

Naalya Food Bulletin

12th November 2024

Rotary
Kampala - Naalya



Issue 20 | 2024



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EDITOR'S NOTE



Dear Reader,

As we continue to proudly serve as Rotarians, let us all give back to the Rotary Foundation. When you make that donation to The Rotary Foundation, you are helping Rotary members make a difference in the lives of millions of people around the world.

We have seen or read what transformations TRF funding has done through various projects, Changing lives and improving communities so Give and become a part of Rotary's life-changing work. Please ask your friends to donate too. In this shared spirit, there is no limit.

This Tuesday **DG Anne Nkutu** will be visiting RC Kampala Naalya, join us in welcoming her at Ndere Cultural Centre.

Be blessed.

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



Tap to send a WhatsApp



Tap to visit the Club Website



Rotary Kampala-Naalya



Welcome Home

DG Anne Nkutu

12
NOV

NDERE CULTURAL CENTRE

Kitoobero Buddy Group

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RelaDental
Smile for Miles

President's Message

RTN SYLVIA JAGWE OWACHI
Club President 2024-2025



Dear Rotarians and Friends,

Our last meeting our Membership Director presented the prospective members who are ready to be inducted to the club. The Club members accepted their request to join the club and we warmly welcome them. We are looking forward to the diversity and energy they bring to the club in the quest to serve humanity. **At the close of October District 9213 had 129 Rotary Clubs and crossed the 5,000 mark in number of Rotarians.** We as Rotary Club of Kampala Naalya are happy that we will be adding to this number!! Great job our Director Membership Rtn Mathias Mulumba and your committee!!.

My advice to new members is to hit the road running and get involved in the many Rotary activities such as club activities and committees, visiting other clubs, participating in their activities and fundraisers, joining action groups or fellowships focusing on particular interests. I also encourage new members to learn more about Rotary which can be through the online platform the Learning Centre from MyRotary

or through the physical sessions with the Rotary Leadership Institute. I can attest that this will make their Rotary journey even more enjoyable.

The month of November in the Rotary calendar is The Rotary Foundation (TRF) Month. As a club we set a target towards our Rotary Foundation giving at the start of the Rotary year and it is heartwarming that we have already surpassed that target through members giving. Great job our Director TRF Rtn Christine Amucu and your committee!! I encourage Rotarians and non-Rotarians to continue giving towards the foundation.

“
...it is heartwarming
that we have already
surpassed the target
through members
giving.”

The District Governor has been visiting clubs and it is amazing to see what Rotarians are doing across the different clubs. **“Volunteers do not necessarily have time they just have the heart.”** This week we will be hosting her.

Enjoy our bulletin and you are welcome to join us for the District Governor's Visit.

Be blessed!

OUR SERVICES :

- Scaling and Polishing
- Dental Checkups
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- Root Canal Treatment
- Teeth Whitening
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WE LOVE TO MAKE YOU SMILE

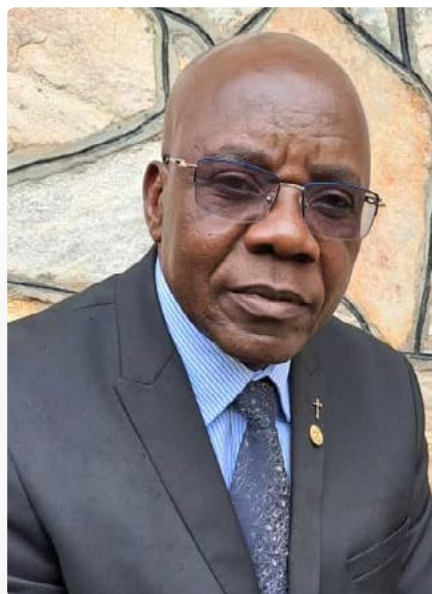
Purposeful Giving

BY IPP GODFREY OKELLO
OMODING
Club Training Facilitator

This month is themed, **The Rotary Foundation (TRF)**. The architects of this TRF had a very big dream, a dream that is dynamic and infusing others. It has caught up with time and growing with time. One may ask, "what is its selling point?" Attempting to give a selling point is an unestimating of it. When a dream has a good purpose, it attracts purposeful people and purposeful givers. Purposeful giving doesn't look at amounts, it looks at the cause. So, this month we are reflecting on the causes which TRF is addressing. When you are touched by the cause, you stop asking why, how, when and what to give.

