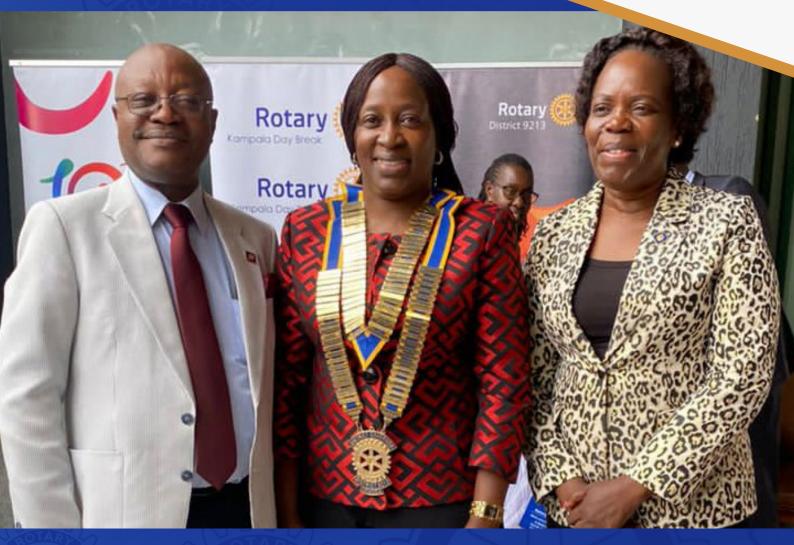
Naalya Food 20th Aug 2024

Bulletin





Issue 08 | 2024



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www.rotarykampalanaalya.org



Katikkiro's address on volunteer management



Incentives & Investment in West Nile

EDITOR'S NOTE



Dear Reader,Do you have your Cancer Run Kit?

he Rotary Cancer Run will take place this Sunday August 25, 2023 at UMA Lugogo Parking Grounds. The kits are still available and go for UGX 30,000 please join us and invite a friend or associate.

During Fellowship last week, Rtn. Michael Niyitegeka - Chair Rotary Cancer Run 2004 explained that the goal is to raise 4 billion shillings that will go towards completion of construction works of an all-in-one cancer center. Your participation will certainly make a difference.

This Tuesday Rtn Dr. Peter Kimbowa will take us through the Practical ways to expand club appeal. Thank you to all who have devoted time to read and contribute to this weekly Bulletin.

I encourage you to continue sending us your invaluable feedback and ideas for further improvement of the Naalya Food Bulletin.

Have a Blessed Week.

Keno Lillian - Bulletin Officer

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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



Najjera- Buwaate Rd, Kira +256 75 811 1409 +256 740 863 399 vipventuresItd@gmail.com

President's Message

RTN SYLVIA JAGWE OWACHI Club President 2024-2025



Dear Rotarians and Friends,

ince 2012 there is annual event every last Sunday of August dubbed the Rotary Cancer run which is the fundraising arm of the Rotary Cancer Program. In our meeting last week, we held our Club Cancer run activation and were honored to host this year's Cancer Run Chair Rtn Micheal Niyitegeka.

In Uganda approximately 34,000 people are diagnosed and another 22,000 die annually due to cancer. The existing facilities can only support treatment of 3,000 patients annually. I believe Cancer has touched each one of us through a family member, a friend or someone we know.

This year the funds will go towards completion of the radiotherapy center at St. Francis Nsambya Hospital. The need is still enormous so by buying a Cancer Run kit which goes for UGX 30,000 you are making a contribution towards this noble cause and creating meaningful impact. In the same spirit we call on each one to contribute relief items to those who have been affected by the Kiteezi landfill disaster. We commensurate with the families that have lost their homes and loved ones. Thanks to those who have already offered support.

As we continue with the membership and new club development month I encourage members to bring new guests to Rotary. Membership growth is the lifeline of Rotary since it is Members who undertake projects, serve in various capacities and give to Rotary. We need to attract new members as well as engage existing members. This can be though your club

activities or visiting other clubs.

