Naalya Food Bulletin

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Rotary Kampala - Naalya

UNITE FOR GOOD

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Vice President Rtn Jessica Alupo (5L), flanked by RIPPR Raju and DG Geoffrey Kitakule, poses with Past District Governors at DISCON 101 in Entebbe

RC KAMPALA - NAALYA

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Chef's Note

Dear Rotarians and Guests,

The banners have been folded. And the halls and rooms of Entebbe hotels have returned to their quiet beauty. But anyone who was at DISCON 101 knows that what happened there cannot simply be packed away with the luggage.

Hundreds of delegates from every corner of Districts 9213. Young Rotaractors standing shoulder to shoulder with veterans of decades of service.

For one extraordinary weekend, we were reminded - loudly and joyfully - what this movement is truly about.

And now comes the harder, quieter, more important work: going back to our clubs and actually doing it.

And now, we return to a theme that never grows old: our planet. This month, we shine our light again on environmental conservation.

April's theme is Environmental Conservation, and in Uganda, this is not a calendar obligation — it is an urgent, personal call, if the disappearing wetlands that once cushioned our cities from floods are anything to go by.

Every club has a role to play this month. It need not be grand. One tree. One school visit about plastic waste. One community clean-up along a trading centre road.

The impact of a thousand small actions compounds into change that outlasts any conference.

A tree planted this April will shade a Rotaractor who has not yet been born. That is Rotary thinking at its finest - planting for futures we will never personally harvest.

May we not let this month pass with mere conversation and lamentation. As Rotarian Joachim Buwembo told us last week, a cleaner Uganda begins with you as an individual.

Step outside. Get your hands into the soil. Then log it, share it, and inspire the club next door to do the same.

There is another kind of healing our communities desperately need, and on April 25, we will take a meaningful step toward providing it.

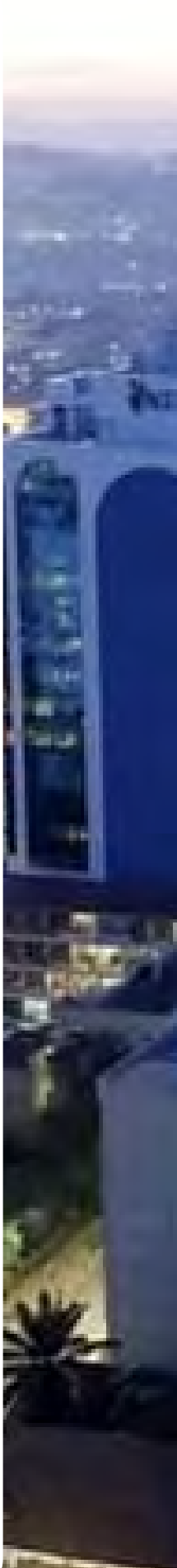
All is set for our inaugural Mental Health Camp in Acholi Quarters. This project is rooted in the radical idea that a healthy community must also be a community at peace within itself.

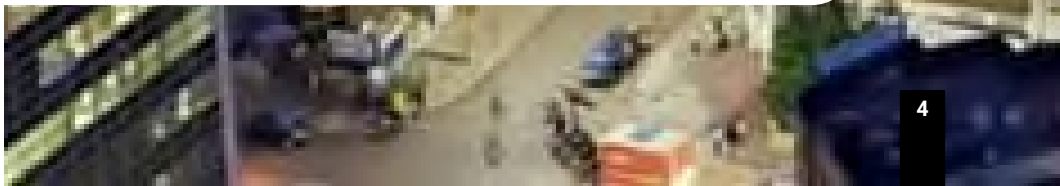
This project isn't just about medical consultation; it's about breaking the stigma. We are creating a safe space where an adolescent can say, "I am not okay," and find a hand extended in Rotary friendship.

Donate and volunteer on April 25. Speak openly about mental health in your various circles of influence. Because service isn't just about what we build; it's about who we hold. Plant something green this week.

Let's make this month about the earth and the mind. Let's be Rotarians who heal both.

Rtn. Peter Nyanzi
Bulletin Officer





Count On Preparation, Not Luck

RI PRESIDENT'S MESSAGE
By Rtn. Francesco Arezzo



APRIL 2026

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Green Hope in Action:
Restoring Uganda's Environment

DG'S MESSAGE
By Geoffrey Martin Kitakule



APRIL 2026

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

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

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

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

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

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

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

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

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



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

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



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

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

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

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

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

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

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

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

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

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

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

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

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

#ROTARYEYAMBA!

President's Message

RTN CHARLES OWEKMENO
Unite For Good President
2025-2026



Dear Rotarians, Rotaractors, and Guests,

Welcome back from the 101st District 9213 Conference. I extend sincere appreciation to the more than 23 Rotarians who represented our club with excellence at the conference.