Think about giving as a way of avoiding the big dream to die and TRF struggling financially. When an organization struggles financially, it fails to deliver and becomes vulnerable, and fails on its cause. Giving means enabling TRF to reach more people in need. It is an opportunity to contribute to making the world better.

At the clubs, let us fully appreciate what giving is. Collective giving is very good.



Having a financially secure foundation, it enables to make value-based decisions rather than being vulnerable to influences. It enhances purpose and ability to reach out. Therefore, for the members of rotary, giving is an investment for the better world. It is very good to invest as TRF builds ability to help humanity, and take love to the world. As Rotarians, we need to contribute to the cause that opens choices for others, and others' potentials are realized.

It's this reason that purposeful giving becomes the key for boosting efforts to reach many people and places. We need to commit ourselves to spreading love. Imagine what/how the world could look like when more projects are done! Let us make giving a step to strengthening TRF's outreach and spreading love.

At the clubs, let us fully appreciate what giving is. Collective giving is very good. It can cause a significant impact. The message of giving should be packaged in such way that giving becomes ordinary, yes ordinary. Yes, it's good to be recognized but recognition should not be a driver to giving. Give without time preferable or occasion preference or appearance preference. Amount to give should not discourage a willing heart to give. Instead, the focus should be about the purpose.

Rotarians, may we light up giving. The giving that endures seasons for the betterment of humanity. Let the giving bring us joy. Let us take the magic of rotary to those who need it through giving.

Last week's club fellowship





Meet our Prospect

JULIET NABUNNYA

Profession: Accounting, Finance and Management.

Am currently working with JICA Uganda Office to support in dispatch, accounting, procurement and management work to support volunteers.

Work together with UOC and athletes in order to stop Fale Genital Mutilation (FGM) at Sebei region. This violates human rights of girls and women. Love reaching out to the needy. Love bringing a smile to ones face.

I joined Rotary:

- To serve
- To build the community
- To network with diverse professionals.

Am really delighted to be part of a community that works together to create lasting change to the world.



Rotary
Kampala-Naalya



Induction Ceremony



Juliet Nabunya



**Betty Doreen
Namono**



**Betty Namutebi
Kasaija**



Komuntale Racheal



**Peter Simon
Nyanzi**



**Theopista
Fokukora**

Ndere Cultural Centre
November 12
7:00pm

Kitoobero Buddy Group

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RelaDental
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Rotary

Kampala-Naalya



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Celebrating Magical Hands -
PAG Kate Barasa

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Karaoke Night

November Calendar, 2024

Kitoobero Buddy Group

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Are You Building Your Charity Organization on the Rock or on Sand?



BY **RTN CHARLES OWEKMENO**
PE RC KAMPALA

In Uganda and across Africa, the desire to start charity organizations runs deep among leaders, philanthropists, and successful business people alike. Common types of these organizations include **foundations, non-profit companies, community-based organizations (CBOs), and non-governmental organizations (NGOs)**. In fact, one of the most common actions taken by influential political figures or successful entrepreneurs is the establishment of a charity.

While the intentions behind forming these organizations are often commendable, many fail to meet the expectations of their founders or fulfill

their aspirations. Shockingly, a significant number of these charity organizations do not survive their first or second birthdays. In speaking with numerous founders, I've noticed a troubling pattern: many come to me in search of funding, support, or guidance, grappling with the fear of failure. It's likely that there are also many Rotarians and Rotaractors who, having founded charitable organizations, quietly struggle with the heart-wrenching disappointment of unmet goals.

To better understand why so many charity organizations falter, I'd like you to consider the biblical principle articulated in the quote "The Wise and Foolish Builders" from Matthew 7:24-27. Reflecting on this can help you assess whether you are building your charity organization on solid foundations or shaky ground.

“

...justification for forming charity organizations is the desire to “give back to the community.”

The first step is to clarify the motivations behind founding your charity organization. For many politicians, the primary motivation may be to increase their popularity and secure electoral victories, often disguised as a desire to contribute to community welfare. Such organizations are precariously built on

sand; they typically collapse once election seasons conclude, demonstrating that their foundation was lacking in true purpose.

Another common justification for forming charity organizations is the desire to “give back to the community.” Whether stemming from business success or



branding strategies, the sustainability of these charities often hinges on the founder's financial health. This type of organization, too, is vulnerable to collapse when the founder experiences a downturn in fortunes.

