

Naalya Food Bulletin

5th November 2024

Rotary
Kampala - Naalya



Issue 19 | 2024



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DG's trail last
week



TRF: Ways to donate to
the Foundation

EDITOR'S NOTE



Dear Reader,

Welcome to November, the Rotary Foundation Month. This month, we're reminded of Rotary's enduring spirit of service and compassion.

In her message for November 2024 Rotary International President **Stephanie Urchick** emphasizes the significance of belonging to Rotary clubs, for this she says that members create the magic with every project completed, every dollar donated, and every new member.

Also, in this issue of the Naalya Food Bulletin, PP Flavia Serugo shares how you can give to the Rotary Foundation.

This edition is packed with other interesting items worth reading. Join us this Tuesday at Ndere Cultural Centre as we unveil our Inductees.

Happy November!

Keno Lillian - Bulletin Officer

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VISUALS | ANALYTICS | STRATEGY



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** or **tap on the buttons** below



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Rotary
Kampala-Naalya



Hello

November

**KITOOBERO BUDDY GROUP
WISHES YOU THE BEST OF THE
TRF MONTH**



BY STEPHANIE A. URCHICK
RI PRESIDENT 2024-25

NOVEMBER 2024

One of Rotary's greatest strengths is the ability of our members to come together to create lasting change, and **The Rotary Foundation** helps us transform dreams of change into reality.

From **eradicating polio to building peace**, much of the work we do around the world would not be possible without our continued support of our Foundation.

The cause of peace is especially important to me, and one of the most effective ways we build peace is our **Rotary Peace Fellowship — a product of The Rotary Foundation**. The program helps current and aspiring peace and development professionals around the world learn how to prevent and how to end conflict.

Thanks to a \$15.5 million gift from the Otto and Fran Walter Foundation, we can continue supporting peacebuilders in more regions with the next Rotary Peace Center, at Bahçeşehir University in Istanbul.

Opening yet another peace center is a monumental achievement that we will celebrate at the 2025 Rotary Presidential Peace Conference in Istanbul.

The three-day conference 20-22 February will highlight the many ways our family of Rotary advocates for peace. **Keynote speakers, panel discussions, and breakout sessions will allow us to share ideas about building peace and foster meaningful conversations about promoting peace everywhere.**

Registration for the Presidential Peace



“

From eradicating polio to building peace, much of the work we do around the world...

Conference is open. I hope to see you there, but if you can't make it, our Foundation offers so many ways to change the world for the better. November is Rotary Foundation Month, a great time to get to know your Foundation better and pursue causes that appeal to you.

Global grants support large international activities with sustainable, measurable outcomes in Rotary's areas of focus. By working together to respond to pressing community needs, clubs and districts strengthen their global partnerships.

District grants fund small-scale, short-term activities that address needs in your community and in communities abroad. Each district chooses which activities it will fund with these grants.

Our Foundation can even help you support our wonderful youth programs, including Rotary Youth Exchange, Rotary Youth Leadership Awards, and Interact.

Your gifts to our Foundation also make Programs of Scale possible. These are long-term projects that seek to solve otherwise intractable problems.

To ensure these good works continue beyond our lifetimes, it is up to us to reach our ambitious Rotary Endowment goal of \$2.025 billion by 30 June 2025.

The Magic of Rotary does not appear out of nowhere. We create the magic with every new member inducted, every project completed, and every dollar donated to our Foundation.

Please join me in supporting The Rotary Foundation, and together, we will change the world for the better.

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Scaling Our Impact through The Rotary Foundation

NOVEMBER 2024

Dear Rotarians,

I would like to share some thoughts on an important topic that has been discussed in our Rotary community: **how can we scale our impact through larger, more significant projects?**

My daughter, who works in digital marketing, collaborated with an agency where her responsibilities included identifying influencers to promote various products. **Each time they launched a new product, she would ask for my input on potential influencers.**

However, her final decisions were always guided by their brand and digital footprint—specifically, their number of followers which demonstrates their reach and effectiveness.

This trend underscores a crucial truth in today's world: numbers matter.

In Rotary, we have been discussing how to increase our impact by undertaking bigger, better, and bolder projects. Many clubs are engaged in wonderful initiatives that touch lives. Unfortunately, many of these efforts go unnoticed. Currently, many of our projects rely on member donations at club level and fundraising events. However, through this approach, we can only raise limited amounts at a time. This subsequently leads to longer timelines for project implementation and projects



that are relatively small in scope. **Our limited reach subsequently affects our visibility, which in turn constrains our ability to attract significant partnerships.** In the corporate world, scale matters.

“

What began as a modest investment of \$26.5 has grown into an endowment with over \$1.6 billion.”