..we held our Club Cancer run activation and were honored to host the Cancer Run Chair..

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Last week three Thursday clubs i.e. the Rotary Club of Kitante, Kampala Impala and Kampala Ssese islands had a joint meeting where the Katikiro of Buganda Owek. Charles Peter Mayiga gave a talk on 'Effective Management of Volunteers.' The meeting was well attended with several take always. Through visits one

expands their knowledge of both Rotary and non-Rotary related topics.

Our Speaker this week is **Dr Peter Kimbowa** who will be speaking about
Practical Ways to Expand Club Appeal.
Make time to be there and remember to
be Irresistible through paying your dues,
contributing to the Rotary Foundation and
engaging in other Rotary activities.

Be Blessed.



DID YOU KNOW?

75% of school children worldwide have active dental cavities.

+256785834461 | @reladental



Katikkiro's Keynote Address on 'Effective Management of Volunteers.'

BY RTN RONALD TUSIIME

he Katikkiro of Buganda, Owek. Charles Peter Mayiga, delivered a compelling keynote address at the Rotary Club of Kitante on August 15, 2024, focusing on the "Effective Management of Volunteers." His speech highlighted the significance of volunteerism in organizations like Rotary, which has a long-standing history of service, with over 1.4 million members contributing to community betterment worldwide.

The Katikkiro began by expressing his honor in addressing the Rotary Club on the critical subject of volunteer management, especially during a month dedicated to membership engagement

membership engagement and growth. He commended the Club's President, Rtn Ronald Tusiime for bringing together and hosting other clubs: Rotary Club of Kampala Ssese Islands and Rotary Club of Kampala Impala led by Rtn Moses Ssebuggwawo and Rtn Nulu Naluyombya. He especially recognised the Membership Director, Raymond Andrew

Kalema, for coordinating the activities leading to this joint fellowship.

Introduction

Rotary, with over a century of impactful existence, has steadily grown its membership base, with members volunteering their time, resources, skills, and talents to serve humanity.

The Katikkiro referenced a 2019 report by the John Hopkins Center for Civil Societies, which revealed that Rotary members

contribute 46
million hours of
volunteer work
annually, valued
at approximately
\$850 million.
He emphasized
that Africa
and the Middle
East, despite
their smaller
membership,

rank second in volunteer work after Latin America, showcasing the dedication of these regions to community service.

The Katikkiro urged the Rotary District 9213 to consider generating empirical data on the economic value of its volunteer services, suggesting that this could motivate members to contribute more of their time once they understand the value of their volunteerism.

The Concept of Volunteering

The Katikkiro traced the history of volunteering back to the military, where civilians were mobilized to support the army in emergencies. However, he differentiated between coerced service and true volunteerism, which should be driven by choice, passion, and compassion without expecting monetary compensation. He praised Rotary members as a true example of a volunteer force, choosing to join Rotary freely and contribute to their clubs and communities.

He also shared his perspective on volunteering, emphasizing that members of any community have an obligation to contribute to the wellbeing and sustainability of that community. He explained that in the Kingdom of Buganda, subjects who contribute financially or through service are fulfilling their obligations to the Kingdom, rather than performing charity or voluntary acts. He emphasized that understanding this obligation is crucial for effective volunteer management.

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He traced the history of volunteering back to the military...

Effective Volunteer Management

The Katikkiro outlined several key principles for effective volunteer management, based on his extensive experience in public service.

1. Clear Vision and Agenda:

He emphasized the importance of a well-defined vision, mission, and objectives for successful volunteer management. Volunteers must understand and appreciate the vision they are working towards, and leaders must be transparent and accountable. He shared his experience as Katikkiro, where he formulated a clear agenda for the Kingdom of Buganda, rallying people to join and support initiatives that have brought about positive change.

