

Naalya Food 29th April 2025 Bulletin

Rotary
Kampala - Naalya



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RC KAMPALA - NAALYA



SCAN TO LEARN MORE

EDITOR'S NOTE



Dear Reader,

As we end April - Environment month, it is important for us to commit and play our part however big or small the actions may seem, to address the world's environmental challenges.

Last Tuesday, our guest speaker CP George Musisi enlightened us on the importance of avoiding settlements in wetlands.

We look forward to a more energized month of May in this last quarter of the Rotary Year.

I invite you to join us today for our fun Fellowship (Movie Night) at Arches Gardens, Kisaasi.

Keno Lillian - Bulletin Officer

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Feedback

We'd love to hear from you about any of our stories this year 2025. Contact the Bulletin Officer: **+256 782 601 009** or Email **rcklanalyafoodbulletin@gmail.com** or **tap on the buttons** below

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President's Message

RTN SYLVIA JAGWE OWACHI

Magical President 2024-2025



Dear Rotarians and Friends,

The month of April in Rotary is dedicated to the Environment. In our meeting last week we were honored to host Counsel CP George Musisi who presented on a very interesting topic **"Take My Land Save My Wetland."** He gave us very good insights on what wetlands are, the laws around wetlands, NEMA's role and mandate in protecting wetlands and what would happen to you if you end up buying land or constructing in a wetland. It is therefore prudent that one does proper due diligence before buying land or property.

The news this week has been awash with the demise of Pope Francis. As we mourn with our Catholics brothers and sisters around

the World, I must say that he lived a life synonymous with what Rotary stands for. Rotary's vision is a World where people unite and take action to create lasting change, both locally and globally and the mission is to provide service to others, promote integrity and



Over the weekend we will have our club retreat. It is time for bonding, fun and reflection. It is also a time to review the status of the goals we set at the beginning of this Rotary Year and set goals for the next Rotary Year."

advance world understanding, goodwill and peace through our fellowship of business, professional and community leaders and above all Service above Self.

Over the weekend we will have our club retreat. It is time for bonding, fun and reflection. It is also a time to review the status of the goals we set at the beginning of this Rotary Year and set goals for the next Rotary Year. Our goals are set along the strategic priorities for Rotary i.e.

- Enhance Participant Engagement through Service participation, social activities, Leadership development, Training and attendance of District events and conference
- Increase our impact through giving to the Rotary Foundation and undertaking impactful projects using Global Grants.
- Expand our Reach by members sponsoring new members and growing membership, birthing a new Rotary club's and sponsoring Rotaractors for the Rotary Youth Leadership Awards (RYLA).
- Increase our Ability to adapt by enhancing our governance practices and online presence.

Every last week in the months in our club we dedicate one meeting to fun and fellowship. This week is Movie Night. You are welcome to join us for the award winning movie Conclave. Enjoy this week's bulletin and Be Blessed.



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DG Anne Nkutu Hails Rotary Club of Kampala Ssesse Islands as a Model for Community Development



BY RTN SYLVIA NANKYA

District Governor Anne Nkutu has praised the Rotary Club of Kampala Ssesse Islands for setting a high standard in sustainable community development through their transformative work in education and health.

Speaking at the commissioning of a new girls' dormitory at Bweza Ddagye Rotary Community School on Saturday, April 26, 2025, DG Anne commended the club's unwavering commitment to uplifting the Ssesse Islands, calling their contributions a shining example of Rotary

service at its best.

She added that the approach by the club fits within her call to consolidate projects that had been initiated in previous years.

Construction of the newly commissioned dormitory, valued at UGX 140 million, began during the Hope Creator Rotary year under then-President Irene Nabayunga and was completed under the stewardship of Magical President Moses Ssebugwawo.

Support for the project came from the China Road and Bridge Corporation (CRBC), a subsidiary of China Communications Construction Company known for its global infrastructure projects. Besides co-funding the construction, CRBC donated

20 decker beds and pledged to construct a perimeter fence to further enhance the safety of learners and staff.



Club President Moses Ssebugwawo is optimistic that the new dormitory will provide safe and decent accommodation for the school's female learners, many of whom previously faced long and risky journeys to attend school."

The Club also donated more than 80 dozens of books and soccer balls to the learners during the same event.