Yet, there is a way to break this cycle. The Rotary Foundation was established in 1917 with the objective of enabling us to do good in the world. What began as a modest investment of \$26.50 has grown into an endowment with over \$1.6 billion. **Each year, the Rotary Foundation awards over \$300 million in grants; with projects in D9213 receiving an average of \$2.5 million.**

In essence, the foundation was created to help us scale our efforts by providing the resources to reach more people. This objective remains as relevant today as ever. The smallest grant available is \$30,000—an amount that is

often beyond what clubs can fundraise locally. Yet, its potential impact on any given community is significant.

So I am encouraging you to do the maths. Take a moment to calculate how many wo(man)hours your club spends organizing fundraisers compared to the potential return on investment if we directed those efforts towards applying for grants from the Rotary Foundation.

While it's true that crafting proposals and finding international partners can be time-consuming, the difference between a Global Grant and club funding is profound.

RI President Stephanie has set an ambitious Rotary Endowment goal of \$2.025 billion by 30 June 2025, which will empower us to increase our global impact. The more funds we raise, the more we can give back. But this task will be more manageable if more of us contribute to the Foundation.

On July 1 2024, I launched the 25 X 25 TRF Relay with an ambitious goal of all giving clubs and all giving Rotarians. My humble request is that every Rotarian in D9213 contributes a minimum of \$25 dollars (UGX 100,000) to the Rotary Foundation by 30 June 2025. I would like to thank in a special way, all the clubs and the individuals that have heeded this call. If you haven't started your relay- it is not yet too late.

Use the month of November to amplify the magic of Rotary by giving something to the Foundation. All contributions matter!

President's Message

RTN SYLVIA JAGWE OWACHI
Club President 2024-2025



Dear Rotarians and Friends,

Our last meeting of the month was a fitness fun fellowship. We were privileged to be joined by **Rtn Robert Ssebugwawo aka Coach Bob**. He started the meeting by reminding us the importance of purposefully living a healthy life. This encompasses many things including our lifestyle, what we eat, how we prepare our food, our exercise regime, maintaining regular medical checkup routine and minding our mental well-being. **He stressed that each of our bodies are different and we should strive to do what suits us.** It is also good to mix up your exercise routine for better results. He then took us through a few drills which got us all sweating. I must say it was an evening well spent and we enjoyed ourselves.

The month of November in the Rotary calendar is **the Rotary Foundation Month**. The Rotary Foundation helps Rotary members to advance world understanding, goodwill and peace by improving health, providing quality education and improving the environment and alleviating poverty. **The Rotary Foundation transforms our gifts into projects that change lives both close at home and around the world.** When you make a donation the foundation is able to support Rotary clubs to bigger

and more impactful projects around the world. **Rotary's areas of focus are in 7 areas i.e**

- Maternal and Child health
- Water, Sanitation and Hygiene
- Disease Prevention and Treatment
- Peace Building and Conflict Resolution
- Environment,
- Basic education and Literacy
- Community Economic Development.

“

It is good to mix up
your exercise routine
for better results.

As a club we set a target towards our Rotary Foundation giving at the start of the Rotary year in July and it is heartwarming that we have already surpassed that target through members giving. **“It's not how much we give but how much love we put into giving”** For its in giving that we receive”. I encourage Rotarians and non-Rotarians to

continue giving towards the foundation.

This week we will be unveiling our new members to the club ahead of their induction the following week. **Enjoy our bulletin and you are welcome to join us for this activity.**

Be blessed!

Ways you can donate to *The Rotary Foundation*



BY PP FLAVIA SERUGO

The Rotary Foundation (TRF) is a not-for-profit organization and is supported solely by voluntary contributions from Rotary Members and friends of the foundation who share its vision for a better world. **This support is essential to make projects funded with TRF grants become sustainable and improve our communities.** The TRF grants support activities like

- Polio Plus eradication initiatives,
- Rotary Peace fellowships, for individuals to pursue studies in international relations, peace and conflict resolutions;
- District grants to enable Rotary clubs and districts to address immediate

needs in the communities and abroad,

- Scholarships for undergraduate or graduate studies in any area of focus
- Vocational training teams.
- Global grants to offer Rotary Clubs and Districts opportunities to participate in strategically high impact activities in the seven areas.

According to the Rotary Calendar, the month of November is dedicated to the Rotary foundation. It's a time we reflect on our giving to support the works of the foundation as well as recognize those who give to the foundation in any amount. There are several ways to give to The Rotary Foundation in alignment with your personal preferences and capacity.

1. **Direct Online Contributions -**

Through Rotary International Official Website, individuals can make one time or recurring donations to specific areas such as Annual fund, Polio Plus fund or Endowment fund. The process is simple, secure and instant recognition for donations like:

- Polio Plus donations whereby donors can give any amount to the Polio fund

- Every Rotarian, Every Year

(EREY) encourages every member to make a personal contribution of \$100 to the Annual Fund every year.

- Paul Harris Fellow Recognitions whereby Rotarians commit to donate \$1000 dollars or more in a single donation or cumulatively.

- Major gifts whereby major donors contribute \$10,000 or more over a time,

“

According to the Rotary Calendar, the month of November is dedicated to the Rotary Foundation.