2. Transparency and Integrity:

• Transparency and accountability are essential for attracting and retaining quality volunteers. The Katikkiro stressed that volunteers are more likely to engage deeply when they see that their contributions are valued and that leadership operates with integrity. He noted that lack of transparency can lead to disengagement or even withdrawal of volunteers.

3. Volunteer Policies:

• The Katikkiro highlighted the importance of having a

well-defined Volunteers Policy. He shared his experience in the Buganda Kingdom, where the introduction of a Volunteers Policy helped streamline volunteer efforts and ensured that only those committed to the Kingdom's vision were involved. He suggested that Rotary clubs could benefit from customizing their policies to align with the specific interests and nature of their volunteers.

4. Planning and Communication:

• Effective volunteer management requires careful planning and timely communication. The Katikkiro noted that volunteers often have busy schedules, and last-minute requests for their time can lead to conflicts and reduced participation. He emphasized the need for clear communication channels and regular feedback from volunteers to ensure that their efforts are supported, and their challenges addressed.

5. Appraisal, Motivation, and Rewards:

• The Katikkiro stressed the importance of regular appraisals, motivation, and rewards for volunteers. Appraisals help managers identify strengths and weaknesses among volunteers, allowing for targeted support and improvement. He also

highlighted the importance of motivating volunteers through communication, recognition, and providing the necessary tools and support for their tasks. Recognizing volunteers' efforts through rewards, such as certificates or plaques, can significantly boost their morale and encourage continued participation.

Conclusion

The Katikkiro concluded by reiterating that volunteers are the backbone of Rotary, and their service has contributed immensely to the many causes that Rotary supports. He emphasized that effective volunteer management requires segmentation based on members' interests, making recruitment, monitoring, and motivation easier. He called on the Rotary leadership to involve all members in formulating programs that volunteers can implement effectively.

With a clear vision, planning, transparency, and focused implementation, the Katikkiro expressed confidence that Rotary clubs can continue to render selfless services for the betterment of humanity. He thanked the Rotary Club of Kitante for inviting him and ended his speech by saying: Ssaabasajja Kabaka Awangaale!





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TIME: 6AM



ALL PROCEEDS GO TO COMPLETING THE BUNKER

AT NSAMBYA HOSPITAL



Rotary

Cancer

Program Uganda

Rotary Cancer Run 2024 We are spreading the Magic



BY RTN. MICHAEL NIYITEGEKA Chair, Rotary Cancer Run 2024

ave you registered for the 13th edition of the Rotary Cancer Run taking place on the 25th August 2024? It is going to be massive.

Rotary Cancer Run is the fundraising arm of the Rotary Cancer Program of Uganda. Over the years the run has gained significant traction across the board and continues to grow every year. The run will take place in Kampala and in other major cities and towns. Every location determines its core activities as part of the run.

Rotary Cancer Run 2024 Kampala edition is going to offer a different experience from the previous runs, and you cannot miss being part of it. Here is why you should not miss

1. Medical Expo: the two-day medical expo will start on the 24th through the 25th August

2024 at Kololo ceremonial grounds. The expo is intended to enhance awareness about cancer through the different partners that have come on board. We believe that this will give an opportunity to create a close to a one-stop cancer info center over the two days. A detailed program will be shared.

has re route a pleating to challe the cancer challenges.

Run 2024 Kampala 2. Animated edition is going to Routes: We offer a different will bring vibe experience from the to the routes! previous runs... **Rotary Cancer** Run is a fun run and we intend to make it fun-filled. We will have the water points animated by different partners and Rotary clubs. Besides the entertainment we believe this will give an opportunity for partners to engage the participants. Most importantly the routes team

Rotary D2114

Ro

MAYDMCCANN LITS = Q YOUTS

has redesigned the 21km route to offer our participants a pleasurable experience and challenge.