This latest achievement adds to the club's significant contributions at Bweza Ddagye Rotary Community

School, which include a classroom block, an administrative block, teachers' quarters, and now the girls' dormitory.

Club President Moses Ssebugwawo is optimistic that the new dormitory will provide safe and decent accommodation for the school's female learners, many of whom previously faced long and risky journeys to attend school. Currently, the school serves

278 learners from Nursery to Primary Four.

The Headmistress, speaking at the event, expressed heartfelt gratitude to the Rotary Club and called for further support — particularly a boys' dormitory, a kitchen, and more staff quarters — to meet the growing needs of the school.

The event, which began with a dedication mass, was graced by Rotarians, community leaders, project partners, and

guests from within and outside Kalangala. Special recognition was given to Works Minister Gen. Edward Katumba Wamala, a club member, for his pivotal support toward the success of the project.

Area leaders applauded the Rotary Club of Kampala Ssese Islands for setting a shining example of sustainable service and creating a lasting legacy of hope and opportunity for future generations.

Earlier efforts by the club include the construction of a health center, now managed by the central government and serving the broader Kalangala community.



f @CancerRunUg
 X @UgRotaryCancerP
 #CancerRun25
 www.rotaryugandacancer.org

ROTARY CANCER RUN MILESTONES



WHAT HAS BEEN ACHIEVED SO FAR?



36
 Beds
 UGX
 1.5
 BILLION

- Constructed a 36-bed cancer treatment center at Nsambya Hospital.
- Fitted the center with equipment worth over USD 150,000 including staff training that was acquired through two Global Grants.



- Contributed 200M to construction of the Rotary Blood Bank at Mengo Hospital.



- Commenced the construction of 2 bunkers that will house the 2 LINAC cancer testing and treatment machines.
- 3.8 billion so far spent on the planned Cancer Center towards the construction of the bunkers and superstructure

TOTAL FUNDS REQUIRED TO CONSTRUCT THE CANCER CENTER

USD **3.6M** or approximately UGX **13.8** billion to go towards the construction of the bunkers and associated spaces.

HOW MUCH HAS BEEN RAISED?

UGX
8.071
BILLION

2025 RUN'S TARGET

UGX
4
BILLION



HOW HAS MONEY BEEN RAISED OVER THE YEARS?

68,000,000	2012
94,604,700	2013
188,778,120	2014
228,282,662	2015
300,399,000	2016
757,670,600	2017
708,511,104	2018

759,924,980	2019
133,980,000	2020
375,000,000	2021
1,324,765,600	2022
1,100,000,000	2023
2,031,913,292	2024

Rotary Cancer Center Facilities at Nsambya Hospital include:

- Treatment Facilities (Actual bunkers)**
Two External Beam Radiotherapy (EBRT) Units that house the Linear Accelerator machines, plus one Brachytherapy Unit designed for internal radiation therapy.
- Clinical Support Facilities**
Radiation Oncology Department Offices and a Treatment Planning CT Unit.
- Patient-Centric Facilities**
Patient Reception and Waiting Area, Consultation Rooms, and Changing Rooms and Toilets
- Educational and Collaborative Facilities**
Conference Room
- Specialized Care Facilities**
Pediatric Oncology Unit providing specialized care and support for children with cancer.

Balance of approx. 2 Bn has been placed in Fixed deposit pending top-up of future collections to allow utilization.

ABOUT THE 2025 RUN:

DATE: **Sunday 31st August, 2025.**
 VENUE: **Kololo Ceremonial Grounds and in all major towns across the country and around the globe.**
 REGISTRATION FEE: **UGX 30,000 and comes with a kit.**



Scan the QR Code to register for your kit



REGISTRATION FEE: **30,000/=**

<https://tickets.ugandarotarycancer.org/>
To register, click the link or scan the QR Code.



Scan the QR code to donate.



Donate to the Rotary Cancer Run at the link: <http://donate.rotaryugandacancer.org>



Cancer Run Launch





Environment actions must be *Intentional*



BY **IPP GODFREY OKELLO OMODING**
Club Training Facilitator

Environment challenges have been highlighted this month in several fora and publications. As the month of April comes to the end, ask yourself what have you done or going to do towards saving the environment? In your own environment score card, how are you standing? These are among many questions you may ponder on. Addressing environment challenges begins with an individual.

