

# Naalya Food 04th June 2024 Bulletin

Rotary  
Kampala-Naalya

CREATE HOPE  
in the WORLD

Issue 22 | 2024



## Inside This Issue



My Rotary  
Experience



OutToLunch:  
Opportunity & Careers



# Editor's Note

Dear Reader,

Welcome to June, designated as Rotary Fellowships Month. What better way to finish a Rotary year than to focus on fellowship.

**Everyone is encouraged to join a Rotary Fellowship, including people who are not members of a Rotary or Rotaract club, it is a great opportunity to introduce them to Rotary.**

This also provides Rotarians an opportunity to form lasting friendships outside their Club.

**Furthermore, this month RC Kampala Naalya will have a significant event, the joint installation of our 13th President Rtn Sylvia Jagwe Owachi and PE Natalie Namugga - Rct Kampala Naalya.**

Join us on the June 25, 2024 as we celebrate this installation.  
Happy New Month!

*"Fellowship is wonderful; it illuminates life's pathway, spreads good cheer, and is worth high price." -Rotary Founder Paul Harris.*

**Keno Lillian**  
Bulletin Officer

**Editorial Design by**

**Bruno Komurubuga**  
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## Feedback

We'd love to hear from you about any of our stories this year 2024. Contact the Bulletin Officer: **+256 782 601 009** or  
Email: **rcklanalyafoodbulletin@gmail.com**



# RI President's Message

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**R. Gordon R. McNally**

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**JUNE 2024 MESSAGE**

**I**t's customary for a Rotary president in the final month in office to recap the past year on this page, and I am proud of all we have achieved together. But I want to focus on our future, and that begins with polio.

We have reached an astonishing 3 billion children with the polio vaccine, and we have averted an estimated 20 million cases of paralysis. But it's not enough. We must continue supporting the End Polio Now campaign to reach zero cases and keep our promise to the world's children.

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**Polio is not our only global commitment. In fact, Rotary has been working toward global peace even longer. Spreading Positive Peace through service projects and**

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**Rotary Peace Centers around the world is more important than ever.**

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We must also continue to build peace from within, and that begins with supporting mental health and wellness among our fellow Rotary members and the communities we serve. Rotary has an opportunity to help build a global mental health system that currently does not exist, and I urge all members to consider joining the Rotary Action Group on Mental Health Initiatives to keep up the momentum we began this year.



**R. Gordon R. McNally**  
Rotary International President  
2023-24

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**It's been the honor of a lifetime to serve as your president. You have given Heather and me memories we**

**will cherish forever. I look forward to our continued friendship and our collective commitment to Create Hope in the World.**

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# Message from the President

**GODFREY OKELLO-OMODING**  
HCP



**Dear Rotarians and Friends,**

**W**e have come to the month of June, whose theme is Rotary Fellowships. What is profound about the month of June is the end of the rotary year and handover of leadership at all levels of rotary hierarchy. For the club president, it is a month to say many thank you, thank you, thank you ... As a Club, it is time to remember memorable moments over the last eleven months. Indeed, fellowships as a theme of the month is very appropriate. Fellowships wrap it all.

When you reflect on the life of a Rotarian and his/her works, it's all about embracing fellowships. Fellowships bring Rotarians together; letting them work together, leading them to come together, making them have fun together, and giving them opportunity to share interests together. There is no better way rather than fellowships. The tradition of fellowships is what blends rotary across the globe. Wherever one is in the world, fellowships provide a web to build networks.

**Where often times fellowships are looked at as the weekly gatherings of Rotarians, they still provide appropriate ways of coming together.**

Particularly this month, most of fellowships are set aside for

installation ceremonies.

They epitomize a sense of togetherness. Installation ceremonies are set in different shapes, shades, themes, depth, breadth, widths and length. They are kinds of celebrations one ought to be. Sometimes, there are tendencies to go "overboard" in organizing these installations. Some celebrations are so elaborate and seemly pocket deepening. Nevertheless, the spirit of rotary fellowships should not be lost.