Passion is yet another driving force behind many charity organizations. Founders often proclaim their commitment to issues like children's welfare, women and girls' empowerment, support for orphans, assistance for street children, care for individuals with disabilities, or environmental protection. While these intentions are noble, the reality is that many passionate initiatives face insurmountable challenges due to a lack of sustainable funding.

To build a truly sustainable charity organization—one that stands firm on the rock—there are three foundational pillars to consider: a robust management system, a clear strategic focus, and sustainable funding mechanisms.

Organizations that have thrived for decades typically do so by employing a professional management system independent of the founders' whims. Unfortunately, many local charities are run based on the feelings and impulses of founders who are often inexperienced in organizational management. Moreover, numerous founders are too busy with their primary careers to effectively run their charitable organizations, which ultimately endangers their sustainability.

A clear strategic focus is another crucial component. Many charity organizations are

borne out of passion, yet they lack a fundable, strategic direction. Organizations that do have a well-defined strategy are far more likely to attract funding and expand their influence over time.

Additionally, many charities built on sand rely heavily on their founders' personal finances for funding. When founders run out of resources, or if their circumstances change, these organizations are at high risk of collapsing. Conversely, sustainable charities have long-term funding strategies, whether through internal revenue generation or robust fundraising plans.

If you are contemplating starting a charity organization, or if you already operate one, it is vital to address three essential questions: What kind

of system do I need to establish for effective management? What will be our fundable strategic focus? And what plan do we have to ensure sustainable funding? If you can answer these questions thoughtfully and strategically, you are well on your way to building an organization on solid ground. Otherwise, risk building on sand, where the inevitable storms of life will threaten to sweep your efforts away.

The path to building a lasting charity organization involves preparation, strategy, and foresight. By focusing on professional management, clear strategic goals, and sustainable funding, you can create a legacy that serves the community for years to come.

“

The path to building a lasting charity involves preparation, strategy and foresight.”

Rotary
Kampala-Naalya



Happy

Birthday

DG Anne Nkutu



DG Anne's Birthday Wishes



When I think about **District Governor Anne Nkutu**; two things come to mind: PEACE PERSONIFIED, A LADY

Happiest birthday wishes to a gentle Queen, a resilient leader, a pacifier, a mediator, with humongous emotional Intelligence. A great leader doing good in the world beyond self and a strong pillar of the Makerere Peace Center.

Governor Anne, Maybe we don't say it coherently enough but, we value your SACRIFICE for us as you day by day visit clubs, inspire generations, touch lives and IMPACT.

May this day bring you joy and boundless success.

Happy birthday Omubedda DG Anne omu bwati. Thanks for lighting a torch for women.

~ Dorothy Kyeyune



As we celebrate your birthday, Governor Anne, we want to express our sincere gratitude for your unwavering commitment to service and your tireless efforts in making a positive impact on our community. May this special day bring you joy, peace, and blessings.

~ Rotary Club of Kampala Kibuli



Happy Birthday our DG Anne. For us, we know how as a mother, a mentor, and a leader... keep serving humanity passionately. We are proud of you. We celebrate you today!

~ Aloyse Tumukunde



Dear friends, today is **DG Anne's birthday**.

To celebrate this special day with DG we will each gift her by giving to TRF at least Uganda Shillings 20,000 via the button below

GIFT NOW

Have your RI number close and click on the link to donate. This giving will reflect on your personal giving history.

Thank you all for celebrating an exemplary, amiable, gracious and inspiring leader.

Happy Birthday our District Governor Anne Nkutu. We wish you good health, happiness, prosperity and another successful year of Rotary service.

Dearest DG Anne,

Happy Birthday to an extraordinary woman who has been so much more than just a mentor to us. You have guided us not only with wisdom but with the kind of care and patience that only a true mother figure could offer. Your support has been a constant light, and we are endlessly grateful for every lesson you've shared, every encouragement you've given, and every challenge you've held our hands through.

Thank you for showing us what it means to lead with strength, kindness, and integrity. Your impact on our lives and service is immeasurable, and we count ourselves lucky to know and serve with you.

Wishing you a day filled with as much love, joy, and warmth as you give to everyone around you.

Happy Birthday!
With all our love and gratitude,

~ DRR Simeo and the entire Rotaract D9213
We love and treasure you!



Happy Birthday, Gov!
Wishing you an epic day filled with love and laughter.



We ain't joinin' ya today, but since you will be visitin' RC Naalya tomorrow, that's where the fete will be. Keep it real.