2. Giving through Endowments and Bequests:

Do you have some assets you would want to bequeath to TRF? You can become a benefactor or a Bequest Society Member through bequeathing, securities, real estates of assets totaling to \$10,000 or more. By including The Rotary Foundation in your will or estate plans, you can leave a lasting legacy even after your lifetime.

3. Donations through our Rotary Club:

Our club has goal to raise to raise \$2000 towards the polio fund. In case you are not considering the direct online donations option, this is a another quick way to donate to TRF through your club. Any amount can be sent to the club treasurer.

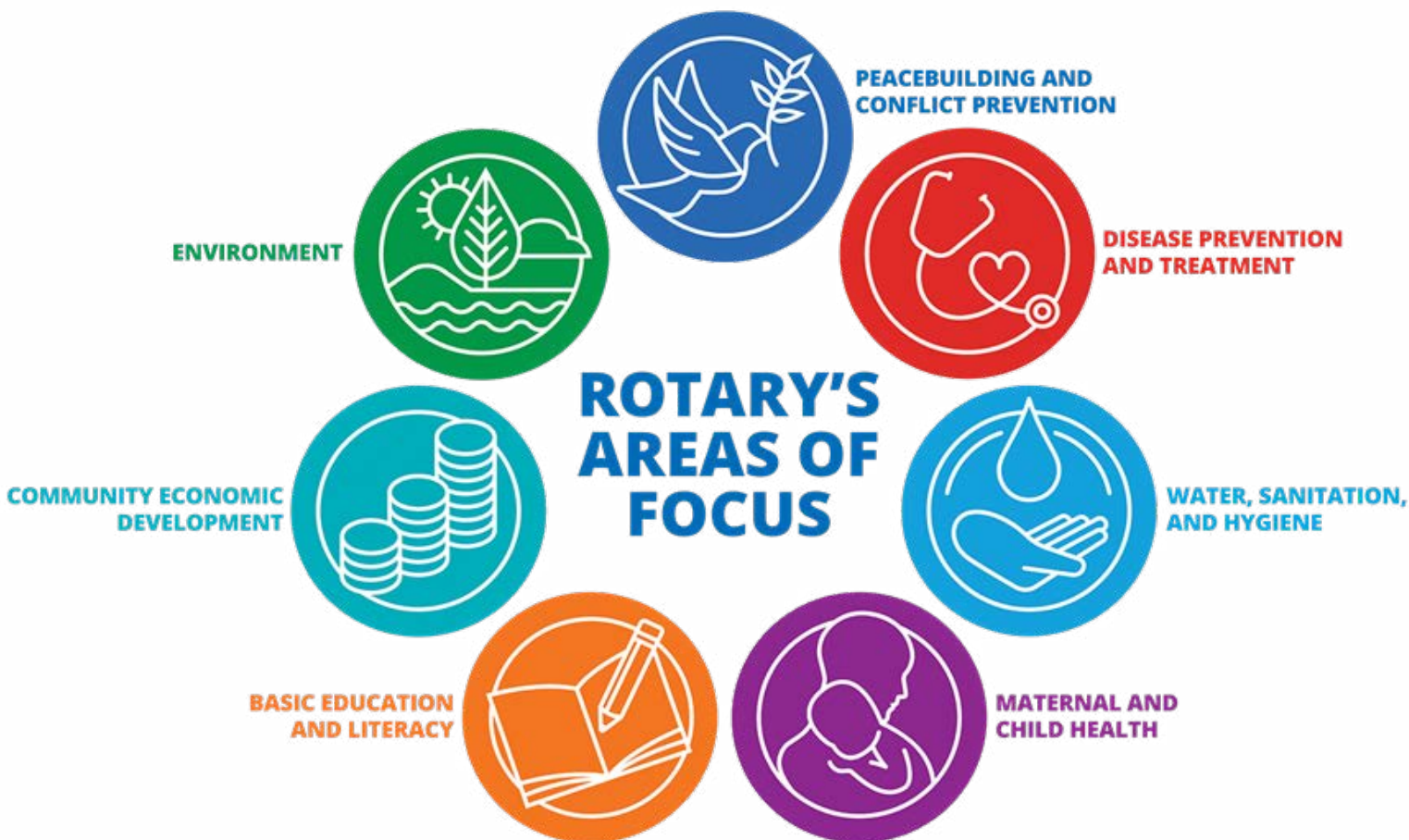
4. TRF Fundraisers: RC Kampala Naalya participates in TRF fundraisers organized by the district. In the past we have participated

through buying tickets for the TRF fundraising and recognition dinner. The TRF recognition dinner be held in January 2025. However, the District came up with an innovative way to give to TRF. The 25x25 TRF challenge encourages members to give \$25 (100,000) by the year 2025. You can donate right away by clicking <https://25by25.jengo.com/>. Your donation will reflect on you on your account

5. Matching points to Paul Harris Fellows:

Rotary encourages first time givers to become Paul Harris Fellows (PHF). **If you have \$500 you would want to donate to TRF, the Club TRF Committee will match this with 500 points and you will become a PHF.** Get in touch with the TRF Director – PN Christine Amucu.

