foundations laid, of promises kept, of a club that looks at itself in the mirror and recognises what it has become.

That quiet surrounds us now, as President Charles Owekmeno prepares to strike his final gavel on June 30 and pass the chain of office to President-Elect Christine Amucu.

It has been a year well spent.

Leadership of the kind President Owekmeno brought to our club is rarely the loudest voice in the room. It demands of itself before it demands of others. Across 12 months, he brought precisely that quality to every meeting chaired, every initiative championed, every member quietly encouraged to give a little more than they thought they could.

Under his stewardship, goals that once sat on paper as ambition now stand in the world as achievement. Our service programmes have enabled us to look into anxious eyes and seen smiles from people that they never hoped they would ever meet. Our fellowship is at another level - stronger and more deliberate. Owekmeno set a tone, held it, and trusted others to rise to it.

At the fellowship, members paid glowing tribute to the legacy he leaves behind that cannot be counted. The collective sense that this club is not merely an organisation to which we belong — it is a cause we believe in. That is the most durable legacy any leader can leave, and it will outlast any programme or project bearing his year's hallmark.

He celebrated his team with memorable gifts; he leaves us in excellent financial health; and at his final fellowship, the words of gratitude spoke volumes — he made his term count.

June 30 will also mark the installation of Rotarian Robert Jurua as President of the Rotary Club of Kyaddondo Rugby, and Rotaractor Kiiza Andrew Kisuzi of the Rotaract Club of Kampala Naalya.

It is going to be a celebration of leadership that reaches beyond our walls. With 300 guests expected — Rotarians, Rotaractors, and friends of Rotary — the evening promises to be everything this year has deserved. And true to the spirit of Naalya, the doors are open to all, free of charge.

Into this thriving club steps President-Elect Christine Amucu — inheriting solid foundations, a clear purpose, and a fellowship very much alive.

A final word of celebration is owed to those who have kept this Bulletin breathing week after week. To President Owekmeno, PP Lubuulwa, PP Okello-Omoding, Rtn Mutimba, PEN Kawadwa, PP Juuko, and Rtn Mayanja, not forgetting designer-in-chief Bruno Komurubuga — your contribution and support has sharpened every edition, and your generosity in sharing it widely ensures that our story reaches beyond the meeting room. You are the unsung thread in this publication, and this editor is proud to celebrate you. *Tukilole nera!*

The last gavel falls on June 30. But the echo of this year — in all that was built, all that was mended, all that was inspired — will ring long after the closing dance.

Yours in service,

Rtn. Peter Nyanzi
Bulletin Officer

Let's carry the momentum

RI PRESIDENT'S MESSAGE

Rtn Francesco Arezzo



JUNE 2026

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

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

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

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

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

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

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

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

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

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

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

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

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

Love Made Visible, Mission Accomplished



DG'S MESSAGE

By Geoffrey Martin Kitakule

JUNE 2026

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

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

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

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

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

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

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



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Indeed… #RotaryEyamba.



President's Message

RTN CHARLES OWEKMENO
Unite For Good President
2025-2026



Dear Rotarians, Rotaractors, and Friends,

As we close the Rotary year 2025–2026, I am filled with gratitude for the journey we have shared.

This year, our guiding spirit has been to 'Unite for Good' — to bring our diverse talents, passions, and partnerships together in service above self.

I extend heartfelt thanks to our Board of Directors and Presidential Advisors for their wisdom and steadfast support.

To the members of the RC Kampala Naalya, thank you for your dedication, fellowship, and unwavering commitment that made our club impactful. To our buddy group chef (lead), your energy and coordination have kept our fellowship vibrant and united.

> "As I bow out, I invite each of you to rally behind President Elect Christine Amucu, who will be installed on 30th June 2026."

We also celebrate the invaluable role of our partners; Rela Dental, Ndere Center, Wells of Life, and Reach A Hand Uganda.

Your collaboration has amplified our reach and reminded us that true progress comes when we unite across sectors for the common good.

Together, we have celebrated milestones, honored birthdays and anniversaries, and stood side by side in moments of challenge.

We have proven that fellowship is not just about gathering—it is about strengthening bonds that empower us to serve more effectively.

As I bow out, I invite each of you to rally behind President Elect Christine Amucu, who will be installed on 30th June 2026.

Let us continue to Unite for Good, supporting her leadership and ensuring that our club remains a beacon of hope, compassion, and resilience, as we make lasting impact on the communities we serve.

Thank you, Naalyakos, for making this Rotary year impactful and memorable.

May we carry forward the spirit of unity and service, knowing that when we stand together, we can transform lives and communities.

YOURS IN ROTARY SERVICE,



TEAM TALK

Rotary Legacy Question That Must Be Answered

BY **AG FRANCIS LUBUULWA**



Over the past few weeks, I have had the privilege of attending the installation and handover ceremonies of the clubs I have been honoured to serve as Assistant Governor this Rotary year: Rotary Club of Kiteezi, Rotary Club of Kirinya-Bukasa, and Rotary Club of Ssingo Mityana.

Like many installations, these occasions were filled with celebration, gratitude, and optimism. Outgoing presidents reflected on their journeys.

Incoming presidents shared their vision for the year ahead. Members applauded achievements, recognised service, and renewed their commitment to Rotary.