I am excited to announce that we scooped three awards: 2nd runners-up for Innovation, special recognition under the Family of Rotary category for our Women in Rotary event, and recognition of our Presidents.

These achievements are a testament to the great work we have accomplished together as a club and as a team.

I also celebrate and thank our members who were very instrumental in organizing the district conference, especially Past District Governor Anne Nkutu, whose actions gave our club greater visibility.

Now that the district conference is behind us, we must focus our attention on completing the remaining club goals and preparing strongly for the next Rotary year under the leadership of President Christine Amucu.

We have an upcoming Club Retreat on 30th May 2026 in Jinja and the Installation of President Christine Amucu on 30th June 2026.

I encourage all members to mark these dates and prepare to participate fully in these milestones.

> "We have an upcoming Club Retreat on 30th May 2026 in Jinja and the Installation of President Christine Amucu on 30th June 2026."

I join you in celebrating all our members who marked birthdays, anniversaries, or personal milestones during the past week and this new week.

To those who are unwell or caring for loved ones, we wish you a speedy recovery.

Please note that our Rotary weekly meetings resume this Tuesday, 21st April 2026, at 7:00 PM at Ndere Cultural Center.

Let us come together to fellowship and celebrate our wins at Discon 101.

Wishing you all a joyful Rotary week of service.!

YOURS IN SERVICE ABOVE SELF,



TEAM TALK

From Celebration to Commitment: Keeping the Fire Burning

BY **AG FRANCIS LUBUULWA**



There is something deeply powerful about moments when Rotarians come together. Over the past few days at the Discon, we have all felt the unmistakable energy that comes from shared purpose.

It has been present in the conversations, in the laughter, and in the many stories of impact shared across the room.

It has been visible in the pride of clubs that have worked tirelessly throughout the year, and in the quiet confidence of leaders stepping forward to take on new responsibility.

In those moments, we are reminded that Rotary is not just an organisation. It is alive, it is active, and it is making a difference.

We have had much to celebrate. Clubs have been recognised for projects that have truly transformed lives in their communities. Others have stood out for growing their membership and strengthening their visibility, becoming not just clubs that meet, but clubs that matter.

> "...what happens after the applause fades? What do we do when the energy of the gathering gives way to the routines of everyday life?"

Individual Rotarians have been affirmed for their commitment, their leadership, and their consistency in service.

These moments of recognition are important. They validate the effort that has gone in, and they remind us that what we do as Rotarians carries real meaning.

And yet, as important as these moments are, they also carry with them a subtle risk. Because recognition, if we are not careful, can quietly make us feel like we have arrived.

But Rotary was never meant to be a place where we arrive. It is a journey we continue.

As we return to our clubs and communities after the Discon, a more important question begins to settle in: what happens after the applause fades? What do we do when the energy of the gathering gives way to the routines of everyday life?

This year, that question meets us in the season of Easter, and it invites a deeper kind of reflection. Easter, at its heart, is not only about celebration.

It is about the journey that leads to it: a journey marked by sacrifice, endurance, and an unwavering commitment to purpose.

For many, the story of Jesus Christ speaks to a resolve



that did not waver even in the face of the greatest challenge, a commitment that did not fade even at the point of suffering and death.

Whether one approaches Easter from a place of faith or simply as a powerful human story, there is a message within it that resonates deeply with the spirit of Rotary.

True impact is not momentary. It is sustained. It is built over time, often quietly, often without recognition, and often at a personal cost.

This is the reality of service. It is not always convenient, and it does not end at the point of achievement. It continues long after the excitement of a project launch has faded.

It continues when progress feels slow. It continues when the spotlight has moved on. And that is where the real test lies.

The club that has just been recognised for an impactful project must now ask itself how to deepen that impact. The Rotarian who has been affirmed for their service must decide whether to continue with the same consistency when the recognition is no longer there.

The club that has grown in membership must now turn that growth into meaningful engagement and lasting change in the community.

This is how the fire is kept alive. Because the greatest danger to impact is not failure, but complacency after success. It is the quiet assumption that what has been done is enough.

Easter challenges that thinking. It reminds us that the most meaningful breakthroughs come after endurance, that purpose demands persistence, and that the journey does not end at the moment of recognition.

In the same way, the Discon allows us to look back with pride, but it also calls us forward with responsibility. It reminds us that the work we have celebrated is only part of a much larger mission.

There are still communities waiting to be reached. There are still needs that have not been met. There are still opportunities for service that require not just ideas, but sustained commitment and follow-through.

> “With only a few months remaining in the Rotary year, the temptation to slow down is real.”

Even the District leadership transition we have witnessed carries this message. They are not a conclusion, but a continuation. They represent the passing on of responsibility, not because the work is finished, but because it must go on with renewed energy and fresh perspective.

With only a few months remaining in the Rotary year, the temptation to slow down is real. It is easy to feel that enough has been done, that it is time to ease off and begin winding down.