Whichever way you choose to donate, each contribution, regardless of size, helps The Rotary Foundation advance its mission of creating positive, lasting change around the world. So Let's Give!





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Where Object of Rotary Touches

BY IPP GODFREY OKELLO OMODING
Club Training Facilitator

In life, there are things we have found people doing and we have continued to do them too. Most often we don't stop to ask the **"why."** They have become part of us. They become or get treated as rituals. When we ritualize a very core of an existence of a community of people, the deeper essence of it can get lost. This is a natural tendency especially where it's passed from generation to generation. **Likewise, in Rotary, there are recitations that have been ritualized.** Their core meaning or purpose may be diminishing among some members. **One asks, "is it because the norms have become obvious?" When things becomes obvious, the tendency is to take them for granted.**

Rotarians' daily living and works ought to mirror recitations they make. Presumably, living and practicing values and ideal of Rotary are challenging. **Yet, in society's eyes, they act as measures of "good" Rotarians. For the new members in Clubs, their growth points and strength sometimes get guided by the practices they see prevailing.**

As we reflect on recitations, let us specifically ponder on the **Object of Rotary.** To help us do that, below is a piece that tries to make the Object of Rotary simple, and gives it a touch:

The Object Of Rotary Made Simple

The Object of Rotary is to **encourage** and **foster** the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster:

FIRST: The Development of acquaintance as an opportunity for service.

Rotarians have the opportunity to create relationships with many business, professional, and community leaders.

SECOND - High ethical standards in business and professions; the recognition of the worthiness of all useful occupations, and the dignifying of each Rotarian's occupation as an opportunity to serve society.

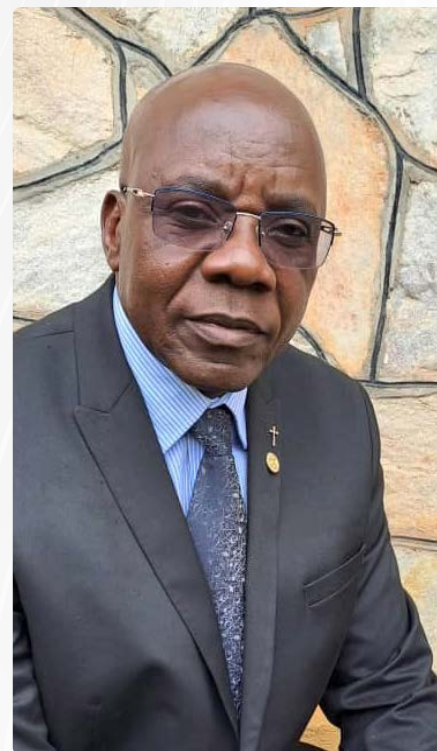
Being a Rotarian authenticates the person and their business or profession.

THIRD - The application of the ideal of service in each Rotarian's personal, business, and community life.

Rotarians nurture this personal characteristic; the cornerstone of building and sustaining relationships.

FOURTH - The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service.

Rotarians become better world citizens and often build lasting international relationships.



Adapted from an anonymous author

The general observation is that **Rotarians influenced by the Object of Rotary have made their families, businesses, communities and the world better.** What they did or they do is a by-product of who they are and the impact the Object of Rotary had/having on them personally.

May we be good by-products out of practicing Object of Rotary, and let the people see the magic of Rotary in us.

Meanwhile, welcome to the month of November, The Rotary Foundation month. The month of **"gifting unknown persons."** What a great opportunity it gives us to express an appreciation of being human! **What matters in gifting is not how much or the value of the gift but the spirit behind it.**

Last week's fitness fellowship with Coach Bob





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Join Rotary: Restore Hope and Transform Society

BY PP JOHN MUGISA

Many people will ask, **why join Rotary?** As a Charter member and past President of the Rotary Club of Kampala Naalya, my experience with Rotary has been incredibly exciting and rewarding, both personally and professionally.

When I joined Rotary, as a Public Health Expert, who had been involved in community health service for a long time, **I was eager to offer my expertise as well as expand my services to the community through Rotary.** Indeed, one of the most fulfilling aspects has been to make a tangible difference through offering health services to the most deprived communities and seeing the smiles and hearing the testimonies of those we helped and restored a sense of hope.