As I listened to the outgoing presidents speak about their experiences, one thought continued to return to my mind: At the end of every Rotary year, we all eventually arrive at the same place.

The fellowships have been held. The projects have been completed. The reports have been submitted.

The presidential mantle is handed over. And what remains is an opportunity to reflect.

Not simply on what was accomplished, but on what difference our service truly made.

Throughout this month, we have reflected on how clubs finish their Rotary year, how the leader hands over responsibilities, and why effective clubs must think beyond a single presidential term.

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

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

During installation ceremonies, much attention is understandably given to achievements. We celebrate projects completed, funds raised, members inducted, and milestones reached. These accomplishments matter. They represent real effort, sacrifice, and service.

Yet as I listened to leaders reflect on their year, I was reminded that Rotary's most meaningful impact is often found beyond what appears in annual reports.

It is found in the member who stayed in Rotary because someone took the time to encourage them. It is found in the young leader



L-R: DGE Gerald Obai, AG Hope Tumwesigye, DG Geoffrey M Kitakule, President Charles Owekmeno and IPDG Anne Nkutu, during the DG's official visit in August 2025.

who discovered confidence through Rotaract or Interact.

It is found in friendships built through shared service. It is found in the example of a Rotarian who consistently lives the values of integrity, fairness, and Service Above Self. These are the things that often endure long after a term of office has ended.

Think for a moment about the Rotarians who have had the greatest influence on your own journey. Chances are you remember them not because of the titles they held, but because of how they treated people. Now, that is legacy.

As another Rotary year begins, I believe it is worth asking ourselves whether Rotary is changing us as much as we hope it is changing our communities.

Because Rotary was never intended to be something we merely participate in. It was intended to shape the kind of people we become.

> "They will remember whether we left our communities better than we found them."

As I conclude my year of service as Assistant Governor, I do so with gratitude for the lessons I have learned from the clubs and Rotarians I have encountered along the way.

I have witnessed remarkable acts of service, resilience, friendship, and leadership. Rotary's greatest strength has always been its people.

The projects we complete matter. The communities we serve matter. The funds we raise matter. But the person we become through service matters too.

Years from now, few people will remember every project we undertook or every position we held. But they will remember how we treated others.

They will remember whether our presence strengthened our clubs. They will remember whether we left our communities better than we found them.

And so, as we begin a new Rotary year, I leave you with the question that has occupied my own reflections over these past weeks: ***When your Rotary story is told, what will people remember?***

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



#CoverStory



Owekmeno's Year That Raised The Standard

BY **EDITORIAL DESK**

HOW CHARLES OWEKMENO HANDED OVER A CLUB ROTARY CANNOT AFFORD TO IGNORE

On the evening of June 23, 2026, Charles Owekmeno stood before the Rotary Club of Kampala Naalya to chair his final fellowship of Rotary Year 2025–2026.

What he placed before the room was not a valediction. It was a balance sheet — of commitments made and kept, of resources mobilised, of a club repositioned.

He announced a UGX 6.5 million bank balance where, just twelve months prior, there had been none. He reported a $59,000 Global Grant received — the first in the club's 14-year history.

He confirmed two additional project pipelines valued at $94,000 and $45,000, with international partners already confirmed and conversations already closed. Then he handed the gavel to incoming President Christine Amucu and sat down.



> "Two awards were claimed at the District Conference. A third is expected, tied to the TRF achievement."

The room understood it had witnessed something worth measuring up to.

United for Good — and Proven So

This Rotary year carried the international theme *Unite for Good*, and for many clubs it remained a slogan.

For Kampala Naalya, it became a record. Owekmeno built an administration that treated the theme as an operational instruction, not a banner.

Total resources mobilised for service projects reached UGX 304 million. Contributions to The Rotary Foundation crossed the $10,000 threshold — a milestone that unlocks formal recognition from Rotary International and places the club in a different category of credibility at the district level.

Two awards were claimed at the District Conference. A third is expected, tied to the TRF achievement. These are not the numbers of a club finding its footing. They are the numbers of a club that has found its place in District 9213.

Compare that to where Kampala Naalya stood fourteen months ago: no Global Grant on record, no balance in the account, no significant project pipeline.

The distance between those two positions is the measure of this presidency.

The People Behind the Numbers

Owekmeno has been consistent in one conviction: no achievement is solitary.

On the evening of his final fellowship, he called his team forward by name — and the gesture carried weight precisely because these



were not ceremonial acknowledgements.

Vice President Herbert Oloka, Secretary Betty Namono, Projects Director Brian Mayanja, Treasurer Stephen Kakonge, and Club Administrator Jackie Mutimba, held the administrative architecture together.

TRF Director PP Sylvia Nankya drove the Foundation giving that unlocked the $10,000 milestone.

Membership Director Barbara Ninsiima oversaw the addition of 11 new members and a retention rate of 94 percent.

Public Image Director PP Dennis Juuko and Bulletin Officer Peter Nyanzi amplified the club's external voice, with Rotarian Nelson Bugembe leading measurable growth across social media platforms.

PP Flavia Serugo, who chaired the Family of Rotary and led Women in Rotary with distinction, received particular recognition — and a personal one. Owekmeno acknowledged that it was Flavia who pulled him back from a Rotary sabbatical.

