

Naalya Food 13th Aug 2024 Bulletin

Rotary
Kampala - Naalya



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EDITOR'S NOTE



Dear Reader,

It's been four days since the Kiteezi landfill collapse that claimed lives of over 20 people. Our hearts go out to the Kiteezi community during this trying time.

As we continue to focus on the month's theme about Membership and New club development, we need to reflect on our approach to membership i.e. Recruitment and retention strategies.

Our collective effort will lead to an increase in new membership and in member retention.

Last Tuesday, Rtn. Charles Odaga encouraged us to visit My Rotary and take advantage of the online tools that have been well designed for our development.

Join us this Tuesday evening for our Cancer Run activation fellowship at Ndere Cultural centre, our guest will be Rtn Michael Niyitegeka – Chair, Rotary Cancer Run 2024

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**



Aluminium and Metal Fabrication



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President's Message

RTN SYLVIA JAGWE OWACHI
Club President 2024-2025



Dear Rotarians and Friends,

The month of August is dedicated to membership growth and new club development. A good and fulfilling club experience is necessary for members and a key factor to continue their membership. A rewarding experience involves connecting with like-minded individuals from diverse backgrounds and professions, participating in local and global projects making a positive impact in communities, expanding your social and professional network, leadership and personal growth. In our club meeting last week we were honored to get to hear from the current webmaster Rtn Charles Odaga on the online tools available to enhance a Rotarian's membership experience.

Rotary has developed tools such as the club runner, branding center and MyRotary which if used fully will give prospective and current Rotarians an online experience like never before. Personally I have found the courses that I have undertaken under MyRotary very informative and useful both within and outside Rotary. I implore each Rotarian to ensure they have access to MyRotary and set aside time every week to go thru the 100+ courses that have been put together to improve both your understanding of Rotary, and various other topics.

This coming week we will have a Cancer Run activation at our club. The Cancer Run is an annual event which started in 2012. The run has been organized to create awareness and fundraise to enable access to cheap and better medical care in Uganda. This is a great opportunity to show support for those who have and are battling cancer and to honor the

memory of those who have lost their lives to this terrible disease. This year will be the 12th edition and funds will go towards completion of the radiotherapy center at St Francis Nsambya Hospital.

“
The Rotary Cancer Run is an annual event organized to create awareness and fundraise...

I believe each one of us knows someone who is battling or has passed on due to this deadly disease, Personally I remember my

dear friend Victoria who succumbed to colon cancer. She was brilliant, strong, driven and industrious. Let's make it a point to participate and fundraise towards this noble cause. "The act of giving is a powerful way to create a sense of connection and community" - Unknown

Be Blessed.



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Condolence Message & Interim Call to Action over Kiteezi Landfill Disaster



BY RTN ANNE NKUTU
DISTRICT GOVERNOR D9213

As you may have heard, the community in Kiteezi on the outskirts of Kampala was struck by a devastating disaster on Saturday 10th August 2024. On behalf of Rotary International and Rotarians/Rotaractors in Uganda, I extend heartfelt

sympathies to our members and the broader community who are grappling with the loss of loved ones and the destruction of homes and property. May their Souls Rest in Eternal Peace.

In response to this tragedy, government and non-governmental organizations, have mobilized emergency relief, such as food and temporary shelter. However, the number of affected families in dire need of immediate assistance exceeds current resources.

We are therefore appealing to Rotary/Rotaract Clubs to contribute non-food items, including mattresses, blankets, clothing, safe drinking water, and hygiene products,

as we formulate a more comprehensive Rotary response. To support these interim efforts, please direct your donations to the Rotary Club of Kiteezi, which will serve as the central hub for coordinating our relief

efforts. You may contact Prof Maria Nassali Musoke, the President of the Rotary Club of Kiteezi on Tel No: **0772 654 960**.

Thank you for your generosity, and for providing much-needed relief to this community in its

time of greatest need.

Ultimately, the key to success lies in understanding and anticipating the changing landscape, ensuring that Rotary continues to thrive as a dynamic and impactful organization.

“
...the number of affected families in dire need of assistance exceeds current resources.”