3. Extended Entertainment: the cancer run ought to be

the family day out plan for the day. We are working with our partners to have extended entertainment. The team is working on an amazing program for Sunday 25th August 2024.

4. Food court: for the first time we will have a food court

to cater for those of us that do not qualify for a tent. The food court will offer variety of breakfast options to cater for those that want to stay longer and say take part in the medical expo.

At the end of the day our goal is to raise a minimum of UGX 4 billion that will go towards the completion of the construction of all-inone cancer center. We are passionate about this project because it will contribute significantly to efforts to curb the cancer burden in Uganda. Your participation in this drive is of utmost importance to the team organizing this edition of the Rotary Cancer Run.

Thank you to all our partners that have come on board to support this cause.

Be there and let us spread the magic!







WHAT CAN I DO TO REDUCE BREAST CANCER RISK?

- · Eat a balanced diet, with adequate fruits and vegetables, and less fat.
- Engage in regular physical activity such as walking, jogging, domestic chores, etc for at least 30 minutes daily.
- · Avoid drinking alcohol.
- · Breast-feed exclusively for the first 6 months and continue with complimentary breastfeeding up to at least 2 years from childbirth.

#CancerFacts















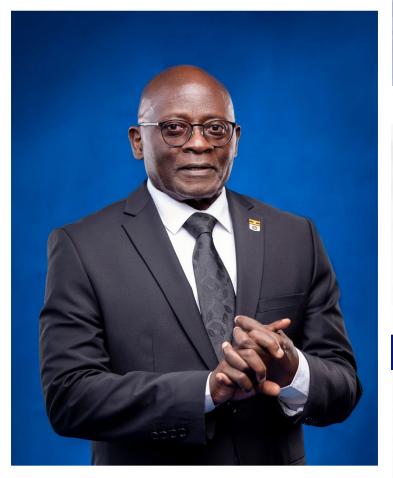


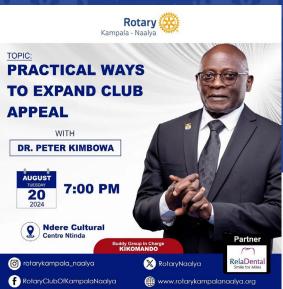












Meet our Guest this Tuesday

DR. PETER KIMBOWA a.k.a PK

r. Peter Is a Rotarian from the Rotary Club of Muyenga. He is a major donor. He is a leadership catalyst and optimisation coach.

He is a board member of: the private sector foundation...Eskom (U), Jubilee Alliance, INUA capital and others.

He chairs the board of NSSF and the CEO summit.

He has contributed to the creation and sustainability of over 50,000 saccos and Investment Clubs.

NAALYA FOOD BULLETIN

Who are members?



BY IPP GODFREY OKELLO OMODING Club Training Facilitator

his question of who are members/Rotarians attracts different answers. Others give answers by categorization. This is what exactly

Rotarian Mario
Cesar Martins De
Camargo, Rotary
International
President Elect,
2025-2026, has
done. He has put
Rotarians into
three categories:
those who make
things happen;
those who wait

for things to happen; and those who get surprised when things happen.

This suggests that there are notches in membership that need to be filled. Apparently, this may be linked to the general understanding of what being a Rotarian requires. Also, may be out of unmet expectations.

Regularly, like what merchandise owners do, is to carry out stock taking; good practice. As Rotarians, we may need to check on: our understanding of our responsibilities, where to get enriching and supportive information, and our transitional phases.

Are you remaining stagnant and not transitioning to next stage or phase? There are a number of ways suggested or tested for making members what they ought to be. These ways importantly try to address the following, among others;

- How to meet a member's dream /expectations as he/ she joins a club;
- How to cultivate internal inspiration of a member; and
- Making a club where a member realizes his/her dream /expectations.

...it is upon a member to do self examination of his/ her truthiness to the cause he/she is joining or has joined.