> "Owekmeno pledged to pay Rotaractor Tina's Rotary International dues for the coming year out of his own pocket.."

Without that intervention, there may have been no presidency to account for. Rotarian Dr. Theo Fukukora was recognised for partnering with the Club to donate water purifiers to St. Mbaaga Primary School and the Missionary of the Poor — a quiet act of direct service that the club was right to spotlight.

And in the most personal gesture of the evening, Owekmeno pledged to pay Rotaractor Tina's Rotary International dues for the coming year out of his own pocket.

That one act to a lady that has consistently and faithfully helped to set up every meeting - said more about his values than any speech could.

He reserved the other recognitions to the handover event.

What the Year Built

Beyond the financials, the year left structural improvements that will outlast the administration.

A digital registration system - launched during the handover address itself - replaces paper-based processes with a scan-and-register interface, thanks to CP Francis Lakor.

The club upgraded its public address system, a practical improvement that signals attention to

the quality of the weekly meeting experience, not just the headline projects.

The *Unite for Women* concert, the club's flagship public event, generated UGX 6.5 million in net proceeds after all expenses — money already earmarked for the next edition.

That a service event can fund its own successor is not a small thing. It reflects financial discipline, strategic planning, and the kind of execution that makes donors and partners take notice.

Members also showed up in numbers: approximately 24 attended the District Conference, a figure that speaks to genuine investment in the wider Rotary community.

The Family of Rotary activities — monthly fellowships, home hospitality, online fellowship sessions, and the introduction of a MoMo payment solution — deepened participation and reduced barriers to engagement.

> "Owekmeno will support ongoing service projects and assumes the role of incoming chair for Women in Rotary..."

Toasting to the New President

This Tuesday, Rtn Christine Amucu inherits real momentum, and momentum is a fragile thing. It does not sustain itself. It requires the deliberate choices of every member, made consistently, week after week.

What does that look like in practice? It means attending the installation on June 30 — not as spectators, but as members who understand that a new chapter opens in that room. It means giving to The Rotary Foundation, even modestly, so the club's giving record holds and the credibility built this year is not quietly eroded.

It means volunteering for the service projects already funded and ready to execute — showing up when the work is scheduled, not just when it is celebrated.

It means posting, sharing, and engaging on social media so that the public presence built by Bugembe and Juuko does not go quiet the moment a new year begins. And it means being the kind of member that incoming leaders can count on — available, prepared, and invested.

Owekmeno himself is not stepping away. He will support ongoing service projects and assumes the role of incoming chair for Women in Rotary, with plans already in motion.

That continuity is a gift to the incoming administration. The least we can do is match it.

As President Owekmeno joins the *'kiRussia'* – the there is ample evidence that his has been one year that reset the standard.



President Owekmeno Celebrates His Team Members







CAPTIONS

1. *PP Flavia Serugo, Women In Rotary & Family of Rotary*
2. *Rtn Nelson Bugembe, Social Media*
3. *Joachim Buwembo, Community Projects support*

President Owekmeno Celebrates His Team Members







CAPTIONS

4. *Rtn Stephen Kakonge, Club Treasurer*
5. *PP Christine, Rotaractor Naalya*
6. *PP Godfrey Okello-Omoding, Monitoring & Evaluation*

President Owekmeno Celebrates His Team Members







CAPTIONS

7. *PP Herbert Oloka, Vice President*
8. *PP Dennis Juuko, PR Director*
9. *Rtn Peter Nyanzi, Bulletin Officer*

President Owekmeno Celebrates His Team Members



CAPTIONS

10. *CMP Sylvia Nankya, TRF Director*



Members Pay Tribute to President Charles Owekmeno

A MESSAGE OF GRATITUDE AND APPRECIATION TO PRESIDENT CHARLES OWEKMENO

BY **RTN JACKLINE MUTIMBA**

As you prepare to hand over the Rotary chain on 30 June, we pause to celebrate and appreciate a year of exceptional leadership, innovation, and service.

President Charles, your tenure has been marked by passion, vision, and an unwavering commitment to Service Above Self.

You have led from the front actively, purposefully, and with a deep desire to make our club stronger and our impact greater.

Under your stewardship, the Rotary Club of Kampala Naalya has achieved remarkable milestones. We celebrate the approval of our first-ever Global Grant on Mental Health, a historic achievement that is now ready for implementation and will stand as a lasting testament to your visionary leadership and commitment to addressing critical community needs.

Your leadership has also positioned the club for sustained growth, with several grants in the pipeline, laying a strong foundation for even greater service and impact in the years ahead.

Through your guidance, the club successfully delivered two mega integrated community service camps, touching countless lives and demonstrating Rotary's power to create meaningful and lasting change.

You also brought innovation and fresh thinking by transforming the Women in Rotary initiative from its traditional dinner setting into a vibrant concert experience, creating a dynamic platform for fellowship, engagement, and celebration.

> “You also brought innovation and fresh thinking by transforming the Women in Rotary initiative from its traditional dinner setting.”

Beyond these achievements, you inspired us to think bigger, serve better, and believe that with commitment and collaboration, there is no limit to what our club can accomplish.



As you pass on the chain of office, please know that your dedication, sacrifice, and tireless service have left an indelible mark on the Rotary Club of Kampala Naalya.