Rotary

District 9213



DISTRICT
GOVERNOR
ANNE NKUTU

BI - WEEKLY SCHEDULE

MON 05- SAT 18 AUG 2024

05 Aug 2024

5.00p.m. – 8.00p.m

DG's official visit to RC Njeru

10 Aug 2024

DG's official visit to RC Ngora

8.00am - 10.00am

DG's official visit to RC Kumi

5.00pm - 8.00pm

12 Aug 2024

4.40p.m – 8.30p.m

DG's official visit to RC Nakawa

13 Aug 2024

5.00p.m – 8.00p.m

DG's official visit to RC Kyadondo

14 Aug 2024

11.30a.m – 2.00p.m

DG's official visit to RC Kampala West

5.00p.m – 8.00p.m

DG's official visit to RC Kampala Central

15 Aug 2024

6.30a.m – 9.00a.m

DG's official visit to RC Kampala Day Break

Rotary
Kampala - Naalya



Rotary
Cancer
Program
Uganda



ROTARY
CANCER
RUN 2024

SPREAD
MAGIC
IN EVERY
STEP

RC. KAMPALA - NAALYA
ACTIVATION

TUESDAY 13TH AUG, 2024



Ndere Cultural
Centre Ntinda

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TO REGISTER



<https://register.rotaryugandacancer.org/>

SUN 25
AUGUST

TIME: 6AM



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COMPLETING THE BUNKER
AT NSAMBYA HOSPITAL

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 RotaryNaalya
 www.rotarykampalanaalya.org

Make Payments to:
RTN. RONNIE MUTEBI
0752 909025



Meet our Guest this Tuesday

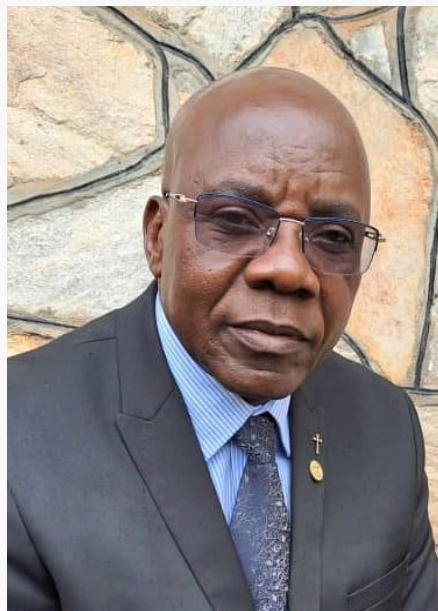
RTN. MICHAEL NIYITEGEKA

Michael is the Director [Refractory](#) Limited. He is also the Country Manager for ICDL Africa. Michael is passionate and practices Leadership Development, Business Technology Strategy and Business Advisory services primarily through coaching and mentoring. He possesses 22 years of working experience in both the private and public sectors.

Michael has worked and consulted for different sectors with specific focus to business development, leadership development, strategy development, technology development and integration. He has mentored and coached individuals and companies across different sectors over the last 10 years.

Michael was a member of the ICT Technical Working Group of the Presidential Investor Round Table and the Advisory group for the Government of Uganda on the 4IR Technologies. Michael serves as a Board member of a number of organizations. He is a Rotarian and is passionate about mentoring the next generation of technology business leaders.

Facilitating Membership



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

We continue from last week's article on building and solidifying membership and new club development. We shared three aspects, namely; club experience, listening, and task involvement of members. Here are additional aspects to consider.

Integration of passions of members into activities of a club. This is an essential aspect to look into in building and retaining membership. Where members' passions are integrated into activities of a club, their feelings of belonging are uplifted and very easily realized. A club needs to provide opportunities or avenues where members can put their passions into use. Belonging to a club can be driven by the availability of opportunities for a member to apply his/her passion.

Similarly, love to do voluntary service tends to be driven by a member's passion to a

large extent. Where belonging and delivery of activities are passion driven and anchored, a club shines and achieves much.

And it solidifies membership. This further enables, at an individual level, a member to define and devise ways of managing challenges that come along. The enthusiasm on a club and its activities just gets strikes.

Branding of a club is another aspect of building and solidifying membership. A brand attracts and retains members. Yet, on the other hand, the caliber of members also defines a club. So, membership of a club brands it. A member tends to be a mirror of a club before others and the public. A member's actions matter. There are people in the public that tend to see a club through the actions of its members. Hence, membership enhances the credibility of a club.

Making impact in what a club does strengthens its membership. There are members who like to be associated with a club that makes impact. At the same time, a club needs members whose contribution should be able to create impact. Balancing this requires leadership to craft ways of balancing – creating impact and holding members. It goes with when and how to distribute tasks among members.