**The month's theme is a reminder to us about how we ought to perceive fellowships. What is obvious to us is that they bring one to meet other people; be it familiar or new. There is always something of value. Practically, it is a convergence of people of similar interests and meeting interests. As for the weekly reference of fellowships, there are different attachments. They basically avail time for meeting new friends, catching up, learning or obtaining new information and many other things in one-way or another.**

There is a lot to benefit from fellowships. There is no doubt about this. What matters is taking advantage of the diverse fellowships and finding where one's interest is met. Those who may complain about fellowships are yet to change to see what suits them best. It is members that make fellowships not

fellowships that make members. There is opportunity this month singularly and collectively to reflect on fellowships. How are you prepared to do your reflection on fellowships as to have a fulfilling fellowship? Here are some hints: be active, ask for help or guidance, join one, share your passion, and read more about fellowships in rotary learning centre.

**Rotarians, devoting time to think about fellowships in this time as we enter new rotary year is an excellent opportunity.**

It is another way of transferring created hope of this rotary year to new leaders as they come on board. They need to find you ready with many options to work on; ensuring that new additions are not missed. Let not new additions only come from the leaders. They should come from a flock like you. Let not your absence from action be another excuse for you to complain. Instead, let your presence in action overwhelm the leaders.


Be blessed.





# *Joint* **INSTALLATION CEREMONY**

JUNE  
TUESDAY **25** 6:00 PM  
2024

 **Ndere Cultural  
Centre, ntinda**



**PE. SYLVIA JAGWE OWACHI**  
RC. Kampala Naalya



**PE. NATALIE NAMUGGA**  
Rct. Kampala Naalya



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# Rotary International Convention ends on an optimistic note, looks ahead to Calgary

**A**fter five days of friendship, excitement, and cultural connections, the 2024 Rotary International Convention in Singapore ended with a focus on the future. Speakers emphasized Rotary's continuing mission to promote peace and goodwill and previewed next year's gathering in Calgary, Canada.

Fostering understanding was a central theme of the day, as Rotary Peace Fellows María Antonia Pérez and Clara-Valentine Tigenoah (Makerere University), celebrated the 25th year since the Rotary Peace Centers program was announced.

**"To believe in peace is to have hope, and to do so, one must be both stubborn and optimistic, and be eager to persist and make a difference," they said.**

Rotary International President Gordon R. McNally emphasized Rotary's long-standing commitment to building peace and noted that the topic has been a key interest almost since Rotary began.

**"Our dedication to building a more peaceful world has its ups and downs, but it has been a critical part of how we define ourselves, going back even before the First World War," McNally**

**said. "From our earliest days, we have always had a vision of our organization as something more than just the people we see right in front of us and the direct results of our service projects."**



The day's breakout sessions included even more discussion of peacebuilding, with topics such as Innovating Peace Education in Times of Crisis and Understanding the Global Peace Index.

**Two breakout sessions focused on starting new clubs. During the session Rotary Your Way: Form the Club You Always Wanted, people learned key steps in the process, from finding a champion to help organize the club to choosing the club's leaders.**

Speakers emphasized that cause-based and interest-based

clubs are a popular way to attract new members, noting that clubs can be formed among alumni of the same school, professionals in similar fields, or people who want to address a particular problem. As the 2024 convention ended, people began thinking about when the global Rotary community would gather again to share experiences, get ideas, and connect with friends. "There are few moments more magical in Rotary than attending a convention," said Bryn Styles, chair of the 2025 Calgary Convention Committee and a member of the Rotary Club of Barrie-Huron, Ontario, Canada.

