

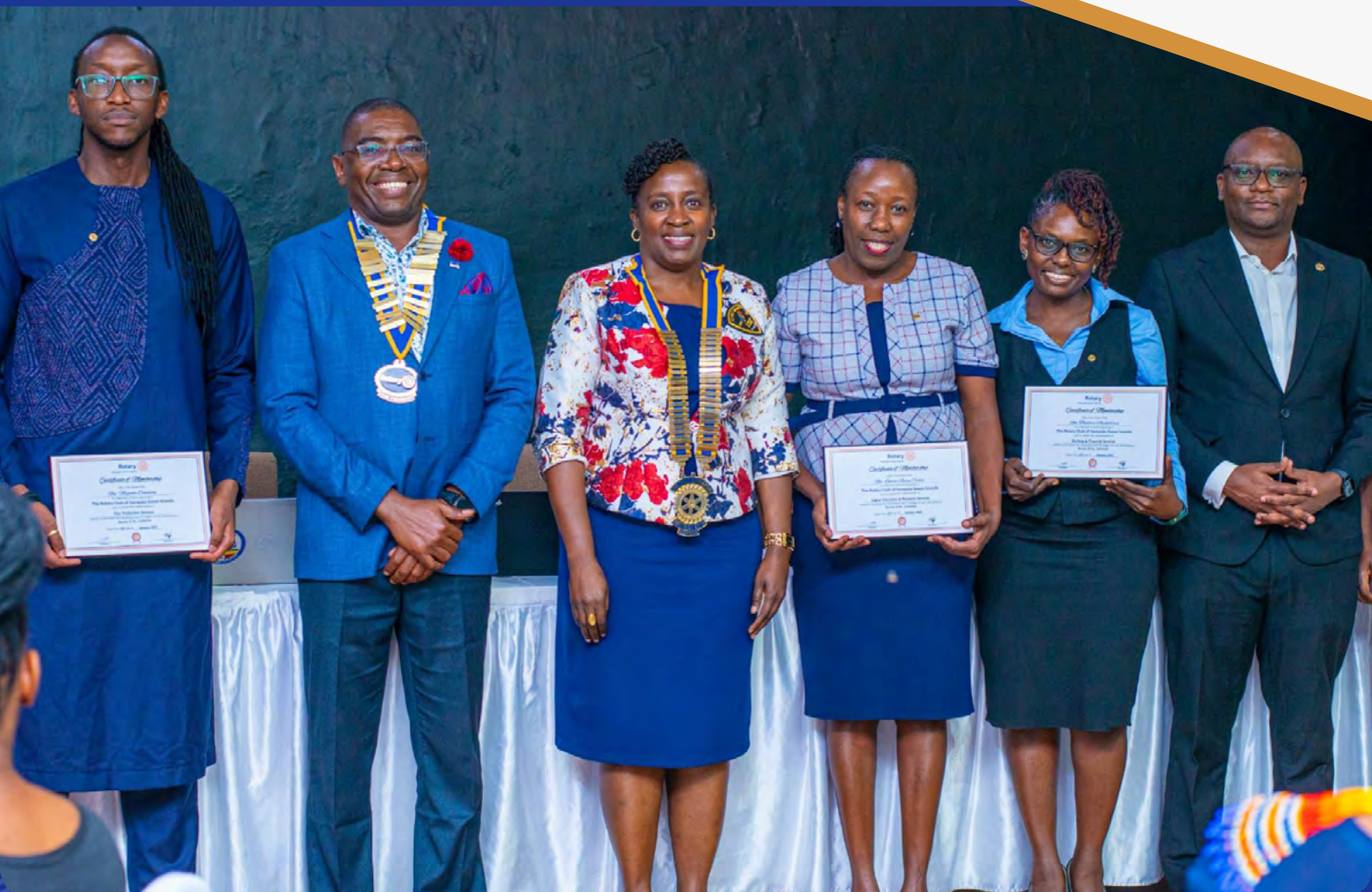
Naalya Food Bulletin

28th January 2025

Rotary
Kampala - Naalya



Issue 28 | 2025



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EDITOR'S NOTE



Dear Reader,

The school season is back with the hustle and bustle of new schedules and activities. Amidst all these responsibilities don't forget to prioritize your own well-being.

As we end the Vocational Service month, let us continue using our professional skills to help others and possibly address community needs.

This Tuesday we will hold our **Club Assembly** where we shall among other things choose our new Leaders.

Enjoy this week's Bulletin and please feel free to reach out to our Editorial team for any comment or feedback.