There are members who heartily go extra miles, and there are those who need "some" pushing or reminders. Where this exists, the core to act goes with how to distribute tasks and its extent,

and for what to be achieved. The idea here is to try to involve all members to achieve a goal while minding what each can do best. At the end, when a goal is achieved, it is associated with all. This holds membership.

Creating "warmth" in a club is an aspect that is internal to individual members. How do individual members perceive or derive warmth? There are times in the operation of a club where you have members who create warmth. They have different gifts and willing to share their gifts. They can spend their resources to see to it that what they feel a club should be or should have been done. Such members are rather fast and sometimes they tend to be misunderstood.

They are open minded and reach out to others easily. For them, the heart of serving is wrapped up with warmth and actions. These members have convictions to see to it that a club shines, and shine uniquely. They tend to be driven by a belief that I must make better what and where I belong.

It is important to identify such members and support them. They only require strong moral support from the leadership or they easily get frustrated. Leadership must take advantage of their readiness to serve and support them. That way you can retain them.

This sharing, members, is an open mind thought. Remember where there are people, there are different thoughts, behaviour and beliefs.

Explore Rotary Fellowships - Join a Community of Shared Interests!



BY PETER ODOKI
*Chair Rotary Fellowships,
D9213*

As we move deeper into the Membership and Extension Month; Here is an opportunity to engage us, involve us and keep the membership magic alive; Rotary Fellowships!

Rotary Fellowships are international groups that bring together Rotarians, their family members, and Rotaractors who share common interests, hobbies, or professions. These groups

offer opportunities for fun, friendship, and service on a global scale. Visit the Rotary Fellowships website (www.rotary.org/fellowships).

This year, our District 9213 Target/Goal encourages EACH club in the District to have active participation in a Rotary "Fellowship". The Fellowships currently active in Uganda are:

- The Fellowship of Empowering Women
- The Comedy and Laughter Fellowship,
- The Marine Fellowship,
- Rotary Means Business,
- The Rotary Camping Fellowship
- The Vintage and Collectibles
- The Bikers Fellowship,
- The Hiking Fellowship,
- The Healthcare Fellowship,
- The Dancing Fellowship
- Book Readers Fellowship.

A healthy and fit Rotarian/Rotaractor is a very happy and useful resource; to this

end, we planning to roll out; The Rotary Fitness Fellowship. We invite all Rotary/Rotaract Clubs to participate in this initiative and join us in our quest for a healthier, happier, and more active Rotary community.

Benefits of participating:

Improved physical health and well-being, Increased energy and productivity, Enhanced mental health and stress management, Opportunities to connect with like-minded individuals, Support and motivation to reach your fitness goals.

Upcoming events and activities: Group fitness classes (Aerobics, Circuit Training, etc.), Outdoor activities (Club Retreats, Forest walk, Team building, etc.), Wellness workshops (Nutrition, Mindfulness, Self-Care, etc.), Social events (Healthy potlucks, etc.)

We encourage the club Presidents and all members to support this initiative and all those interested thus assign a club fitness promoter by 31st August 2024. and share their contact with Rotarian Robert Ssebugwawo (Lead Fitness Champion & Coach) at 0773-292105 for more information.

Keep the membership Magic alive; Join a Rotary Fellowship!



Last week's club fellowship



Seeking Sylvia Whitlock Leadership Award nominees

The Sylvia Whitlock Leadership Award honours one Rotary member each year – regardless of gender and Rotary tenure – for actively working to advance women in Rotary. Submit a nomination by 31 August

Established by a group of Rotarians in 2017, the Sylvia Whitlock Leadership Award has honoured one Rotary member each year for actively working to advance women in Rotary.

The award is named after **Dr. Sylvia Whitlock**, who was the first female Rotary Club president. She later went on to serve as district governor, establish an AIDS clinic in Jamaica, support an orphanage in Mexico, sink wells in Nigeria, and raise nearly \$90,000 to educate girls in India.

Dr. Whitlock has led change for women and girls all over the world through Rotary and has inspired fellow Rotarians and Rotaractors.

She is a reminder of the impact women can have in Rotary when empowered.

In 2021, the Rotary International Board of Directors adopted the award, to continue the legacy of honouring women in Rotary such as Dr Whitlock.



6 tips to elevate your elevator pitch

Attract members and supporters with a 60-second speech

The world moves quickly and you may have less than 60 seconds to make an impression that lasts. Enter the elevator pitch, so named to reflect the short period of time it takes to travel between floors. It's a short and impactful summary that you can use to communicate the most important details about your Rotary club or project and capture the attention of a potential member, supporter, or partner. To ensure you're making the most of every opportunity, check out these six tips from Toastmasters to create and deliver a perfect powerful pitch.

