

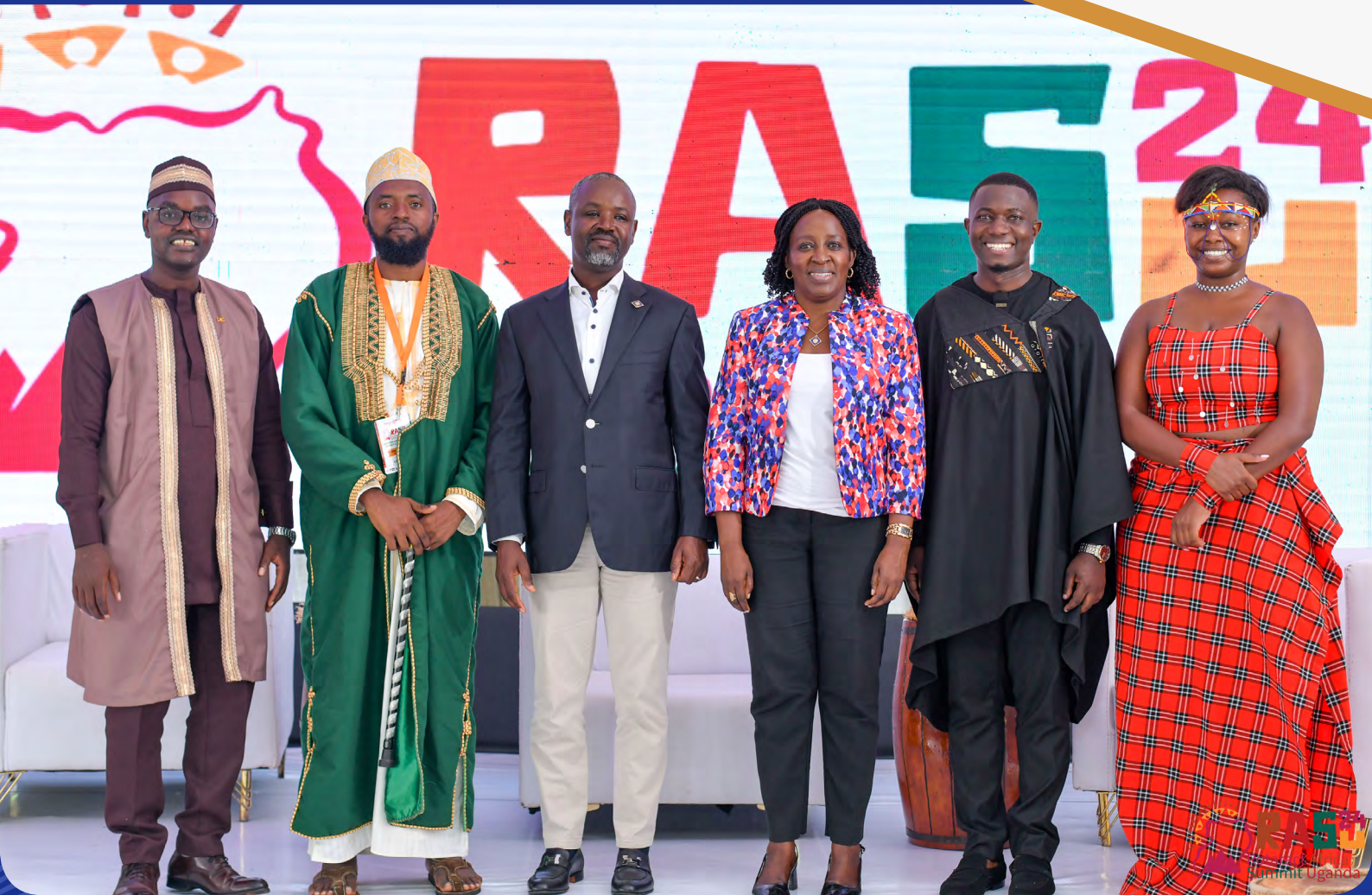
Naalya Food Bulletin

26th November 2024

Rotary
Kampala - Naalya



Issue 22 | 2024



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www.rotarykampalanaalya.org



Celebrating new
members



Living life to the
fullest

EDITOR'S NOTE



Dear Reader,

As we end the fifth month of the Rotary year, dedicated to The Rotary Foundation, I encourage you to continue donating generously to the Foundation.