Keno Lillian - Bulletin Officer

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Feedback

We'd love to hear from you about any of our stories this year 2024. Contact the Bulletin Officer: **+256 782 601 009** or Email **rcklanalyafoodbulletin@gmail.com** or **tap on the buttons** below



Tap to send us a WhatsApp



Tap to visit the Club Website



President's Message

RTN SYLVIA JAGWE OWACHI
Club President 2024-2025



Dear Rotarians and Friends,

Rotary clubs worldwide undertake a variety of service projects in Rotary's areas of focus i.e. Maternal and Child health, Water, Sanitation and Hygiene, Disease Prevention and Treatment, Peace Building and Conflict Resolution, Environment, Basic education and Literacy and Community Economic Development. Service projects are aimed at addressing local challenges within the community. Since service projects are at the heart of every club we agreed to have a meeting dedicated to each of our projects to align members on what has been done so far and what more needs to be done.

Last week we invited the Headmistress of St Mbaaga Primary School one of the projects that the club is involved in under the

Boy Empowerment Project. The project aims to boost nutrition and teach boys vegetable cultivation skills and compliment in providing nutrition and practical skills development. The project plans to train 300 students, with 100 annually participating in a vertical garden project

“

**We will also
be electing
the President
Nominee
Designate.**

at the school and replicating it at their homes. They will also learn about crop rotation on rented land at Namakofu, Ziobwe.. The produce from the farm will supplement the school feeding program.

In addition, under the plant your balance initiative the club assisted the students set up an orchard and planted 60 fruit trees. The headmistress advised that the students are very engaged in the projects and expressed her gratitude to the club on the partnership. A big thank you to Rtn Joachim Buwembo who has been at the forefront of this project and I do call upon other members

to join in to ensure that we can achieve what we set out to do.

Each Rotary Year runs for 12 months starting 1st July. We are already past our half way mark and it is time to take stock of what has been done so far and what needs to be done in the remaining months. In our meeting this week which will be a Club Assembly will be sharing our Half year Performance and I must say it has been a roller coaster with lots of activities under the different directorates.

We will also be electing the President Nominee Designate. In Rotary leaders serve for only one year and we have a 3-year succession plan both at Club level and District level for Presidents and Governors respectively. With the President Elect, President Nominee and President Nominee Designate known well in advance it allows for a smooth transition across the years.

Enjoy our bulletin and be blessed !!!.



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Jinja is getting **READY**, Are You?

As I was raising my glass to the blessings of a New Year, I also took a moment to think about the big items on my 2025 to-do list, and – Boom! DISCON 100 jumped out at me as the make-or-break for 2025. To those who have registered and paid, thank you.

To all those still making considerations get ready, we are going to spend the next few weeks breaking down your hesitation when we share the amazing lineup of speakers, the memorable tours and travels Busoga Tourism has to offer, and the happiness and fun the theme nights will deliver to all delegates. Jinja is getting Ready, are You? Let's GO!

~ **Rtn Henry Rugamba**
DISCON 100 Chair



Be Part of the *House of Friendship* to Showcase, Network, and Celebrate Impact



BY **RTN SYLVIA NANKYA**

Rotarians, Rotaractors, and community enthusiasts are invited to participate in the **House of Friendship**, a vibrant and engaging hub at this year's District Conference and Assembly (Discon).

Taking place from April 9 to April 13, 2025, the House of Friendship offers a unique platform to showcase your products, services, or programs, while networking with like-minded individuals and organizations.

An integral part of the conference, this exciting exhibition promises to draw thousands of visitors daily, providing unparalleled opportunities for exhibitors and attendees alike. With nearly 95 per cent of conference-goers expected to visit, it's the perfect stage

to connect with Rotary leaders, activists, and People of Action.

Why You Should Join:

1. Marketplace:

Experience a diverse shopping area offering Rotary-branded items, crafts, drinks, clothes, and more—all in one central space.

2. Exhibitions and Booths:

Showcase your business, service, or program while engaging directly with potential buyers and partners.

3. Networking and Fellowship:

Meet fellow Rotarians and Rotaractors in a warm, collaborative environment to exchange ideas and form meaningful relationships. Exhibitor Packages:

- **Exclusive Pagola Tent (5x5):** Cost: UGX 175,000 per day (UGX 525,000 for three days). Includes a tent, one table, two chairs, and electricity.
- **Shared Pagola Tent (5x5):** Cost: UGX 90,000 per person per day (UGX 270,000 for three days).

“

Taking place from April 9 to April 13, 2025, the House of Friendship offers a unique platform to showcase your products, services or programs...

Includes shared space with two tables, four chairs, and electricity.

Event Schedule:

Wednesday, April 9: 8:30 AM – 6:30 PM
Saturday, April 13: 7:00 AM – 4:00 PM

To secure your spot, contact:

Rtn. Julie Kamuzze-Musoke: 0772 586200 | jkamuzze@gmail.com

Rctr. Innocent Kiiza: 0776 510027 | kiizainnocent@gmail.com

Join us in Jinja for four unforgettable days of friendship, fellowship, and impact. Don't miss the chance to connect with enthusiastic conference-goers, showcase your innovations, and be part of a legacy 100 years in the making!

