

# Naalya Food Bulletin

17<sup>th</sup> December 2024

Rotary  
Kampala - Naalya



Issue 25 | 2024



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[www.rotarykampalanaalya.org](http://www.rotarykampalanaalya.org)



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# EDITOR'S NOTE



Dear Friends,

The Holiday season is upon us. While it is a time for celebration it is also a time for reflection and renewal. It is a time of giving and sharing, but not limited to our loved ones.

Also, remember The Rotary Foundation during this season of generosity. Your gifts to the Foundation amplify our work in all areas of focus.

Our Fellowship this Tuesday has been dedicated to Gift-exchange and Christmas carols. We invite you to join members of RC Kampala Naalya for this memorable event.

The Bulletin team extends a huge thank you to all the persons who contributed the wonderful and inspiring Articles this year.

May this festive season bring you more joy and peace!

*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](mailto:rcklanalyafoodbulletin@gmail.com)** or **tap on the buttons** below



Tap to send a WhatsApp



Tap to visit the Club Website





# President's Message

**RTN SYLVIA JAGWE OWACHI**  
*Club President 2024-2025*



## Dear Rotarians and Friends,

**I**n our meeting last week we took time to discuss some of our club's service projects. We discussed the Kamuli project which started off as a skilling project for the youth. Due to the need in the area the project has continued as support to the students to keep them in school. The club is also finalizing with a mental health support project for youth in selected communities. We are targeting a global grant to be able to execute this project. Every so often it is important to remind ourselves on why we come together as Rotarians.

Community service is key and it covers the projects and activities the club undertakes to improve the lives within the community. By engaging in projects we are reminded that we are interconnected and by helping others we uplift ourselves and contribute to a better world. A big thanks to the members who have been actively involved in these projects and to call upon the rest to get involved as well.

As Magic Presidents we are now halfway our term and we met for a catch up with the District Governor. At district level we have grown the membership numbers and

are slightly above the halfway mark on The Rotary foundation giving. I must say it was refreshing to compare notes which colleagues on various areas such as Community Service, Governance, Membership Growth and The Rotary Foundation. We discussed what has worked, what are the challenges and how to overcome them. Most presidents left energized to tackle the next 6 months after a well-deserved break.

“

**The excitement  
of Christmas is a  
Magical experience  
that fills the air  
with joy, warmth,  
acts of kindness and  
positivity...**

Our meeting this week will be our last before we take a Christmas / New Year break. It will be another fun fellowship singing Christmas Carols and exchanging Christmas gifts with our friends of the year. Giving isn't about how much or how expensive the item you give is but it is more about the intention behind it. The excitement of Christmas is a

Magical experience that fills the air with joy, warmth, acts of kindness and positivity so enjoy the Christmas cheer all around.

Wishing you all a Merry Christmas and Happy New Year!!!

Enjoy our bulletin and be blessed!!!

## OUR SERVICES :

- Scaling and Polishing
- Dental Checkups
- Tooth Extraction
- Root Canal Treatment
- Teeth Whitening
- Fracture Management
- Dental Implants
- Crowns and Bridge work
- Orthodontic Treatment/braces
- Facial Reconstruction
- Dental Surgeries
- General and Cosmetic Surgery

WE LOVE TO MAKE YOU SMILE



# Rotary International President to Grace Africa Peace Concert 2025

BY RTN SYLVIA NANKYA

**K**ampala, Uganda — Rotary International President **Stephanie Urchick** is set to visit Uganda in January 2025 to attend the highly anticipated 4<sup>th</sup> Africa Peace Concert. The event will be held at Nsambya Gardens, Kampala, on January 10<sup>th</sup>, and aims to raise \$500,000 to support the activities of the Makerere University Rotary Peace Center and other global peace and conflict resolution initiatives.

As the first and only Rotary Peace Center in Africa, Makerere University's Peace Center has been at the forefront of peacebuilding and conflict resolution since its inauguration in February 2020. To date, it has produced 110 graduates who are working tirelessly to foster peace within their communities.

Rotarians and Rotaractors are being called upon to support this noble cause in various ways, including direct pledges, ticket purchases, and securing sponsorships.

## Ways to Contribute:

**1. Direct Pledges:** Contributions can be made directly to the Makerere University Peace Centre or the Sam Otori Peace Fund via The Rotary Foundation (TRF).

**2. Ticket Purchases:** A \$100 ticket grants entry to the



**Stephanie Urchick**  
Rotary International President

concert, with \$50 allocated towards TRF contributions.

**3. VIP Tables:** Reserve a VIP table seating 10 for UGX 10,000,000, with 60% of the payment directed to TRF.

“

**Rotarians and Rotaractors are being called upon to support this noble cause in various ways...**

## 4. Sponsorship Packages:

Sponsorship opportunities range from UGX 30 million (Bronze) to \$80,000 (Key Sponsor), with a 5% commission awarded to Rotarians or Rotaractors securing sponsorships.

**5. Major Donor Contributions:** Individuals can become Major Donors with a contribution of \$10,000 or a \$3,333 deposit by January 7<sup>th</sup>, 2025, earning the honor of being pinned by the Rotary International President during the event.