But perhaps this is the very moment when we are called to do the opposite: to go deeper, to stay committed, and to ensure that what we have started truly creates lasting impact.

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


Rotary
District 9213
District 9214
Rotaract
District 9213
District 9214
TAIPEI
2026
LAST CALL
TO THE
END OF EARLY BIRD
ROTARY INTERNATIONAL CONVENTION
TAIPEI, TAIWAN
Registration fees:
26th June - 15th Dec 2025: 475 (Early Registration)
16th Dec 2025 - 31st Mar 2026: $575
1st Apr - 17th June 2026: $675
Register and pay in full by 15th December 2025 to secure the lowest registration price at https://convention.rotary.org
#Unite4good9213 #OneActAtATime
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https://rotaryd9213.org
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#CoverStory



DISCON 101 Marks New Chapter for Rotary in Uganda, Africa

BY **THE EDITORIAL DESK**

There are conferences, and then there are turning points. DISCON 101, held on the shores of Lake Victoria in Entebbe from April 17 to 19, was unmistakably the latter.

Over three days, District 9213 celebrated not just a Rotary year well served, but a moment of genuine organisational maturity — one that has earned the district a place at the very centre of Rotary's global growth story.

The numbers alone are remarkable. District 9213 donated more than one million dollars to the Rotary Foundation this year - the highest single-year contribution in the district's history.

Membership is at an all-time high. Service projects have multiplied. And the growth has been so sustained, so undeniable, that Rotary International has taken formal notice.

DISCON 101 drew distinguished guests who brought with them both recognition and challenge. Vice President Jessica Alupo, the Chief Guest, delivered a message of partnership: "On behalf of the Government of Uganda, I commend Rotary for being a trusted and strategic partner in national development — complementing the Government's effort in delivering critical services in health, education, water, and sanitation, and economic empowerment." She called Rotary's work "not only visible" but "transformational."

For years, Zone 22 has been one of Rotary's most dynamic regions. It is now also one of its largest. With over 46,000 Rotarians, more than 22,000 Rotaractors, 1,874 Rotary clubs and 1,275 Rotaract clubs across Africa, the zone has grown beyond what a single governance structure can effectively serve.

The Rotary International Board has formally approved the split of Zone 22 into two zones — a decision that was both celebrated and soberly received at DISCON 101.

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

PDG Robert Waggwa Nsibirwa, who presented the rezoning statistics, put it plainly: "Africa is no longer a future promise; it is already a major growth platform in Rotary." He spoke of a continent that has reached a scale justifying sharper, more focused governance — and of a vision that, by 2028, Africa will be home to 70,000 Rotarians.

"This collective effort will not only enhance the effectiveness of our units but also ensure that we are fully equipped to meet the growing demands of a rapidly evolving Rotary network in Africa."

But Waggwa was equally candid about the weight of the moment. Structure alone does not create results, he reminded delegates.

The transition must improve execution, not merely redraw boundaries. Africa must now prove that



two zones produce better Rotary outcomes. It was exactly the kind of challenge a confident district needs to hear.

The rezoning of Zone 22 has a direct consequence closer to home. Rotary International has officially approved the split of District 9213 into Districts 9217 and 9218, effective 1st July 2027.

This historic decision means that the district that gathered in Entebbe will, in less than two years, become two fully independent districts — each with its own leadership, identity and mandate to serve.

In line with this transition, DISCON 101 announced that Rotarian Jane Kabugo has been named District Governor Elect for District 9218, while Rotarian Fabian Kasi becomes District Governor Elect for District 9217. Both will take office in 2027–2028. It is a new chapter - and the district is stepping into it with confidence.

A Year of Service Worth Celebrating

None of these structural milestones would mean much without the service that earned them. Outgoing District Governor Geoffrey Martin Kitakule presided over a year that by every measure exceeded expectations, and his farewell address was both grateful and gracious. "This is the magic of Rotary," he said. "We are the vehicle of transformation, changing lives one act at a time."

DG Kitakule took time to acknowledge the partners, sponsors and past governors whose support shaped the year: "Your generosity has been key to our success, and we are deeply appreciative of your unwavering support."

To his successor, he offered a simple and moving charge: "In the midst of any challenges you may face, may the smiles of those you impact continue to push you forward."

The Rotaract family matched that energy. Immediate Past District Rotaract Representative Abesage Nahabwe reported over 600 service projects completed in the year — each one, she said, "contributing to improving lives, empowering individuals, and making lasting changes in the communities we serve."

The district also surpassed its fundraising target of $30,000, raising $35,000, with contributions still coming in at the time of the conference.

Incoming District Rotaract Representative Alex Muwanguzi arrived with ambitions to match: grow the district by 1,200 Rotaractors, establish 15 new Rotaract clubs, and transition 100 Rotaractors into Rotary with a 98% retention rate. The bar, clearly, is being raised.