Don't miss this chance to be part of Rotary's legacy while making connections that last a lifetime.



CALL FOR VOLUNTEERS

Calling upon Rotaractors and Rotarians to volunteer as Sergeants at Arms

Roles and Responsibilities:

- Maintain order and decorum.
- Enforce Rotary protocol and tradition.
- Oversee the registration desk and welcome conference attendees.
- Provide information and direction to attendees.
- Control the crowd in the plenary & breakout sessions and social events.
- Provide a positive, respectful, and productive environment for Discon 100 delegates.

Required skills:

- Attention to detail
- Multitasking
- Prioritises duties
- Time management
- Good communication skills with discretion and tact to handle confidential information

To register please contact:

Rtn Prosscovia

DISCON SAA – +256 772 858801 or your Club President.



Rotary
Kampala-Naalya



A SMILE THAT COULD LIGHT UP A ROOM, A HEART
THAT WAS ALWAYS KIND, A FRIEND WHO TOUCHED
OUR LIVES AND LEFT A MEMORY THAT WILL
ALWAYS SHINE.

REST IN ETERNITY
PAG SAM NSIYONA

Tentative send off program

1. Tuesday January 28, 2025
Rotary fellowship 4pm - 6pm
Memory Lane for PAG Sam Nsiyona at Mamerto Hotel.
Thereafter Body will be taken to his home in Bweyogerere Kakajjo for Service and vigil.

2. Wednesday January 29, 2025 -
Funeral Service at St Luke Kakajjo
starting at 10.00am and later body to ancestral home Bukaye Iganga (11km from Iganga town).

3. Burial on Thursday January 30, 2025 at 2pm



Improve your Rotary Knowledge and Leadership Skills

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For Payments send to (DO Not Call)

Sylvia Kizito Nakajjugo on 0789 913 242 or 0708 691 213

Deadline: 25th JAN 2025. Email: infoatrluganda@gmail.com



Appreciating Vocational Service

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

I was involved in a study to contribute to an understanding for increasing trends in HIV/AIDS in Karamoja and Karamojong Street children in major urban centres some years back.

In the course of this study, as a team, we met with the Catholic Sisters in Moroto who are managing a centre which looks after abandoned children, feeding malnourished children and mothers. The demands and requirements for this centre to deliver services were enormous. Yet, these Catholic Sisters are also depending on charity. However, the Superior General, Sister-in-Charge, of the Centre was cheerful.

She stated that, "what keeps us cheerful is the fact that we can save lives and put smiles in the little ones." Behind the cheerfulness, clearly, you can notice that there



is a driving force. This driving force is the presence of a calling.

“

...appreciating of vocation services comes too from the above. These are gifts given to us to be used for the betterment of humanity”

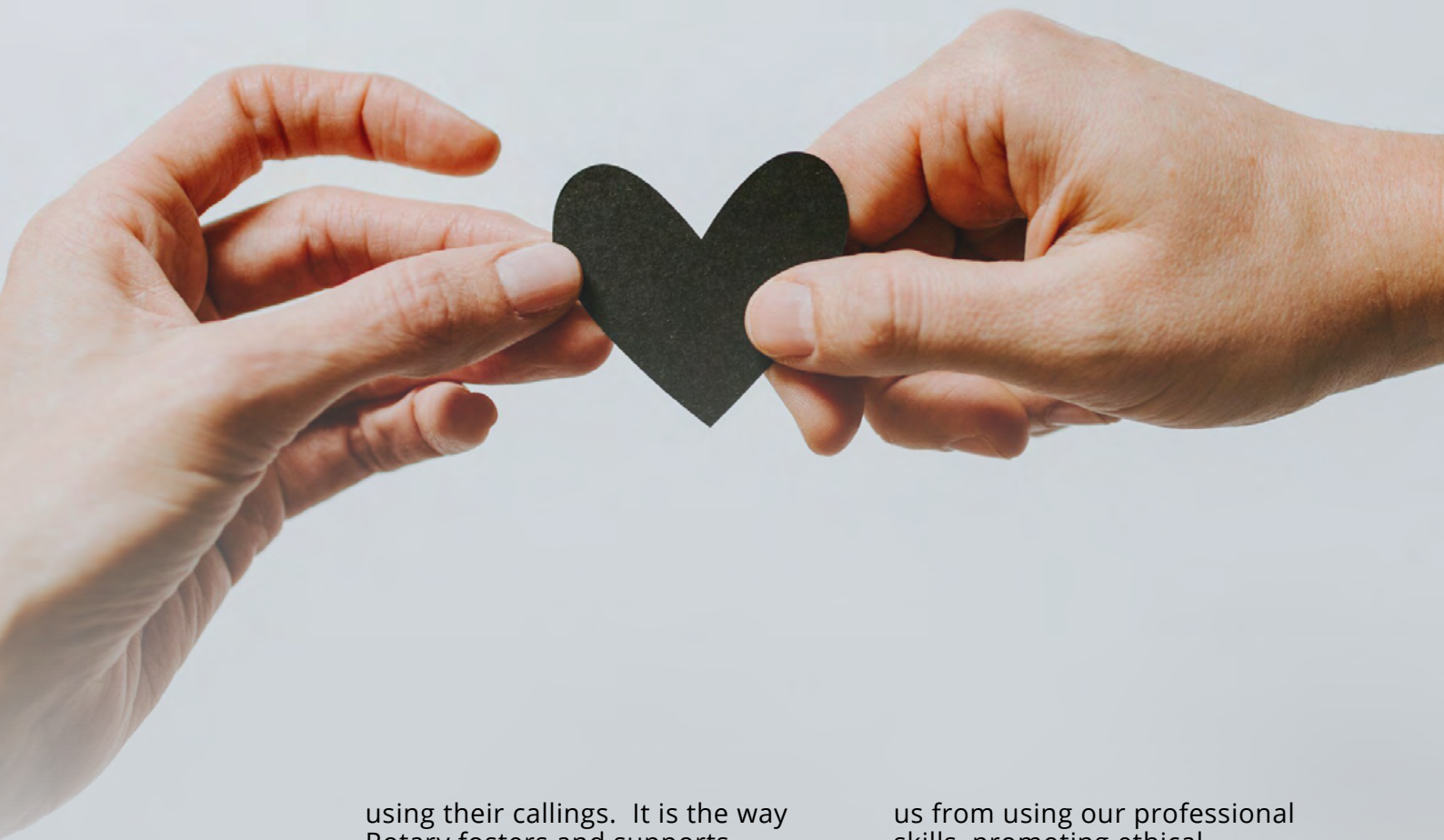
Similarly, to offer vocation service in Rotary, it comes as a calling. As put in Latin, the word vocationem (vocation) literally meaning "a being called,". Martin Luther, in his writings, contend that, "the labour put in vocation