These pointed out; however, it is upon a member also to do self-examination of his/her truthiness to the cause he/she is joining or has joined. Very often a member expects a lot from a club

while equally a club expects a lot from a member. It is the bridging of these expectations which is a major concern.

Therefore, as we recruit members into a club let one's experience not necessarily be a reference point. Individuals perceive things differently and have different reactions. What may work for one is

not necessarily applicable to others. For voluntary organization, where there are subscription costs, each individual tends to have his/her yardstick and outlook.

Since yardsticks are different, availing avenues for information and knowledge is important. There is a high chance that once a person becomes informed and knowledgeable in what he/she is entering into, in the course, becomes a member of the cause. It may simply connect a member's passion and fulfillments.

It should be noted that the general actions and conduct of members in a club form a club culture. Club culture is a bedrock of sustainability of membership. For instance, a club where there is a culture of prompt payment of dues, a new member automatically tunes into it. It translates into a saying; 'birds of the same feather flock together.'

Now, who are members? Members characteristically know the cause they are pursuing; they have knowledge in what they stand for; and they share common values, practices and respect certain norms. As a club, members ought to be facing in the same direction, acknowledging the same rhyme, and marching in the same steps generally. Let each member strive to bring a difference into a club that adds value.

Last week's club fellowship



NAALYA FOOD BULLETIN



DISTRICT GOVERNANCE SEMINAR

VALUES, ETHICS & **ACCOUNTABILITY**

FOCUS AREAS:

Governance Documents & Conflict Resolution

31st Aua

8am



ID:

Passcode:

FACILITATORS:

Rtn. Francis Gimara (SC) and the **District Governance Committee**

PARTICIPANTS:

Club Presidents. Club Directors, Interested Rotarians & Rotaractors.









YOU ARE THE MISSING PIECE

Keep the membership Magic alive: Embrace Diversity, Equity and Inclusion in our Clubs



BY RTN MARIAM MUTALAGA *Chair Diversity, Equity and Inclusion:*D9213, 2024-25

ontinuing with the Membership Month, as Rotarians, and Rotractors of District 9213, we need to appreciate and embrace the multiple differences amongst us.

Diversity, equity, and inclusion (DEI) is a top priority for Rotary International as well as District 9213. It

underscores our core values as a foundation for how members interact with each other and their communities.

Rotary was based on Diversity in 1905 and has grown globally on that foundation. In 2019 Rotary's Board of Directors adopted a statement that affirms its commitment to DEI and recognizes that welcoming people with differing perspectives and ideas enhances Rotary's ability to create lasting change in communities worldwide.

The fact that we have over 1.2 million members, in different clubs across the globe, Rotary certainly has for a long time been diverse, equitable and inclusive in its shared purpose of doing good in the world.

We want to welcome more people with diverse

abilities and from diverse backgrounds, across age, ethnicity, race, colour, disability, learning style, religion, faith, socioeconomic status, culture, marital status, languages spoken, as well as differences in ideas, thought, values, and beliefs as people of action, in our cause of service above self. The DEI committee will thus be engaging clubs throughout the "Membership" month and beyond.

It's crucial that as we enjoy Rotary, feeling valued, respected, and welcomed is core. Keep the membership Magic alive as we Embrace Diversity, Equity and Inclusion in our Clubs. Please find Further details in the slides attached, and welcome to join our Virtual discussion on Friday 16th August 7.00-8.00 am, highlighting the current state of DEI in our Rotary Family.