Our speaker last Tuesday the District TRF Fundraising Chair PAG Catherine Barasa Asekenye reminded us of this commitment.

This year, Giving Tuesday Falls 3rd December 2024. This global day of Giving is an opportunity for all Rotary members to make a big impact with a gift of any size to the Fund. How will You give?

Enjoy this issue of the Naalya Food Bulletin and have a blessed week.

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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President's Message

RTN SYLVIA JAGWE OWACHI
Club President 2024-2025



Dear Rotarians and Friends,

At our meeting last week we were honored to host **Rtn PAG Catherine Barasa Asekenye** the District Rotary Foundation Chair. Her visit was timely as November is also The Rotary Foundation month. We were reminded of the impactful work that the Foundation has done and continues to do in form of Global Grants and Special programs such as Eradication of Polio around the World. We were also reminded that giving and recognition can be in various forms. It was heartwarming to realize that there are number of generous people around us.

As Rotary Club of Kampala Naalya we set a target at the start of the Rotary year which seemed quite high since it was the highest we have ever given however I'm extremely happy that we have already surpassed our targets. I extend my sincere gratitude to all the members that have given to the Rotary foundation this year. We applaud your generosity and we encourage you and others to continue giving towards The Rotary Foundation. Your giving goes a long way in funding many noble causes around the world.

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Your giving goes a long way in funding many noble causes around the world.

In alignment with the District Governors call, as Rotary Club of Kampala Naalya we would like to consolidate our existing projects. The year is quickly drawing to a close and before the year ends we have planned service project activities within the community. To start off we will have our annual visit to the Missionaries of the Poor home in Busega to donate the much needed items to keep the home running. The homes provide permanent shelter, feeding, medical and pastoral services for the homeless and disabled.

Rotary is not just about giving and service projects but is also about building friendships and fun. This being our last meeting to the month we will have a fun fellowship **“Karaoke Night”** at Archies Gardens in Kisaasi.

Enjoy our bulletin and you are welcome to join us for our fun fellowship.

Be blessed!

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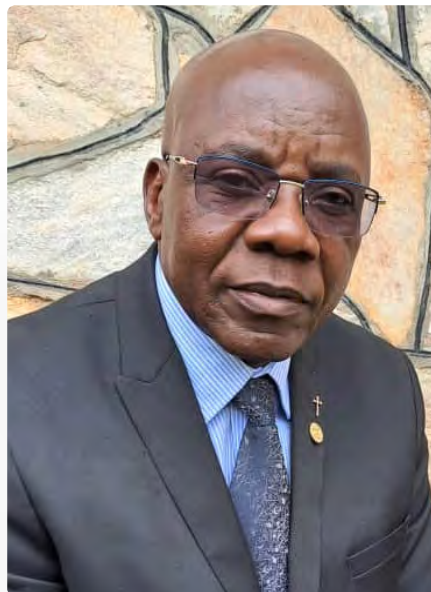
Celebrating our new members

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

Celebrations are part of human history and living. We celebrate different things and different times. On 12th November 2025, the Rotary Club of Kampala-Naalya added its numbers and recognized some of the givers to the Rotary Foundation. It was time and actions worthy celebrating. What was unique this time, the Club surpassed its annual set commitment of giving within the first quarter, and brought in additional hands. The numbers mean a lot; showing growth and a great will among members.

To the new members, celebrating your entry is such a recognition of addition strength. Entry of a new member to a club is a show of life in that club.

So, congratulations! Your inclusion comes with you occupying space; special space of action. Don't remain thinking that you are new and still learning. Take your space. What is left of you is to see how best you use your space for



the advancement of the Club and the betterment of humanity. Feel proud of belonging, and guard your space jealously with integrity.

“

...the Club surpassed its annual set commitment of giving within the first quarter...

As the Club celebrate coming in of new members, it's also a reminder to the Club members that

more brooms have come in. There is a need for a bigger floor (projects) to be swept. A good challenge to the Club Board and Directors. Wake up! Bigger floor is needed. Let not we fail to utilize new brooms.