The projects you initiated, the ideas you nurtured, and the lives you touched will continue to bear fruit long after your term has ended.

Thank you for your leadership. Thank you for your vision. Thank you for your energy, humility, and unwavering commitment to service. Thank you for making the Rotary Year 2025–2026 truly a Year of Impact.

The chain may pass to another leader, but the legacy you leave behind will continue to inspire, guide, and challenge us to serve with the same passion and purpose that you have exemplified.

"The chain is handed over for a season, but true leadership leaves a legacy that endures in the hearts it inspires and the lives it transforms."



PP Flavia Serugo: I also want to congratulate you on a successful year. We have seen great progress in youth engagement and many innovations. We achieved several firsts, including the Women in Rotary concert. I truly appreciated your consistent encouragement, especially your flexibility when some of us could not attend physically, as you provided an online option. All the innovations are a direct result of your excellent leadership."We look forward to welcoming you to *Kirussia* on Tuesday. Given that you were a new father at the start of your tenure, your service required significant sacrifice. We are truly grateful to you and your spouse, Brenda, for allowing you to serve; the Club remains exactly where it needs to be."

PP John Mugisa: "President, I want to thank you as well. When you mentor someone and see them excel, much of the credit belongs to the mentor. Charles, you have done very well, and we are proud of you. Perhaps it was your motivation that inspired us to secure this Global Grant before your term ended. Thank you for elevating our club and for ensuring you hand over a healthy Club, rather than one in the red."





CMP Sylvia Nankya: The 'Changemaker' President appreciates you, as you rejoined this club during the Changemaker year. I personally nominated you for this role, and you accepted. The Global Grant was initiated during that year, and you ensured its success. Your contributions are deeply linked to that period, and the Changemaker President is extremely happy and grateful.

PP Francis Lubuulwa: "I want to thank you for your service. For those who may not know, Rotarian Charles and I were inducted on the same day. We were a ten. Nine people left; I was the only one who stayed. Owekmeno eventually returned after Dr. Mugisa insisted he could not allow to be embarrassed. He came back and later accepted the presidency. I am glad I served as Assistant Governor during your year; I hope I did not embarrass you or the club. I am proud of you, Mr. President. As you move to the district level, do not stop here. This club aspires to grow leaders who serve beyond our own walls. When the district calls, please do not say 'no.'





Rtn Joachim Buwembo: "Congratulations, Mr. President. You have done a great job with your clubs. I wanted to celebrate that our cohort has finally produced a president, and a very good one at that. As 'Changemaker Babies,' we celebrate you.

Rtn. Peter Nyanzi: "My remarks are simple: I am deeply grateful for the opportunity to serve with President Charles Owekmeno. He is a very easy person to work with, which is a rare quality. He kept me motivated throughout the year. He personally wrote every weekly message for our bulletins, refusing to delegate because he was aware of his own writing limitations. He handled it the right way. Thank you for your trust and support. Even when there were rough edges, you were always there to offer encouragement.





IPP Sylvia Jaggwe Owachi: "President Charles, I am glad you have completed the year. You now understand what I meant when I said it would pass by quickly. I gave you the tip to never take things personally, and I am glad it helped. From the Global Grant to service projects and membership growth, you have achieved our core goals. Well done! Leadership success is ultimately measured by the success of one's successor, so I am pleased to say that I, too, have been successful.

VP Oloka: "I want to thank you for serving our club. You faced challenges behind the scenes that many do not know about, but you persevered, and we are finishing the year on a high note, congratulations. I was honored to serve as your vice president. I look forward to President-elect Christine Amucu starting next week.





Rtn. Eva Nakato (Arua) "I want to congratulate my fellow 'Unity President.' I know that the presidency can feel lonely, but your members have supported you well. Thank you for the partnership between the Rotary Clubs of Arua and RC Kampala Naalya regarding our work in Nebbi. I bring you greetings from our baby club, Rotary Club of Greater Nebbi.

PEND Mathias Mulumba: At the beginning of your presidency, you set goals that you have now realized. Your reputation outside Naalya is excellent. Before, some people thought that our club was dull, but the enthusiasm generated by your projects and fellowships has elevated our morale significantly. I would love to see more of us participating in, and documenting, our service projects moving forward. There is hope for new partnerships with organisations on the horizon.





PE Christine Amucu: "President, I congratulate you on concluding your term. You have been a wonderful mentor, and I have learned much by working alongside you. We concluded the process of putting our goals in the runner, and I look forward to building on the strong foundation you have laid.



Rtn Elisabeth: Thank you for your kindness, for involving introverts like me, and for always keeping us connected. Thank you for finishing strong.



Rotaractor Tina: Congratulations upon completing the year. I have been part of this club for about ten years, but this has been my most involved year. I am so proud of our project achievements. Thank you for the opportunity. It has been awesome.



Rtn Nelson Bugembe: "I want to congratulate President Charles. Although I am still relatively new to Rotary, serving under your leadership has been a significant experience. I appreciate Naalya for nurturing me; I began coming here because of specific individuals but now I feel a true sense of belonging. Thank you for the recognition.