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100thDISCON



DISTRICT GOVERNOR **ANNE NKUTU**

VEEKLY SCHEDULE MON 19 AUG - SUN 25 AUG 2024

19 August 2024

5.00p.m. - 8.00p.m. DG's Official Visit to RC Kampala North

20 August 2024

5.00p.m - 8.00p.m DG's Official Visit to RC Bweyogerere Nambole 11.00am - 2.00pm **Uganda Evaluation Week**

21 August 2024

6.30am - 9.00am DG's Official Visit to RC Kampala Maisha 5.00pm.-8.00pm DG's Official Visit to RC Mukono

22 August 2024

5.00pm - 8.00pm DG's Official Visit to RC Seeta

23 August 2024

10.00am -3.00pm DG's Official Visit to RC Upper Kololo 5.00 pm - 8.00pm DG's Official Visit to RC Kampala, Kibuli

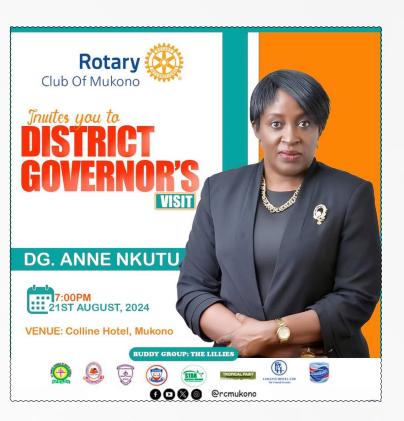
24 August 2024

10.00am - 3.00pm DG's Official Visit to RC Kampala City

25 August 2024

6.00am - 12 noon **Rotary Annual Cancer Run**

DG's Trail next week











MAGIC ALL AROUND

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n my first visit to Arua in West Nile, many years ago, my colleagues and I decided to unwind by visiting a nightclub or something similar to it. We were young and free. We had made the long trip from Kampala, rested a bit and decided to indulge in the night, enjoy some Lingala and whatever a bustling border town has got to offer.

I had seen a huge electricity generator station by the roadside, a few minutes to Arua town but hadn't paid much attention to it. I had also not done much research about the city's night life. It was one of those days you jump into a car, drive to a town, get some accommodation and you are ready to go. A journey to discover the unknown. Some people call it adventure.

In the nightclub, I noticed something strange. As a self-confessed nocturnal at the time, I had been a 'happening' boy by some lousy standards. I had also worked in journalism and the entertainment sector had been part of my

beat. At university, I had enjoyed the exuberance of youth through clubbing. Nightclubs, therefore, were not strange to me.

In Arua, at that nightclub, everyone had a torch. If you are considered old in Uganda, you remember the silver metallic ones with a red button on the side. Those were for the sophisticated ones. Those who lacked means had plastic ones.

The only revelers who didn't have either a plastic or silver metallic torch, were my colleagues and l. The majority of the people pulling all dance strokes on Lingala music were partly 'giving us the eye.' Like in most places, you could tell that people realize you are a foreigner. You don't understand the rules. I became more cautious and decided not to indulge much and be more of a casual observer, with one eye on the exit door.

Sooner than later, I realized why everyone who knew Arua well had a torch. At the peak of people's enjoyment, electricity was switched off. The entire town went dark and quieter than a cemetery! Again, if you are considered old in Uganda, loadshedding

is not something new to you. Electricity was always shared. If you had power today, you didn't have it tomorrow. Rationing.

But loadshedding in most parts of Uganda at the time meant power was switched off in the early evening around 6.00pm and switched back on around 10.00pm. In Arua, power was being switched off after 10.00pm. Strange loadshedding.

Once power went off, the nightclub didn't have a generator powerful enough to enable the rotating multicolor disco lights to be switched on. The nightclub's standby generator was only big enough to power the sound system. That is why the revelers had torches.

They switched them on. Some pressed the red button on the switches which made the torches provide a blinkering light. Others tied them on their waists. As they pulled those rare dancing strokes that are synonymous with Congolese across the border, they provided a spectacular experience akin to that of customized



dazzling disco lights. What a spectacle! The ingenuity of the West Nilers.

I have made hundreds of trips to Arua since that night and definitely power had become a bit reliable. But it is only the other week that West Nile was switched to the national electricity grid. It is a remarkable achievement or a shame that it has taken this long depending on how you look at it.