The Africa Peace Concert will feature vibrant African music, networking opportunities, and a celebration of Rotary's commitment to peace. Funds raised will go toward scholarships and activities that promote peace and conflict resolution globally.

Attendees are also invited to a special breakfast tour at the Makerere University Rotary Peace Center to witness firsthand the impact of past fundraising efforts.

For more information or to support the cause, contact Assistant Governor Elect Goretti Masadde at 0752678020 or reach out to the organizing team led by Assistant Governor Marion Natukunda and Fundraising Chairs Joe Nuwamanya Okuuny and Shem Nnaggenda Nsubuga.

## Sustaining Peace, Sustaining Futures

District Governor Anne Nkutu emphasized the critical importance of peace in her call to action, stating, *“Without sustained peace, we are not able to sustain our businesses or pursue our individual and collective life pursuits.”*

Join Rotarians and Rotaractors in this extraordinary effort to promote peace and make a lasting impact on communities worldwide.



In Support of the  
Africa Rotary  
Peace Fund  
#APeaceConcert25

The  
Rotary  
Foundation



# A NEW STAGE FOR PEACE

The African Peace Concert, originally scheduled  
for Speke Resort Munyonyo, **will now take  
place at Nsambya Gardens.**



## NSAMBYA GARDENS

Same date, same incredible lineup, and the  
same mission to unite for peace.



**10TH.  
JAN. 2025**



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

IN  
PARTNERSHIP  
WITH



**T**he Africa Peace Concert 2025  
is moving to a fresh venue—  
**Nsambya Gardens!** Same  
date, same epic lineup, and the same  
powerful mission to unite for peace.

**New Venue:** Nsambya Gardens  
**Date:** January 10, 2025  
**Time:** 15H (GMT) | 18H (EAT)



**Tap here to register**



**Fee:** \$100 for both Physical and Virtual  
Attendance. (Rotary members who donate  
will receive Rotary Foundation Giving  
Credit).  
**#APeaceConcert25**



# Ending the Year in an Extraordinary Way

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

**T**he month of December is the time to reflect on very many things that happened in the last eleven months of the year. Also, to plan for the following year. In rotary time, it is just the sixth month of the year dedicated to Disease Prevention and Treatment.

As a Rotarian, writing about the month of December, it becomes an extraordinary affair in choosing what way to reflect; the calendar year or the rotary year? Well, what is important is the significance of the position of December month, a termination month of time.

It transits one to a new calendar timeline, invoking expectations for a better time head. Nearly everyone always hopes for better things in the new year. New plans and resolutions are drawn and begin to flow in. Whether the past plans and resolutions have been achieved or not, the primary focus is a new beginning.

It can be exciting to exclaim,



“I have ended the year!” A journey of twelve months

“


**The call to serve the poor is an invitation to happiness. This is a call of filling the world with love.**

is a journey of witnessing a lot, whether in action or passively. This journey brings you to know, sometimes, things you didn't know or interact with new people. Very importantly, sometimes exposing you to new challenges or least expected challenges. This year for me has been such a type, exposing me to the least expected challenge, death of my sister, leave alone loss of other relatives, friends and

colleagues. Such times are extraordinary times when a weight of living gets tested particularly when you are the one in the forefront. Therefore, this month of December is an appropriate one to close the past and set hopes for a better year ahead.

It is essential to end the year in an extraordinary way and create a new breath. Our Club provides a way of ending the year with a cheer; a breath of togetherness and celebration. It is climaxed with gifts exchange. It is a deserving time to cheer up members and end the year. This celebration is one mark to prepare for the new year. As a practising Christian, I'm further encouraged by the words of Apostle Paul to Thessalonians, “be joyful always... give thanks in all circumstance... (1st Thessalonians 5: 16-18, NIV).

Rotarians ought to remember the month of December with fulfilments. We are people typically surrounded by the warmth of each other and filled with humanness. The delight of being together is that one extraordinary way to end the year. It has the



potential to transform how one looks at the following year. It has the magic of renewing and rekindling one's spirit to face the year head with optimism. Besides it, there are principles that as we gather and celebrate together; we deeply learn from each other, build relationships, open opportunities and improve our own growth.

Our gifts per se are not a measure of our generosity but it is an outside expression of the connectivity of our spirits. Because words can be in short supply to express the meaning of being together for a year, a token of a gift suffices. Yes, for the last eleven months, your presence was very noticeable in someone's mind. It enhanced the sense of being a Rotarian. Unknowingly, we learn lot from each other. The sharing we have over the journey of one year is not simply easy to put value on

it. It is very enriching to our lives beyond measure.

For the Club members, as we break off for this festival season, sit back and reflect on the joy you brought to the club. What your presence meant and did, and your contributions through your knowledge and skills, time, and resources. Just imagine the smiles you brought to someone you know and those

you don't know through your giving to the Club and the rotary foundation. Sit back with satisfaction knowing your support made a difference. Record that you lived in the year 2024, and that you touched someone's life somewhere. Remember always that the universe has ways of returning kindness in multiples. May the totality of this give us the celebrations we desire and deserve, and the fulfilments we wished.

