

Naalya Food Bulletin

3rd September 2024

Rotary
Kampala - Naalya



Issue 10 | 2024



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www.rotarykampalanaalya.org



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EDITOR'S NOTE



Dear Reader,

Welcome to September, the **Basic Education and Literacy Month**. Let us reflect on or consider how our club is changing lives by supporting basic Education and Literacy.

We all know that basic education and literacy are essential for among others reducing poverty, improving health, and promoting peace.

Also, the International Literacy Day is coming up on September 8, 2024 which further reminds us of the Importance of Literacy for individuals and communities.

In this issue of the Naalya Food Bulletin, we bring you messages for this Month from the RI President Stephanie Urchick and President Sylvia Jagwe Owachi among other interesting items.

Happy New Month!

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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The Magic of Rotary is belonging, and it's a feeling that can appear when you least expect it.

BY STEPHANIE A. URCHICK
RI PRESIDENT 2024-25

SEPTEMBER 2024

Earlier this year, I was in Slovakia serving as a president's representative during a six-week trip through Europe. When I wrote to Katarina Cechova, governor of District 2240 at the time, I mentioned that my grandmother Veronica Zilka grew up in a small village in the area before settling in the U.S.

It wasn't long before Cechova tracked down my grandmother's village, Jakubova Vol'a. She even organized a visit for me, where I received an unforgettable Slovakian welcome.

When I entered the community center of Jakubova Vol'a, a small crowd of people dressed in traditional Slovakian clothing greeted me. They sang with beautiful and powerful Central European voices that reminded me of my grandmother.

A lot of families play cards or games when they get together. When I was young, my father would pick up his accordion and lead my family in song. My grandmother would sing along with her impressive voice.

When I walked into the community center and heard traditional music from my childhood — when I saw a woman play the accordion the way my dad played — I suddenly felt like a little girl sitting at my grandmother's house in Monessen, Pennsylvania. I burst into tears of joy at the memories.



“

...we have a unique opportunity to share the same magic with each other and with the world.”

But the magic didn't stop there. District Governor Cechova really outdid herself. A local genealogist worked with a videographer to make a short film about my grandmother. We watched the video together in the community center.

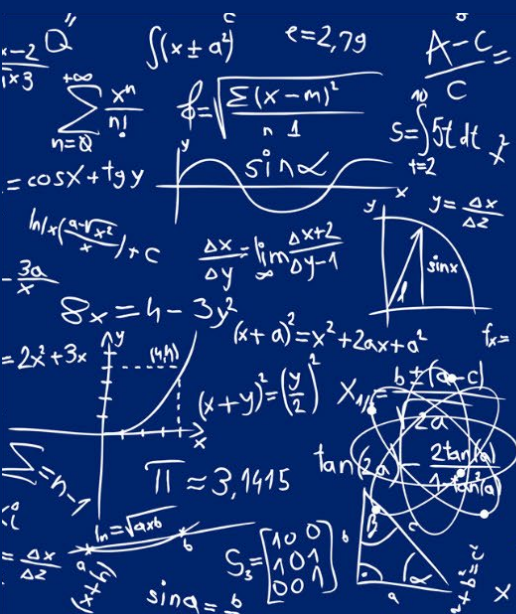
When the video ended, I turned around and saw a man standing in the back of the room. I quickly learned that this stranger, Frantisek Zilka, was my second cousin. His grandmother and mine had been sisters. I felt like I had been struck by lightning.

I visited my newfound cousin's home, which happens to be the home where my grandmother was born. There, he shared old photographs I had never seen of my dad, my uncle, and my grandmother.

Since then, I can't stop thinking about my family of Rotary. When I refer to you as my family, I'm not just being kind. I really think of everyone in Rotary as my family. But I never would have imagined that my Rotary family would introduce me to long-lost personal family.

Sitting in that community center listening to traditional Slovakian music from my childhood filled me with joy and a profound sense of belonging. I am so grateful to District Governor Cechova and everyone who helped create that magical experience.

As members of Rotary, we have a unique opportunity to share the same magic with each other and with the world. I encourage you to consider how you can help spread that magic and ensure other members of your club — other members of our Rotary family — feel like they truly belong.



Rotary

SEPTEMBER IS EDUCATION & LITERACY MONTH

"EDUCATION IS THE MOST POWERFUL WEAPON WHICH YOU CAN
USE TO CHANGE THE WORLD."