The region has unbelievable potential given its location at the borders of both the Democratic Republic of Congo (DRC) and South Sudan, some of Uganda's biggest trading partners. Both countries are expansive and a big chunk of their populations rely on cities like Arua as the source of their goods and services. I learnt that some of those guys who were rivaling Congolese dancers in that nightclub were actually Congolese who cross the border to enjoy life. Anyway, both countries also suffer regular insecurity which means investors will always keep away apart from those exploiting the countries' massive

natural resources.

But the investors could not set up businesses such as factories in Arua, to supply West Nile, DRC and South Sudan and beyond.

They would rather set up in Kampala or Jinja where electricity was not such a big challenge. Yet if they set up in West Nile, they would be nearer to the market. Lack of electricity was always the challenge. Now that the problem is sorted, West Nile's potential should now be fully exploited.

West Nile is also very diverse with many different cultures, which can be a bedrock for non-animalized tourism. Even the alleged world's smallest church is in West Nile! Nang Nang, perhaps the world's tastiest fish is available in basketfuls.

The River Nile cuts through the region, providing near perfect locations for riverside resorts and water sports. Land is still relatively affordable and fertile and some of the major towns

are being connected by bituminous standard

> roads. Small planes can land in Arua. For those who love animals. Murchison National Park is partly in the region. Affordable trainable labour

is in abundance.

...parents shouldn't

put themselves under

unnecessary pressure

because Junior has been

besieging them for a trip to

Dubai or Italy

Electricity also means companies like Kiira Motors can now set up shop for electric buses. Or investors can think of electric vehicle chargers. An electric bus trip from Kampala to Arua would cut the cost by more than 50%.

Major urban centres like Arua being border towns have populations with some bit of disposable income. But investors will need to be mobilized and incentivized so that they can set up shop. For those responsible for the country's development, their work is now well cut out. Those selling torches, if they still existed, will have to pivot.

The writer is a communication and visibility consultant. <u>djjuuko@gmail.com</u>





AUGUST CALENDER 2024

Powered by; Buddy group Kikomando

ESSENTIAL TOOLS TO ENHANCE **ROTARY CLUB MEMEBERSHIP**

GUEST SPEAKER Rtn. Charles Odaga

PROSPECTS PRESENT AND CANCER **RUN PREPS**

GUEST SPEAKER Rtn. Michael Nyitegeka

PRACTICAL WAYS TO **EXPAND CLUB** APPEAL

GUEST SPEAKER Rtn. Peter Kimbowa

12th EDITION OF THE **ROTARY CANCER**

TEAM LEADER Rtn. Pastor Ronnie

FUN FELLOWSHIP















Visiting Kiteezi Landfill

n Thursday August 15, 2024 District Governor Anne Nkutu visited the Kiteezi landfill alongside Rotary leaders to assess the ongoing waste management challenges. The visit highlighted the urgent need for sustainable solutions to address the environmental and community impacts.

Rotary remains committed to collaborating with all stakeholders to drive meaningful change and improve the quality of life for those impacted.













KITEEZ

RELIEF

APPEAL

Help the community of Kiteezi recover from the landslide disaster



TO SUPPORT DONATE:

- Mattresses
- Blankets
- Clothing
- Safe Drinking water
- Hygiene products

CONTACT INFORMATION:

RC Kiteezi President Prof. Maria Nassali Musoke (+256 772 654 960)

RC Kiteezi Secretary:

Rtn. Assumpta(+256 776 045 631)

Drop Off Point:

Franciscan Angels Kindergarten Kiteezi, After Shell

Rotary District 9213 🚹 🎯 💟 🛅









RC Kampala Day Break











The Camping Fellowship in Bushenyi - Tujja Hotel







25

Family Matters



BY PASTOR RONNIE MUTEBI

ark 4:24 (KJV): And he said unto them, Take heed what ye hear: with what measure ye mete, it shall be measured to you: and unto you that hear shall more be given.

You should not

be the dumping

ground for

all manner of

negativity.