The Rotary International President's Representative, Trichur Narayan Raju Subramanian, flew in carrying warm regards from RI President Francesco Arezzo and a message that resonated through the hall: "Every small act of kindness creates a ripple of profound impact. Each life we touch is forever changed. We are all change-makers, giving hope to those who see none in their future." He praised DG Kitakule warmly — a man of "great humility, with a heart dedicated to the spirit and mission of this organisation." PDG Xavier Sentamu challenged delegates on membership: "We must approach growth with creativity and innovation. It's essential that we think outside the box."

His call for leadership that champions the mission — not just manages it — was well received.

The Road Ahead

Incoming District Governor Gerald Obai accepted the mantle with evident conviction. "This is not just a title," he told delegates, "but a commitment to lead with passion, creativity, and an unwavering dedication to our shared purpose." He called on every Rotarian to help build clubs where members feel truly valued - "proud to belong," in his words. His vision for 2026/2027: meaningful change, innovation, and lasting impact.

As has become the norm, the Rotary Club of Kampala Naalya won awards, receiving the District Governor's Special Award for strengthening fellowship - a fitting recognition for a year in which community and connection proved as vital as service itself.

DISCON 101 ended, as all great conferences do, with more energy than it began. The district has donated a record million dollars to the Foundation.

It has celebrated 600-plus Rotaract projects. It has been recognised by its government, its international leadership, and its own members. And it is preparing to become two districts, in two zones, on a continent that Rotary is no longer merely visiting — but leading.

The work continues. And in District 9213, it has never looked more promising.

How DISCON 101 Went Down in Pictures











How DISCON 101 Went Down in Pictures







How DISCON 101 Went Down in Pictures













Government Salutes Rotary, Pledges More Support

THE VICE PRESIDENT OF UGANDA, ROTARIAN HON. JESSICA ALUPO, WAS THE CHIEF GUEST AT THE DISCON 101. THIS IS A SLIGHTLY ABRIDGED VERSION OF HER SPEECH:

I thank you for inviting me to come here this evening to share with you the celebration of a series of achievements registered by Rotary over the years. I heard the Master of Ceremonies introducing me. I thank her for introducing me very ably.

But I am Rotarian Alupo Jessica Rose Eppel from the Rotary Club of Muyenga in District 9214. And I bring you greetings from my district. In the same vein, I bring you warm greetings from His Excellency General Yoweri Kaguta Museveni, the President of the Republic of Uganda.

Indeed, it gives me great pleasure to join you this afternoon for the opening of the 101 District Conference of Rotary District 9213. Allow me at the outset to warmly welcome Past Rotary International Director Raju and your dear wife, who are here as the Personal Representative of the Rotary International President. We are very honored to have you here in Entebbe.

I extend a very warm welcome to all international delegates who have traveled from across the world to be with us. We are honored to host you in Uganda, the Pearl of Africa - a country richly endowed with diverse flora and fauna, breathtaking landscapes,



The Vice President of Uganda, Rtn Hon. Jessica Alupo receives a gift from DG Geoffrey Kitakule after opening the DISCON 101 in Entebbe

and a people known for their warmth and hospitality. And I encourage all the Ugandan team present here to host our international guests with our usual hospitality. We encourage you to experience the beauty and the richness of our country during your stay here.

And indeed, we encourage you to stay longer. I extend my sincere appreciation to the District Governor, Rotarian Godfrey Martin Kitakule, for the kind invitation and for the exemplary leadership demonstrated throughout the Rotary here. I think he's a man of the day and a man of the conference.

On behalf of the Government of Uganda, I commend Rotary for being a trusted and strategic partner in national development - complementing the Government's effort in delivering critical services in health, education, water, and sanitation, and economic empowerment - all of which are aligned to Uganda's Vision 2040 and the National Development Plan. Rotary's impact is not only visible; it is transformational. Your work is deeply anchored in the core values of Rotary - leadership, integrity, and service above self.

> "I commend Rotary for being a trusted and strategic partner in national development."

These values mirror the principles that guide public service and national transformation. I am particularly encouraged by the remarkable achievements registered this Rotary Year by Rotary District 9213. Through your collective generosity, more than one million U.S. dollars has been mobilized for the Rotary Foundation, thank you, which has in turn enabled the implementation of Global Grant projects valued at $4.65 million, supported by the Rotary Foundation.

This demonstrates not only the power of giving, but also Rotary's ability to leverage resources efficiently to deliver high-impact interventions that directly complement government's priorities in

health care, education, water and sanitation, and economic empowerment. Rotarians; your giving heart has enabled many communities to be transformed, and I have nothing useful to add because the messages already articulated by the leaders who spoke gave examples of how you have transformed lives.