We do know that over the year, individually and collectively, we had different challenges. The beauty of December is that it provides time to overload them. And enter the new year light- ending the year in an extraordinary way. It is these moments of overloading which are priceless, and yet they give hope to live a better life or to do better. As we end the new year, extend positive hopes beyond you.

Wishing you, my dear friends, a Happy Festival Season and a Prosperous New Year, 2025.





# Rotary Calls for Nominations for its Highest Service Award



BY RTN SYLVIA NANKYA

Each year, the Rotary Foundation honours a select group of extraordinary Rotarians and Rotaractors with the Distinguished Service Award, the Foundation's most prestigious recognition.

With nominations now open for the 2024 cycle, Rotarians worldwide are encouraged to reflect on those among them whose tireless dedication and impactful service have helped advance the Foundation's mission of "doing good in the world."

This award isn't just about celebrating achievements—

it's about telling the story of individuals who have gone above and beyond to make a difference, not just in their districts but across borders and continents.

Recipients are the unsung heroes who have devoted years of their lives to Rotary projects, building bridges between communities, and advocating for causes such as education, healthcare, and peace.

## Who Can Be Nominated?

To qualify, nominees must have received the Citation for Meritorious Service at least four years ago and demonstrated sustained, exceptional service to The Rotary Foundation.

What makes this award unique is that financial contributions, however substantial, are not considered. Instead, it recognizes those who have

rolled up their sleeves, taken action, and inspired others through their commitment.

Nominees must meet specific eligibility criteria:

They must be active Rotarians in good standing.

They cannot hold leadership roles such as District Governor or RI Director at the time of nomination.

They must not have previously received this award.

“

They cannot hold leadership roles such as District Governor or RI Director at the time of nomination

In addition, each nomination must be endorsed by the nominee's District Governor and two other Rotarians, one of whom must come from outside the nominee's district.

## Why It Matters

Past recipients of the award often describe the recognition as a humbling moment that



validates years of hard work. It's not about the pin or the crystal award they receive; it's about knowing that their efforts—whether leading global grant projects, championing polio eradication, or driving education initiatives—have left a lasting legacy.

"These individuals represent the heart and soul of Rotary," says one Foundation Trustee. "Their work is a testament to what happens when service meets passion. They inspire all of us to think bigger and do better."

### **How to Nominate**

Rotarians and Rotaractors have until 31 January to nominate one candidate from their district using the online nomination form.

Each nominee must have demonstrated substantial service in at least three key areas, such as leading impactful Foundation programs, fostering innovation, or advocating for Rotary's mission on a global scale.

For more information, visit the Rotary Foundation website or speak with your District Governor. Let's take this opportunity to celebrate those among us who live and breathe Rotary's motto: Service Above Self.

**Rotarians and  
Rotaractors  
have until  
31 January  
to nominate  
one candidate  
from their  
district using  
the online  
nomination  
form.**





ON THE NILE Over a Century of Rotary Service in Africa

CIVIL SERVICE  
COLLEGE JINJA | 9 – 13  
APRIL 2025



# SILVER

## SPONSORSHIP PACKAGES

16–29 Million

- 2 Free Conference Passes.
- 2 minutes speaking opportunity by Chief Executive or nominee at the opening ceremony.
- Placement of company advert on Online Event Brochure.
- 1 page Placement of Company profile in Event Brochure.
- Placement of 2 Roll Up Banners inside the conference venue.
- Placement of 1 Roll Up Banner at the Dinner Venue.
- Acknowledgement as Official Sponsor and Placement of company logo on all conference publicity materials.
- Placement of the company logo on the Event Backdrop.
- The sponsor will be given prominent presence in all conference media efforts.
- Opportunity to supply promotional materials (i.e. flyers, leaflets, brochures, booklets) to be included in the conference bags that will be distributed to participants.



# *If You're Not At The Table, You're On The Menu*



BY **DRR SIMEO SEBUKULU**

**Y**ou've likely heard the rule: **"Never fail to show up."** Those who live by this principle master the art of success.

Having visited 92 Rotaract Clubs and interacted with both leaders and members, it's clear to me that our leadership journeys often fall into two categories: "The Influencers" and "The Consumables." The question is, which one are you? Are You an Influencer in Your Club?

**Ask yourself:**  
**How much influence do I currently have in my club?**  
**When was the last time my idea shaped the club's culture or activities?**

These are the foundational questions of leadership. Joining Rotaract means embracing opportunities to grow, learn, and lead. Leadership isn't just for those in formal positions—it's about stepping up, contributing, and making an impact regardless of your title.

## **At the Table or On the Menu?**

To shape decisions in your club, you must be present at the table where decisions are made. If you choose to stay absent, you risk having your interests overlooked or decided by others. Think of it like this: if you're not part of the discussion, you become part of the agenda—on the menu, not at the table.

## **Be the Lion When It Counts**

I get it—you might not be the "lion" of your Rotaract Club right now, and that's okay. But when necessary, act like one. Dress in confidence, speak with purpose, and command respect. Show up as someone who contributes meaningfully.