1. Present your club as an opportunity.

An elevator pitch is not intended as an advertisement, nor is it a call for help. Instead, hook your target by framing your pitch as an opportunity. If you'd like someone to engage with you and your club, treat them as a potential partner and offer a compelling case that working together can be mutually beneficial.

2. Keep it simple.

Perhaps more than anything else, the key to a great elevator pitch is ruthless efficiency. Don't get bogged down with extraneous details and technical jargon. Carefully consider every word that you add to your pitch and ensure that it serves a direct purpose. Remember that the end goal is to quickly communicate your vision in less than one minute and inspire a desire to find out more. If they seem interested in your pitch, ask if they would like a "What's Rotary" wallet card (available at on.rotary.org/wallet-card)

“

An Elevator pitch is a short and impactful summary that you can use to communicate the most important details..

to learn more about Rotary and connect with you later.

3. Remember your enthusiasm.

Your words are essential, but they only represent a small portion of your pitch. A beautifully worded pitch delivered without joy is bound to land with a thud, but kindling enthusiasm and anticipation is a surefire way to keep your message lodged in the front of a potential supporter's mind. Use your pitch as a chance to share your passion. Practice delivering it in a way that conveys your excitement and conviction.



4. Cut the keywords.

The business world is rife with banal buzzwords and overused "execuspeak." Scrap these canned clichés and set yourself apart by crafting a wholly original speech that highlights what makes you and your club unique. To ensure that your speech flows naturally and doesn't sound like a soulless infomercial, have someone read it aloud to you and keep an ear out for any words or phrases that sound overly trite or formal.



5. Build the hype.

Assuming you've managed to hook your listeners effectively, the next step is to demonstrate legitimacy and build some real excitement. Work details about other outstanding accomplishments that speak to your club's bona fides into your brief message. If you're pitching a project, inform your listeners that you've identified a monetary target and you're working to secure the funding you need. If it's relevant, you may also wish to work in a mention of your follower count on social media.

6 Find common ground.

After you've done the dirty work of making your pitch, be sure to close with some conversation. Remember that the goal of an effective pitch is to create a connection, and the quickest way to do that is to find common ground with your audience upon which to begin building a relationship. Let others talk and take a genuine interest in what they have to say, paying particular

attention to shared interests and aspirations. Follow up by asking insightful questions, and remember — you can never go amiss with a few kind words!

Summarizing your Rotary experience and capturing the interest of your audience in the span of 30 to 60 seconds is no small task, but it doesn't have to be a complicated affair. Armed with the tips above, and some confidence, you can craft a perfect pitch that's sure to drum up interest and leave an impression on your listeners.

This column is adapted from an article in the August 2021 issue of Toastmaster magazine. Rotary and Toastmasters International are working together to provide members of both organizations opportunities for personal and professional growth. Learn more at rotary.org/toastmasters.



*Happy Wedding Anniversary
Rotarian Steven Kakonge*

Magic Rotarians

Imagine the impact **YOU** could make by sponsoring a young leader at the upcoming Rotary Youth Leadership Awards (**RYLA**) from 10th to 12th January 2025. This is your chance to support a youth within the 18-30 age range—whether it's your own child, someone from your community, or a deserving young person we select.

But it's more than just sponsorship; it's about becoming a *MENTOR*, a guiding force in their journey toward becoming the leaders our world needs.

Curious to learn more? Ready to make a difference? We invite you to reach out to us directly—let's discuss how you can play a pivotal role in shaping the future.

Feel free to contact us on
Telephone: +256782963777 or +256759113540.
Email: ryla92132025@gmail.com

Together, we can create lasting change.



**10TH
TO
12TH**
JANUARY, 2025

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PER PARTICIPANT

**30TH
NOV**
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Action
Reaction**



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100thDISCON



Reflection & Gratitude from the poetic justice, after July 30 fun fellowship

KEITH MUGANZA (poetic Justice)

Tuesday night was an amazing night. I love talking much, but after that performance that evening, I was humbled. The audience was listening and interested in what we had to perform. They lent their stage and ears to. The look on their faces was a thing of wonder. And our poetry sunk like water in sand. They enjoyed every the poetry and the energy.

If I wish to perform to any other place any time soon, it would be to Naalya Rotary club. Thanks to Babaluku for the invite and calling un to the circle and Naalya Rotary club for giving us a stage. I live for such amazing space. Tukikole neera...neera...neera!

