

Naalya Food AUGUST 2023 Bulletin

Rotary
Kampala-Naalya



Issue 6



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Editor's Note

Dear reader,

Thank you for devoting your time to read the Naalya Food Bulletin. Special thanks to the Club members who have devoted time to write articles for the Bulletin. We appreciate you all.

In this edition we still focus on the month's theme; Membership and New Club Development.

This month we are encouraged to do things differently as part of our attraction, growth and retention strategy. As a key takeaway from our fellowship last week, just think about what you want to do differently and feel free to share it with the Bulletin team.

In whatever we do, let's be encouraged to bring more individuals to share in the joy of being a Rotarian, as part of this membership month. Our speaker last week challenged us to double the club membership. This will only be possible if you attract more people from your networks to come and join us.

More tips about what you can do to attract members and grow Rotary will be shared this week by our Speaker Dr. Paul Nampala – the Chair of the District Membership Committee. Read about his strategy in increasing numbers at his club and extension of Rotary during his year of service. There is so much to learn.



“
**PLEASE JOIN US THIS
TUESDAY AND GET TO
KNOW MUCH MORE**”

Keno Lillian
Bulletin Editor

MESSAGE FROM THE PRESIDENT

Dear Rotarians and Friends

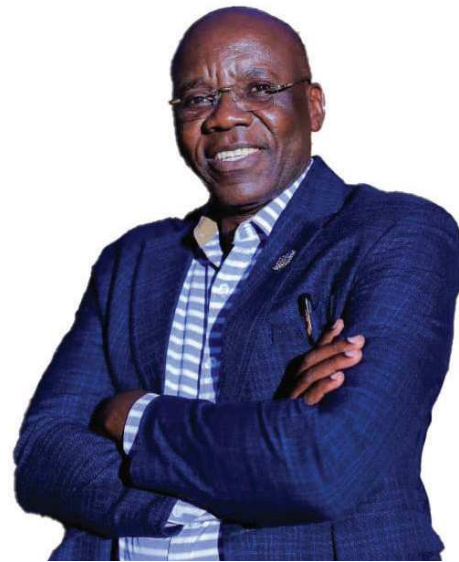
Last week we had a very deep insightful sharing on the theme of the month of August- Membership and New Club Development. Past District Governor, Rotarian Stephen Mwanje facilitated the sharing which was pivoted on “Building Great Membership”. This week, we are having another important talk on **“Membership Topical Issues”** by Rotarian Dr. Paul Nampala, Chair District Membership. Membership is what mirrors rotary. It gives rotary life, identity and execution of its purpose. However, membership becomes with necessary challenges of continuity and existence. These are very essential for rotary’s very survival. While one is to qualify to be a member has to fulfill the necessary obligations and conditions which form the embodiment of rotary.

A club is central in the nurturing and nourishing of members. It is a ground for sharpening and shaping members. Constituting and growing membership of rotary is at the club, a ground for character formation. It is where appreciation, embracement and practicing of rotary begins. It is rotary’s footstall.

A drive to recruit members takes place at the club level. This, however, comes with challenges of mentoring and modelling potential members. A rush in recruiting members as to increase the number sometimes results in improper mentoring. In the short run, you get the numbers, and shortly the number exit. This gets manifested by low retention rates. Therefore, this month, as a club, we ought to be reflecting on how we can do the following better:

(i) Participation- Increase the participation of members. As a club, we need to see and have all our members actively participating in activities of the club. Members should feel their club. We need members to come forward with various ways of enhancing participation. The bottom line is not to create “back seat” members, a withdraw syndrome, and self-isolation.

(ii) Retention- How do we retain our members before we think or talk about recruiting. The more we retain our members, the more likely they become club ambassadors for attracting others. People



have attendance to drift to where there is stability. The task at hand is creating those conditions that bring stability. Aware that people join for different reasons, it may be difficult to satisfy all. But what is important is focusing on building togetherness. With this, shifts of interests may emerge and new equilibrium will be created that can be capitalized on.

Some of the individual interests can be met on the way without necessarily focusing on them. Interests are fluid and do change. Therefore, the concern should be on building the club while accommodating different interests. Members must also express their interest so that ways to incorporate them can be thought through.

(iii) Recruiting new members- Recruitment of new members is a very important aspect of growth. As a Club, we ought to explore ways of bringing new members. We would like to see the participation of every club member in the recruitment. The responsibility should fall on the shoulders of all members. Since our members come from diverse background. To get diversity in the club, members ought to play pivotal roles in their areas of work, acquaintance and professions.

(iv) Membership fee- Membership fee payment has been referred to as one reason why members drop off. The Club will continue to find flexible ways of enabling payments. More mechanisms are being explored. It is also important to observe that by the time a member joins rotary, (s)he is taken through many things including fees obligation.