Otherwise, you risk being seen as the zebra among lions—an easy target. The truth is, if you're not stepping up to have your voice heard, you're not fulfilling your role as a member. Do you recognize a need? Be part of the solution. The way to do that is to find your seat at the table. The Time to Act is Now

**The good news? You still have six months to make your mark. The bad news?** Many of us are still too comfortable being on the menu—waiting, watching, and letting others decide our fate.

Don't wait. Step up, speak out, and secure your place where it matters. After all, the table is where the real work happens—and you belong there. You can start by registering and paying up for the 100th DISCON in Jinja where we take some important decisions that impact our next Rotary Year as well as donating to The Rotary Foundation so that you use your resources to contribute to the impact we all desire.





# *We're Taking a Short Break!!*

The Naalya Food Bulletin will take a short break over the holidays.

This will be the final issue of 2024. Visit [www.rotarykampalanaalya.org](http://www.rotarykampalanaalya.org) and our social media handles for the latest updates on our Club and District.

**Enjoy your holidays!**

*The Bulletin Team*



The report entitled, “**Global spending on health Emerging from the pandemic**” has been published in alignment with the Universal Health Coverage (UHC) Day campaign marked annually on 12 December. The campaign’s focus for 2024 is on improving financial protection for people everywhere to access health services they need.

**“While access to health services has been improving globally, using those services is driving more and more people into financial hardship or poverty. Universal Health Coverage Day is a reminder that health for all means everyone can access the health services they need, without financial hardship,”**

WHO calls for urgent action to put financial protection measures in place.



# A Note to TRF Directors

**We are all kindly reminded**

**T**o engage our treasurers to pls send to TRF all the collections so far within next week. Incase of need pls get in touch with me or Beatrice at the District office.

To continue encouraging members to contribute, pledge or meet their pledges.

We are close to **USD 400,000** out of **USD 700,000**. Let's double our efforts this month so that we can cross over.

More importantly, as TRF Directors, please organize to appreciate all our members who have contributed so far in a very special way.



The DG has confirmed that we will have a TRF recognition dinner on Tuesday Jan 7<sup>th</sup> 2025. Let's mobilize more giving.

All 2024-25 PHFs, PHS members, Benefactors, Bequest Society members and MDs will be recognized by the RI President at the dinner. To join please remit your contribution next week so that we can get the pins etc in time.

Many many many thanks.

*Catherine Barasa Asekenye*  
District TRF Fundraising Chair

# Bride Beaten up on Honeymoon for her Beauty!



BY RTN JOACHIM BUWEMBO

Young people who have Spotify on their mobile phones may not easily put themselves in the shoes of a late 1950s village man in Gomba county of central Uganda who would have to walk several miles to a kirabo (club) to hear recorded music playing. One of the first ever recorded songs by a Ugandan artiste was *Tereza Ow'ebbina Eddene* (Theresa with a big behind) by iconic "Jajja w'abayimbi" (grandpa of musicians) Christopher Ssebadduka. People would walk long distances to go where they could access a sound producing machine playing mostly English music by the likes of Jim Reeves, Beatles and some Swahili stuff like *Malaika*.

*Tereza Ow'ebbina Eddene* was reportedly inspired by the beauty of an indefatigable health worker Theresa Nansikombi who passed on

last week at 92 but in the late fifties was in her twenties, and worked in different districts of Uganda promoting especially maternal health. Several attributes that made her attractive included her then rare light complexion for a Ugandan African - being of mixed Irish and Ganda parentage; her kindness and devotion to social work and the meticulous smartness around her. But for budding music composer Christopher Ssebadduka, the most important things about Tereza was her bigger than average behind, firm breasts and motherly eyes.

Since Theresa Nansikombi's passing, social media has come up with several other Theresa's of her generation as the ones who inspired the then young Ssebadduka's fertile imagination. They include an also departed Munyarwanda beauty in Buddu (Greater Masaka) who also fitted Ssebadduka's description of the woman for whom he was ready to spear any intending competitor (*alikuwata ku Tereza ndimukuba effumu!*)

My own Theresa was not only a qualified claimant with the same attributes, but this paternal aunt of mine, Senga Tereza Nanfuka, also paid a heavy price for it. My last visit to her in Kabulassoke - Gomba just after the Covid-19 lockdown, was a memorable one that I will take with me to my grave. Seeing that I

was now an old man whom she could trust with her harrowing secret memory, she called me to sit on her sick bed and in our last conversation in this earthly life, proceeded to tell me her horrendous experience depicting the injustices African women of her generation used to endure at the time, that some even undergo today.

Senga Tereza was married off in her early teens to a man who like her, never traveled beyond their native county of Gomba. The biggest 'towns' they ever visited were Bukandula and Kabulassoke. Her prosperous suitor -he owned a bicycle - rode her to her new home in Maddu village where they started their two weeks' honeymoon that meant her being confined to the bedroom to ensure she conceives, while for him he could go around visiting friends to be congratulated for getting a bride. That was the time when Christopher Ssebadduka released his hit *Tereza Ow'ebbina Eddene*.