Rotary
Kampala - Naalya
Kyadondo-Rugby

Rotaract
Kampala-Naalya

Joint PRESIDENTIAL INSTALLATION



PE. CHRISTINE AMUCU
RC Kampala Naalya



PE. ROBERT JURUA
RC Kyadondo Rugby



PE. KIIZA ANDREW KASUZI
RAC Kampala Naalya



Tuesday 30th June 2026
Time: 5:30pm
Ndere Cultural Centre

FREE ENTRANCE

CHIEF GUEST
RTN. GERALD OBAI
DISTRICT GOVERNOR
D9213 2026/27

RotaryNaalya | rotarykampala-naalya | www.rotarykampalanaalya.org



#SolRise

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

BY **RTN JACKLINE MUTIIMBA**

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

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

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

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

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

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

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

It is an uncomfortable question, but an important one.

The Hidden Cost of Service

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

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

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

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

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



Sometimes, they are not.

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

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

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

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

Seeking help is not a sign of weakness.

It is an act of wisdom.

An Opportunity for Rotary Leadership

Rotary has always responded to society's emerging needs. Today, mental health is one of those needs.

Imagine the impact if our clubs intentionally created environments where wellbeing was valued alongside service.

That could begin with simple but meaningful actions.

We can genuinely check in with one another beyond project updates and committee reports. A sincere conversation may reveal that someone is carrying more than they have ever expressed.

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

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

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

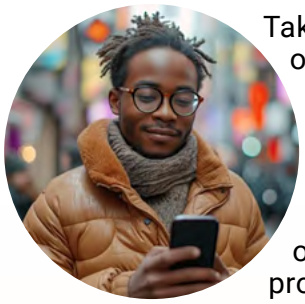
Perhaps most importantly, our leaders can model authenticity. Leadership is not diminished by vulnerability.

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

A Personal Reflection

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

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



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

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

"I need help."

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

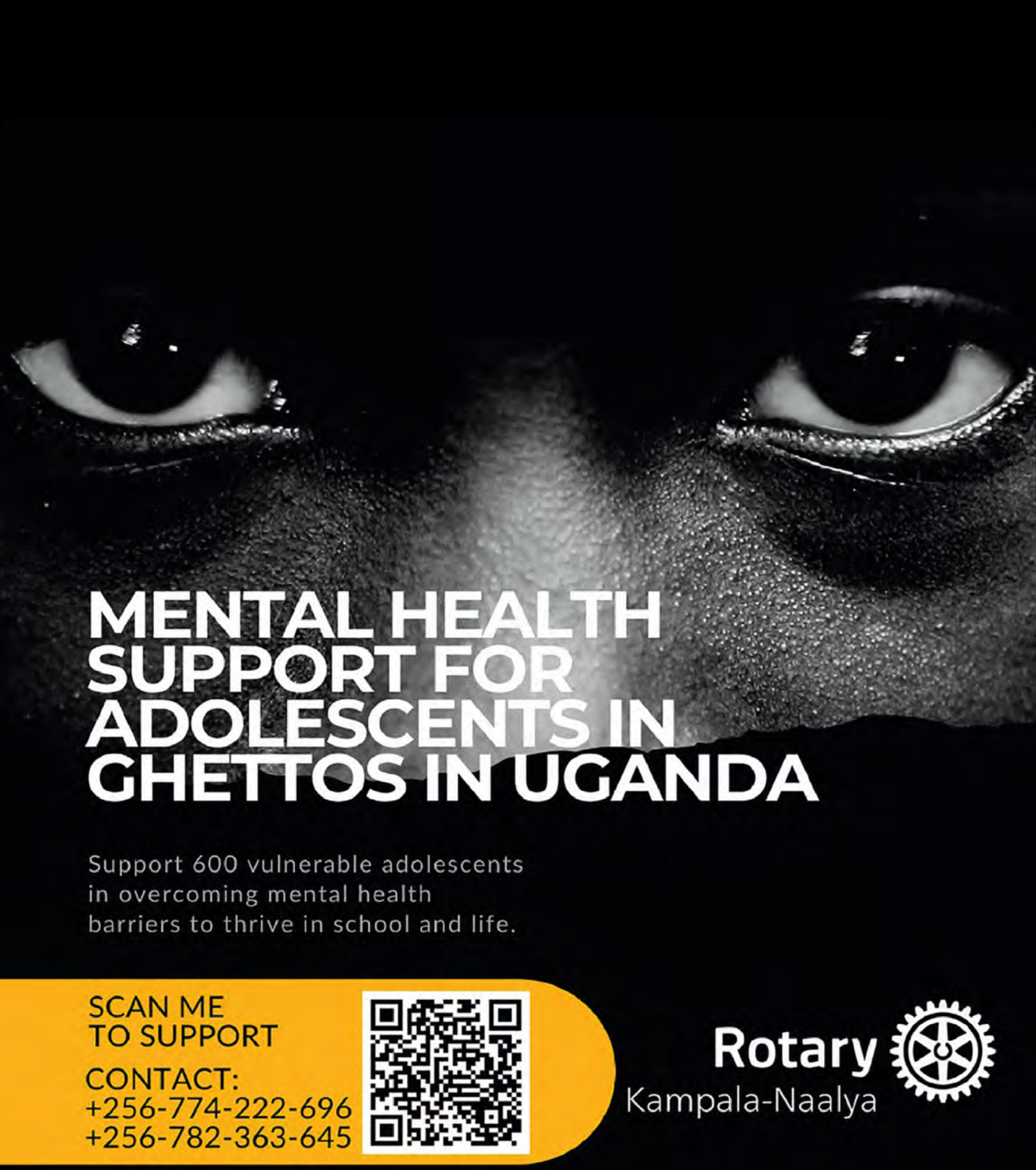
Because our Rotary community is not only here for those we serve.