Your initiatives such as Rotary Family Health Days, the Rotary Cancer Program, the Rotary Mama Total Care Program, and the effort to establish a bone marrow transplant center at JCRC are highly commendable.

These initiatives align strongly with the Government's agenda of strengthening primary health care, combating non-communicable diseases, and improving maternal and child health outcomes. They significantly reduce the burden on public health systems while extending services closer to the communities.

I also wish to acknowledge H.E President Yoweri Kaguta Museveni's contribution of UGX3 billion towards the Rotary Cancer Program, which reflects the Government's recognition of Rotary as a key partner in advancing health priorities particularly in the fight against cancer was personally honored to participate in the Rotary activities last year when I represented H.E President Museveni to commission the skilling hub in Tororo Municipality.

This initiative directly supports government's focus on skills development, youth empowerment and job creation, which are critical pillars for social economic transformation and industrialization. My passion for maternal and child health is deeply rooted in the realities faced by many Ugandan families particularly in rural and underserved



Rotary officials welcome VP Jessica Alupo at the DISCON 101

communities where access to quality maternal and newborn care remains a challenge as a nation we cannot achieve sustainable development without safeguarding the lives of mothers and children. It is for this reason that I strongly commend and recommend the Rotary Mama Toto Care initiatives spearheaded by Rotarian John Magezi, which is aligned with the Government's commitment to reducing maternal and neonatal mortality and strengthening community-based health care systems.

This initiative, which is being implemented in 14 districts, represents a practical scalable and impactful model for improving health outcomes across the country. At an opportune moment, I will reach out to my sister Olive Lumonya for more information.

I know that each one of you as individuals can together contribute. Equally important is a need to amplify the impact of Rotary. I commend initiatives such as Rotary, which enhance visibility, promote voluntarism and attract strategic partnerships that are critical for scaling impact.

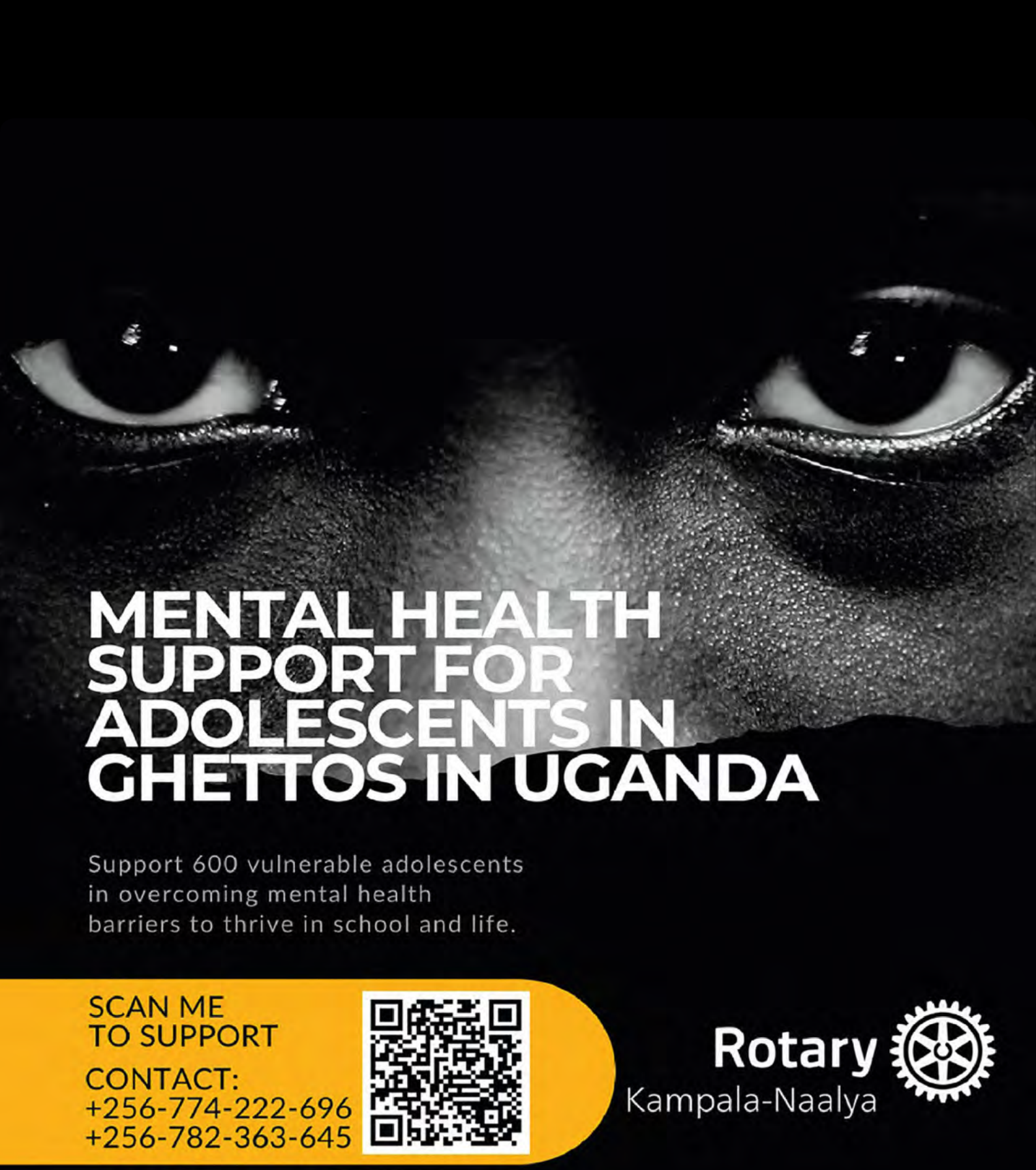
I would like to applaud Rotary for its contribution to peace building and leadership development particularly through the establishment of the Rotary Peace Center at Makerere University. We know that peace is a prerequisite for any development process. This endeavor by Rotary is sincerely appreciated by the Government as this center positions Uganda as a regional hub for peace building conflict resolution and leadership training - equipping professionals with the skills needed to address conflicts, promote social cohesion and sustain peace not only here in Uganda but continentally.