Asante!

MERCEDES

Hello team, hope we are all doing well. I just want to say that yesterday was a breathe of fresh air and an amazing experience. The audience was critically listening and all were genuinely interested in the craft. Much gratitude to Baba and the entire team

GEOF DA POET

What can I say? The taste of coffee maybe be bitter but how about we

blend the melodic keys of OB, fuse the intriguing composition of Mercedes, add a few tea spoons of Ronny Rymez, the MC spice of D.O.C, Geof's punchline and Patricia's fine voice. Keith here's your next latte recipe for the next Baba's Barbeque. Anyways, this moment was a magnificent reflection that energy abides in the team spirit, when we show-up, we tap-in this very energy. Special thanks to Babaluku for considering us worthy this privilege.

HIGH PRIEST

It was truly a humbling experience to be surrounded by such brilliant minds and to have the opportunity to share my own talents with them. This experience reaffirmed my belief in the strength of community and the power of collaboration. I am grateful to have been a part of such an inspiring space and to have connected with such amazing individuals.

RONNY RYMEZ

Welcome back B.R.O.T.H.E.R.S and S.I.S.T.E.R (namudondo) To me, it was a priceless moment and experience because whenever I get into a space with you guys, there's that extra energy that flows thank you everyone for being who you're.

Blessings!





AUGUST CALENDER 2024

Powered by; Buddy group Kikomando

06TH

ESSENTIAL TOOLS
TO ENHANCE
ROTARY CLUB
MEMEBERSHIP

GUEST SPEAKER
Rtn. Charles Odaga

13TH

PROSPECTS PRESENT
AND CANCER
RUN PREPS

GUEST SPEAKER
Rtn. Michael Nyitegeka

20TH

PRACTICAL WAYS TO
EXPAND CLUB
APPEAL

GUEST SPEAKER
Rtn. Peter Kimbowa

25TH

12th EDITION OF THE
ROTARY CANCER

TEAM LEADER
Rtn. Pastor Ronnie

27TH

FUN
FELLOWSHIP



RotaryclubofkampalaNaalya



Rotarykampala-naalya



RotaryNaalya



www.rotarykampalanaalya.org



Tackling a multi day mountain: Mt. Elgon (Mt Masaba) World's largest Caldera

Date: 3-6 JUNE 2021
Meeting Point: Shell Lugogo
Cost: Ugx 574,000
Length: 45 km
Elevation Gain: 2500m
Max Elevation: 4321m ASL
Level: Intermediate

Elgon is arguably the coldest mountain in Uganda we were advised to pack accordingly. Because we were amid the Covid pandemic we had to observe SOPs to fight Covid-19. Masks and a portable sanitizer were mandatory and we had to wear masks at all times while close to others.

Because this was a multi-day mountain there is a Mountain Code to be followed to ensure a safe hike and a pleasant experience for all amidst the harsh weather and terrain.

The Mountain Code:

- Leave no trace / no littering
- Stay on the trail and keep other hikers in sight
- Respect locals and their customs
- Be mindful of

others. Use head/earphones to enjoy music as you hike & let others enjoy the sounds of nature

- Be friendly and have fun. Don't be a dick
- Do not block the trail - allow others to pass
- Respect the respective trail rules and guidelines
- Be prepared & responsible for your own safety
- Carry the right gear and enough provisions

Our itinerary

Day 1:

Leave Kampala at 7/8am for a 6-hour drive to Budadiri. Lunch was out of pocket in Mbale.

Arrived at Rosie's Last Chance at around 4pm.

In the evening tents and campfire set up we relaxed at Rosie's Last Chance where we spent our first night before ascending the Mountain.



Because this is a multi-day mountain with high chances of AMS (Altitude sickness/ Acute Mountain Sickness) which is always a concern

above 4,000 m. Above that altitude, the air becomes noticeably thinner meaning there is less oxygen for your brain the recommendation is to take Diamox 24hrs prior to ascent as well as hydration on water.

For an extra fee you could choose to pay to sleep indoors instead of camping.