While I have achieved the objective of expanding my professional services through a number of Rotary health initiatives that I have led at the Club and District level, **Rotary has offered much more than I initially expected. It has been a journey of purpose, connection, and continuous professional growth for me.**

Serving as the President gave me an unparalleled leadership experience. During



my presidency, I worked as a Country Director for Uganda, coordinating a Regional Programme for 12 countries across Africa. This involved a lot of international

“

I was eager to offer my expertise as well as expand my services to community through Rotary

travels and engagements. Through Rotary's leadership and mentorship, **I developed skills in multitasking, leading diverse professional teams, managing volunteer projects, and, and handling administrative challenges, while building my volunteer spirit and skill set for leading volunteers.**

Rotary offers an incredible network of dedicated professionals and experts who share invaluable knowledge, skills, and a deep commitment to

voluntary service. As a member of Rotary, I have had the opportunity to meet diverse groups of people from different professional backgrounds and experiences. This has been an incredible resource and network that has enabled me to build meaningful relationships with admirable people I might never have met otherwise, creating long lasting friendships and partnerships that extend far beyond Rotary.

For anyone considering joining Rotary, I can assure you it is such an incredible network and noble platform to connect with like-minded individuals to support you grow personally, professionally and make a positive difference in your life as you serve mankind. Rotary offers the chance to be part of the global society to serve with purpose, and to experience the profound fulfilment of serving the disadvantaged communities to **“restore hope and transform society.”** If you are passionate about serving mankind, Rotary is a community where to be. You can explore your potential, build new skills and teams, lasting friendships, and contribute meaningfully to global partnerships and development.

“You will never regret joining Rotary. Indeed, joining Rotary was one of the best decisions I have made in my life, and I encourage others to take that step too!”

Rotary
Kampala-Naalya



Unveiling

Our Inductees

November 5, 2024



Ndere Cultural Centre

7pm

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 **Rotary Club of Kampala Naalya**



Meet our Prospect

DR. THEOPISTA FOKUKORA

I am **Dr Theopista Fokukora**, aka Dr Theo. I am a dedicated lecturer at **Cavendish University**, where I bring a rich academic foundation and a PhD in Population, Family, and Reproductive Health to my teaching and mentorship of students. **My expertise is rooted in a deep understanding of public health issues, particularly those impacting family and reproductive health.** Over the years, I have also served as a consultant specializing in monitoring and evaluation, offering insights and assessments that have informed impactful health and development programs.

Throughout my career, I have cultivated strong interpersonal skills and a management style that is both empathetic and effective. My work in the African Women Leadership

courses has allowed me to develop and oversee initiatives that empower emerging women leaders across the continent. I am deeply invested in these courses, as they align with my belief in fostering inclusive and transformative leadership.

In addition to my work at Cavendish and with African Women Leadership courses, I am a course leader for the **'Being a Leader'** program, presented by the Foundation of Ontological Leadership and Education. This role has afforded me the opportunity to work with aspiring leaders, helping them refine their self-awareness, decision-making, and personal growth to become impactful and ethical leaders.

I currently serve as the **Chief Executive Officer of Adolescent Global**, an organization committed to

promoting adolescent health, education, and well-being on a global scale. This role has expanded my leadership capacities and allowed me to collaborate on projects that advocate for the health and developmental needs of young people worldwide. **Through Adolescent Global, I aim to contribute to a brighter future for adolescents by equipping them with the tools, knowledge, and support they need to thrive.**

As an educator, consultant, and CEO, I am continually motivated by the potential for positive change and the opportunity to inspire the next generation of leaders. **My journey so far has been a fulfilling blend of academic, consulting, and advocacy work, and I am excited to continue making a meaningful impact in these fields.**



Meet our Prospect

MR. PETER SIMON NYANZI

Peter easily describes himself as a veteran business journalist - boasting of over 20 years of experience in **journalism, communications** and **professional writing**.

He has previously worked at leading media houses including the **New Vision, Daily Monitor** and **The Independent News Magazine**. He is an accomplished author, editor, film maker, communications and journalism trainer, and writing coach.

He is currently working privately in new media technologies and communications consultancy. Prior to joining the media industry, he worked with **community development** and **childcare organisations** where he was grounded in the ethos of living beyond self.

Peter is also a committed Christian who espouses strong family and community values. Throughout his career, Peter has played different leadership and team-building roles in cross-cultural contexts.

He is particularly committed to youth development and empowerment, always thinking of new ways to enable them participate in ventures that empower them for self-employment and community development.

He sees joining the Rotary Club of Naalya as an opportunity, not only to deploy his many skills in the service of others, but also to help other people tell their stories to the world.

Peter has no doubt that his wide experience in the media

and communications industry would contribute immensely to the gallant efforts to create positive and impactful change, not only at club and district levels but also globally, and for many years to come.

"I'm extremely excited to join my media colleagues such as **Rtns Sylvia Nankya, Denis Juuko, Joachim Buwembo, Jimmy Serugo**, among others, who have been members of this club for many years," he says.

"I can't wait to start getting my hands dirty in service beyond self," he adds.



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JANUARY, 2025

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Final Call for RYLA 2025 Registration!

Dear Presidents and Youth Directors,

Since the official launch of **RYLA** on July 21st, we've been on an incredible journey of awareness, mobilizing and preparing to make this event a transformative experience for young leaders. Now, as we enter the final lap, we need your urgent support to ensure every spot is filled by passionate and motivated participants!