- NELSON MANDELLA

President's Message

RTN SYLVIA JAGWE OWACHI
Club President 2024-2025



Dear Rotarians and Friends,

The month of August has been dedicated to Membership growth and new club development. The Kikomando Buddy group led us well ensuring that each meeting was interesting and engaging. In our last meeting we were honored to hear from a number of prospects that are interested in joining our club. I was particularly happy that the reasons for joining Rotary were quite personal and unique for each individual ranging from the opportunity to serve, leadership development, Networking, Friendship and Fun.

Our prospects will now go through a mentorship process and orientation and once found fit and ready will be inducted into Rotary. One piece of advice is that Rotary requires for one to be committed in order to have a fulfilling journey. A big thank you to the Membership Committee for spearheading this activity.

September according to the Rotary calendar is dedicated to **Basic Education and Literacy**. The literacy rate in Uganda is at 80.59% meaning there is still work to do given the population of 45.9 million people. Our goal is

to strengthen the capacity of communities and support education of all children and literacy for children and adults.

The Rotary Foundation supports education through scholarships, donations and service projects around the world. Through giving to the foundation we as

Rotarians are contributing to this noble cause. This month in our club we will give awards the highest giver and to the most consistent giver to the Rotary Foundation. Giving calls for appreciating, understanding and having an internal conviction. As the founder of Rotary Paul Harris said "Rotary changes us and those we serve, I believe we can change the world one life

at a time"

The *Katogo* buddy group is in charge and we look forward to an exciting month. We start off with a joint meeting with the Rotaract club of Kampala Naalya dedicated to Rotary Youth Leadership Awards (RYLA). Join us for our meeting this week and enjoy our bulletin.

Be Blessed.

“
Our goal is
to strengthen
the capacity of
communities and
support education of
all children...”



RelaDental
Smile for Miles

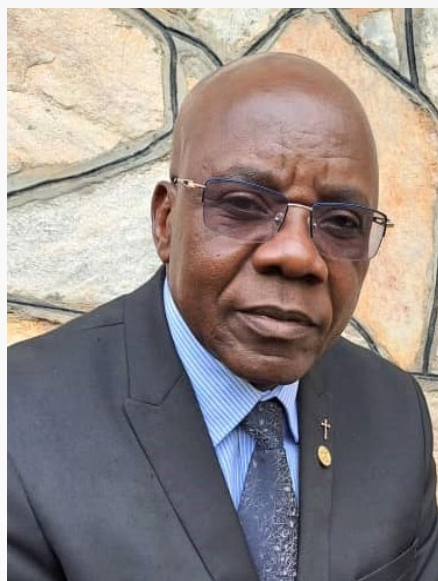
NEW CLINIC

**NOW
OPEN**

AT ANGELO

SURGERY CENTER, MBUYA

Rotarians' Basic Education and Literacy



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

The theme of the month of September is **basic education and literacy**.

Basic education encompasses, among others, the beginning of knowing reading, writing, speaking and listening. As Rotarians, we all know this. But what is your "rotary basic education and literacy"? Do you take time to read about rotary? There is plenty of materials available in rotary learning centre. Do you write about your rotary?

For instance, your rotary experience. Do you speak about rotary? What is rotary to you? Speak up. Do you listen to talks about rotary? Where

are you standing in "rotary basic education and literacy"? As we reflect on the theme of the month, let us reflect too on our understanding, appreciation and knowledge of rotary. Avoid to be taken as "an illiterate" about the organization you belong.

Be challenged this month to know, at least, the basics of rotary such as the object of rotary, four-way test, vision, mission, avenues of service, core values, areas of focus, themes of the months, etc. Let your participation in rotary be reflective of it; through being grounded with basic knowledge and information about rotary, to begin with. Let the basics of rotary guide you in whatever you do.

May our rotary basic education and literacy evolve in our rotary life. Let it lead us to be responsible and work well in the communities we carry out projects. Let our rotary basic education and literacy cause us to be better social and economic transformers in whatever

we do, where we live and communities we work with. May our perspectives/opinions be measured and bring harmony.