As government, we remain committed to providing the peace, stability and enabling environment necessary for organizations like Rotary to thrive and deliver on their mission so those who have dancing shoes you can dance as much as you want because peace and security here in Uganda is guaranteed. I must add that Rotary's role in mobilizing resources and fostering a culture of giving is truly inspiring. I call upon all Ugandans, the private sector, and development partners to emulate this spirit of partnership and collective responsibility.

I would like to thank all those institutions that have joined you on this course this particular year. I would like to congratulate Rotarian Emmanuel Katongole upon becoming a Director at Rotary International and Rotarian Francis Tusubira upon his appointment as a Trustee of the Rotary Foundation. That's big news to all of us but most importantly to us as a country.

In conclusion, I congratulate the District Governor, Rotarians, Rotaractors and all partners for a successful year of service and for convening this important conference.

I encourage you to continue your noble work with renewed energy, innovation and commitment. I wish you fruitful deliberations.


MENTAL HEALTH
SUPPORT FOR
ADOLESCENTS IN
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Support 600 vulnerable adolescents
in overcoming mental health
barriers to thrive in school and life.
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ELDER'S EYE

The Delicate Balance Between Development and Environmental Conservation

BY PP GODFREY OKELLO-OMODING

People must continue to live, and their endevour to develop themselves is part and parcel of their living. Striving for a better life continues to stir development at individual, community, nation and international levels.

Everyone, every community and every nation aspires to develop or keep developing. Even nations whose indices of development are high are aggressive in their determination to keep developing. Their desire to consume is equally high.

Continuously, nations at various levels of development are grappling with environment issues versus their desire for a better life for their citizens. These issues have a different effect. They trigger changes in the natural setting of environment.

What is critical is the nature of the changes and the responses. And who can drive the balancing act between the environment and development.

The processes that cause changes to the state of the environment on planet earth are majorly human activities. They either aggravate these changes or create even more dangerous ones.

Human beings in their endeavors especially economically, affect the state of the environment. Some endeavors lead to environmental degradation.

This further gets exacerbated by ignoring environmental and associated social considerations in their undertakings, policies, programmes and projects.

Today, there is a wide range of environmental degradation issues that must be confronted. The confrontation equally ranges from policies to actual implementation and change of behaviours.

The key issues to confront are in three areas, broadly categorized as: first, the green issues – these involve environmental and natural resources management; demanding the arresting of habitat degradation, biodiversity loss, deforestation, wetlands degradation, soil degradation, desertification, water scarcity, floods, land slides and droughts to mention but few.

> "The processes that cause changes to the state of the environment on planet earth are majorly human activities."

These arise typically as results of environmental neglect, over exploitation, not minding



and undervaluation of importance of environment.

The second category is the ***brown issues*** - pollution covering air and water, mainly out of domestic waste (disposal and burning), industry, transportation, and agricultural chemicals.

Often these are results of discharge of industrial waste coupled with its poor management, the wrong type of technology being used and fuel.

The third category, ***red issues*** – these are human and social issues, arising from resettlements, cultural, socio-economic disruptions, gender and indigenous population concerns, institutional conflicts, and inequitable distribution of wealth and resources. These call for community participation in decision making and valuing of human welfare, which are often at the root of these issues.

Rotarians, in these three broad categories, at least, there are many areas for which we can carry out interventions at least cost. However, it calls for willingness to drive a balance between development and environment, a balance between survival and exploitation, and a balance between rightful use and accountability. As often in society, there is a tendency of the powerful ones to pollute and go free legally. Even they, their accountability is held differently and they are handled with soft gloves.