Rotarian
Godfrey Okello-Omoding HCP



WOULD YOU LIKE TO JOIN OUR CLUB?

**GET IN TOUCH WITH OUR MEMBERSHIP
DIRECTOR FOR GUIDANCE AND
MENTORSHIP**

**SEND AN EMAIL TO
RCKAMPALANAALYA@GMAIL.COM OR
CALL 0778120939**

**THE ROTARY CLUB OF KAMPALA NAALYA
MEETS EVERY TUESDAY AT 7-8PM**

ARE YOU A MEMBER OF ROTARY OR ROTARIAN?

As I walked into the hall, a friendly eye guided me to a seat on the table where early-comers sat. I felt a warm sense of belonging, looked around and saw the faces of people who shared a common vision: to make a difference in the pulse of their Club. I was attending a Rotary Leadership training, and the topic that week dwelt on *Membership issues*.

The discussion soon locked us onto the common issues about members in our Clubs. Diverse professionals; accountants, self-employed business, health professionals, consultants, Civil servants, Communication services...at least one type of membership was dominant in each Club dependent on most charter members' classification. The August month theme '*Membership and New Club Development*' has taken me back to recall that online conversation Faculty Stephen Mwanje facilitated us to discuss on types of membership and ways they benefit the Clubs.

Which of these is the value category you bring to the Club: *Corporate, Associate, Active membership?*

One may argue the type of membership involvement depends the Club identity: *Satellite* [members who attend remotely], *Passport* [attend meetings of any Club in their community or around the world], *Corporate* [most of these work for the same employer], or *Cause-based* Club [members unite to address particular cause]. Think about it, which one best describes you as a member of RC Kampala-Naalya?

But what does it mean to be a Rotarian? Is it the same as being a member of Rotary? Well, not exactly. There is a subtle but important difference between the two terms.

In general, the term "Member of Rotary" refers to someone who has joined a local Rotary Club and pays dues to that Club. Members attend weekly meetings, participate in Club projects and events, and are part of a larger network of Rotarians around the world. Some members as part of Buddy groups just drag along... attending fellowship routinely but seldom do they comment on the issues that drive a Club forward. Are you absorbed in grapevine?

Does your Buddy Chef regularly reach out to you or

wait for them to sound you out... what do you do therein?

To truly be a Rotarian, one must live by the values and ideals of Rotary. This includes seeking out knowledge to serve and lead in Rotary, attending training like the Rotary Leadership Institute, and going the extra mile to care for fellow members. A simple phone call to check on someone's well-being can make all the difference in their day.

You could have noticed over time that no matter how deep the induction process is; members need to be constantly reminded of why they are in Rotary. Actually delayed payment of dues often has nothing to do with shortage of funds but the "lack of motivation" to divert funds for apparently more critical matters to Rotary.

But how can we encourage more members to become true Rotarians? *Building relationships* within Buddy groups and Friends of the Year (FOTY) or assigning a mentor to a new member can be more rewarding than simply attending meetings and events. Identifying members' specific interests and designing programs or events based on those interests can also increase participation and engagement.

YOU should take the lead, speak out on issues that stimulate your participation within your Buddy group. Not everybody might enjoy '*Swallowship*' where people share openly. Some enjoy a walk in the evening or jog, read a book, catch a series/ movie, want to cool down, or meet a date!

Participating in Club home visits to change the meeting environment or check on the well-being of members and visiting the sick as a Club or as a Buddy group is one way to practice and demonstrate *values of a true Rotarian* as opposed to basic member of a Rotary Club.

Rotarian is someone who lives by the values and ideals of Rotary, regardless of whether or not they are an official member of a Rotary Club. Rotarians are committed to service above self, ethical leadership, and promoting peace and goodwill in their communities and beyond.

This extra commitment including seeking for knowledge to serve and lead in Rotary through taking courses on **MY ROTARY** and attending the Rotary Leadership Institute gives members an edge to practice and hold Rotary values more.

Imagine if you highlight good performing Rotarians every fortnight or month with awards like “Rotarian of the Month” or “New Member of the Month” wouldn’t it encourage outstanding performance and inspire members to do more than just pay dues?

Frequency of Fellowship attendance, participation in activities, and giving to the Rotary Foundation should also be celebrated as sources of membership involvement in their journey as Rotarians.

Such tokens of appreciation usually encourage members to **feel loved, cared for and valued**. They get inspired to do beyond paying Club and Rotary dues and this appeals. Being a member of Rotary is just the beginning. To truly be a Rotarian, one must live by the values and ideals of Rotary and go above and beyond the basic requirements of membership.