**Calgary is home to people of more than 240 ethnicities who speak 165 languages, Styles said. He also touted the world-famous Calgary Stampede, which will begin several days after the convention ends.**

"While in Calgary, you will be mere moments away from the stunning Rocky Mountains, soaking in the majesty of the natural beauty all around you," Styles said. "Within driving distance of Calgary, you can find not one, but six UNESCO sites, including Waterton-Glacier [International] Peace Park," which Rotarians helped establish.



# Pictorial - Rotary Convention



# My Rotary Experience



BY RTN. PP FRANCIS  
LUBUULWA

**I** started visiting the Rotary Club on Kampala Naalya in September of 2013 at the invitation of my colleague at work. I had hesitated to join because of the misconception that Rotary was for a particular class of society to which I did not belong.

**Of course, I was totally wrong as I now fully understand that Rotary is a group of good hearted people who join hands to serve above self and change lives.**

RC Kampala Naalya

then used to meet on Wednesdays. That same day was Wednesday was a day for relieving mid week stress at the infamous hangout pub called Iguana at Kisementi. Lots of young people frequented Iguana for Happy Hour. We used to buy 5 beers for only 10,000 UGX. We could party till morning. This meant that Thursday wouldn't be a productive day for most of us that stayed in the bar till morning.

**My colleague had noticed my unproductive behaviour on Thursdays. She invited me and challenged me to use my wednesdays differently. I started visiting Kampala with her hand holding me. My very first visit was magical. I received three hugs from three warm and charming ladies of the club. I was received like their own despite not knowing much about me at all.**

I visited again and again until I was inducted in at the start of 2014.

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**Before I was inducted, I visited many other clubs with PP James Serugo of RC Kampala and my mentor PAG Flavia Serugo. I compared all those clubs to Kampala Naalya and the reception I had received on my visit to Kampala Naalya was not matched.**

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While RC Kampala Naalya was not (and still not) a perfect club, for me I found a sense of belonging that I had not experienced in any other social setting in my adult life then. I enjoyed coming to fellowships, attending service projects, home hospitalities, club retreats, etc. I still enjoy them to date. I have served my club in various capacities and while the responsibilities come with their own challenges, I still say very sincerely that I have enjoyed every bit of it.

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**RC Kampala Naalya will always be home!**

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## OutToLunch: Opportunity a great pathway to professional career



BY DENIS JUUKO

**Y**oung lawyers have been incessantly posting on X (formerly Twitter) about the poor pay they receive once they finish their long courses at university and the Law Development Centre. Apparently, they are being paid peanuts yet they have spent nearly five years learning.

They claimed that their employers “force” them to take loans to buy suits and cars to keep up appearances. Of course, nobody expects a lawyer in a round neck

t-shirt and ripped jeans. Until further notice, that is for tech entrepreneurs and impresarios.

**Although many of the complaining tweeting counsels, as they prefer to be called these days, acknowledged to receiving regular salaries, one of their contentious issues is that once they win cases in court, the senior lawyers and partners of the law firms don’t give them a percentage of the money they have won.**

Some senior (read older) lawyers argued that young lawyers needed to be more concerned about their personal professional development than the money they are being paid. They should be lucky enough to have an address, a desk where they can report to experience their profession in real life and practice in the hollowed walls of judges’ chambers while enjoying perks such as WIFI and spiced black tea that some law firms offer.

**One day, the senior lawyers argued, their hefty pay day will come. The younglings counter argued that they don’t eat experience and wifi. The spiced tea**

**won’t pay for their fancy apartments in Najjeera and impress the members of the fairer sex. They want money. They want to earn big even when they have little or no experience.**

I must admit that I have no idea how law firms operate but I have been hustling for a while. Over the years, I have realized that many young people who walk into businesses begging to be employed cease being serious about their jobs once they get employed. They get so illusioned about what they call little pay and start paying little attention. Many even leave the jobs unceremoniously only to beg for the same jobs back they were despising when they had them. Money, I learnt a long time ago, is usually little when you have it. When you don’t have that money, it ceases being little.