service is motivated by higher intentions." This suggest that there are things a person does

for the betterment of others which cannot be easily explained. There is a force behind them. Hence, doing good for others is a calling. When you use your occupation to help others, you are responding to a calling. In this way, you are cooperating with the Creator. So, appreciating of vocation services comes too from the above. These are gifts given to us to be used for the betterment of humanity.

Rendering vocation service brings a sense of purpose not only to the giver but to the larger society. One fulfils that part of society that she/he is called to be. Living life on purpose is directed toward both one's personal flourishing and the common good. Also, for one to give a vocation service, it comes after one has gone through the nurturing of the contemplative self- self attentiveness, listening and judging. Questioning self, should I or should I not?

What rotary has done this month is to give Rotarians an opportunity to create vibrant communities



using their callings. It is the way Rotary fosters and supports the application of the Ideal of Service to the pursuit of all vocations. This is a responsibility shared by both the Rotary Club and its members. As a Rotarian, ask yourself, “this month, where and how I have used my calling?” As a Club, members, ask yourselves, “which community have we reached out to?” The world today needs people who can choose the paths where gladness meets the needs of others.

The cheerfulness of the Moroto Catholic sisters amidst “scarcity” is a challenge to us. In case you have not acted this month, you need to be reawakened. Let us start nurturing our life experiences to be of service to others. Truly, nothing stops

us from using our professional skills, promoting ethical standards, recognizing the value of all occupations, connecting with professional networks, and helping others find new opportunities.

May the “sleeping” magic of rotary in us wake up. We can do more exceedingly. May we, both at club level and personal level, be compelled to engage more.



CLUB ASSEMBLY AND ELECTION OF NEW LEADERS



January 28, 2025 7 P.M.



NDERE CULTURAL CENTRE

DG Anne Applauds RC Kiteezi's Transformative Impact and Resilience



BY RTN ROBERT WALAKIRA

DG Anne Nkutu on Friday pulled up at RC Kiteezi, inducted two new members, collected a cheque for USD 1,540, and gave props to **Charter President Fredrick Ssempebwa** for achieving PHF+4 status, as well as to **Magical President Maria Musoke** for leveling up to PHF+1.

“

DG Anne highlighted how the club demonstrated the true essence of humility that Rotary embodies.

The Governor also expressed her gratitude for the club member's generosity and unwavering dedication in supporting St. Paul's Kitagobwa Primary School through the provision of a computer lab, a library, and the training of young girls in creating reusable menstrual pads.

In her presentation, President Maria thanked the many Rotarians, including HCP Fredrick Kitandwe from the Rotary Club of Kasangati and Magical Presidents from RC Kasubi, RC Kira, RC Kampala Early Bird, Kampala Morning Stars, Manyangwa - Nakweero, Kawempe, Kampala East, Life Stars, and Kasangati, who had sacrificed their Friday to attend the DG's visit to RC Kiteezi, a club she referred to as "a village club."