Today, the environment is increasingly becoming more fragile. It calls for total and inclusive accountability in utilization. This comes at a time where interventions must meet the complexity of environment requirements. It comes at a time of sophistication of technological, where, for example, hectares of a forest can be cleared in a very short time, yet it takes years to reforest the same.

It comes at a time where globalization is the order – big markets for products has been created, causing more demands that has been countered with supply, leading to more exploitation or production.

> “It does not matter how little or how much one can do but action is fundamental.”

Amidst this time, there is demand for knowledge and knowledge sharing; knowledge on prevention, knowledge on sustainability, knowledge on proper utilization, and knowledge on alternatives or substitutes.



Yet too, there is a need for decentralization of powers of controlling, decision making and managing environment as connectivity of environment issues requires beyond the local interventions only.

Popular participation and gender sensitisation are calls for driving of shared and distributed responsibilities. This beckons for honestly driving and guiding society. A challenge that those in positions of responsibility must carry as public interest.

A call for Rotarians’ responses today is an urgent call for action. It does not matter how little or how much one can do but action is fundamental. Where you act and at what level, the purpose is what the environment issues can you find easy and suitable to act upon?

Matters of environment can be handled in small parts with small inputs but the summation of all the acts is what’s important and their impact.

In our Unite for Good vision, each making his/her “small” bits in different ways - we are power force to cause ultimate impact.

Let us join others such as the Government (central and local), communities, companies, NGOs and individuals in ensuring that we balance development with environmental concerns.

Rotary
Kampala - Naalya

THEME

AGRICULTURE IN THE FACE OF CLIMATE CHANGE

MISSES AND WINS.

SPEAKERS



PAG Herbert Oloka



Rtn Brian Mayanja

TUESDAY 21ST APRIL

7:00 PM

NDERE CULTURAL CENTRE



OUT TO LUNCH

Expansion Into Regional Markets Signals Good Things To Come

BY **RTN DENIS JJUUKO**

For many years, Ugandan businesses relied on many things Kenyan. Employees in the hospitality industry, advertising, creative, transport, logistics and even banking among others.

Of course, Kenya is a bigger economy, which has also not been largely disrupted by war. They had the expertise that we lacked. So, it must have been easier for them to set up here or sending their goods to Kampala.

Of course, there were Ugandans doing lots of stuff in Nairobi. In the 1970s and 1980s, many Ugandan experts were exiled in Kenya working as medical doctors, lawyers, teachers, businessmen, and political 'external wingers' among other jobs.

Artistes Jose Chameleon and Bebe Cool got their breakthroughs after recording in Nairobi studios. Later, Ugandan radio presenters made Nairobi home.

Private radio had developed faster in Uganda after the liberalization of the airwaves in 1993 than in Kenya. However, if you needed technical expertise on many things, Kenya seemed to be the ideal destination.



Ugandan entrepreneurs like James Mugoya and Bulaimu Muwanga Kibirige (BMK) had set up businesses there in the construction and automotive sectors among others.

But still, there was an imbalance. Kenyan businesses set up more in Uganda than Ugandan businesses did in Kenya or elsewhere.

That trend seems to be changing. First, many Ugandan big businesses like banks were run by Kenyans and other foreigners. There was a time a few years ago when almost all the banks in Ugandan had foreign CEOs.

Today, the majority of banks are run by Ugandans. And some Ugandan executives are now running big businesses in Kenya, like Bamburi Cement.

Second, in recent years, we saw Omar Mandela set up his popular Café Javas in Nairobi. It became an instant hit with the hippy Nairobians looking for a place that is well known for its customer care and great food.

> "...if you needed technical expertise on many things, Kenya seemed to be the ideal destination."

Kenyan managers had been running the hospitality industry in Uganda and now, a Ugandan businessman was taking the game to their capital.

Café Javas today has more outlets in Nairobi than Kampala and Entebbe combined.

Perhaps, other Ugandans are learning from Mandela.

Since last year, we have had at least three Ugandan businesses in the entertainment and marketing world set up in Nairobi - Fenon, Swangz Avenue and Talent Africa Group all now have offices in Kenya.

Previously, the entertainment and marketing businesses relied somewhat on Kenyan experts and even equipment to pull off events and marketing campaigns. Ugandan businesses are now playing on their grass.

In tourism, we are also seeing Amos Wekesa's Great Lakes Safaris operating a hotel in Tanzania. A few years ago, we saw Centenary Bank starting operations in Malawi. Many other Ugandans are also doing business in southern Africa.

The BMK Group has operations in Zambia and many others have taken the same route. Rwanda, South Sudan, Burundi and the Democratic Republic of Congo are some of the other markets where Ugandan businesses are operating.