My 'uncle-in-law' one day on leaving his bride in the 'honeymoon' confinement rode to a kirabo in Kabulassoke to enjoy the modern life. He found the gramophone playing *Tereza Ow'ebbina Eddene* and couldn't believe his ears. "Anko, anko!" the revelers



yelled, meaning “encore”, and the DJ obliged. (DJs those days didn’t click some digital numbers but would spin real, breakable discs, the commonest label then being ‘Kagabe’. Musicians those days had to travel to Nairobi to be recorded, and it was not about paying studio production fees – the song had to first be peer reviewed, perfected, and with the singer required to play at least one instrument.

Tereeza was played again and the man’s fears were ‘confirmed’. Sebadduka was describing his very own bride so accurately that the musician “must” have known her intimately, my villager uncle concluded. The big behind, sweet voice, breasts as hard as a tennis ball (he must have handled these while attending to mzungu priests playing ‘tena’ at Bukalagi Parish, but what did he expect of a 14-year-old’s breasts?)

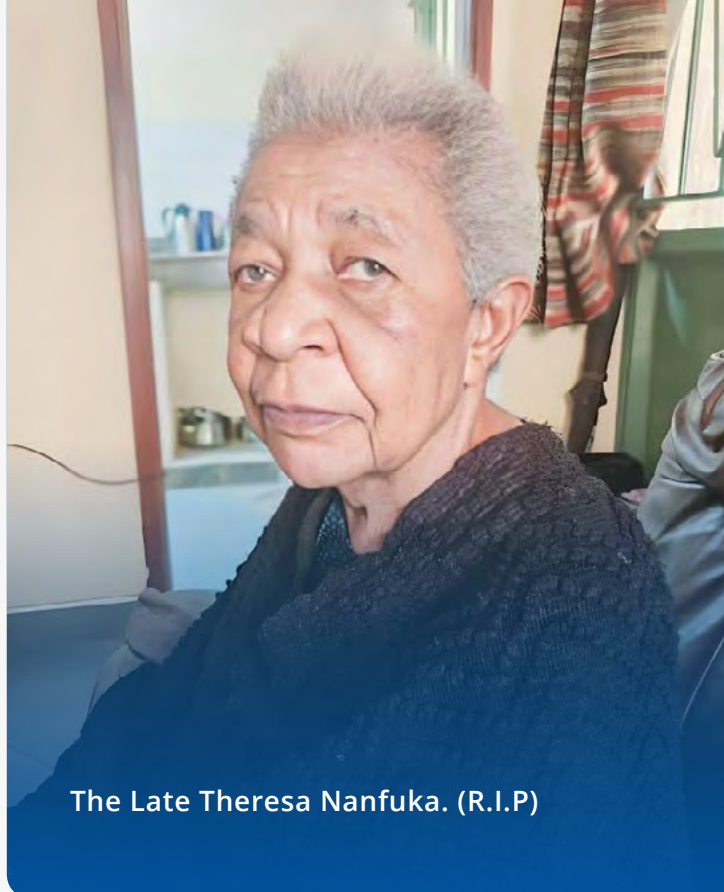
Without wasting any more time, he jumped onto his bicycle and rode like a *musezi* (night dancer) was chasing him. Reaching home he just let the bicycle fall in the compound, burst into the house, kicked the bedroom door open and proceeded to give my innocent aunt the beating of her life. When his hands and feet started getting tired from boxing and kicking the poor teenage bride who had also run out breath to cry any more, he started the interrogation.

“How long have you been dating Ssebadduka? Where did he meet you? Why didn’t you tell about him? Are you still seeing him? Will your parents return the *mutwalo* (bride price I paid for you?” and so on. Aunt Tereeza had not yet even ever heard of Christopher

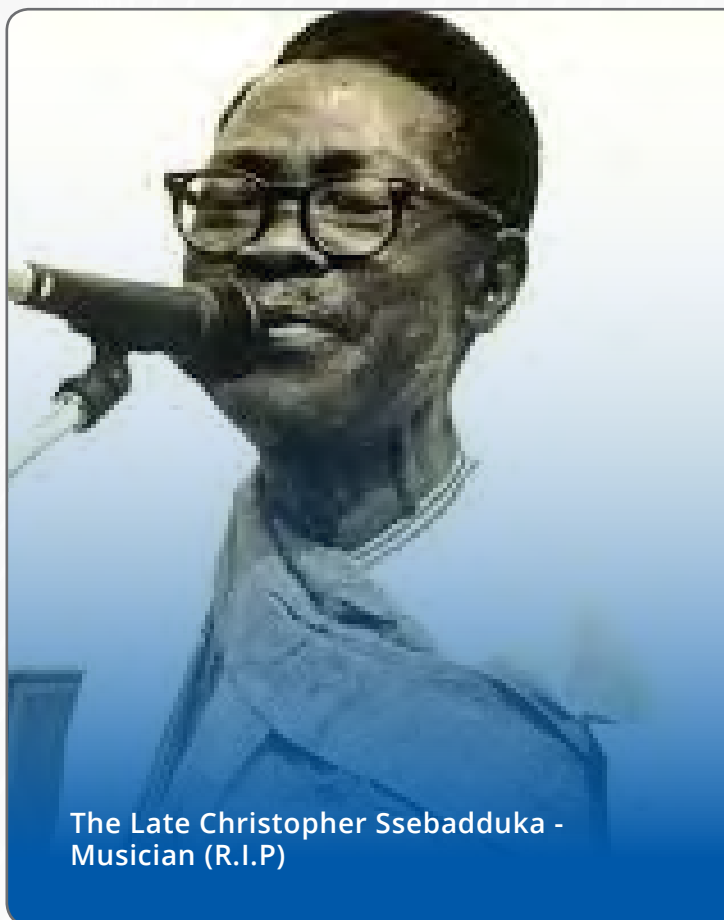
Sebadduka. But her denials only triggered more beatings further inflamed by the inferiority complex of my uncle-in-law who was scared of competing with a music star. So she finally “confessed” to the non-existent affair with the music star. To have peace and be spared further beatings, she promised to completely ditch Ssebadduka and love only her new husband. And she lived in peaceful fear ever after.