It is also here for one another.

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

Yours in Service,

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


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ELDER'S EYE

Reflection On 2025-2026 Rotary Year

BY **PP GODFREY OKELLO-OMODING**

I have lived to see the Rotary Year 2025-2026 pass. I made my modest contribution to the Club. I have written 51 articles for the Club bulletin. The President Charles Owekmeno challenged me to be Strategy Officer for the Club, and I drafted the Club Strategic Plan 2026-2029.

I attended all Club meetings except three, and missed one medical camp out of two. I was part of the team that visited St. Mbaga Tunde Kiwatule Primary School. I love the school; it is in my village (neighbourhood).

I have seen the changes that have taken place there over the last 27 years. Ideally, this is the school my children should have attended for their primary education. That was not the case, because it was "a struggling" school then.

The Missionary of the Poor is another place I have never missed visiting since I joined Rotary, except once. Indeed, last Christmas season I was part of the team that visited it. Women in Rotary is another calendar event that I always look forward to.



This ending Rotary year, it was held in an open venue, in a more casual environment; away from glamourized settings, with no restrictions on the dress code.

This is, yet again, a reminder that Rotary is a place where people fellowship in a variety of ways.

As the Rotary year comes to an end with the theme "fellowship," I can say that I hosted my own small fellowships in my heart. I did what I did because I love it. It is an inner expression of me.

Doing the things you are passionate about shows what your "heart" looks like. The expression of a heart is something words ordinarily find difficult to explain.

> "I made my modest contribution to the Club. I have written 51 articles for the Club Bulletin."

Life, over time, is a collection of memories; some good and some bad. What is important is that all of this gives meaning to life, and all of it is worthy of celebration.

This Rotary year, at a family level, has seen us harvest the fruits of our children's education, with two of them advancing further: one graduating with a Master's in Architecture in Germany, and another graduating with a Master's in Law, along with a professional mediation accreditation, in the United Kingdom.

These come as blessings. Spiritually, history has shown that certain things flow in a pattern that cannot be explained.



This Rotary year has been a great, historic year for the Club. It has taught and reminded us that there is a time for sowing and a time for harvesting. For a long time, the Club had been yearning for a global grant.

It all started in Rotary year 2021-2022 and fruited in 2025-2026. It may not have been coincidence, but the ripening of time.

We celebrate this as a launching pad for global grants; the Club graduating to a bigger outlook.

> “...I see members cherishing their Club. I am proud to be among them.”

The warmth of the year peaked with the usual Club meetings and fellowships. They brought us together, and we recruited new members. A family must grow; it is a natural part of living.

Today, as we end the year, each of us has a footprint on the path of our Rotary journey: footprints that can either be carried forward or discarded in the next year. The truth is that you cannot change what has happened. You can learn from it, use it for the future, and naturally aim to do better.

Come next Rotary year, each member of the Club ought to have a challenge: a challenge to take on an individual mantle. Design and forge your interests within avenues of service and Club events.

Let us not leave the President and Board to carry the work alone. Let us not wait to be called upon. Let us not sit on the bench as a complaining lot.

The Club begins a new Rotary year with financial needs. The Club dues, district dues, and Rotary International dues are just around the corner. Let payment of these dues not reach the point of needing constant reminders.