~ The Amasiro Post.



SAVE THE DATE

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Istanbul, Turkey • 20-22 February 2025

Learn more at rotary.org/istanbul25



Make sure to follow us on social media for daily updates!

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Happy Belated
Birthday

Rtn Maggie



Rotary
Kampala-Naalya



Happy
Birthday

PE CHARLES

NOVEMBER 12





Aluminium and Metal Fabrication



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Resilient coffee farmers will make money regardless of UCDA fate

BY RTN. DENIS JJUUKO



Whether on coffee tables, bar tables, parliamentary tables, or presidential tables, the talk has been about coffee following the contentious coffee bill that seeks to amend the National Coffee Act 2021. The main tenet in the bill is the proposed dissolution of the Uganda Coffee Development Authority (UCDA).

Depending on who you listen to, UCDA is either angelic, demonic or a combination of both. Maybe the debate wouldn't even have reached its current crescendo had the Speaker of Parliament not caught on a live mic urging her colleagues to do something about the Baganda. Whatever, she meant, the Baganda seemed to be the target.

You see, 50% of the coffee grown in Uganda is from Buganda, a source of livelihoods for almost every household in the region. Many kids in Buganda go to school because of the incomes derived from coffee by their parents and guardians. Coffee and of recent, enjoys a demigod status among the people of Buganda.

It hasn't been like that though for the last few years. Many people in Buganda had given up on growing coffee until about 2016 when the kingdom started its famous *Emmwanyi Terimba* (coffee is profitable) campaign reminding people of the good old days of *Mmwanyi Zabaala* (another variant of coffee is profitable).

DID YOU KNOW?
A coffee tree lasts about 45 years.

Mmwanyi Zabaala was usually a reference to the powerful Bantam motorcycles that people in areas like Masaka massively bought as a result of profits from coffee especially in the 1960s, 1970s and 1980s.

Farming is usually not for the fainthearted and prices can significantly fluctuate especially for a product that is largely exported. Prices are many times determined on global markets. Weather changes in Brazil, Colombia or Vietnam, for example, can have a significant impact on Uganda's coffee. And domestic demands in those larger producer markets can also have impact. Speculators on the futures markets in the global financial capitals can also have an impact.

But also, people can simply give up on something by losing hope. Leadership is usually required to restore hope, reminding people that those who “lose a loved one, don’t sleep by the graveside.” Once people are inspired to realize that not every light at the end of the tunnel is of an oncoming train, they could easily wake up and do something for themselves.

That is what happened in Buganda circa 2016. With inspiration from the leadership in Buganda, people in the region started growing coffee again. Seeing the uptake in the crop, UCDA sought for a partnership to work together. The end result had been increased exports and increased incomes for the people in the region and indeed elsewhere.

A coffee tree lasts about 45 years. So those who had abandoned their trees didn’t all have to plant new ones. Many just

did stumping, allowing the coffee to sprout and flourish again. Others planted new ones. Within 2-4 years, they were making money again.

“

With the prices being offered today, there is real income in the pockets of ordinary Ugandans.

I remember a trip to Bukomansimbi about four years ago where I met a man who had been a boda boda rider in Kampala and had decided to return to the village.

He had revived his coffee garden and had managed to build himself a decent house and rentals somewhere in Kyengera, just outside Kampala. He regretted the years he had spent in Kampala riding a boda boda and before it, working as a taxi conductor.

That was well before the average coffee prices of around Shs13,000 per a kilo of fair average quality. With the prices being offered today, there is real income in the pockets of ordinary Ugandans. And not just ordinary Ugandans, the country is benefiting as well as income from

coffee exports are topping USD210m per a month.

Regardless of what the government of Uganda does, coffee will remain a highly demanded crop across the world. The biggest consumers of coffee in the world don’t grow it and they are not about to give it up. They will continue to demand for it.

The traders and the entire value chain is not about to give up coffee. Since the demand is assured, those who are growing coffee should not return to the previous years of feeling pity for themselves. They should instead increase the acreage those who can, look after their coffee trees well and do whatever is necessary to increase production of quality beans.

Those that won’t give up, regardless of the prices or scrapping of UCDA would still be better than farmers that don’t have anything to sell.

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

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

Family Matters



BY **PASTOR RONNIE MUTEBI**

Zechariah 8:23 (KJV): In those days it shall come to pass, that ten men shall take hold out of all languages of the nations, even shall take hold of the skirt of him that is a Jew, saying, We will go with you: for we have heard that God is with you.