It is remarkable that Ugandan businesses are growing and expanding in the region. Previously, we looked on haplessly as largely Kenyan businesses took over markets even after the Ugandan army had pacified some of those countries. South Sudan comes to mind.

> "Uganda's economy is largely concentrated within a radius of 80km of Kampala."

Ugandans for example in South Sudan operated the smallest of businesses - curio shops, barber kiosks and roadside restaurants. In contrast, Kenyans operated banks and other big stuff thereby gaining more from regional trade.

Uganda's economy is largely concentrated within a radius of 80km of Kampala. That limits growth for some of the businesses yet economies like Kenya are way bigger than ours.

The East African Community has a population of nearly 350 million people with a nominal GDP of about US$350 billion making it a market that we can't simply ignore.

Uganda has been pushing for exports into these regions while facing many barriers including infrastructural ones in countries like the DR Congo.

And if we only export there after even constructing their roads, we miss out on some opportunities that are extended to registered businesses in those markets. However, we shouldn't be limited to only the region.

With geopolitical pressures across the globe, there is even more need to expand to take on sectors that may not be well catered of as global players concentrate on their main markets or scale down in others.

Businesses which may not be ready to go it alone should look for companies they could merge with or acquire to get a footprint in those particular markets easily.

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



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

April
15

Rotary
Club of Kampala Naalya

Happy Birthday



Rtn Peter Nyanzi

Our dedicated Bulletin Editor - Thank you for your incredible work. We appreciate you more than you know! Wishing you a fantastic birthday.

www.RotaryKampalaNaalya.org

Rotary
Kampala Naalya

HAPPY BIRTHDAY



I hope your day is filled with lots of love and laughter; may all of your birthday wishes come true.

PND MATHIAS MULUMBA

www.rotarykampalanaalya.org

Fun Facts

Samosa

Let us begin with a confession. At every Rotary meeting at the Rotary Club of Kampala Naalya, it's rare not to see a samosa being munched mercilessly.

Before the gavel falls, before the Four-Way Test is recited, someone has already eaten three. You know who you are.

But this humble, grease-kissed triangle deserves more than our casual reverence. It deserves a history lesson — the sort nobody falls asleep in, because it comes with snacks.

The samosa's story begins not in an Indian kitchen, but in ancient Persia — roughly modern-day Iran — where it was known as sanbosag, meaning, delightfully, "triangular pastry."

One must admire the Persians: no poetry, no fuss, just geometry and dough. Somewhere between the 10th and 13th centuries, Arab merchants carried it westward and Central Asian traders pushed it eastward, until an Indian palace received it like royalty - which, in fact, it was.



The 14th-century explorers described elaborate royal feasts featuring samushak - tiny pies stuffed with minced meat, almonds, pistachios, and walnuts, served before the third course. Noble, indeed.

What followed was nothing short of a quiet culinary conquest. The samosa hitched rides on trade routes, colonial ships, and immigrant suitcases, reinventing itself at every port of call. In Somalia it became sambuus.

In Burma, samuza. Portuguese contact gave Goa (and somehow Angola and Portugal itself) the chamuça. Ugandans lost the plot and called it sumbuusa. Well, only the name changed - the triangular ambition remained.

So the samosa did not assimilate cultures; it volunteered for them.

There is a reason the samosa thrives wherever communities gather. It requires no cutlery, no ceremony, and no apology. It is democratic - affordable to the street vendor and acceptable to the five-star caterer.

It fits in a hand, travels in a paper bag, and disappears from a tray in seconds flat. Linguists tell us that every time someone utters the word "samosa," they are unknowingly quoting a thousand years of cross-cultural history.

We Rotarians prefer to think of it differently: every time someone reaches for a samosa at one of our meetings, they are practising international fellowship — one crispy triangle at a time.

So the next time the plate comes round — and it certainly will — pause briefly before you help yourself to your third. Consider the Persian merchant, the Mughal court, the Portuguese sailor, and the Kampala mama who perfected the ratio of pepper to peas or rice. Then eat it without mercy. You will be doing it justice.

Jokes of the week

1. "Some people cause happiness wherever they go; others, whenever they go." **— Oscar Wilde**

2. A Rotarian was asked why he gave so much time to community service.
He responded, 'Service above self.' His wife quipped, 'He means service above housework, cooking, and remembering anniversaries.'



KIKOMANDO BUDDY GROUP IN CHARGE



Peter Simon Nyanzi



Anne Nkutu



Christine Amucu



Denis Jjuko



Dorcas Karungi Mwanje



Elizabeth Wamalwa



Godfrey Okello Omoding



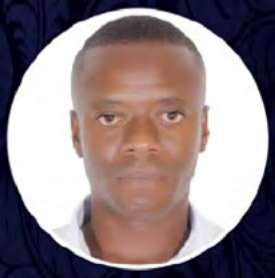
Julie Nabwire



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