For new members, ensure that your accounts in rotary remain active for learning and obtaining essential information. There is a lot of information in the rotary learning centre that can be shared and utilized. Learning in rotary is open ended. While in the Club, probe into what the Club Directorates are doing. For instance, find your passion. Don't restrict yourself to waiting for assistance, instead be on the lead and look out. Personalize your club.

For the old members, stretch out your hands to help or, even, to be helped. Sometimes being an old member in the club tends to mislead with the thinking that, "I know it all". New turnaround of the club can be explored with new members. New members can turn the Club around as they come with new ideas. History has it that new people in a place turn a place around- be it for good or bad. In most cases for better. They tend to bring in different ways of looking at things.

Let us, together, live our celebration. A club that lives its celebration reproduces itself in better and various ways.

New energy is impacted and new breath of life is realized. However, it calls for a room for dynamism and flexibility. The dynamism comes with appreciation of differences in perceptions and perspectives, and willingness to calmly discuss them. All these should be centred on the purpose of being Rotarians.

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Low moments too don't last. Instead, they act as sparks to propel us head and for better.

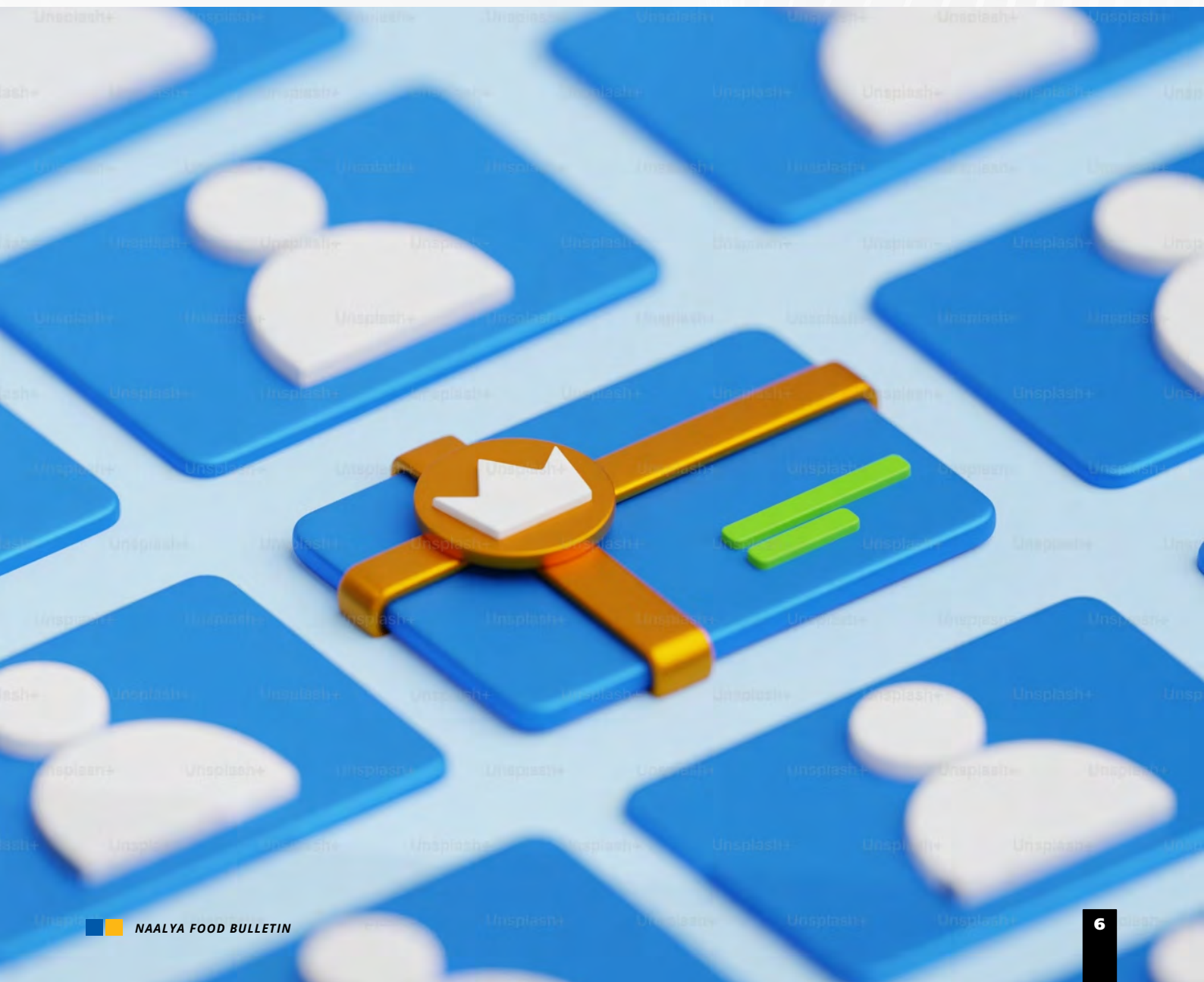
coming together.