Let our rotary knowledge and information be of value

“

May we stand to be counted as a contributing community even where resources are limited.

wherever we are executing noble causes. Let it be an opportunity to serve better. As we execute our duties, let us be challenged by our level of knowing what rotary stands for. And how best we can be torches of rotary and reach out to many who cannot thank you.

We do know that a number of communities are in need of helping or supporting hands. May we stand to be counted as a contributing community even where resources are limited. With informed members, we shall be able to mobilize resources without getting weary. The cause of rotary will be firmly rooted in us. So, this month, let members of rotary appreciate what they can do and are doing through reading and writing about them. Speaking about them. And listening keenly about undertakings of Rotarians world over.

There is still a lot we, Rotarians, can do. Rightly, we can be catalysts, we can be stimulators, we can build partnerships, and we are a resource in whatever we decide to do. May the theme of the month be meaningful to us all. Our magic start with us knowing better what we are, and what we can do for the service of humanity.

Give me a Mentor, but will they understand me?



BY RTN MATHIAS MULUMBA

It is long since I had such a person in my life...a mentor? What will they do that I cannot find online if only you share the links? Joseph lately asked me after learning he had to go through this before joining the Rotary family.

A while after exploring some responsibilities of a Rotarian, he wondered how the many Rotarians he meets with at work and social life manage the spine shouldering the list of charges that come with being inducted into Rotary.

"Do you mean that all of these people have mentors?" he added pensively.

There are several steps a prospective member to a club takes to climb up to the door, I told him. First, let us appreciate that Club appeal glitters from the collective commitment of members. So joining one responds to that joint effort that members have built over time. At the foundation of most clubs is the conviction to bring together people in business and professional careers to provide humanitarian services underlined by high ethical standards in advancing goodwill in our communities. So, mentoring one to use these lenses, requires a companion to walk you along the path highlighting the challenges and ways to navigate your way through it.

Mentoring is one of the cornerstones of the Rotary Family. Whichever level or position one takes they need an experienced person who can guide more even if you are familiar with the position requirements. Club growth hinges on sustaining a culture of learning and leadership

“
Mentorship
is one of the
cornerstones of
the Rotary Family

development. Thus mentorship is the glue to hold member engagement to ensure the Club retains its relevance to community service.

So, Joseph, your mentor will guide you as a new prospect to help you integrate with others in the Club, its culture, and character, enhance your leadership skills, and understand the Club's values and objectives. Like children in a family, each Club has a different outlook brand under the same family of Rotary.

"What will happen between me and my mentor?" Joseph asked.

Often you tend to gravitate more to a person who referred you to the club or what is called the Sponsor. One reason a club asks the prospect to formally introduce themselves is to find a suitable companion that will help your skill sets blend well within the Club. So the Membership Director, having introduced you to the Board and assessed your candidature, pairs you. The Mentor will call you to meet and work out a plan depending on your schedule. That plan will explore your schedules, areas you can serve best in projects, or leadership positions that suit your skill set, opportunities in the Rotary network, ethics, and service that the Rotary Club is known for in the community. The Mentor will also prepare you for an orientation, a joint training with other prospects. Consider the Mentor as your door handle to latch on where you are unsure of the ways things run in the Club.



All this while, Joseph was writing down notes...and raised his pen...on the paper I saw a circle with two dots, one in the center and another on the edge. He asked **"Talking about my Mentor, what are the defined boundaries?"**

Good question Joseph... this is key to building trust between you and the mentor. Every mentee looks forward to a rewarding experience with the Mentor. Like any relationship, initially share your likes and dislikes truthfully and firmly. Mentorship bonds foster a sense of belonging and shared purpose. Through regular meetings, the mentor and Mentee build a friendship that enhances the Club's unity. It is this healthy relationship that will sail you along in project services to the target communities the Club serves. Active members draw a lot from the Mentor's handling and you will notice this when you formally get induction into the Club. Ask them who their mentors were and surely their conduct will be resplendent. Their testimonials will shine a light on examples you too can pick up or avoid in Rotary. So keep them close but professional.

Your mentor should make you welcome, valued, supported, and feel confident to contribute actively to the Club's initiatives. I emphasised.

Successful Mentee and Mentor relations, like the one I had with Rtn Flavia Serugo and DG Anne Nkutu, challenged me to attend the Rotary Leadership Institute to learn and accept leadership roles in service projects and now Membership Director. Rotary is leadership, so serving in various directorates prepares you to stand up when called up.