The way you conceive, perceive and live in the environment matters. And how you act and respond to actions of others. As an individual, there is a lot that you can put into action.

For instance, last Good Friday, I travelled to my village to join the other part of my family. I gave a lift to some people. As my usual habit, I stop after driving for some time to refresh. I did stop at Iganga town. Bought some sodas and water. I got back on the road with my passengers. Everyone in the car had a drink.

One of the passengers after taking the drink lowered the rear window of the car, throw the empty bottle out of the car to the road side. On realizing this, I stopped the car and reversed. Told the fellow who threw the bottle to get out to pick it and bring it back to the car. Other two passengers in the car were left perturbed what kind of a person is this who can stop and enforce such act. Besides, this is an open road area.

The message I sent to these passengers of mine was simple yet strong. I got the opportunity to share with them about plastic waste as an environment challenge. This is an action these passengers of mine will live to remember.

Such are some of the environment actions that intentional must be done by the individuals. It virtually costs nothing but can be impactful. I can imagine that these passengers of mine may not do such act again. It may have looked shaming to my passenger, but at least, it left an everlasting lesson. It also left me happy that I have done something for the environment, not merely talking or writing about it.

Rotarians, there is much that can intentionally be done by us. Among them, supporting and sponsoring conservation efforts and activities that are meant to save the environment.

It can be activities of an

organization with your reach like your local church or mosque, neighbourhood school or economic and social groups. Also, holding those responsible accountable, and dedicating to educating communities on environmental issues and possible solutions. Remember, the easy way to preserve environment is through your actions. Such as practicing and advocating for effective environmental solutions for various environmental challenges. Through using yourself or your support to amplify efforts, more positive change can be made.

Basically, addressing most environmental challenges are not far away from feasible and

local solutions. Take a case of advocating for effective environmental solutions. It is within us and is a possible avenue to use. Use of one's support to amplify efforts of those involving in addressing environment issues is possible and very local. Such support can drive positive changes that one will never imagined. This is a matter of having a will to act, and indeed, intentions to act. No good intentional act goes without a change.

Stewardship of environment begins with individuals embracing sustainable habits. Sustainable habits are sustainable choices we make daily. It can be a choice of using eco-friendly products, a choice of means of transport. It

is a choice of life style. These are small changes but can bring a big impact. They are not a reserve of certain people. It is the lack of intentions that is the barrier.

As the month of environment ends, what echoes will you remain hearing? Are these echoes from you? If not, wake up and be vocal, be engaging with others. Pick one message and spread. Together as Rotary and Rotarians, we can create unimaginable impact that the future generation will thank the past generation since they will have somethings to smile about.

May you amplify the magic of rotary in the environment protection and preservation by your contributions.



Together as Rotary and Rotarians, we can create unimaginable impact that the future generation will thank the past generation since they will have somethings to smile about.”



Last week's fellowship

Our Visitors last week:
RC Kira, RC Bulindo,
RC Kitukutwe and RC Kampala.
Thank you for visiting!





Membership Expansion

BY RTN ROBERT WALAKIRA

Governor Anne Nkutu is tapping into Uganda's vibrant comedy scene to identify dynamic Rotary prospects whose talent and influence extend far beyond the stage.

The Governor met with the comedy ensemble at their inaugural meeting yesterday, where RIDN Emmanuel Katongole served as the guest speaker. His CV was read with flair by none other than The Man from Ombokolo himself, Patrick Salvado.

Speaking to our reporter after the fellowship, Salvado expressed the group's excitement about the initiative and confirmed that they are scheduled to meet every

Tuesday at Donel's Bistro, located just opposite Ntinda's Capital Shoppers Supermarket.

Rotary stalwarts such as PDES Ronald Kawaddwa, Membership Chair Paul Nampala, his deputy Dan Kiguli, PP Dennis Jjuuko of Naalya, and AP Flavia Nampala of Kisaasi-Kyanja attended the launch. These influential figures in the district are leading efforts to establish a Rotary Club that unites comedy writers and enthusiasts of the craft.