When it was her turn to speak, DG Anne remarked, "Given the impressive projects

the club is undertaking, President Maria's description of her club as a 'village club' differs from my own. It is not a village club, but rather a club situated on a village road marked by potholes, yet still making a significant impact through its projects."

The projects at Kitagobwa Primary School were officially handed over by the Governor and were funded with a generous 35 million Shillings predominantly contributed by members of RC Kiteezi and corporate sponsors.

The Governor expressed sincere gratitude to the members for their steadfast support in the rejuvenation of the school in their community.

Gov Anne acknowledged that, for some, RC Kiteezi and the Kiteezi KCCA waste dumping site are synonymous, but expressed gratitude for the club's swift and selfless support to the community during the Kiteezi landfill disaster which claimed more than 30 lives when a huge

hill formed by the build-up of rubbish collapsed and buried several houses on the edge of the site in August last year.

City authorities said that the 36-acre (14-hectare) landfill, which has served as Kampala's primary waste disposal site since 1996, collapsed after a structural failure in waste mass.

DG Anne highlighted how the club demonstrated the true essence of humility that Rotary embodies.

Despite being only two years old, RC Kiteezi made a remarkable impact in responding to the disaster, praised the club for representing the entire Rotary family with great distinction.

Three people from the community (non Rotarians) got props for putting in countless hours collecting relief donations from different spots, sorting them out, and getting them to those who needed them most in record time.

Through the club newsletter, The Useful Kasasiro, RC Kiteezi is teaching the residents how to turn the waste dumped in the area into valuable products.

Pictorial - DG's Trail



Rotary Remembers **Bill Boyd**: A Humble Visionary and Champion of Service

BY RTN SYLVIA NANKYA

The global Rotary community is mourning the loss of Rotary International Past **President Bill Boyd**, who passed away on January 22.

Bill Boyd, a celebrated leader and the second New Zealander to hold the prestigious position of Rotary International President during the 2006/2007 Rotary year, leaves behind a legacy of exceptional service and dedication to humanitarian causes.

Bill Boyd's contributions to Rotary spanned over three decades, during which he championed initiatives that shaped the organization's impact worldwide. From his instrumental role in Rotary's fight against polio to his advocacy for clean water and sanitation, Boyd embodied Rotary's commitment to "Service Above Self."

A Humble Leader Remembered

Rotary International Director Nominee Emmanuel Katongole, a distinguished Ugandan



Rotarian, paid a heartfelt tribute to Bill Boyd, recalling his humility and inspiring leadership. Boyd's presidency coincided with significant leadership in Uganda's Rotary circles, with Francis Tusubira (Tusu) serving as District Governor, Bob Waggwa Nsibirwa leading the Rotary Club of Kampala North, and Katongole presiding over the Rotary Club of Muyenga.

During Boyd's term, he visited Uganda, and Emmanuel had the honour of being his driver. He

fondly remembered Boyd's unassuming nature, recounting how their chats during trips revealed a man who treated everyone as equals. "He never waited for anyone to open the door for him; he would always do it himself," Katongole shared.

Even in subsequent meetings, Boyd's warmth and humor shone through. Emmanuel recalled jokingly reminding him, "I am your African chauffeur," a comment that would always bring laughter. "Bill's leadership and profound impact on Rotary will always be remembered and deeply missed," Emmanuel added.

A Lifetime of Service

Bill Boyd's extensive contributions to Rotary included:

- Serving as Rotary Foundation Regional Coordinator for Australia and New Zealand (1989–1991).
- Chairing the Rotary International Communications Committee and Regional Magazine Editors Conferences.
- Serving as Rotary International Director



(1998–2000) and Treasurer of Rotary International (1999/2000).

- Chairing numerous committees, including those focusing on literacy, water, and peace programs.
- Serving as a Trustee of The Rotary Foundation (2008–2012) and chairing the foundation in 2011/2012.
- Chairing the Water and Sanitation Rotarian Action Group (2012–2018).

His service to humanity earned him numerous accolades, including the Rotary Foundation's Distinguished Service Award, the Citation for Meritorious Service, and a Distinguished Service Award from Rotary Down Under. Beyond Rotary, Boyd's dedication to community service was recognized with the Queen's Service Order in New Zealand's 2007 New Year's Honours List and his appointment as a Companion of the New Zealand Order of Merit in 2013.

Pakuranga Rotary, Boyd's home club, remembers him as a committed Rotarian whose name will forever be linked to the fight against polio. Members also pay

tribute to his humility and dedication, recalling how, upon concluding his international service, he returned to the club as "Bill Boyd – Magazine Distribution," ready to continue serving in any capacity.

Bill Boyd was a multiple Paul Harris Fellow and a complete embodiment of the Rotary spirit. His passing is a profound loss to the global Rotary family, but his legacy lives on in the lives transformed through his work.