Now you are confusing me, Joseph noted...Mentorship, Leadership Institute ...which one must I attend?

Joseph, consider Rotary a learning journey, if you were to marry your fair lady, would you do it on day one you met? There is a time to wean off breastfeeding and transform into independence to take responsibility for the actions and friends you pick. Mentorship will be the constant on your journey as a Rotarian.

Clubs have a structured process to ensure consistency and effectiveness in mentoring new prospects. It provides a framework that cements the expectations of mentees for a rewarding membership. Regular trainings occur even for members in various directorates and the Clubs in general delivered by eminent trainers of the District. Regular checks occur to evaluate the Club's performance against targets they set at the beginning of each Rotary year.

“

...challenges may occur but can we deal with them to accomodate the differences and effectively benefit the mentorship...?

Some of these include modules undertaken by each member of their Board. Globally, the Rotary website, Club Central section, has thought about all this and designed a system to register goals and targets for performance. Under *My Rotary pages'* resources, you will find a gem that sharpens your learning journey and shapes you to heights best sought after in a Rotarian. Your mentor will introduce you to these. Locally, customized training from the Rotary Leadership Institute is open to both new projects and Rotarians where they interact with shared experiences, and lessons from their clubs

aimed at improving the Rotary leadership of Clubs, enriching training with examples of problems and solutions using local references.

Remember Joseph, attending the training grounds you more into rotary communication, Leadership development, and access to mentorship guides and tool kits. Thus Mentors and Mentees have a store to pick the best seeds to plant and fertilizer to nurture the vibrant Rotarian you aspire to be.

Under **My Rotary Learning Centre**, a series of Courses diversify your perspectives and shades of Rotary work. Consider it like your handkerchief to wipe away ignorance, bring out the best of you, and dust the corners of your learning curve.

"How can I get the best from you as my Mentor then?" Joseph quizzed.

You are my opportunity to add a new member to our Rotary club. As a subject of interest, challenges may occur, if for instance we are mismatched, lack time to meet, and communication barriers arise. Can we deal with these to accommodate the differences and effectively benefit the mentorship program for both of us?

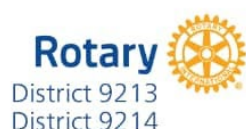
Some Mentors may claim to be too busy to meet regularly according to the schedule you agreed with them. Let's stick to our agreement on the roles and responsibilities of each. Flexibility, open communication, use WhatsApp, email, or calls where appropriate. Remember mentorship offers you numerous benefits for personal development, think of all the best things you can do not to fail a relationship. Present this at every opportunity we meet. It's a learning in both our lives ensuring a legacy of service and fellowship that improves you and me.

Music Scholarship for the Deaf in Brazil, January 2025

2 deaf musical students 15-17 years from Africa are wanted for the Rotary Youth Exchange Jan 2025 intake. For one year, they will be in a musical school of the deaf (with sign language specialists) and home hosted by Rotarians who know sign language too. One Ugandan student has been secured. We are looking for another.

Their parents or sponsors must be able to pay air ticket and health insurance.

Contact Power of One (Rotary Youth Exchange Africa) Secretary **Rtn George Bush** on **0772416661** by **WhatsApp only**.



Music Scholarship

FOR THE DEAF (BRAZIL JAN 2025)

Two deaf musical students (15 - 17 years) from Africa are wanted for the Rotary Youth Exchange Jan intake For 1 year.

Contact: Power of One
(Rotary Youth Exchange Africa)
Secretary

Rtn. George Bush (0772416661)



NEW CLINIC



IN MUKONO



Meet our Guest this Tuesday

MAUREEN KAWOMBE

Maureen holds a Bachelor of Science in Mathematics and Physics and a Master of Science in Electrical Engineering from Makerere University. She is trained from the Norwegian University of Science and Technology and the Solar Energy Centre in India in Renewable energy Resources and Applications. She holds a Masters in International Business Administration and a Post Graduate Diploma in Global Management from ESLSCA Business School, Paris.

She has taught in the Department of Electrical Engineering, at the College of Engineering, Design and Technology, Makerere University Ndejje University.

She has also worked as the Director Quality Assurance, Eslsca International Business School, Uganda and TMR International Hospital. She is also a Business Development Consultant and a Certified ISO 9001 Lead Auditor.