Africa Peace Concert Launch



JOINT INSTALLATION



CHARLES OWEKMENO,
PE RC KAMPALA-NAALYA



STELLA AMUGE OKWADI,
PE RC NAALYA STATES



MARK PIUS KISUZE,
PE RAC KAMPALA-NAALYA

 **TUE.27TH.MAY**  **5PM**  **NDERE CULTURAL CENTRE**

Rsvp

PE Charles Owekmemo **+256 774 222696** PE Stella Okwadi **+256 772 430419**
PE Mark Pius Kisuze **+256 788 065632**

In the spirit of "Unite for Good," the Rotary Club of Kampala - Naalya, Rotary Club of Naalya States, and Rotaract Club of Kampala-Naalya will, for the first time, hold a Joint Installation of their presidents!

Join us for this historic celebration of leadership and unity on 27th May at 5 PM at Ndere Cultural Centre.

Entrance is free

Let us Unite For Good!





CALGARY 2025: *The Countdown is On!!!*

BY **CRAIG STOKKE** AND
MARK STARRATT

Can you believe it? We're just under two months away from the 2025 Rotary International Convention—and we are beyond thrilled to showcase our city, our province, and our country! It's been seven years in the making, and we're counting down the days to roll out the red carpet for YOU.

Calgary will offer five unforgettable days filled with connection, inspiration, and western hospitality. We're famous for our big blue skies, cowboy charm, and welcoming spirit—and trust us, you'll feel it the moment you arrive. In fact, when you step off the plane, you'll feel like "You're Already Here!"

We are reaching out today to draw your attention to four topics:

1. Stay Informed – Stay connected so you don't miss a thing.

Everything you need to know about Calgary 2025 can be found at www.rotarycalgary2025.org. Go to the Home page where you can:

- Sign up for the HOC Newsletter and receive regular updates on everything related to the convention.
- Follow us on our social media channels to stay

connected with all the latest news, behind-the-scenes sneak peeks, and more!

- Register for an informative *"Everything You Need to Know about Calgary"* webinar being hosted in all eight Rotary languages until the beginning of June.

2. Need a place to stay? – there are plenty of options available.

Visit [Where Do I Put My Head Down? | Calgary 2025 HOC](#) for information on ALL the available options for accommodation. We are excited to be hosting the world in Calgary and recognize that accommodation options are beginning to narrow as attendees confirm their travel arrangements.

Please check out the "Where do I Put My Head Down" page regularly for up-to-the-minute information on what is available. Things change daily!!!

3. Signature Events are selling FAST – If you haven't grabbed your tickets yet, giddy-up!

As we get in the saddle for the convention, we invite you to be part of several unforgettable experiences. Here's your chance to join us for events that showcase the heart of Alberta's

culture and Rotary spirit:

- **Grandstand Spectacular (June 21st)**
Our unofficial kick-off event! Get ready for an unforgettable night that blends the raw energy of the Wild West, the rich traditions of Canada's Indigenous peoples, and electrifying modern entertainment—all in one epic, show-stopping performance. Usually reserved for Calgary Stampede crowds, this year Rotarians get their very own VIP experience! Make sure to arrive on the afternoon of June 21. It's a can't-miss experience. Get your tickets now!
- **New Blood with the Calgary Civic Symphony (June 22nd)**. Celebrate Alberta's rich cultural mosaic in an evening that showcases Indigenous and multicultural stories through music and performance. Sign up for this incredible experience here!
- **Rockin' The Big Four Roadhouse (June 22nd)**. Rock the Nation pays tribute to over 30 years of Canadian music. It's a celebration of the soundtrack to a generation and a reflection of a nation coming of age. Get your tickets here.
- **Let's Have Dinner Together (June 23rd)** – **SOLD OUT**. Back by popular demand! First introduced in 1996, Host

Hospitality is a beloved tradition. Thank you to all District 5360 Rotarians who have volunteered to host our visiting guests.

- **Western Ranch Showcase (June 24th)**
Experience Alberta's ranching and cowboy culture up close—with live demonstrations, local food, and authentic Western flair. Don't miss out on this unique event! Reserve your spot.

That's not all—no trip to Calgary is complete without pickup your very own White Hat and being welcomed as an Honorary Calgarian during what will be the largest White Hat Ceremony the city has ever seen. All at the Grandstand Spectacular. This is your chance to be part of history! Make sure to order your White Hat and have it ready for pickup at the House of Friendship.