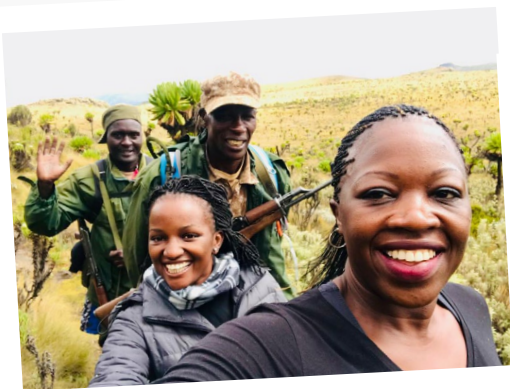
Above altitude, the air becomes thinner meaning there's less oxygen for your brain...

Day 2:

After breakfast we made our way to Budadiri Gate for the registrations, briefing, meet the rangers, guides, porters, and chef. We then boarded

our Coaster to the starting point in Bumasola Village.

We hiked through the Wall of Death, stopped for a quick lunch at Sasa River Camp and traversed to Mude Camp at Elevation of 3500m A.S.L for our first night.



Mude Camp was extremely cold. Nonetheless we set up our tents and usual campfire had dinner and reorganised our summit gear for the next day's push to the summit.

This hike took approximately 6-7 hours through different vegetation zones mainly tropical rain forest and Bamboo zone.

Day 3:

Early in the morning after breakfast, we embarked on an 18km hike to the summit, as two of our members had to be taken back down one due to altitude sickness and another Covid!

We passed through Jackson Pool, Jackson Peak with a view of Jackson table in the background. Views here were stunning.

We then proceeded to Wagagai Peak, at 4321m ASL walking through moorland and along the Caldera rim. After catching our breathe, taking photos we descended to Mude camp for dinner and our final night on Elgon.

Day 4:

After our early breakfast, we broke camp at 7am and began our decent to exit the park through Bumasola Village where we found our bus waiting to take us back to UWA's Budadiri office to receive our Certificates certifying that we had summited Wagagai Peak!






MAGIC ALL AROUND

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School trips to Dubai good but parents should manage their children's expectations

BY RTN. DENIS JJUUKO



One night many years ago, I tried sleeping and failed. I think, like other kids, I was anxious. I kept staring in the dark, wondering when day would break. The night seemed longer than usual. Eventually, it was time to “wake up.” Time to dress up and embark on this dream journey that I and believe many other kids had been looking forward to.

The school had organized a tour of a few “attractions” in and around Kampala over a few days. We jumped in a Mercedes Benz bus, the size of today’s coasters, all smartly dressed and made our way to Kampala from Masaka.

Our first stop if I recall correctly was Mukwano Industries. On arrival, we were taken onto a guided tour, climbing up metal stairs to see the huge boilers that mixed liquids that turned into bar soap. Mesmerizing.

The next stops were even more interesting because at least we would be able to consume some of the products being made — soda and bread. We wondered why Mukwano

didn't give us soap, didn't they think we also wash clothes or bathe?

Anyway, we moved on to Entebbe International Airport, climbed up to the first or second floor from where we saw planes on the tarmac. This wasn't as exciting as the trip to the factories. I had been here before while escorting or welcoming back one of my relatives, a frequent traveler to Europe but to many other kids, this was the pinnacle of their trip. Realizing that planes are not as small as what they see when they are flying over at 30,000 feet above sea level.


We returned to tell stories to the kids who didn't make the trip and of course our parents and guardians. I think this is one of the reasons I am a big fan of factories and seeing things being made. Although I am not overly enthusiastic about traveling, I think it is a good thing that exposes a person to the world unknown to them. I thank my parents, guardians or whoever paid for that trip.

Of recent, some Kampala schools have outgrown taking kids to Freedom City,

Garden City and any other building bearing the word city on its façade and started organizing trips to Nairobi, Mombasa, Johannesburg, Dubai and European countries.

Last weekend, such a memo trended on social media and people wondered why should schools organize such trips. People argued that those who wouldn't make the trip will feel left out and their mental wellbeing could be affected. That could easily be the case but there are many things that can affect a child's mental wellbeing. A better school bag or pair of shoes or even a watch.

Regularly, my children come home and ask for certain things. Stuff they have seen with their colleagues at school or even cousins. Apple watches, tablet computers, wheelable school bags, water bottles and every little thing that catches their fancy. Sometimes on the road, whenever they see a nice car, they ask me to buy one like that. On visits to relatives or friends, they sometimes demand that I convince that aunt or uncle



to sell the house to me.

Kids demand all sorts of things and schools, since they are commercial enterprises, know that many parents will not spare a coin to make their children happy. Many will borrow and forego their own happiness. Because many can't afford and fear to disappoint their children, they want the schools to stop the trips.