LISTENING RIGHT

Here is a stern warning to be careful about concerning what we hear. This can never be emphasized enough.

There are people in this world who were previously stable and enjoying their lives. Their

businesses were thriving, or careers were on an upward growth curve until they heard something they shouldn't have heard.

They were fine until they paid attention to some corruptness of ideas, plans, gossip, doctrine or the utterance of a friend with a wrong stand vision or perceptions. For some, it was the exposure to all that internet has to offer. They scrolled their way into doom and gloom.

It's required of us to discipline our ears on what we should open our ears to.(Jeremiah 6:10). You should not be the dumping ground for all manner of negativity.

Some people just love bad news! There was a time when Rotary was tainted with all sorts of negativity and gossip by people who carry no slightest idea of what really Rotary stands for or even it's objectives. That should not be you as a Rotarian, keep negativity out of your ears or reach.

> Always remember this–every vision is established by a voice. Whenever you behold anything, there is a voice speaking to confirm, strengthen, or distort what you see. BE CAREFUL.

There are things you should learn NOT to hear. Teach yourself to switch off when someone starts to spew negativity. Tame the atmosphere around your life with truth and the things that edify your inner man.

Take Home: There are things you should learn NOT to hear. Teach yourself to switch off when someone starts to spew negativity. Tame the atmosphere around you jealously, you're not a dumping ground for negativity.





In Support of the **Makerere University Rotary Peace Centre** #APeaceConcert24







"The curious beauty about African music is that it uplifts even as it tells a sad story."

Nelson Mandela

PARTNERSHIP WITH: fireworks







10TH TO 12TH JANUARY, 2025

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www.rotaryd9213.org | ryla92132025@gmail.com

Plunge

BY RTN PAMELA KAWADDWA

he goes to the beach with her shoes on - yet longs to dip her feet in the water the waves come crashing towards the shore, with open arms inviting her but afraid, she steps away only allowing the water to ever-so-slightly.

kiss the tip of her shoe a little more than the tip, and she scurries back panicked..
Though never turning away from the water, she gazes still, pining with regret oh she's so tempted ~ as the wave ebbs, she inches towards the receding boundary though unable to cross her own.

The wave, patient as ever, gives her another chance and another, lovingly, incessantly, it moves closer, extending its welcome but she scurries back again



thinking about damp socks, or even worse wet, sandy feet. how was she supposed to get home with ease?

Distracting herself, she looks up at the night sky though not the stars, she

remembers instead their counterparts...uhmm the stars twinkling within those almond eyes - smile brighter than the sunshine, aura peaceful like moonlight, laughter louder than crashing waves, but presence fleeting like butterflies.

what would happen if she acted too late? unlike the waves, the smile would fade those eyes would turn away, leaving her in the shade ~ driven with the fear of loss, she finally plunges, unafraid.

she's in the moment, one with the sea she can think about how to get home, only when she needs to be.

Take the plunge....

Till again









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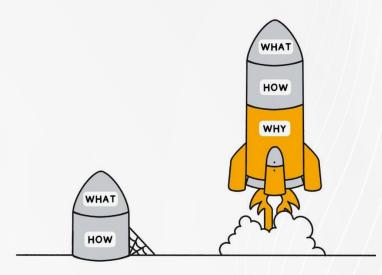
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You can donate multiple times

#25x25TRFRelay #GivingMadeEasy





Dear Leader,

BY RTN FRANK NEIL YIGA

nowing your "why" is the foundation of a purposeful life. It ignites your passion, fuels your determination, and guides your decisions.

When you are deeply invested in your "why," you unlock your full potential, overcome obstacles, and make a lasting impact.

As Simon Sinek wisely stated, "People don't buy what you do; they buy why you do it."

Discover & Deeply invest in your why to unlock true irresistibility. Be irresistible!



KIKOMANDO BUDDY GROUP IN CHARGE





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