4. There's so much to see – Explore everything from mountain peaks to prairie hospitality.

Pre and Post Tours. Natural wonders, big cities, and all the magical spaces in between. Alberta has something for everyone and there's plenty to discover before and after the main event. Our curated Pre and Post Convention Tours offer unforgettable adventures, including:

- Authentic Indigenous Tours
- Vocational and Fellowship Tours
- White Hat Hospitality Excursions

Trips are offered in every direction, with spectacular scenery around us. We promise to spoil you with our famous Western hospitality. With so many itineraries, we are confident

they will match your travel plans for RI 2025. For a comprehensive overview and booking details, visit the Pre and Post Tours page.

You'll Experience Magic All Around

Rotary conventions are all about reconnecting, discovering, and building lasting friendships—and we're going to make sure this one is full of energy, heart, and unforgettable moments.

Head over to www.rotarycalgary2025.org to explore all the excitement.

Take a tour of the site and dive into the amazing lineup of events!

We can't wait to welcome you. Yahoo!





Speaker
Christine Kawooya
DGE- D9214



Speaker
Geoffrey Kitakule
DGE- D9213



Speaker
Jane Kabugo
Consulates Chair - Rotary Fellowship for
Empowering Women



Moderator
Flavia Serugo
Co-Founder-Rotary Fellowship for
Empowering Women



AMPLIFY ROTARY'S IMPACT THROUGH WOMEN EMPOWERMENT

DATE: MONDAY 23rd JUNE 2025
TIME: 13.30-14.30
ROOM : 225

convention.rotary.org

Empowering Women at every level

Empowering Women at every level is critical in addressing societal needs and especially in increasing Rotary's Impact in the communities.

Join the **Rotary Fellowship for Empowering Women** at the RI Convention in a breakout session where you will gain insights on:

- How women's leadership and participation in Rotary contributes to advancing its mission

- Successful examples of women empowerment projects that have delivered sustainable and scalable community impact.
- The importance of building strategic partnerships and global affiliations that support women's empowerment to help Rotary increase their visibility and reach.

For more information visit:

www.rotaryfellowshipforempoweringwomen.org
or follow us @rfewofficial



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Fun Facts

Why is it Called “Giving Someone the Cold Shoulder”?

When a guest overstayed their welcome, a host might serve them a cold piece of meat—often the shoulder of a roasted animal—to hint it was time to leave. Over time, this tradition grew into the phrase “giving someone the cold shoulder.” Today, it means ignoring or shunning someone in a subtle way.

We know the phrase’s origin lies in old customs, but what makes English so fascinating is how such odd acts become vivid turns of speech.

There’s a timeless charm in these old words and phrases, each with its own life story. They link us to voices of the past and remind us that language changes as our world does.

Think of all the strange, funny sayings we use without even blinking. “Bite the bullet” has no bullets at dinner. “Break a leg” should never mean harm. Yet we say them because they paint pictures in our minds. They make small talk more fun and our stories richer. To learn these phrases is to open secret doors. You step into a hall of mirrors, where words bend and shift.

When we say “giving someone the cold shoulder,” we might imagine a frosty scene. Perhaps the person in question sits at the edge of a banquet table, feeling unwelcome and out of place. Or picture a lively room that goes silent as one guest enters. No one looks up; no one offers a warm smile. The feeling is chilly, and the language matches that mood.

This old phrase also shows how English evolves. The words stay the same, yet times change. We no longer serve cold cuts as hints. Instead, we turn away, check our phones, or pretend we don’t see the person. But the phrase endures because it still works as a vivid image. The language keeps it alive.

If you find these language twists intriguing, you might dig deeper into the vast garden of English expressions. Every idiom has roots buried in culture and history. Some grew from jokes or old customs. Others came from sailors, farmers, or traveling merchants. Each word we use has been shaped by real lives and events, often long forgotten.

In the end, “giving someone the cold shoulder” stands as one tiny jewel in the grand collection of English sayings. It’s a phrase that hints, shows, and whispers from a distant past—still cool to the touch, still part of our shared tongue today.