Maureen is the secretary of the Residents' association, Naalya Housing Estates Landlords and Tenants Association (NHELTA) and the vice

chairperson Local Council 1 for women in her area, Naalya Estates Village.

Maureen is a runner and is the chairperson of the Gutsy running club and the TMR Health Club. She's also a reader and is a co-founder of the Liber Reading club.

As a Rotarian, Maureen is the Charter President of the Rotary Club of Naalya States, 2022/23. She is a Grants Support Officer in District 9213, 2023/24 and 2024/25 is serving on the Protocol and Entertainment committee of the Rotary Cancer run also for the second year and content builder for the Virtual Vocational Exchange 2023/24 between D3450 and D9213.

She is a Faculty Member of the Rotary Leadership Institute, Uganda, the Assistant Editor for the District Magazine, The Wave, and is the District chair for the Rotary Youth Leadership Awards (RYLA) 2024/25.

She's married to Eng Joseph Kawombe and together, they have one son, Benjamin.

Rotary
Kampala - Naalya



Rotaract
Kampala - Naalya



TOPIC:

RYLA

experiences & expectations

Rtn. Maureen Kawombe



7:00 PM



Ndere Cultural
Centre Ntinda

Buddy Group In Charge
KATOGO



rotarykampala_naalya



RotaryNaalya



RotaryClubOfKampalaNaalya



www.rotarykampalanaalya.org

Partner





ROTARIAN OF THE MONTH

*Pr Ronnie Mutebi,
Cancer Run Officer*



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

FEE
380K
PER PARTICIPANT

**30TH
NOV**
REGISTRATION
DEADLINE

Payments to: District account (Name: **D9213 Rotary District Dues**,
A/C No. **3100083833**, Centenary Bank, Mapeera Branch).

**Passion
Action
Reaction**



MAGIC ALL AROUND

21-25 JUNE 2025 • CALGARY, CANADA

Register today at convention.rotary.org

#Rotary25

Parliamentary sittings outside Kampala could make other towns “self-contained.”

BY RTN. DENIS JJUUKO



While visiting Mombasa many years ago, I was introduced to a local businessman and had some form of meetings during my weeklong stay in the coastal city. He told me, apart from the airport to catch connecting flights, he hadn't been to Nairobi in more than 10 years.

He read my face and quickly added that there was no need for him to do so. Mombasa, to use a popular Kampala saying was “self-contained.” This meant a big city with all the services he required. There was no need for him to go to Nairobi for anything. That is why he hadn't been there in many years. This conversation was well before virtual meetings had become the rage.

In recent years, a friend told me that he got a job at a law firm headquartered in Eldoret. He seemed happy with his job, working in such a secondary city to Nairobi. I imagined a lawyer of his calibre

working at a law firm in Lira, Masaka or Mbarara. It probably wouldn't happen. I see Kampala lawyers frequenting courts upcountry to represent their clients. This probably means there aren't many top law firms outside Kampala.

Uganda may have many towns called cities but the country is technically a one city state. Others are just small towns. A big businessman in any of those towns cannot spend 10 years without coming to Kampala. It is practically impossible.

In April last year, Rotary in Uganda and Tanzania decided to hold their annual conference in Mbarara. Approximately 2,000 delegates attended the conference. The keynote speaker, Winnie Byanyima, a former Member of Parliament for Mbarara Municipality was visibly overwhelmed when she walked into the

marque tent and saw the number of delegates. I think she had expected a very small number.

She urged Rotary to take these conferences to other towns outside Kampala. She mentioned how businesses would benefit but also those going for such conferences would see opportunities beyond Kampala. In April 2025, Rotary will host its 100th district conference in Jinja. They heed her counsel.

Of recent, there has been a proposal to hold some parliamentary sessions outside Kampala. Many people opposed them saying it was a wastage of taxpayers' money. Maybe it is. Maybe it is not. If parliament is spending the same amount of money they would spend while sitting in Kampala, what would the problem be? If the top up is also

“

If more than 550 MPs sat for a week in Masaka or Gulu, the economy of that town would improve.



manageable, what would the problem be?