Registration Deadline: November 30th, 2024

Please confirm and submit your participants' registrations before the deadline.



Tap to Register here



Payment Information:

Account Name: D9213 Rotary District Dues

Bank: Centenary Bank, Mapeera Branch

Account Number: 3100083833

Send your payment slip to the **Rotary Office** or the **District Chair**, RYLA and you will be given a receipt for your audit purposes.

Together, let's make this RYLA truly impactful.

Launch of the Greening Primary Schools Program at Namalere Mixed SSS Kagoma, Wakiso District



World Polio Day Commemoration in Mbale City



Rotary

Kampala-Naalya



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PAG Kate Barasa

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Karaoke Night

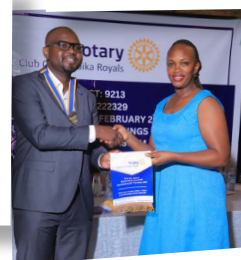
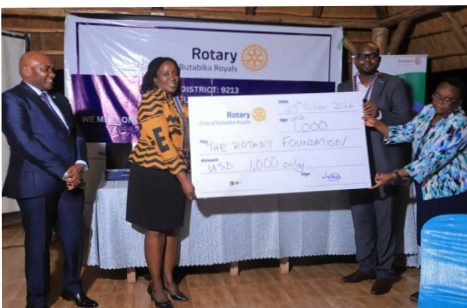
November Calendar, 2024

Kitoobero Buddy Group

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Visit to RC Butabika Royals



Throwback - The Rotary Foundation Dinner 2023



Rotary
Kampala-Naalya



10 YEARS OF
WOMEN
In Rotary

Transforming Lives Together

*Save
the
Date*

.....
Date: Sat 8th March 2025
.....

Venue; Serena Hotel, Kampala

Fee: UGX 200,000

#AccelerateAction

Throwback



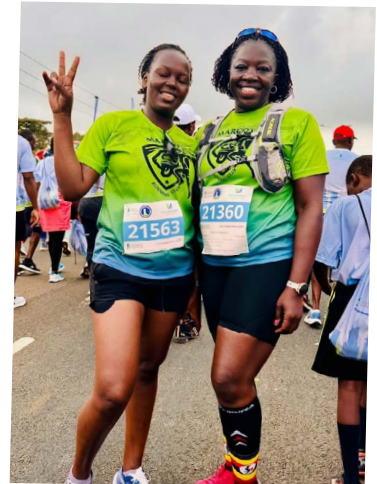
PP Evelyn Oketcho Mulinda at the StanChart Nairobi Marathon

The Standard Chartered Nairobi Marathon took place on Sunday October 27, 2024 attracting hundreds of Ugandans.

Uganda's running community was represented by various clubs including **Team Matooke, Fast & Furious, Gutsy, Road Striders, and Marcos Running Club**-to which our own **PP Evelyn**

Mulinda and **Rtn Steven Kakonge** belong.

Besides providing an opportunity for local athletic talent to excel, the marathon provides an opportunity to raise funds for the needy in the community, among other objectives.



Rotakid represented in the 10km

PP Evelyn Oketcho Mulinda

Ambassadorial Visits - PP Herbert Oloka at RC Kyanja Metro



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Scarcity of adult diapers exposes the need for research before imposition of taxes

BY RTN. DENIS JJUUKO



If you take care of an elderly person in Uganda today, there are many challenges that you face. **You may have to quit your job to look after an elderly person and there is no pay for that or you may have to get the services of a live-in nurse.** Both options are expensive and almost out of reach for the majority of people.

So the elderly who usually don't have sufficient sources of income live lives devoid of dignity, many sometimes scavenging for meals and other things that they need in their lives. The politicians who claim to represent the citizens are largely out of touch.

The example of the diapers the elderly require to live decent lives is a case in point. Last year, Parliament approved taxes on diapers. **The Members of Parliament voted with unprecedented euphoria with many arguing that they were doing so to stop homosexuals from using them.** There was no data presented to

prove that the majority of adult diapers were being used by homosexuals. **But nothing unites politicians in Uganda than homosexuality!**

Anyone who argued otherwise was labelled a supporter of homosexuality or to having been paid by the "imperialists" in western capitals to corrupt the mind of Ugandans.

If you are in care today of an elderly person today, you would have noticed that you are spending a lot of time moving from one shop in Kikuubo to another in search of adult diapers. With increment in taxes, the traders who were stocking them have moved on to more profitable products or closed their businesses all together.

Those who bring them increased the costs to cater for the increased taxes but they are also bringing in smaller sizes and somewhat inferior qualities

than before the taxes were slapped on them. Those who haven't moved on, are doing what they are doing to keep their businesses open. Who would blame them?

A diaper a size too small is not only uncomfortable, it is also said to lead to bed sores.

If you have ever looked after a sick person, bed sores are some of the most painful and stubborn things to treat. Caregivers want to do anything in the world to avoid them

but small size diapers the elderly are using today are going to create a massive healthcare problem.