#OutToLunch

If only we could learn from *Pope Francis*

BY RTN. DENIS JJUUKO



The death of **Pope Francis** came a little bit as a surprise. He had been seen publicly on Easter Sunday, another surprise, blessing the faithful from the balcony that overlooks St Peter's Square. Even though he was visibly weak, it seemed he was on the road to recovery after spending more than a month in hospital being treated of double pneumonia. He was 88 years old.

Pope Francis is the third pope to die in the last 20 years following John Paul II in April 2005 and Benedict XVI in December 2022 even though he (Benedict) had long resigned from this position due to ill health. That decision of Benedict to resign allowed Francis to assume office in March 2013.

Less than two years after his election, Pope Francis made the long trip to Uganda, becoming the

third pope to do so largely thanks to the Uganda martyrs. And like most of the papal visits especially to countries like ours, everything comes to a standstill. Roads are paved, buildings are rehabilitated and grass is planted, public holidays granted and that wasn't any different in 2015. People traveled from far and near to attend the mass that he led.

Even our politicians who usually don't see eye to eye were seen shaking hands at the Uganda Martyrs Shrine in Namugongo. One wished the pope visited every day!

Those who met the Pope either in Uganda, the Vatican or elsewhere all talk about his humility. As

he departed Uganda, a photo is shared of him climbing the steps to his Shephard One aircraft at Entebbe International Airport. He was walking alone, one hand sometimes holding his papal soutane, and another carrying a black bag, perhaps

“

Pope Francis still sent a message to those who deprive wealth of others by stating in his will his desire for a simple burial without the ornaments and all stuff that his position could afford..”

with personal belongings. He could have had as many aides as he wished. He was the leader of more than a billion Catholics but he lived simply and perhaps sending a message to nobodies that they too can be humble. Many ministers in Uganda never carry their handbags, there is always somebody at hand to do so.

He refused to move in expensive limos or SUVs while visiting Kampala

FUSION

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www.rotary-fusion-summit.org



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Early-Bird Registration Ends on 31st March.

#RotaryFusion2025
#UniteForGood

Family Matters



BY PASTOR RONNIE MUTEBI

1 Peter 1:7 (KJV):

That the trial of your faith, being much more precious than of gold that perisheth, though it be tried with fire, might be found unto praise and honour and glory at the appearing of Jesus Christ.

THE TRIALS OF LIFE.

Life is never designed to be static, we often find ourselves in moments of trial, and may become discouraged. We wonder why God allows certain difficulties to come our way, and we may even question

if we're being punished. However, it's essential to understand that trials are not necessarily a sign of God's displeasure.

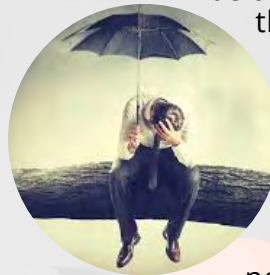
Trials are a part of the process of separation and preparation. Just as gold is purified through the fire, our faith and trust is refined through the tests we encounter. The fire does not consume gold; it makes it purer. Similarly, the trials we endure must not destroy our faith and trust in God; they should purify and strengthen it.

When God tests you, He never sets you up to fail. He is not 'checking' to see your response. He is not surprised by how you handle them.

“
Sometimes the best of you is hidden in the worst of the moments around you.”

Most importantly, without trials, we would never fully recognize our strengths and dependence on God, nor would we grow in our ability to trust Him to do great things in every aspect of our lives. It is in the fire of trials that our confidence and trust is proven genuine.

That moment when you thought it was over after losing that job, life seems meaningless and static, but if you tap into your inner strength, this may actually be the trigger to unleash the greater you.



Sometimes the best of you is hidden in the worst of the moments around you.

There's never a negative without a positive in the vicinity, it's just that we're so focused on the negatives around us.

Take Home: God never wastes a trial. Every test you face is for your maturity, an opportunity to deepen your trust in God. While it may seem hard to understand in the moment, each trial is a work of God's love towards us, intended to refine you and prepare you for greater things to come in your life.



Aluminium and
Metal Fabrication



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Rotary 
Kampala-Naalya



MOVIE NIGHT
★ **THE CONCLAVE** ★

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Mathias Mulumba



Peter Simon Nyanzi



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