If more than 550 MPs sat for a week in Masaka or Gulu, the economy of that town would significantly improve. The hotel rooms would be occupied. The farmer supplying Malakwang or Matooke would benefit. The car washing bay owner. The small BBQ restaurant. The fuel station owner. Many businesses would benefit.

The town or city would also realize that they can host big conferences. Actually, the first conference Rotary had planned to hold in Mbarara was supposed to be in 2020 which didn't happen because of the pandemic. I was involved in organizing it and I saw entrepreneurs working hard to finish their hotel projects in anticipation

of the conference. That is what would happen when parliament was made rotational a bit, sitting once in a while in towns outside Kampala.

But it should not be just parliament. Why for

“

Why is the Ministry of Karamoja Affairs headquartered in Kampala?

example is the Ministry of Karamoja Affairs or Bunyoro Affairs headquartered in Kampala? They can be set up in Moroto and Hoima respectively. The ministry of agriculture

doesn't need to be in Entebbe. The ministry of defense can be at their expansive barracks in Nakasongola. The Ministry of Works and Transport can be headquartered in any of the major towns.

Proximity to each other of government ministries and agencies may have been necessary in the past but there is technology now. Virtual meeting

technologies have become so common and cheap to enable this. A minister doesn't have to drive from Moroto to attend a cabinet meeting in Entebbe every Monday. Sometimes they can connect via Zoom or Google Meet or Teams.

In South Africa, the president sits in Pretoria. Parliament is neither in Pretoria nor nearby Johannesburg but in Cape Town. I believe the South African economy significantly benefits by parliament being headquartered in Cape Town than Pretoria.

I think the proposal to have parliament sitting outside Kampala once in a while is a good one for the economy that should not be discarded due to some opposition of it. It will help some of those towns or cities grow.

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

Last week's club fellowship



Visit to RC Kampala Kibuli



Visit to Arua



Visit to Yumbe





Rotary
Club of Najjera



DG's
OFFICIAL VISIT
DG. ANNE NKUTU

**Charter Celebrations, Induction,
PHF Recognition**

**MOMENT'S LOUNGE
AT ANDEX FITNESS CENTER
KIWATULE**

5TH | THURSDAY
SEPTEMBER
2024

7:00PM

Sapphires in Charge

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Passcode: 025828

 www.rotarynajjera.org

 [Najjerarotary](http://Najjerarotary.org)



Centenary
Foundation



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TRIPLINK
KENYA



MLSS
KISumu



Kenya Red Cross
Society



Africa
Power
Africa






Governor Anne's Visit

District Governor Anne Nkutu
District 9213

WED. 4TH SEPTEMBER, 2024.
7:00 to 8:00pm

VENUE: IVORY HOTEL, NANSANA.

<https://rotarynansana.com>









Rotary
Saturday E Jazz



DG'S

Official Visit
DG ANNE NKUTU

ZIMBALI BISTRO & LOUNGE

On Saturday

7TH SEP

5:00 PM

8:00 PM





LIVE
STREAMING

MEETING ID: 9791225861
PASS CODE : JAZZ@23

 RC Saturday Ejazz
 
 @Saturday_E_jazz



Rotary
Sunrise-Kampala



ROTARY
INTERNATIONAL



THE MAGIC
OF ROTARY






**DG'S OFFICIAL
VISIT**

6.45 am - 8.30 am (EAT)
Tuesday, 3rd September 2024
Venue: Roots Restaurant

DG Anne Nkutu
District 9213

JOIN US





DISTRICT GOVERNOR'S

DG. Anne Nkutu

2:00PM

BBIRA HEALTH CENTRE

7:00PM

JOGGIES RECREATION CENTRE

TUESDAY

3RD SEPT 2024

Rotary

District 9213



DISTRICT
GOVERNOR
ANNE NKUTU

WEEKLY SCHEDULE

MON 03 SEPT - SUN 08 SEPT 2024

03
September

DG's official visit to RC Sunrise-Kampala

6.30am-9.00am

DG's official visit to RC Buloba

4.00pm-8.00pm

04
September

DG's official visit to RC Nansana

5.00pm.- 8.00pm

05
September

DG's official visit to RC Kampala

10.00am-3.00pm

DG's official visit to RC Najjeera

5.00pm-8.30pm

06
September

DG's official visit to RC Kampala Morning Stars

6.30am-9.00am

DG's official visit to RC Kitukutwe

5.00pm- 8.00pm

07
September

DG's official visit to Saturday E-Jazz

3.00pm- 8.00pm

Rotary District 9213



Family Matters



BY PASTOR RONNIE MUTEBI

Ecclesiastes 3:1 (KJV): To every thing there is a season and a time to every purpose under the heaven:

UNDERSTANDING SEASONS

The importance of knowing the seasons and times by which to execute assignments or tasks cannot be overemphasized. Many failures in life can be accurately linked to this gap in knowledge of when to do things.