Action areas for each Member in the Buddy Group:

- a) Attract and invite three high value people to join our Club. Include time for intentional appropriate public relation of Rotary Club of Kampala-Naalya to your circle. Image development about the Club projects and other activities is each member’s duty. Keep a list of good things about the Club.
- b) Ensure retention of members in the Buddy group. Check those you have not heard from this while and call them out. Discuss your interests and propose areas to the Buddy group you would like the Club to do and means of doing it gainfully.
- c) Change Buddy group to fit your relationship health. Some cluster of members in Buddy groups can change aiming to boost morale among themselves. Undertake outreach programs as a Buddy group ... bring some creative act that bonds you!
- d) Shuffle the members of the Buddy group in organising the fellowship. Don’t wait for the Buddy Chef to do everything for you...as it were your servants... Rotarian service above self!
- e) Buddy Chefs, assign members to visit other Clubs to represent RC Kampala-Naalya. Let each member report to the Buddy Chef. These should report during fellowship the number of visits and lessons got, plus level of participation in community/ District 9213 calendar events.
- f) Recognise and award outstanding performance. Propose someone you would like to recognize every month for their exceptional effort at improving the experience of others, fellowship management, Service Projects, TRF giving...name it!

Visit Rotary International website and check out the **Membership Action Plan (MAP)** resources for innovative ways to grow RC Kampala-Naalya! **Above all sign up onto MY ROTARY** if you truly are a Rotarian.

Rtn. Mathias Mulumba Kikomando
Buddy Group Chef.



04TH
AUG

happy
Birthday

To You

**Rtn Steven
Kakonge**

Rotary
Kampala-Naalya



CREATE HOPE
in the **WORLD**

Topic

Overcoming Member Apathy

Speaker

Dr Paul Nampala

Chair, District Membership Committee



TUESDAY
AUG 08, 2023



7:00 PM



**Ndere Cultural
Centre Ntinda**

Buddy group in charge
Kikomando



SPEAKER'S PROFILE

Dr. Paul Nampala Joined the Rotary Club of Kasangati in 2014 and has served in various capacities at club level in all directorates

He served as ChangeMaker President and led his club to receive RI Presidential Citation and 14 Awards at the 2022 DISCON in Naivasha. This has given RC Kasangati a higher profile and great visibility as the *ChangeMakers Club. He more than doubled membership from 52 to 130 and created 4 new Rotary clubs; two Rotaract and three Interact clubs during the year.

Dr. Nampala served beyond club at District level as part of the National CancerRun organizing Team for three Editions, as Regional Membership Coordinator Kampala Region 1 as well as District New Club Development Chair in the last Rotary Year

He is now serving as the Chair District Membership Committee D9213

He is an accomplished academic majoring in Entomology and Public Health and currently Head of Department at Bugema University.

He is married to Charter President Flavia of RC Kyanja Metro and blessed with 5 children (4 Biological and one adopted)

He strongly believes that with good leadership a lot can be accomplished and Leadership implies Learning as well as demonstrating Love to people in need of better service

He is a believer and his Rotary Scripture is Philippians 2:4!

Let each of you look not only to his own interests, but also to the interests of others

Apart from vocation / classification Dr. Nampala uses his time to read and participate in Discipleship of especially university students.

He also loves and takes nature walks as well as swimming and football (He is a fan of Liverpool and Onduparaka FC.)

Indeed Dr. Nampala never walks alone

NALYAAKO'S CANCER RUN THROWBACK





DISCOUNTED CANCER SCREENING AT THE ROTARY CANCER RUN 2023

CANCER SCREENING	Prostate Cancer	Cervical Cancer
PRICES	UGX 55,000	UGX 64,000

*Get that check up today!
Available at all C-care facilities



MAVD McCANN





Out To Lunch

HOUSES DEPRECIATE TOO

There is a common theory that houses or real estate assets don't depreciate. People who advance this theory usually compare it to cars, urging especially young people to first buy land and build houses (or buy houses) before cars. The argument is that cars depreciate whereas houses/land don't.

They may have a point but only if you scratch the surface. Cars like land or houses appreciate though it takes a long term to do so. A 50-year-old car today, if it is in good shape, attracts a premium and could cost more than some car types that were rolled off the assembly line the other day. Land and especially houses depreciate too. A 50-year-old house if not well maintained loses its value. Land in some cases can lose value too. For instance, if an area becomes a slum, land can lose value.

Kololo and some parts of Bugoloobi are increasingly becoming commercial areas with bars dominating the area. Unless noise pollution is controlled, the properties especially residential

ones can easily lose rental values. Imagine if you live on Bandali Rise in Bugoloobi today, accessing your home at night from around Thursday to Saturday is a nightmare as revelers in the area jam park the roads. There is noise too that will come from those area. Kololo is no longer quiet at night. Property owners may have to double glaze their houses to control noises from the mushrooming bars and restaurants in the area.