The Rotary community extends its deepest condolences to Lorna and the Boyd family. While we mourn his loss, we also celebrate a life of extraordinary service and impact.

Funeral arrangements will be communicated in due course. **Rest in peace, Bill Boyd—a true Rotarian.**



Unforgettable evenings IN CALGARY

Get your cowboy hat! Your Rotary pals in friendly Canada are excited to welcome you to signature convention events, including dinner in their homes, a country music jamboree, and boot-stompin' celebrations of the Western culture in Calgary.

"We're a big small-town city, and so the hospitality we have, the ticketed events, the experiences — they will be fantastic," says Mark Starratt, co-chair of the Host Organization Committee for the Rotary International Convention 21-25 June.

Grandstand Spectacular, 21 June

This night of showmanship includes Indigenous hoop dancing, toe-tapping music, and horseback relay races.

Rockin' the Big Tent, 22 June

Country music fans and people who want to sample Calgary's Western charm will enjoy the honky-tonk beats and twangy guitars. The concert is billed as the night "Rotary rocks the roadhouse" in the Nashville North tent.

New Blood with the Calgary Civic Symphony, 22 June

The dance show features Peter Gabriel's music and explores Blackfoot traditions through the story of a man who survived a government residential school for Indigenous children.

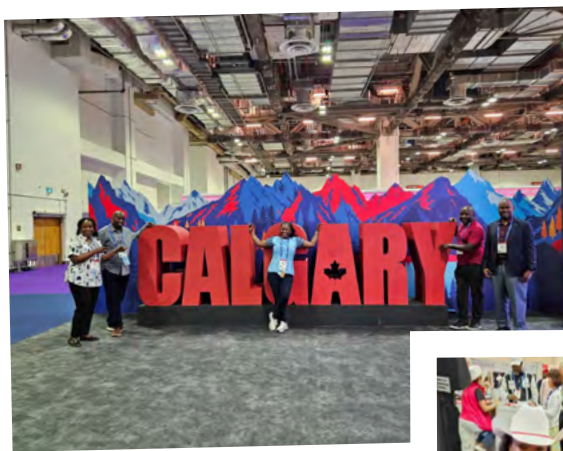
Host hospitality evening, 23 June

For this convention favorite, members invite Rotary visitors to their dinner tables, restaurants, or other venues to "break bread and share in fellowship," Starratt says.

Western Ranch Showcase, 24 June

You may notice you're holding your breath from excitement when you watch bronc riding of the "wildest, orneriest, out-of-line" horses. The organizers advise, "Pull down that hat brim and hold on tight."

This story originally appeared in the January 2025 issue of Rotary magazine.





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Violence – Lessons for musicians from Ugandan soccer

BY RTN. DENIS JJUUKO



A few decades ago, Ugandans would turn up in large numbers to catch a soccer match at Nakivubo Stadium or wherever some of Uganda's top clubs were playing. The rivalry between SC Villa, Express FC and KCC (precursor to KCCA) was unrivaled. It was tense. None of those teams wanted to lose against the other. Fans were worked up, each leaving no stone unturned in their fervent support for their respective clubs.

At some stage, the fanaticism turned violent. Unhappy about a referee's decision would

see stones being hurled at him. Rival fans would turn to each other. It became bloody. Increasingly, fans started keeping away.

“

The musicians who didn't understand that their careers are short lived have been camping in Gulu looking for the opportunity to beg Gen Salim Saleh..

At the time, UTV (now UBC) had started broadcasting Football Made in Germany but the German Bundesliga wasn't much competition for the Ugandan league.

Then TV stations were liberalized in the early 1990s leading to the establishment of privately owned stations. In order to lure audiences, they started broadcasting the

English Premier League for free and on a loop. If you missed a match over the weekend, on Monday morning it was being repeated.

We had moved from black and white television to color. We could tell the color of the jerseys and enjoyed the aesthetics that the English Premier League TV production brings. We didn't realize that a 14- or 21-inch screen was such a small thing to enjoy football!

Ugandan soccer has never fully recovered from that even though the numbers of fans that watch the Ugandan league is improving. Masaza Cup and Uganda Cranes matches have huge turn ups, so there is hope.

The dip in numbers and the suffering Ugandan soccer has gone through partly because of violence should not be oblivious to Ugandan musicians. During the festive season, *Alien Skin* introduced violence perhaps unheard of in the Uganda music industry. At several events, he would arrive with a gang who would force

off whoever they found singing on stage and take over.

At one stage he asked where his fans were standing and his gang jumped on those who either didn't put their hands up or booed him. It was chaos. Some people must have been injured.

Unlike musicians like Lydia Jazmine who didn't fight back whenever Skin attacked, Pallaso would have none of it. And the fight was extended to the home with rival gangs attacking each other. Cars were destroyed.