And to make it worse, the traders aren't bringing in enough quantities. Today, diapers for the elderly are for booking by paying in advance and you can't be certain when they will bring them in. For some traders, they don't even allow you to book a lot so that everyone gets some.

The politicians who claim to represent the citizens are largely out of touch.

Of course, the war in the Middle East may also be responsible for delayed shipping of containers but the major reasons Kikuubo traders attribute to the scarcity of adult diapers is the increment in taxes.

Whoever knew that because of our lack of research before we increase taxes, the elderly who are lucky enough to afford pampers will have to use ones that are rationed? But that is where we are.

Today, those who take care of the elderly are spending more money on shoes as they develop holes in the soles as they look for pampers instead of looking for money to buy them

and pay for fees for medical consultancy and prescribed drugs.

I think parliament has the power to correct the mistake they made when they argued that adult

pampers were promoting homosexuality because some of them realized their mistakes. I remember seeing a clip where a Member of Parliament after failing to secure diapers

for her mother admitted to having voted to pass the adult diaper law in error. **Since to err is human, we shouldn't blame the MPs when they admit their mistake and go ahead and correct them.** Because that is the right thing to do.

“
I think parliament has the power to correct the mistake they made...

But also, such glaring mistakes are avoidable by parliament and all arms of government by being informed by data instead of emotions before making key decisions.

It should not be so difficult for the research arm of parliament to find out who buys more adult diapers and for what purpose. The ministries of finance, gender, and health should have this information too.

But the right thing to ensure the elderly live with dignity is to remove the increased taxes on diapers while also supporting local manufacturers to make them here.

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



Family Matters

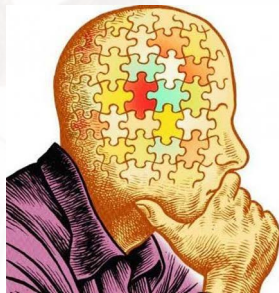


BY PASTOR RONNIE MUTEBI

2 **Corinthians 10:13** But we will not boast of things without our measure, but according to the measure of the rule which God hath distributed to us, a measure to reach even unto you.

KNOWING YOUR MEASURE

There are people in life who labour under **ignorant confidence**. This is a delusional myopic window that easily casts ignorance as wisdom.



I am certain you have met people who are very sure about their abilities, to the puzzlement of those around them who tend to see (quite rightly) otherwise. Such individuals may apply themselves to tasks with no qualification be it physical, emotional or intellectual until their hubris catches up with them. **They even Carry crowns of I know it all, perfecting whoever does not equate to their expectations.**

Our theme scripture warns against this. You should know your measure and have a right estimate of yourself, judging this through the eyes of truth and competence.

The danger of not knowing your measure is that you may miss out on opportunities, counsel and impartations because you feel too high and mighty to get involved in some 'lowly' activities or associate with some individuals who do not fit in your highly exalted calibre.

There are people who cannot be seen to speak or associate with others simply because their egos spell that on them. Though these men or women might be too beneath your exalted station, they may be who you need for the next level of your elevation in your business or career.



Take Home: Ask until you learn where you stand, this may help you understand your ranking. This will reveal to you the people you need to be elevated into greater places.

DISTRICT
GOVERNOR
ANNE NKUTU

WEEKLY SCHEDULE

MON 05 NOV - SUN 10 NOV 2024

05
NOV

DG's Official Visit to RC Acacia Sunset
5.00p.m - 8.00p.m

06
NOV

DG's Official Visit to RC E-Club Naguru
5.00p.m. - 8.00p.m

07
NOV

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

08
NOV

DG's Official Visit to RC Kampala 7 Hills
5.00p.m. - 8.00p.m

10
NOV

DG's Official Visit to RC Gayaza
4.00p.m. - 8.00p.m

Rotary District 9213



DG's trail next week

Rotary
Acacia Sunset-Kampala



DG's
Visit
Anne Nkutu

📅 **05 NOVEMBER 2024**
🕒 **06:30 PM**
📍 **PROTEA HOTEL, KOLOLO**
Buddy Group: White Tigers

ROYALWAY MEDIA Prime SMOOTHIES ALISA DENTAL

Rotary Club of Acacia Sunset - Kampala

Rotary
Club of Gayaza



DISTRICT GOVERNOR'S
Official Visit
DG. ANNE NKUTU

📅 **10th NOVEMBER, 2024**
🕒 **3:00PM**
📍 **SPARTANS LOUNGE NAKWERO**

Rotary Club of Gayaza

Rotary
E-Club of Naguru



OFFICIAL VISIT OF THE DISTRICT GOVERNOR

DISTRICT GOVERNOR ANNE NKUTU
D9213 RY 2024/25

DATE AND TIME
WEDNESDAY 6TH NOVEMBER, 2024
7:00PM - 8:00PM

📺 **zoom**
MEETING ID: 978 6237 7221
PASSCODE: 839359
Buddy Group In Charge: Jupiter