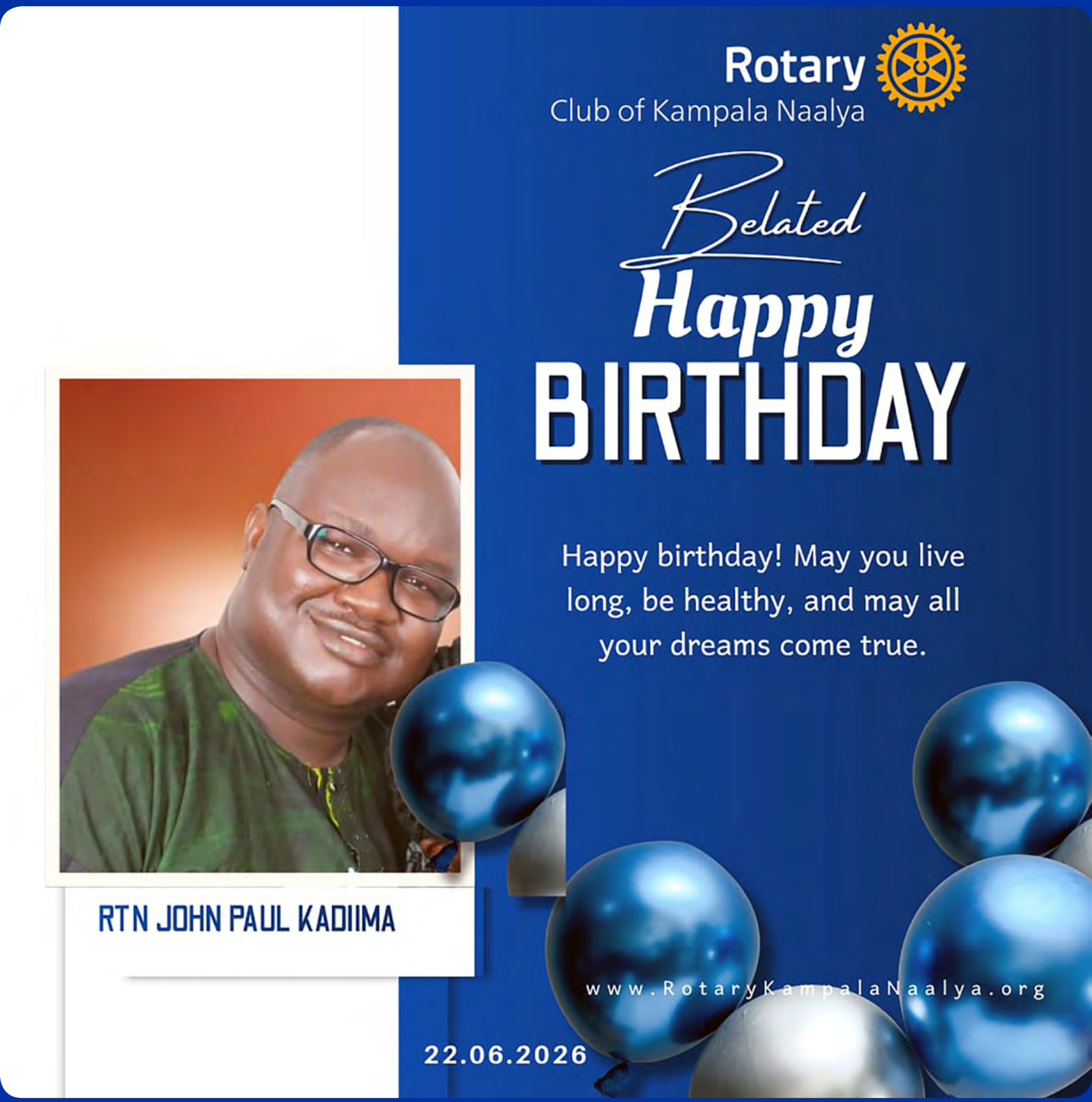
Unfortunately, the Rotary year comes to an end with some members not having made good on their contributions, and others having only partially done so. If a member is unable to pay, kindly alert the President or Treasurer. This can help keep the Club off the list of debtors. Easy modalities for payment are now in place.

In the year ahead, I want my spirit of contributing to be enhanced: contributing physically, financially, and morally. May my spirit pivot around service.

May I have the time to have fun. May I have the time to attend meetings and events. And may I have the time to extend my contribution, be it in skills, expertise, knowledge, or being a keen learner.

From the spirit members have shown this year, I see a great Club with great achievements ahead. I see members offering themselves to serve and bringing forth ideas. I see members cherishing their Club. I am proud to be among them.

Wishing all of you a successful year ahead.


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Club of Kampala Naalya
Belated
Happy
BIRTHDAY
Happy birthday! May you live long, be healthy, and may all your dreams come true.
RTN JOHN PAUL KADIIMA
www.RotaryKampalaNaalya.org
22.06.2026



OUT TO LUNCH

Africans will continue seeking Western citizenships unless governments act



BY **RTN DENIS JJUUKO**

Many years ago, I decided to go out of the country for my graduate education, which lasted about 18 months, after which I came back to Uganda. Upon my return, I found myself, like most young people, unemployed.

I went to visit a family friend whose children live and work outside Uganda. When I was leaving her home, she told me what she had heard many people say about me, but not to my face.

Why did I come back? I should have found a way never to return to Uganda only to be unemployed.

Many people will say *oli musiru*, or that you are naïve, if you had a chance to run away from Uganda and didn't take it. It isn't just in Uganda but in many parts of Africa.

That is why athletes participating in international sporting events are known to "disappear" into thin air instead of returning once the tournament is over.

They would rather become illegal immigrants doing odd jobs *(kyeyo)* than return to the dusty streets of African capitals.

Many students at graduate schools never return to the continent. Some become career students as they look for opportunities to remain in those countries.

West Africans would rather die trying to walk the breadth of the Sahara Desert and then jump onto rickety, risky boats to cross into Europe than remain at home riding boda bodas.

The few times I visit Entebbe airport, the majority of departing passengers I see are young women dressed in abayas and hijabs walking in a choreographed pattern on their way to the Arabian desert to do domestic work.

> "They would rather become illegal immigrants doing odd jobs (kyeyo) than return to the dusty streets of African capitals.."

They are happy to finally land a job. If you engage many of those returning to Uganda, their ultimate dream is to find a way to Europe, America or Canada.

People of means have been known to fly their pregnant wives to give birth in America or other developed countries where citizenship is guaranteed upon birth, which the current US president wants to ban.

He also wants to create a system where people who have the money can

buy US citizenship or permanent residency. If he did that, many wealthy Africans would pay for it. Already, people in Uganda pay hefty sums to conmen promising them US visas and green cards.

One time, a visa officer at one of the embassies of the western powers said that many applications arrived with fetishes.