High rise buildings being constructed in the area may also lower the rental value in the area for those with non-storied buildings. You don't want to be in a house where those in storied buildings watch whatever goes on in your compound and even inside the house from their balconies. So, to attract any tenant, you have to lower the rent.

Infrastructure changes such as a bypass that makes one area hard to access can make land lose its value. Converting a street into a one way road can also lead to a property losing value as traffic is diverted away.

Then of course, areas reach what I call price ceilings. There is a limit to how much people can pay for a property in a certain area. Today, areas like Kololo and Nakasero have reached their price limitations for an acre of land. It will take a long time for them to appreciate again.

It isn't just such high end areas. If you look at residential areas where a 50x100 feet plot is going for over Shs150 million, they are about to reach their ceilings as well as people will start looking for alternatives further out than paying that. In such areas, appreciation is when you develop the land.

This means that if you buy in such an area today, your land won't appreciate that much unless if you buy a sizeable piece such as an acre or more. This is because, they will be buyers such as organizations in need of bigger land in an area that is already developed. Anybody who has a single piece of five acres in Kololo, Nakasero, Bugoloobi, Lubaga or Ntinda can ask for a premium that somebody with half an acre can't (if you look at the price per a decimal). So, there are limitations to the price ceiling theory I mentioned earlier.

What can one do to ensure the house doesn't depreciate? Of recent there has been some tiff between the city authority and Watoto church which wants to demolish an old building for a hotel and conference Centre. The argument is that the city needs its historical buildings. Like the 50-year-old car I mentioned earlier, an old building if looked after well can keep its price value or even appreciate.

This requires constant repairs and maintenance. If you keep maintaining the property such as regular application of paint, replacing broken toilets and fading floor tiles, the property will maintain its value and even appreciate. And it is cheaper to maintain than demolishing and building a new one.

If you are to sell, when a house is so dilapidated, potential buyers would only be interested in the land which technically means that your investment in the building wouldn't be considered. You have probably seen people demolishing the building on the land immediately after buying it and then putting the land on the market. The reason they do so is because the building isn't valuable at all. That means that the previous owner lost money when selling. So, if you don't want your property to depreciate, regular maintenance is critical.

The writer is a communication and visibility consultant and a member of the Rotary Club of Kampala-Naalya djjuuko@gmail.com

By Denis Jjuuko

OUR VISITORS

LAST WEEK

Lorem ipsum



Rotary Clubs

1. Rtn. Jimmy Serugo- RC Kampala
2. Rtn. Robert Suuna- RC Najjeera
3. PDG John Magezi Ndamira-RC Kampala North
4. PDG Stephen Mwanje-RC Mukono
5. Rtn Sserunjogi Andrew -RC Najjeera
6. Rtn David Twino-RC Ntinda
7. Rtn Pablo Kimuli-RC Kampala North
8. Rtn Lillian Basingye- RC Muyenga Tankhill
9. Rtn Linda Kiyemba- RC Muyenga-Tankhill

Rotaract Clubs

1. Rtr Belinda Asiimwe -Rct Kampala South
2. Rtr Ashaba Lillian - Rct Kampala the Core

CALL FOR NOMINATION OF MEMBERS FOR ADVANCING WOMEN IN ROTARY

The Sylvia Whitlock Leadership Award honors one Rotary member each year, regardless of gender or Rotary tenure, for actively working to advance women in Rotary. The award was established by a group of Rotarians in 2017 and is named for the first female Rotary club president, who went on to lead change for women and girls around the world through Rotary.

Any member can nominate another member in good standing for this award between 1 August and 30 September.

Congratulations to Chin Mei Lu from District 3481 in Taiwan, the 2022-23 Sylvia Whitlock Leadership Award recipient, who was recognized for her work that benefited women and girls in many countries.

Don't miss your chance to recognize the amazing work being done to advance women in Rotary in your area.



BUDDY GROUP IN CHARGE

KIKOMANDO BUDDY GROUP MEMBERS



Ritah Aciro Lakor



Mathias Mulumba



Ann Natukunda



Denis Jjuuko



Dorcas Karungi Mwanje



Anne Nkutu



Godfrey Okello Omoding



Julie Nabwire



Sam Byagweri



Elizabeth Wamalwa



Christine Amucu

Rotary
District 9213



Rotaract
District 9213



 **CREATE HOPE**
in the **WORLD**

99th **DISCON**

18th – 21st
APRIL 2024


@Speke Resort
Munyonyo



EARLY BIRD
REGISTRATION

Rotarians – USD 200

Rotaractors – USD 120

 <http://munyonyo.rotarydiscon.org/>