Christopher Ssebadduka obviously never knew my aunt and the other young women whom he might have unknowingly caused such pain. But he too was punished by the Catholic church which chastised and almost excommunicated him for claiming in the song that Tereeza had the best you-know-what in the Catholic Cathedral (*ne mu Kelezia enkulu, gw’obakira!*).

**May the souls of trailblazing Ugandan musician Christopher Ssebadduka and peasant housewife Theresa Nanfuka Rest In Eternal Peace!**



The Late Theresa Nanfuka. (R.I.P)



The Late Christopher Ssebadduka - Musician (R.I.P)

## *Last week's club fellowship*





## CLUBS WITH HIGHEST GIVING TO TRF TODATE

Source: Rotary Club Central

|    |                                      |    |   |
|----|--------------------------------------|----|---|
| 01 | RC KAMPALA<br>CENTRAL<br>\$ 38,009   | 06 | RC BWEYOGERERE<br>NAMBOOLE<br>\$ 17,722 |
| 02 | RC UPPER<br>KOLOLO<br>\$ 26,304      | 07 | RC KAMPALA<br>\$14,704                  |
| 03 | RC LUGOGO<br>MANGO TREE<br>\$ 18,305 | 08 | RC NTINDA<br>\$ 12,757                  |
| 04 | RC KAMPALA<br>DAY BREAK<br>\$ 18,162 | 09 | RC KIWATULE<br>\$ 11,582                |
| 05 | RC KIRA<br>\$ 18,161                 | 10 | RC KAMPALA<br>NAALYA<br>\$ 11,367       |

## CLUBS WITH HIGHEST GIVING TO POLIO FUND TODATE

Source: Rotary Club Central

|    |                                 |    |                                     |
|----|---------------------------------|----|-------------------------------------|
| 01 | RC KIRA<br>\$ 6,001             | 06 | RC GAYAZA<br>\$ 2,256               |
| 02 | RC E CLUB<br>NAGURU<br>\$ 4,262 | 07 | RC BULINDO<br>\$2,157               |
| 03 | RC UPPER<br>KOLOLO<br>\$ 3,063  | 08 | RC KAMPALA<br>SOUTH<br>\$ 1,885     |
| 04 | RC KITANTE<br>\$2,911           | 09 | RC MANYANGWA<br>NAKWERO<br>\$ 1,876 |
| 05 | RC KAMPALA<br>\$ 2,349          | 10 | RC KIWATULE<br>\$ 1,856             |



## SAVE THE DATE

### *Healing in a Divided World* PRESIDENTIAL PEACE CONFERENCE

*Istanbul, Turkey • 20-22 February 2025*

**Learn more at [rotary.org/istanbul25](https://rotary.org/istanbul25)**



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



Rotary  
Kampala-Naalya



# Christmas Carols and Gift Exchange!



17 December 2024 7 p.m.



**ARCHES GARDENS,  
KISAASI**



rotarykampala\_naalya



www.RotaryKampalaNaalya.org

X @RotaryNaalya



Rotary Club of Kampala Naalya





## DISTRICT GOVERNOR'S AWARDS TO CLUBS FOR ROTARY YEAR 2024-25

Continued from last issue...

### INCREASE OUR ABILITY TO ADAPT

#### 6. TECHNOLOGY AND INNOVATION

Rotary excels at finding new ways to lead the world to lasting change. This award recognizes clubs that have encouraged members to be well informed about Rotary and embraced and implemented new best practices to help their clubs be more efficient, transparent and effective.

#### LEARNING AND INNOVATION AWARD

##### Parameters to consider: -

Learning - Number of members that complete at least 5 courses on the Learning Centre this RY- 10 points

Innovation: Club with best innovations for efficient Club Administration and Member Engagement. Selection panel will vote based on evidence presented - 5 points

Innovation in service projects (project design and delivery) - 5 points

### GOVERNOR'S SPECIAL AWARDS CATEGORY

The Special Awards Category includes those awards given at the discretion of the District Governor for special recognition. The special awards will be announced by the District Governor.

#### ROTARY VIJANA POA AWARD

The Rotary Vijana Poa Award has been communicated by the District Governor. This award recognizes Rotary and Rotaract Clubs that have excelled in getting youth into work. Nominations will be made by the Rotary Vijana Poa secretariat who will also communicate the criteria to the Clubs.