That explains why parents were on social media putting pressure on schools to stop these trips. The trips are not inherently bad for those who can afford them. Most people in developing countries like Uganda dream of flying and it would expose some of the kids to working hard to afford life in the future or even build

Uganda the way Dubai or Rome is built.

But parents should not put themselves under unnecessary pressure because Junior has been besieging them for a trip to Dubai or Italy. They should sit down with their children and explain to them what is possible and what is not. In many cases, the children will understand that this is not possible.

When my children ask for those unrealistic stuff like buying my friends or relatives homes or the fanciest car on the road or even Apple watches, I tell them the truth. All the times, they understand what is not possible

“

...parents shouldn't put themselves under unnecessary pressure because Junior has been besieging them for a trip to Dubai or Italy

and sooner than later, they will be demanding something else. That is how kids are wired.

Although there is no blueprint on raising children, giving them whatever they ask for is setting them up to fail in the future. Schools can go ahead and organize these trips, after all they are not mandatory, but it is also the parents' responsibility to manage their children's expectations.

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



The
Rotary
Foundation



In Support of the
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RESERVE THIS DAY



**10TH.
JAN. 2025**



**15H (GMT)
18H (EAT)**



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

Nelson Mandela

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Family Matters



BY PASTOR RONNIE MUTEBI

Timothy 2:3 (KJV):
2 Thou therefore endure hardness, as a good soldier.

ENDURE HARDSHIP IN SERVICE

The life of a Rotarian is not some comfort zone in which we do things at our convenience.

If you are the kind of Rotarian who will not go out to extend and exercise the four way test or fulfill a task that has been assigned to you because "the weather is not convenient", "the place is too far", "You have a

headache", "Your fellow Rotarian or relative annoyed you last night and you are too upset to honor that task, then you have misunderstood the heart of Rotary.

You are a soldier who has been tasked to the wellbeing of humanity. If the assignment of rotary requires that you go to the remotest village in your nation, climb rough terrains to help those in need, and spend sleepless nights on the mission field, then you must pay price.

Paul described his battle-hardened approach to the gentile community when he said, "In journeyings often, in perils of waters, in perils of robbers, in perils by mine own countrymen, in perils by the heathen, in perils in the city, in perils in the wilderness, in perils in the sea, in perils among false brethren; In weariness and painfulness, in watchings often, in hunger and thirst, in fastings often, in cold and nakedness.

“

The potential of women is always underestimated, yet it they knew it, the world would easily turn upside down.

May it be your pledge to do all it takes to be available to any cause that makes humanity better like the Cancer Run initiative.

Take Home: You are defined by the hardships you endure. If the assignment requires that you go to the remotest village in your nation, climb rough terrains to take extend a heart of rotary to the needy, and spend sleepless nights on the mission field, then you must try your best because God is counting on you.

LATE REGISTRATION

FROM 1ST AUGUST 2024 - 14TH OCTOBER 2024

DEADLINE
14TH OCT.
2024

FEE: \$100

*Note: Fees don't include
accommodation*



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Shhhhh...listen!

BY RTN PAMELA
KAWADDWA

Silence sings to me – it always has. I'm a loner, and I'm comfortable with silence. Noise, too much noise, fills this world, and I often have to escape, which fits with my being a runner. I like the absence of noise and sometimes I need to escape to it.

A friend recently spoke of silence and asked, "Are we human doings or human beings?" I love this, and it immediately resonates. We get too caught up in the doing that we forget to just be.

When was the last time you allowed yourself to be..? When did you sit and listen, or watch, or just be? It's no coincidence (well, it might be) that SILENT and LISTEN are spelt with the same letters...think about it, take a minute
When was the last time you listened to the rain pattering gently on the roof (probably not long ago if you're in the Uganda...)? When did you last hear birdsong or soft wind whispering through the trees?

The quieter you become, the more you can hear. I intrinsically liken this to nature, but think of the times we don't notice another's feelings,



or their troubles, or even their joys, because we're not listening.

Does anybody hear you? Does anybody see beyond what you are fronting? Does anybody even know that you're drowning in your feelings?? Do you have a friend who listens to your silence??....uhmmmmmm...

We miss out if we're too busy to take time out.

Silence fits me. I like to write in silence, I like to sit by the ocean

and watch a sunset or listen to the waves. I like to walk in the woods and hear the soft sounds of nature caress my senses. I love quiet moments... Silence is a great source of strength

Quiet people have the loudest minds and I agree, my mind takes strength from silence and uses it to embrace me. My creativity, my writing, and my soul still need to allow the chaos within to still. But even when I'm quiet, even when I'm still: When I am silent I have thunder hidden inside – Rumi, thunder and lightning and beautiful chaos write their stories in my imagination and fill my mind with wonder.