As we forge forwards, let us be reminded that happy moments don't last but

We continue to celebrate our new members because it's good and proper. It's good to be renewed and be among the new. Celebration is a common currency of happiness and

their memories last. We ought often to refer to the memories to rekindle our shared joy. Let us always ignite our shared memories. With this, the magic of rotary begins to be realized at the Club before it gets spread.

May we always keep these memories lighted even at our club's low moments. Low moments too don't last. Instead, they act as sparks to propel us head and for better. Look nowhere for these sparks, they are within us.



Last week's club fellowship



The Power of Giving

BY RTN CHRISTINE AMUCU
PN / TRF Director

Fellow Rotarians,

As we come to the end of November 2024, the TRF Month, I take this opportunity to thank you all for your dedicated participation during the District Governor's visit to our club. Furthermore, I want to extend my heartfelt gratitude for your generous contributions to the Rotary Foundation. Together, we achieved our goal and raised an impressive USD 10,112.

I urge those who have not yet contributed to remember our promise to become an all-giving club. If every member gave just USD 25, the impact would be profound. With five months remaining, this can be accomplished



“

The power of giving is immense - it is a reflection of God's nature and an affirmation of our faith in a finished work

through small, consistent contributions of UGX 20,000 per month or as little as UGX 5,000 per week. In doing so, we will have not only fulfilled our promise but also saved lives and uplifted communities by supporting the

Rotary Foundation.

But let us also reflect on the deeper meaning

of giving. The power of giving is immense—it is a reflection of God's nature and an affirmation of our faith in a finished work. True giving is not just about money; it extends to offering our time, talents, and efforts to service projects and to helping the needy. Giving should come from the heart, not from a desire to show off. It is the secret to finding joy in sacrifice.

We do not ask anyone to give out of compulsion but out of love. Remember, we can never out give God. It is said, "Give, and it shall come back to you in good measure." Never think you have given too much; your giving speaks volumes and creates ripples of change in the world.

By supporting the Rotary Foundation, you become part of a global network of individuals united by a shared purpose of service and compassion.

Thank you



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Beyond Acacia Mall: Why holiday making children should acquire some practical skills

BY RTN. DENIS JJUUKO



A big segment of Uganda's population that one could describe as middle class today grew up in average income families and in rural areas. Their parents were keen to send them to fairly good primary and secondary schools. Many were enrolled into several institutions of higher learning that were located across the country. Makerere was the only university at the time. If one didn't make it there, they joined other institutions like the colleges of commerce, teacher training schools, nursing schools and a host of other technical institutions.

During holidays, many of these children worked for their next academic term's school fees and other requirements. Holiday time meant working in the coffee gardens or in

“

There are many safe online programs that urban kids with access to internet and computers can learn.

the courtyard drying and storing coffee or on any activities available on the farm. Computer games and 24-hour a day TV programing were non-existent.

Many kids knew that working hard was the only way to make it in life. It still is for most kids not lucky enough to be born with gilded spoons in their mouths. However, as Uganda continues to urbanize at a relatively high rate, many kids in urban homes wake up to watch TV, play computer games and pick carbonated soft

drinks from the fridge and hang around the walkway rails of Acacia Mall.