“

You must have the wisdom of letting go easily and quickly-learn it...

There are things in this life, that, no matter how much potential you have, you will not succeed at them because they are done in the wrong season moreso with wrong people.

For example, even if a thirteen-year-old child sits in a marriage preparation class for months, it is not enough for them to get wedded immediately after the class because, in the general scheme of things, they cannot be ready for marriage at that age. Some things in marriage and building a home would overwhelm them because they've entered into that institution too early.

To any parent, it's important to know that your child might be a very good cook, but do not turn them into a full-time chef because of his or her gift—it is not enough.

Having 100% confidence in your children does not shrink the patterns of time into maturity. There is a reason why life is designed not to be rushed into anything. Even in the eyes of the God, it's wrong not follow the process that matures things until they're ready. There has to be a perfect time to start.

A premature start will most likely waste potential and resources while a delayed one will frustrate it and most likely abort it. There is a time to do everything.

Take Home: A premature start will most likely waste potential while a delayed one will frustrate it.



The
Rotary
Foundation



In Support of the
Makerere University
Rotary Peace Centre
#APeaceConcert24

RESERVE THIS DAY



**10TH.
JAN. 2025**



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



**SPEKE RESORT
MUNYONYO**

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

Nelson Mandela

IN
PARTNERSHIP
WITH:

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Lights, Music, Camera

Dress like your favourite **Superstar**. The **Party Groove** night
A night of lights
A night of music
A night of style
A night of parrtteeeyy

Let's make
History and Memories while donning
Glamorous superstar outfits

- Late Registration Closes: **October 14th, 2024**
- Registration Fee: **\$100**
- Venue: **Las Vegas Garden Hotel, Bunga, Kampala**

Register and Pay through the link:
<https://convene.jjengo.com/rotary/conference>

#RAS24UG

Rotaract Africa

RAS²⁴
Rotaract Africa
Summit Uganda

THEME
Unleashing Africa's
Potential

NOVEMBER
15
NIGHT TIME

Party Groove

VENUE Las Vegas Garden Hotel
Kazibwe Road Bunga-kampala

DRESS CODE
DRESS LIKE YOUR FAVOURITE ARTIST

ENTERTAINMENT . FASHION . DRINK . FOOD

Glamorous - Memorable - Historical #RAS24UG



Setting Boundaries

BY RTN PAMELA
KAWADDWA

In the garden of the self, where thoughts like flowers bloom, lies a sanctuary, sacred, beyond the daily gloom.

Here, within these hallowed grounds, a lesson clear and bright: The art of setting boundaries, a beacon in the night.

Ooh yes, you heard me.
Setting boundaries.
It's a form of self love and self awareness..

With firmness, yet with kindness, we draw the line in sand, marking where our spirit rests, and where others' demands. It's not a wall, nor barrier, but a gate that swings with ease, and setting our hearts at peace.

The balance of the scales, in harmony and grace, reflects the strength within us in this serene embrace.

A stop sign to the chaos, a fence around the rush, preserving precious energy, in the world's relentless crush.

Standing tall amidst it all, a figure calm and sure, surrounded by a bubble, protective and secure. A



balanced scale in one hand, a serene landscape around, where peace and strength are intertwined, and true selves are found.

In setting healthy boundaries, we find our truest might, honouring our needs and space, in the day and night. For in the act of saying "no," we find the way to "yes" — To life, to love, to happiness, in all its tenderness.

So let us navigate the path, with clear and mindful eyes,

creating spaces in our lives where our spirit flies. For in the art of balance, a fulfilling life is found, with boundaries as our canvas and respect as our ground.

Let's not forget that when we fail to set boundaries and hold people accountable, we feel used and mistreated. Those who get angry when you set a boundary are the ones you need to set boundaries for!