That is when paper applications were still the norm. Once some people got the forms, they took them to their traditional healers for blessings. That is how desperate many people are for western visas and permits.

Given what people do to get the visas, if the world's biggest plane arrived at Entebbe airport and announced that it would take the first 850 people to arrive, for free, to Europe or North America, with citizenship guaranteed, you would be shocked by who would line up.

There would be chaos as the big people try to jump the queue or have their spouses, children or grandchildren be the ones to go. That is why there was pandemonium when Parliament didn't approve some people appointed to ministerial positions due to their possession of dual citizenship.

"One time, a visa officer at one of the embassies of the western powers said that many applications arrived with fetishes."

Many promised to renounce the citizenships of other countries while another turned to theatrics. I highly doubt many people would renounce their Western citizenships to serve as cabinet ministers beyond sending an email to some officers somewhere.

Many ministers and government officials are the ones who largely send their wives and daughters to give birth in America.

They encourage the children they send to the West to study to remain there until they have processed the paperwork that may lead to citizenship or permanent residency.

Publicly, they may renounce the Western citizenships and even hire social media influencers to make their case, but deep down, they prefer Western passports.

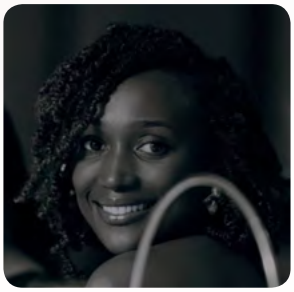
That is why they acquired them in the first place. They know the benefits of Western citizenships.

African economies celebrate remittances from their people in the diaspora with fanfare, and many are happy to create policies that send their youths to the Gulf states to work, even though they sometimes publicly denounce those who seek to go and work there.

Western citizenships are largely sought after by Africans for economic reasons. What about creating opportunities and an environment here on the continent? If we did, there wouldn't be many people doing whatever it takes to become Western citizens in the first place.

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





PK's CORNER

I Am Becoming

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

I am becoming.

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

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

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

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

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

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

Because I am no longer surviving.

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

And this... is only the beginning.

Till again,

~pkwy

Object of Rotary

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

FIRST

The development of acquaintance as an opportunity for service;

SECOND

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

THIRD

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

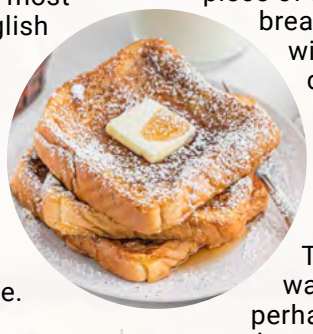
FOURTH

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

Fun Facts

Toast

The word *toast*, you see, is at once a slice of bread, an act of honour, a declaration of doom, and a ghost of scorched Roman wheat. It is, in short, the most Rotarian word in the English language: ancient in origin, warm in purpose, and absolutely useless without a room full of people.



Let us begin, as all respectable word-detectives must, in Rome.

The Latin verb *torrēre* meant to parch, scorch, or dry by heat. Its past participle, *tostus*, begat *tostāre*, which slid gracefully into Old French as *toster*, then tumbled into Middle English as *tosten*, around the late 14th century.

By 1400, a "toast" was simply a piece of bread rendered brown and crisp by direct heat, often floated in wine as a medieval flavour enhancer. Which, as culinary innovations go, was marginally better than whatever else they were putting in wine at the time.

Here is where the story turns gloriously social.

In 16th-century England, it became fashionable to drop a piece of spiced or charred bread into a cup of wine to absorb the dregs and improve the flavour.

The cup was then passed around the company. The last to drink was awarded - or perhaps sentenced to - *eating the toast*. A tradition that surely explains a great deal about the state of English cuisine.

But the masterstroke came when the bread became a metaphor for the person. By 1663, the playwright John Dryden had a gentleman vowing to "toast" a celebrated lady - to offer her name as the very spice that flavoured the wine.

By 1690, a "toast" was an honoured individual whose name was on every tongue or plainly said, in every glass. To be *"the toast of the town"* was to be the name that gave the evening its savour.

The word's delightful dark twin arrived in the 1980s, when American slang gifted us *"You're toast!"* - meaning finished, ruined, incinerated beyond rescue. Think burnt bread, not beloved guest. Our outgoing President Owekmeno will be relieved to know this usage does not apply to him. Probably.

And so *toast* has journeyed from dry Roman heat, to spiced medieval bread, to celebrated person, to honoured ritual, to apocalyptic threat - in a mere 600 years.

So tonight, when the Toastmaster rises and bids you charge your glasses, know that you are not merely sipping wine.

You are participating in a ritual older than Rotary itself, summoning the ghost of *torrēre*, honouring a tradition begun in Tudor taverns, and — most importantly — making certain our new President knows they are the flavour in this particular vintage.

Ladies and gentlemen: *Tostus*, indeed.

Jokes of the week

1. Best-man to Matron: "I've known the groom for 20 years. He's never been on time for anything—except the altar today. That tells you everything about the bride."

2. "Here's a toast to marriage—the only war where you sleep with the enemy. Cheers!"

3. "Let's raise our glasses to the two secrets of a long-lasting marriage: a good sense of humor and a short memory."



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Efrance Nakitto



Evelyn Mulinda



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