In Support of the  
Africa Rotary  
Peace Fund  
#APeaceConcert25

The  
Rotary  
Foundation



# BLU 3

Will be uniting for peace



10TH.  
JAN. 2025



15H (GMT)  
18H (EAT)



NSAMBYA  
GARDENS



IN  
PARTNERSHIP  
WITH



A Member of Centenary Group



fireworks  
ADVERTISING







# The Power Of Numbers

Thank you for Being a Part of the RYLA Success Story! This is just the beginning—Let's shape the next generation of leaders together!

|                       |    |
|-----------------------|----|
| Kampala-Central       | 20 |
| Kira                  | 18 |
| Kiwatule              | 10 |
| Kampala-Ssese Islands | 10 |
| Kampala Day Break     | 08 |
| Kololo-Kampala        | 08 |
| Kampala               | 08 |
| Kiteezi               | 08 |
| Kasangati             | 07 |
| Kitante               | 06 |
| Makindye              | 06 |
| Sunrise-Kampala       | 06 |
| Kampala South         | 05 |
| Namugongo             | 05 |
| Kampala-East          | 05 |
| Gayaza                | 05 |
| Nansana               | 05 |
| Bweyogerere Namboole  | 05 |
| Kiboga                | 04 |
| Kyambogo-Kampala      | 04 |

|                        |    |
|------------------------|----|
| Gulu                   | 04 |
| Sonde                  | 04 |
| Kampala Nalya          | 04 |
| Kampala City           | 04 |
| Kulambiro              | 03 |
| Nakawa                 | 03 |
| Kampala 7 Hills        | 03 |
| Najjeera               | 03 |
| Naalya States          | 03 |
| Kampala Springs        | 03 |
| Ntinda                 | 03 |
| Kampala Maisha         | 03 |
| Kyadondo               | 03 |
| Port-Bell              | 02 |
| Upper Kololo           | 02 |
| Kisaasi-Kyanja-Kampala | 02 |
| Bukoto                 | 02 |
| Nsansa                 | 02 |
| Nansana Metropolitan   | 02 |
| Kampala Early Bird     | 02 |

|                         |    |
|-------------------------|----|
| Bulindo                 | 02 |
| Kampala-West            | 02 |
| Acacia Sunset           | 02 |
| Kireka movers           | 02 |
| Lugogo Mango Tree       | 02 |
| Wobulenzi               | 01 |
| Matugga                 | 01 |
| Mukono Central          | 01 |
| Bugolobi Morningtide    | 01 |
| E Club of Naguru        | 01 |
| E Club of Uganda Global | 01 |
| Kampala Metropolitan    | 01 |
| Kampala-Mahaba          | 01 |
| E Club of Ntinda        | 01 |
| Kampala Morning Stars   | 01 |
| Ntinda Metropolitan     | 01 |
| Mukono-Namilyango       | 01 |
| Kyanja Metro            | 01 |
| Kampala Life Stars      | 01 |

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# Shortchanging each other will only lead to poverty

BY RTN. DENIS JJUUKO



Somebody who runs a high-profile restaurant and bar in one of Kampala's leafy suburbs was once looking for an item that would help him reduce costs at his outlet. He wanted to find a locker for one of the consumables that he can't do away with. Many of the revelers that would pay highly for his food and drinks were also nipping away something. He wanted to lock it so he reduces the cost of replenishment.

Over some time, he had realized that his toilet paper costs were increasingly becoming high yet toilet paper is not one of the most expensive items in Kampala. He wondered why that was the case. He decided to make some observations. He was scandalized to realize that some of the patrons pocketed some rolls of toilet paper. That

is why he was looking for a toilet paper roll locker. That would ensure nobody takes away a full roll. They could only use what they needed.

This story, unfortunately, is not isolated. Theft is becoming widespread everywhere. When my friend Anita Ntomi decided to publish a long missive about her experience at the hands of tax collectors, bonded warehouse managers and quality inspectors that stole her merchandise, it sounded like it was a one off. Only that it wasn't. On many WhatsApp groups, traders narrated similar experiences. Somebody said she had lost 36 rolls of curtains in a similar manner. Another mentioned sports equipment. Somebody else said cosmetics. Another said shoes, bags and children's clothes.



Supermarket owners do full body searches of their employees before signing out at the end of their shifts as a counter measure to widespread pilferage.

Factory owners do the same. Police officers have been arrested before for stealing stolen goods (exhibits) in their custody.

We learned recently that employees of a commercial bank deposited a whopping Shs500m of fake notes in the vaults. They must have taken out the genuine ones and probably hoped to pass on fake notes to the customers. Customers usually don't suspect a bank to supply them with counterfeit bank notes. The good news was that the bank managed to detect them before money was circulated to hundreds of customers.



At the central bank, according to media reports, US\$60m disappeared in 60 seconds. Although originally reported as the handiwork of hackers, some reports claimed it was an inside job.

I think inspired by those reports, some cash in transit personnel of a security firm decided to deliver some Shs1billion to themselves instead of delivering it to a bank. Some of the security guards were arrested while hiding in their villages wondering what to do with the money.