Love yourself enough to set boundaries

Your time and energy are precious and you get to decide how you use them. You teach people how to treat you by deciding what you will and won't accept.

Don't forget that the only people who get upset about you setting boundaries are the ones who were benefiting from you having none. You are not required to set yourself on fire to keep others warm..

Stop asking why they keep doing it and start asking why you keep allowing it.

Phwyy

Dear Leader,

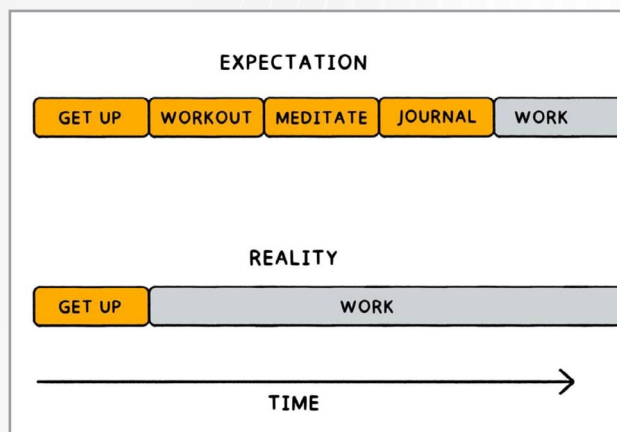
BY RTN FRANK NEIL YIGA

Establishing a successful **morning routine** allows you to take control of your day, setting a positive tone and enhancing productivity. However, the reality is that you can't always nail your morning routine to perfection. Life happens, and unexpected challenges may arise. In those moments, it's important to adapt and find your rhythm amidst the chaos.

Going with the flow can lead to lost opportunities, but being too rigid with your routine can also be counterproductive. The key is to find a balance - **a structured morning fosters intentionality, helping you prioritize goals and maintain focus** amidst distractions. But when life throws you a curveball, be willing to adjust your approach and keep moving forward.

"A morning routine sets the tone for the whole day, and if you do each day right, you'll do life right." – Cathryn Lavery.

Find & use your flow to remain irresistible.





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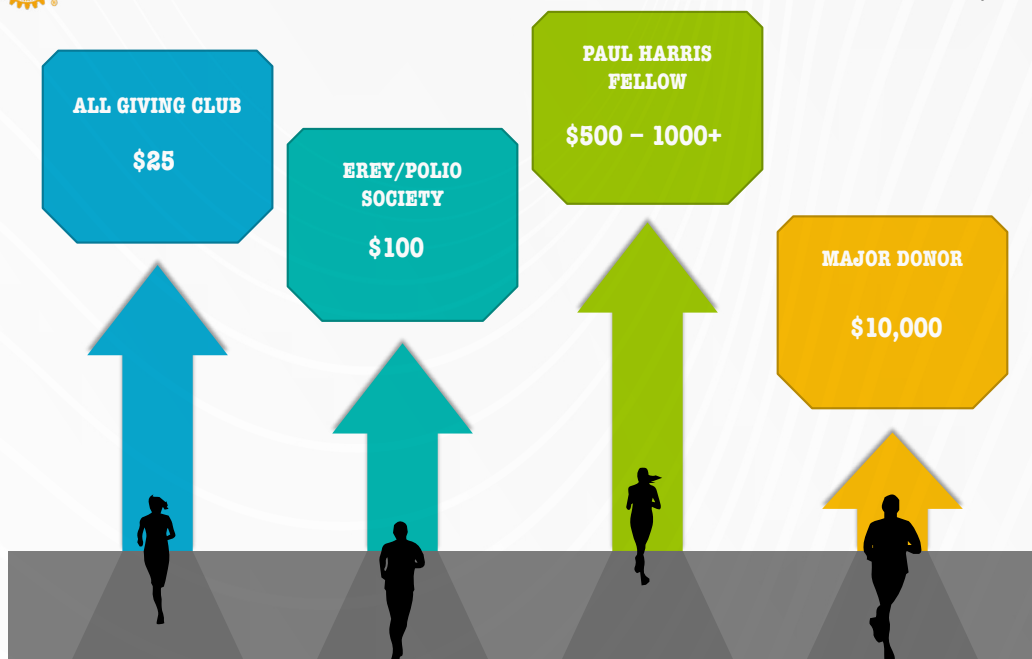
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