In some of the high-end schools where kids go, there is every little service at a fee that you may think of. People who wash the clothes or washing machines were a fee is paid is now common. This may not be necessarily new. Students from poorer family backgrounds used to wash clothes for those from richer families but it wasn't as institutionalized as it is increasingly becoming today. Of course, technology, for those who can afford it, should make life better and one may wonder why children should wash their clothes when there is a washing machine but the issue is that many children are growing up being pampered and not be prepared to take on the world.

As many children start their holidays having finished national and end of term examinations, parents should enroll them into some programs where they could learn a skill or two. There are many safe online programs that urban kids with access to internet and computers can learn. All what parents and guardians need to do is to find them and recommend them to the children.

Kids could learn to code, use AI, develop apps or storytelling. Many businesses including those of the parents need apps that would enable them provide a better experience or service. Imagine a parent who owns a car repair garage, a mobile app may enable customers to get updates in real time of the repairs being performed or when the next service or insurance is due. A customer may be reminded that their driver's license is about to expire and therefore

should plan on renewal. The customer would be happy to deal with such a garage.

“A child that is trained to look after their parent or guardian's garden will eventually benefit from acquiring such skills.

But the child could also fully work in the garage alongside the parent instead of staying at home to watch TV, sleep, eat and do it again for 60-90 days of the holiday or vacation.

Parents and guardians

must avoid the notion that children working especially in jobs that may be considered 'dirty' is making the children suffer. Children should not have any feeling that working on the farm is suffering either. They should look at it as skilling or apprenticeship.

In fact, in many parts of Africa, 'dirty' jobs are going to be more available than office jobs or cool ones like developing apps (even when I recommend it as one of the skills that kids must learn). Such jobs still exist in developed countries. Who wouldn't need food or clothing?

As Uganda and the rest of the continent continue to urbanize and send a significant number of their populations into the middle class, 'dirty' jobs will increasingly become more available and profitable. For example, many people wouldn't be able to work on their compounds, and they will require the services of a gardener to keep their lawns neat.

A child that is trained to look after their parent or guardian's garden will eventually benefit from acquiring such skills. The child would of course need to get some marketing skills and start hitting the inboxes of their parent's friends' phones for similar work. Not before long, that child would be a small business owner with recurring predictable revenue.

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

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Family Matters



BY **PASTOR RONNIE MUTEBI**

Ecclesiastes 10:4: If the spirit of the ruler rises up against thee, leave not thy place; for yielding pacifieth great offences.

KNOWING YOUR POSITION

Every person is where they're supposed



to be. There are positions that determine your elevation and define your access to opportunities for growth, increase, and multiplication.

However, some positions can hinder who you are meant to become. One such hindrance is offence.

Some people mistakenly believe that taking offence is simply an emotional reaction to an unpleasant situation. This is not true. Offence, among other things, is a form of positioning.

At the evening of his years, King Solomon warns that if the spirit of a ruler rises against you, you should not leave your place. This implies that offence can cause a person to shift into the wrong position.

In this new position, a person may no longer be able to receive from people they're advantaged to connect with because of feeling offended by them. If you tend to take offence easily, understand that your positioning may also shift easily.

Take Home: The world will always create opportunities for offence, but learn to be firm within. This will make you a stable person in your relationships and also help you to connect into the available opportunities.



Living life to the fullest

BY RTN PAMELA KAWADDWA

Life is short and unpredictable
Life can be happy,
But it can also be miserable.

**We'll never know when our time
may come.**

So I'll say this
To pull you out of your glum...
Live life to the fullest,
Do the things you want to do.
Don't let anything bring out the
nervousness,
Hiding quietly within you.

Live life to the fullest,
Nothing's holding you back.
Try everything in life
So that there's nothing to regret.
Live every day, like it may be your
last
Don't relive the bad moments,
You've had in the past.

**Life is one thing we should all
enjoy.**
Not one thing we will throw away,
Just like a toy.

Take time to appreciate,
Every little colour and interesting
shape.
Because in the end, with our last
dying breath,
We can smile and say 'I've tried my
best'
Before we go into a never-awakening rest.

Till again.

Phwyy



Rotaract Africa Summit (RAS 24)



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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