Almost everywhere in Uganda, somebody is trying to shortchange somebody. Stories are told of a famous minister who likes his beer. That whenever he goes out to drink, he keeps every beer bottle top so that when they present the bill, he can be able to reconcile. He can't trust anyone with his bar bill. Talking of bar

“

**We need as a country to find a way to instill integrity otherwise we are becoming a den of thieves!**

bills, many people in bars say they prefer to pay cash to avoid inflated bills but the problem, sometimes many bar tenders disappear with the change.

There is a famous TikTok video of a guy who ordered for a chapati in a restaurant and asked the waiter to cut it into pieces. When the

waiter presented the *chapati* that had been cut into pieces, the customer decided to reconstruct it. Some pieces had been kept away somewhere in the kitchen. The ashamed waiter re-appeared with the missing pieces.

Those who eat roast meat demand that the meat is presented on skewers. That way they can be sure their meat hasn't been stolen by those serving it.

If you notice at butchers, some people buy many kilos of meat but pack into smaller amounts of 500 grams each or less. The reason some of these people give is that at home, the domestic workers steal the meat claiming they cooked it. When they bring it packed in such packages, they will be able to account for it.

What does this all mean to our country? That we can't grow and build sustainable businesses. We can't attract investment. Investors can't be looking over their shoulders all the time. We need as a country to find a way to instill integrity otherwise we are becoming a den of thieves. And that means abject poverty for the majority of Ugandans.

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# Family Matters: A Contemplative Lifestyle



BY **PASTOR RONNIE MUTEBI**

**N**ot many people today are contemplative. Several reasons contribute to this. The ubiquity of smartphones and social media makes cultivating a contemplative lifestyle increasingly challenging.

For some, contemplation requires vulnerability and the courage to face oneself, something many unconsciously avoid.

This notwithstanding, the importance of contemplation cannot be overstated, as it unearths the core of things.

If you have a financial problem, is it simply because you lost a lucrative deal, or is there a deeper issue? If your marriage is floundering, is it due to your partner's irritating habits, or have you examined the root of the problem?

If you face conflicts at your workplace, is it because your supervisor is generally a bad person, or does the matter go deeper than you may realize?

What is the core of the challenge you are facing? These are the fundamental questions a contemplator must ask.

One of the greatest minds in fishing, Peter contemplated, and received inspiration. He thought well to say "May these words of my mouth and this meditation of my heart be pleasing." This reveals that a contemplative lifestyle can be an act of worship and progression.

“

**What is the core of the challenge you are facing? These are the fundamental questions a contemplator must ask.**

I know you might be busy and overwhelmed by competing priorities, but this is one practice you must learn—contemplation.

Every time you engage in it, digging into the core of things, you will find answers.

**Take Home: Contemplation unearths the core of things.**





*Congratulations **Rtn Brian Mayanja** upon  
Graduating with a Msc in Agro-Forestry  
and Food Security*





# After all is said and done

BY RTN PAMELA  
KAWADDWA

The year has passed by  
In the blink of an eye,  
Moments of sadness  
and joy have flown by.

People I loved  
Have come and have  
gone,  
But the world never  
stopped,  
And we all carried on.

Life wasn't easy,  
And the struggles were  
there,  
Filled with times that it  
mattered,  
Times I just didn't care.

I stood on my own,  
And I still found my  
way,  
Through some nights  
filled with tears,  
And the dawn of new  
days.

And now, with old age,  
It's becomes very clear;  
Things I once found  
important were not why I  
was here.



And how many things  
I managed to buy were never  
what made me  
Feel better inside

And the worries and fears  
That plagued me each day,

At the end of it all,  
Would just fade away.

But how much I  
reached out to  
others, when needed,  
Would be the true  
measure  
Of how I succeeded.

And how much I  
shared  
Of my soul and my  
heart  
Would ultimately be  
what set me apart.

And what's really  
important,  
Is my opinion of me,  
And whether or not  
I'm the best I can be.

And how much more  
kindness and love, I  
can show before the  
Lord tells me It's my  
time to go.

Showing kindness is a  
choice.

Till again,

*Phwyy*



# *Magical Presidents' Brunch - Sat. 14<sup>th</sup> Dec 2024*







*Congratulations  
Rtn PE Charles Owekmeno  
upon having twins..*





# RC Manyangwa Nakwero





# RC Muyenga



Celebrating PDG Emmanuel Katongole's endorsement as Rotary International Director for Zone 22. He will begin his two year term on July 1<sup>st</sup>, 2026.



Rotary  
Club of Hoima-Kitara



*Welcomes*

**DG Anne  
Nkuutu**

Save *the* DATE

 Tuesday 17th Dec, 2024

 HB Hotel - Hoima

 11:00am

R.S.V.P Rtn. Pamela Nyangoma  
0785 223555

Rotary  
Club of Kampala Impala



**DG's**  
**OFFICIAL**  
**VISIT**

Anne **Nkuutu**



THURSDAY  
19<sup>TH</sup> Dec 2024  
7:00PM



Kabira Country Club

LIVE ON ZOOM

Meeting ID: **933 4438 6772**  
Passcode: **271894**



@RC\_Kampala Impala



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*Congratulations **Rtn Brian Mayanja** upon  
Graduating with a Msc in Agro-Forestry  
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