YOU ARE WHO YOU ARE.

Beloved, never look at what others have and grow indifferent to what God has given you. To do so is to lose sight of your position and purpose in the world.

God has blessed you with so much that nothing another person gets makes you less of who you are.

The question is, **"Do you know who you are and what you have been given to be the best version of you?"**

Our theme shows us that people will be drawn to you because they recognize what's different about you.

Yet today, many people look up to those who they think are better than them, longing for what they have, assuming it's better than what God has given them.

This often leads to compromise, frustration, envy and jealousy. Some keep friendships with those whose values go against their beliefs and standards, simply just to fit in. They think these relationships will help them get by. This is commonly known as **"FRIENDS WITH BENEFITS"**

You are royalty. Step out in who you are and let go of any alliance, relationship, or pursuit that does not honor or value your true worth.

Don't worry about tomorrow; your God will take care of you. Your part is simply to trust that you're different and special to Him.

Take Home: You are special to God. Choose to let go of alliances, relationships, and pursuits that do not add value. Don't worry about how you will face tomorrow. Your maker still holds a clean Manuel of your welfare.



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TO
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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.

Live Life Moment Part 2

BY RTN PAMELA
KAWADDWA

The enemy, the thief,
the rascal, is our very
own mind

It bombards us with
thoughts and steals our life.
We find
Moment by moment, we
lose life as we desire, and
we crave
It is our mind that makes us
cry, right until our grave

Instead of accepting
whatever happens, living
with a smile
We cry, we scream, and we
question, unhappy all the
while
We don't realize what is
unfolding in life every day
It's a reaction of our own
actions, the price we must pay

Life has a purpose. We must
realize this before we die
Life is not just about wandering
on earth and in the sky
Before we die, we must achieve
our life goal
To realize we are not body and
mind, we are the Divine Soul

If we let the moments of life
pass one by one
Though we achieve trophies, the
victories that we won
Before we realize our treasure
of life will be gone
We will suffer on earth, and then
we will be reborn

We must live every moment
Conscious of the Truth
We must invest every minute
getting to the root
Moment by moment, we must
live, in Consciousness
Realizing the Truth, and with it,



getting eternal Happiness

The sun will rise, and the sun
will set. Soon, life will pass by
Moment by moment, day by
day, we will laugh and cry
But how can we live without
sorrow, with peace and
happiness
It's by living moment by
moment, we must learn this

If, at that moment, we let our
life simply pass
When we wake up, it may be
late, we will cry, Alas!
The gift of moments was given
to us. For us, it was to use
But we lost moment by
moment, this why did we
choose?

It's not too late. We can wake
up and start living 'now'
We can find the purpose of life
and stop grazing like a cow
We are still alive, and our
moments are yet in our hands
We can live life, not let it slip

away, just like grains of
sand

Death is certain. We can't
escape it, and every 'body'
must die
There is no use to look up
at the sky, to cry and ask
'why? '
The only way to live life
moment by moment with
Joy
Is to be Conscious of the
Secret - Who is this 'I'

And soon, life will be over,
and this gift will be gone
Swinging like a pendulum
into the future, not yet
born
Life will escape us as we
suffer, and we cry
Let us transform our lives,
wake up to a new dawn

Let us become conscious in
every moment we live
Nothing belongs to us. Let
us learn to give
Let us spend each moment
achieving the ultimate goal
We are not this body and
mind. We are the Divine Soul

Life is not a journey that
lasts many years
Life is not just about a few
smiles and many many tears
Life is only about this
moment, and we must live it
Otherwise, the moments will
escape, and so will life with
it
around

Till again..
Pkwyl

Rotary 
District 9213



EXTENDING OUR REACH

5,001

A Magical number!

District 9213 reached a magical milestone
on October 31st 2024. We are now 5,001
Rotarians!

Rotary District 9213





Effective Management of Conflicts in Rotary

DISPUTE RESOLUTION & MEDIATION

Saturday 16th
November 2024

8 - 10am

ONLINE WEBINER

FACILITATORS:
District Governance Committee

PARTICIPANTS

Club Presidents, Club Directors,
Interested Rotarians & Rotaractors
particularly those interested in being
Rotary mediators

Rotary District 9213



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Joy O Anena



Sylvia Nankya

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OUR CLUB MEETS EVERY TUESDAY AT 7-8PM

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