Moments of silence, reflection, contemplation, and pondering allow my mind to muse and grow. I like to cultivate and embrace my moments of silence.

How do you like yours?

Take time to just be... just be and breathe in the glorious wealth of nature, solitude, and peace.

Just be...

Till again....

Phwgy



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TRF RELAY

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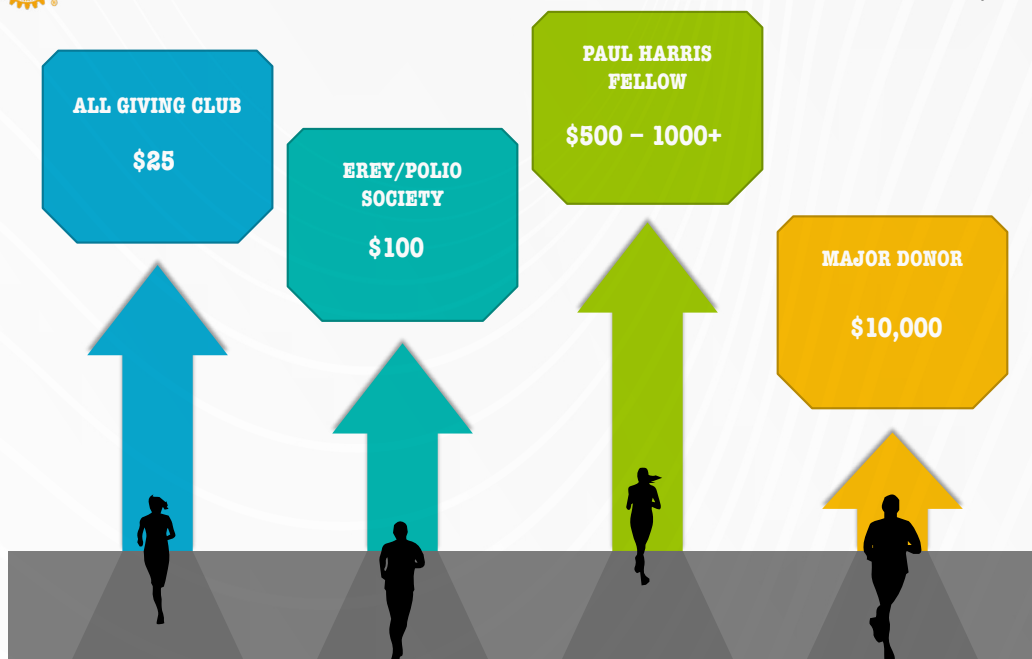
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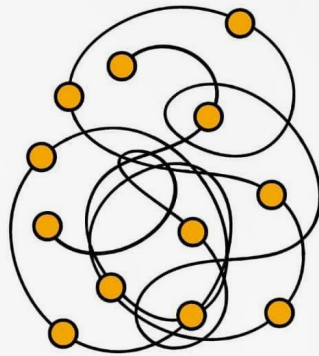
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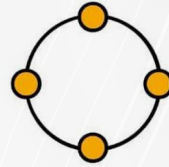


25 X 25 TRF RELAY
Choose your Challenge





VERSION 1



VERSION 100

Dear Leader,

BY RTN FRANK NEIL YIGA

This morning, I had to remind myself of the need to keep things simple. Then, the words of **Leonardo da Vinci** came flooding in; ***"Simplicity is the ultimate sophistication."***

In a world of complexity, simplicity stands out. It is the key to **clarity, focus, and efficiency**. By embracing simplicity, we uncover the essence of what truly matters, freeing ourselves from the burdens of unnecessary complications.

Simplicity empowers us to *make better decisions, achieve more with less, and find joy in the uncomplicated beauty of life*. Today, I choose simplicity to be irresistible!



KIKOMANDO BUDDY GROUP IN CHARGE



Ann Natukunda



Anne Nkutu



Christine Amucu



Denis Jjuko



Dorcas Karungi Mwanje



Elizabeth Wamalwa



Godfrey Okello Omoding



Julie Nabwire



Mathias Mulumba



Rita Aciro Lakor



Sam Byagweri

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OUR CLUB MEETS EVERY TUESDAY AT 7-8PM

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