**It is unrealistic for a young person who gets employed and is assigned a project to expect to receive the same amount of pay as the partners who have been working for 30 or 40 years. Even when those partners, as young lawyers claimed, may not have done most of the work. Setting up the**

**firms enables them to do that.**

Also, gross payments don't mean there are no expenses. Otherwise, where do law firms get money to pay their young lawyers a monthly salary when there are no cases being won? Where does money to pay for rent, the despised wifi, marketing, networking and other expenses come from?

**Many entrepreneurs in Uganda, if you scratch beyond the surface, go through a lot to keep their business working. Many have no days off, work longer hours and under pressure to keep the businesses afloat. Many clients such as the Government of Uganda take years to settle invoices for services and goods rendered.**

If you are regular reader of Uganda's newspapers, you will see several pages on a daily basis of properties being auctioned by financial

institutions. Many such properties belong to entrepreneurs who invested in businesses that didn't materialize. The pressure of a person losing their home and their family being evicted from their home is enormous. It can lead to death by suicide, heart attacks or cause irreversible mental health challenges.

**This doesn't mean that entrepreneurs should not remunerate their employees better. They should but there is need for young workers to be realistic of the environment in which they work.**

There are more people graduating today than jobs available. Demand and supply forces still exist.

Our economy is too small to absorb all graduates. Our annual budget is just Shs70 trillion, approximately US\$18.4 billion, not even a half of what Amazon makes in a month. And businesses are being taxed to

extinction.

**Emerging technologies are changing the way we work. Many jobs will evolve. Work that was done by a few people may be done by one person today, who may not even be in the country where the work is being performed.**

Artificial intelligence bots will, for example, write a land sales agreement that needs a few edits in seconds and a buyer may prefer not to engage the services of a lawyer for this particular work. A lawyer who appreciates how artificial intelligence works will be better though. A young one who accepts pay comes with experience will live a better life.

The writer is a communication and visibility consultant.  
[djuuko@gmail.com](mailto:djuuko@gmail.com)







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# Celebrating Milestones



**R**C Kampala Naalya celebrates Maggie Namugenyi Zawedde, daughter to Past Assistant Governor Flavia Serugo upon her graduation with a Double Major BSc in Biology and Environment & Sustainability.

Congratulations Maggie. You make proud. I join Serugos to rejoice in such a success. I know what it means to fund a child education in that part of the world.  
~ **HCP Omoding**

Congratulations to Maggie and the proud parents ~ **PE Sylvia**

Congratulations the serugos we thank the lord for that and for our children making us proud. Congratulation Our Daughter Namugenyi Zawedde may you prosper in your carrier ~ **CP Francis**

The Serugos Mukulike! Best wishes to our daughter Maggie ~ **PP John Mugisa**

Congratulations Maggie and to you Flavia and Jimmy Serugo ~ **PP Sylvia**

Wow.. time flies bannange. Congratulations... Rotakid has done us so well.... ~ **PP Denis Jjuuko**

Wow...congratulations to Maggie and the parents too ~**PP Stephanie G.**

A Big Congratulations to my namesake and to you the dear parents. ~ **Rtn Maggie**

Congratulations to you all the Serugos ~ **Rtn Julie**

May the blessings of the almighty God be her portion and yours too as a family, let the sky be the limit.

CONGRATULATIONS ~ **Rtn Bobby Louis**

Congratulations Namugenyi Maggie and the Serugos for giving her that good education ~ **Rtn Christine**

A huge congratulations to Maggie.... cheers to a brighter future. ~ **Rtn Pamella**

The sky is no longer the limit. Congratulations to our daughter Maggie and to you Sis and Mr. Serugo. Thank you for the sacrifices that have seen Maggie get here on the journey to her dream. Be blessed ba dear ~ **Rtn Laetitia**

Super congrats Maggie.. obugalo Mr. & Mrs Serugo ~ **Rtn Denis O.**





TOPIC:

# Redefining Rotary fellowships in today's busy schedules.

**7pm**

**TUESDAY**  
**04th JUNE 24**

**Ndere Cultural  
Centre Ntinda**

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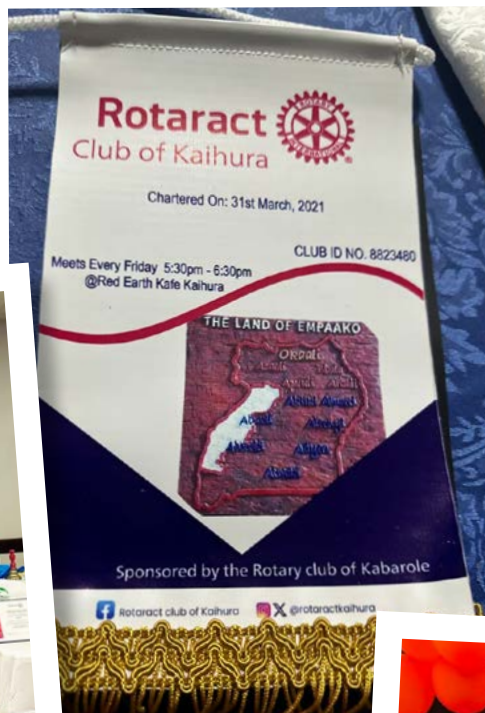


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## Pictorial - Visits to other clubs



### Clubs visited include;

RC Gulu, RC Kitante, Rotaract Club of Kaihura, Rotaract Club of Nangabo, Rotaract Club of Seeta.





**Theme: Unleashing Africa's Potential ; Rotaract leading the way**

## REGISTRATION



**14th - 17th  
November 2024**



**Las Vegas  
Garden Hotel**  
Kazibwe Road, Bunga, Kampala

**\$80**

Early Bird Registration  
1st Feb -31st July 2024

**\$100**

Late Registration  
1st Aug -14th October 2024

*Note: Fees don't include accommodation*

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**\$120**

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**Deadline:  
Sat. 31st  
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**JUNGO**

## *PK's Corner: As I watch you grow*

BY **PAMELA KAWADDWA**

Do you know how much you mean to me?  
As you grow into what you will be.

**W**hen I see you and listen to you, I see my reflection and my voice echoes.. Mini-Me! That's you, my daughter. Very argumentative and intelligent. You know what you want and are not shy to say it out. Kind and gentle at heart. Very outspoken yet too shy! Too sensitive to love. You love hugs mama.. uhmm....

A mother's love is one to fathom...so deep and complex.  
My Mini-Me, I tame you with my harsh hand, and with the same hands, I hug you and encourage you to be your full self.

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**You came from within, from just beneath my heart.  
It's there you'll always be, though your own life will now start.**

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You're growing so fast it sends me awirl,  
With misty eyes, I ask, where's my little girl?  
I know sometimes to you I seem harsh and so unfair,  
But one day you will see, I taught you well because I care.

The next few years will so quickly fly,  
With laughter and joy, mixed with a few scares and tears to cry.

As you begin your growth to womanhood #teenager, this fact you must know,  
You'll always be my source of pride, no matter where you go.

You must stand up tall and proud, within you feel no fear,  
For all your dreams and goals, sit before you very near. Dig deep always.  
All the answers you need, the self approvals, and all desires you look for are within you. Lean in love.. not outward..



---

**With God's love in your heart and the world by its tail,  
You'll always be my winner, and victory will prevail. Looking at you, I am proud and humbled**

**to have been part of your journey for 12 years now! I am only remaining with 8 months to release you into your teenage life, but my grip is still too tight, holding onto the young you.**

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For you, this poem I have written.

Your mother's heartfelt love!..

Till again





# Advertising Space

## RC Kampala-Naalya Installation Magazine

Quarter Page	250,000
Half Page	500,000
Full Page	1,000,000

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