Like the violence that happened in soccer, if the musicians continue fighting and beating those who are perceived not to be their fans, the revelers would find better options to spend their time and money. The losers would be the musicians.

Like sportsmen, the career of a musician is about 10 years, for those who are lucky to make it that far. Otherwise, the majority don't go beyond five years. The musicians who go beyond 10 years are the exception and they are always in their minority.

In fact, after a musician attains the age of 45, most likely they cease producing hits and only rely on their old songs with a mix of a few new one to attract audiences. Fans attend partly for nostalgic

reasons. That is why Fred Ssebatta who used to fill Nakivubo Stadium now performs at Serena for under 1,000 people who are his loyal fans.

This is a global phenomenon. Otherwise, when did Stevie Wonder or Lionel Richie or Madonna last produce a global hit? They still produce music but the songs receive lukewarm receptions. Like sportsmen such as Michael Jordan or David Beckham, they rely on other investments. Their personal careers as musicians and sportsmen ended long ago.

The same will happen to the current crop. Bebe Cool released a new song the other day but it is yet to gain traction. It might not. He is past the age that produces music that attracts large audiences. Afrigo relies on its decades-old music. Chameleon may never be able to compete again with the current lot that is making the waves. Bobi Wine already understood this and quit music for politics. Ragga Dee tried politics, failed and is now an always in Gulu lobbyist!!

The musicians who didn't understand that their careers are short lived have been camping in Gulu looking for the opportunity to beg Gen Salim Saleh, who has now turned to issuing hand

written notices that they should leave him alone. Perhaps tired of issuing these notices, he rebuked them publicly the other day. He sees no value they bring to him.

Musicians earn more money than average workers during their short careers and they can use it to build real wealth. If they turn to destroying their 15-year-old cars that they are driving during their prime, what would they drive when their careers end in a few years?



The kind of apartment that I saw where Skin lives during his prime shows the kind of life he will live when his bubblegum music stops paying. He had better save whatever money he is making now. He could attack Pallaso or whoever by composing lyrics that wow his fanbase and endure him to more people. He would earn more from that and spend less on gangs and repairs on already old cars.

But the entire music industry should take lessons from soccer. Violence will not endear fans to the musicians. It will keep them away.

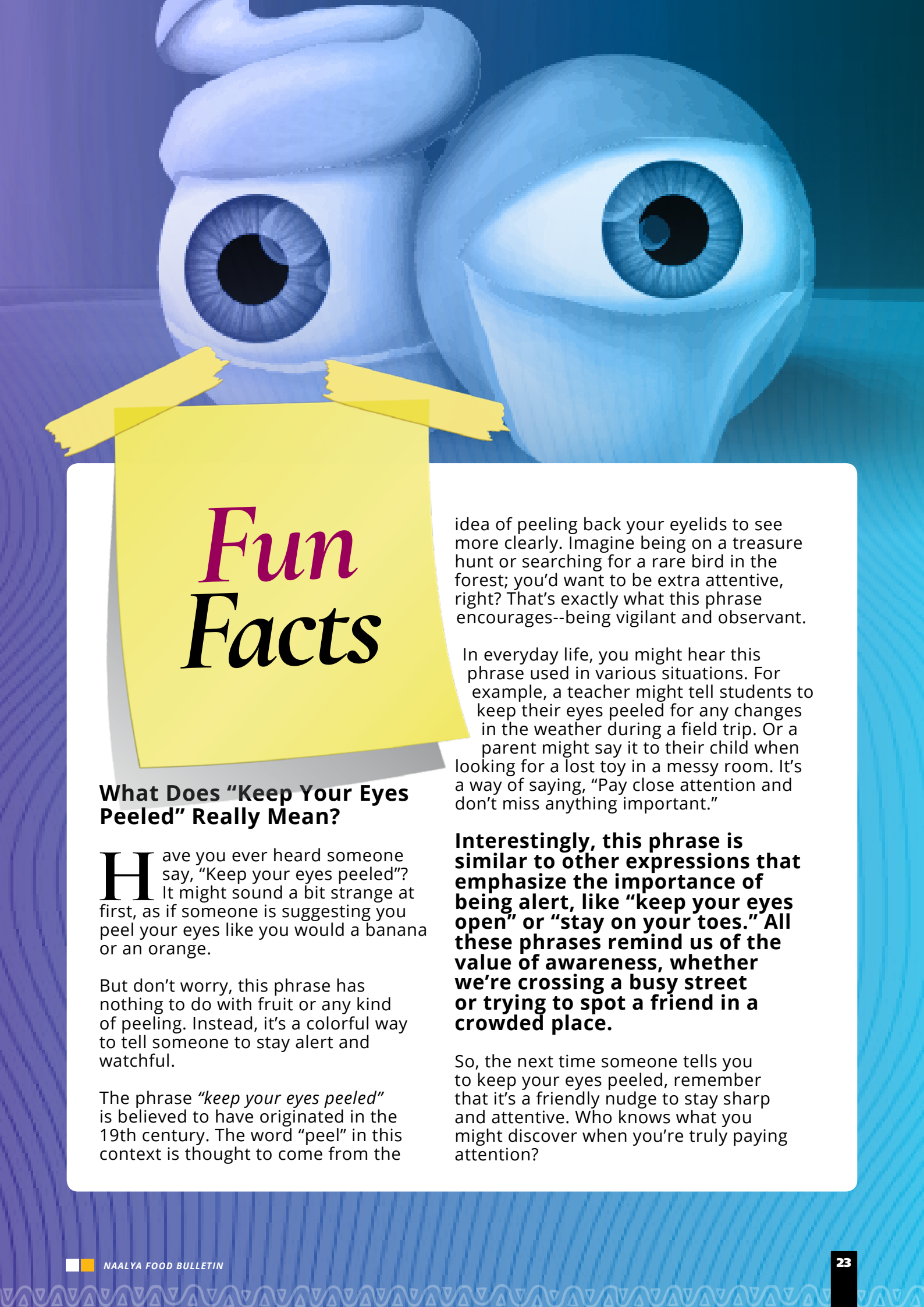
The writer is a communication and visibility consultant. Email: djjuuko@gmail.com