@rotaryclubofnaguru
Rotary E-Club of Naguru
@EClubNaguru
info@rotaryclubnaguru.org

JACA Residence IN-LINE Print Services Ltd MARAH VENTURES

Rotary
Club of Namugongo



DISTRICT GOVERNOR'S
OFFICIAL VISIT

DG ANNE NKUTU
DG D9213 2024/2025

📅 **7TH THURSDAY NOV 2024**
🕒 **Starts: 7:00PM**
📍 **Abba Hotel, Kyaliwajjala**

Rotary Club of Namugongo
www.namugongoclub.com

Rotary 
Kampala 7 Hills

District Governor's Official Visit

Anne Nkutu

DG D9213 RY 2024/25



07
:00 **PM**



8TH
NOV

Buddy Group: Kololo



Mosa Courts, Shimoni Rd



Rotaract 
E-Club of Kampala 7 Hills

   @rkla7hills

Live Life Moment Part 1

BY RTN PAMELA
KAWADDWA

Just as children sit, life is
just about this moment.
Are you living it?

Or has life escaped you, bit
by bit. Life is just about the
'now,' and make the best of
it
Celebrate every moment of
life. Don't just simply sit

Life is not about yesterday.

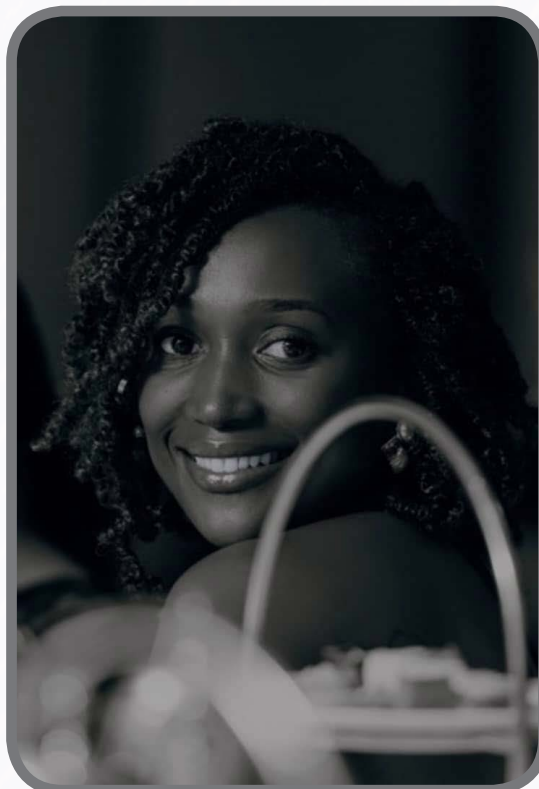
Yesterday is gone
Life is not about tomorrow.
It is not yet born
Life is about this moment.
Life is about 'now'
I'll be happy every moment.
Take this solemn vow

Life has a purpose. We don't realize that it's a big treasure

Life is not just meant to be
chasing every pleasure
Every moment of life is given
to realize this
Moment by moment, we lose
life chasing happiness

Life is not a long journey that starts at birth

Life is not all about the years
that we live on earth
Life is not the many years that
we live till we die
Life is blissful now, singing
like a bird in the sky



Most of us are missing life, waiting for it to pass

We don't know how to truly live.
Did we miss this class?
Life is not a long journey that will
go on and on
Life is about 'now', tomorrow, it
may be gone

Many of us fill our lives with fear, worry, and stress

We don't know how to live life
with peace and happiness
Those who learn to live life, living
in today
They smile, laugh, and love, no

matter what comes their
way

There is only one way to
live. It is living in the 'now'
Not facing all our problems,
with sweat on our brow
We must do our best with
life, with the given plough
And then, surrender to
what will be, this we must
allow

For what can man do, other than doing his very best

Once he does that, to the
Divine, he surrenders the
rest
He learns to live each
moment, with faith, trust,
and hope
And so, with life's battles,
he is able to cope

Those who lose the treasure of life filling their mind with junk

Those who don't tame their
monkey mind and make it
into a monk
They live their life jumping
from a thought to another
thought
Life was just about 'now', this
truth, they forgot!

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KITOOBERO BUDDY GROUP MEMBERS



Bobby Louis Ogwal



Charles Owekmeno



Sylvia Jagwe Owachi



Faith Nambozo



Flavia Serugo



Jackie Mutimba



John Mugisa



Julie Kisekka



Margaret Harriet Kugonza



Joy O Anena



Sylvia Nankya

WOULD YOU LIKE TO

JOIN OUR CLUB?

TAP THE BUTTON BELOW

FILL THE FORM AND OUR
MEMBERSHIP DIRECTOR WILL REACH OUT



Tap to submit your details



OUR CLUB MEETS EVERY TUESDAY AT 7-8PM

www.rotarykampalanaalya.org