Aluminium and Metal Fabrication



Najjera- Buwaate Rd, Kira
+256 75 811 1409 +256 740 863 399
vipventuresltd@gmail.com



Fun Facts

What Does “Keep Your Eyes Peeled” Really Mean?

Have you ever heard someone say, “Keep your eyes peeled”? It might sound a bit strange at first, as if someone is suggesting you peel your eyes like you would a banana or an orange.

But don’t worry, this phrase has nothing to do with fruit or any kind of peeling. Instead, it’s a colorful way to tell someone to stay alert and watchful.

The phrase “*keep your eyes peeled*” is believed to have originated in the 19th century. The word “peel” in this context is thought to come from the

idea of peeling back your eyelids to see more clearly. Imagine being on a treasure hunt or searching for a rare bird in the forest; you’d want to be extra attentive, right? That’s exactly what this phrase encourages--being vigilant and observant.

In everyday life, you might hear this phrase used in various situations. For example, a teacher might tell students to keep their eyes peeled for any changes in the weather during a field trip. Or a parent might say it to their child when looking for a lost toy in a messy room. It’s a way of saying, “Pay close attention and don’t miss anything important.”

Interestingly, this phrase is similar to other expressions that emphasize the importance of being alert, like “keep your eyes open” or “stay on your toes.” All these phrases remind us of the value of awareness, whether we’re crossing a busy street or trying to spot a friend in a crowded place.

So, the next time someone tells you to keep your eyes peeled, remember that it’s a friendly nudge to stay sharp and attentive. Who knows what you might discover when you’re truly paying attention?

Family Matters



BY PASTOR RONNIE MUTEBI

Matthew 17:27
Notwithstanding, lest we should offend them, go thou to the sea, and cast an hook, and take up the fish that first cometh up; and when thou hast opened his mouth, thou shalt find a piece of money: that take, and give unto them for me and thee.

THE ABUNDANCE MINDSET

Ever wondered how the world's billionaires layout the principles by which wealth is built? One of the secrets to building wealth is to adopt an abundance mindset.

By nature, the world approaches wealth from a scarcity mindset. This

(KJV):

“

By nature, the world approaches wealth from a scarcity mindset.

This is the foundation of how we view economics

is the foundation of how we view economics, which is, after all, the study of how people distribute scarce resources. Question is by what understanding did such a definition come into the dictates of life's economics?

The theme scripture clearly shows that, God repeatedly demonstrates that He does not operate from a position of scarcity.

When Peter's master told him to cast a hook and retrieve a coin from the mouth of a fish, it's important to note that this coin was not part of Caesar's economic plan of the time.

What message was God communicating through this event?

He was showing them that choose to believe that He operates above human resources and budgets. What people consider scarce is never scarce to God. He can provide what has not been accounted for by human analytics or statistics.

This is the same attitude you must cultivate.

TAKE HOME: View wealth through the lens of God's infinite provision and wisdom rather than as something you must struggle to build with the limited resources available in the world.

Always be grateful and understand that it is God who teaches how to make wealth. Your mind does live in a non-defined solitary sphere free from divine enablement. Be an attentive student of the wealth principles. Never allow your meditations to tap into the lack and scarcity frequency, lift your eyes above the limitations of this world's resources and trust God to bring out the best in you.

Rotary
Kampala-Naalya



HAPPY
Birthday

CP Francis Lakor





Outgrown!

BY RTN PAMELA
KAWADDWA

I have outgrown many things.

I have outgrown relatives who gladly offer criticism but not support.

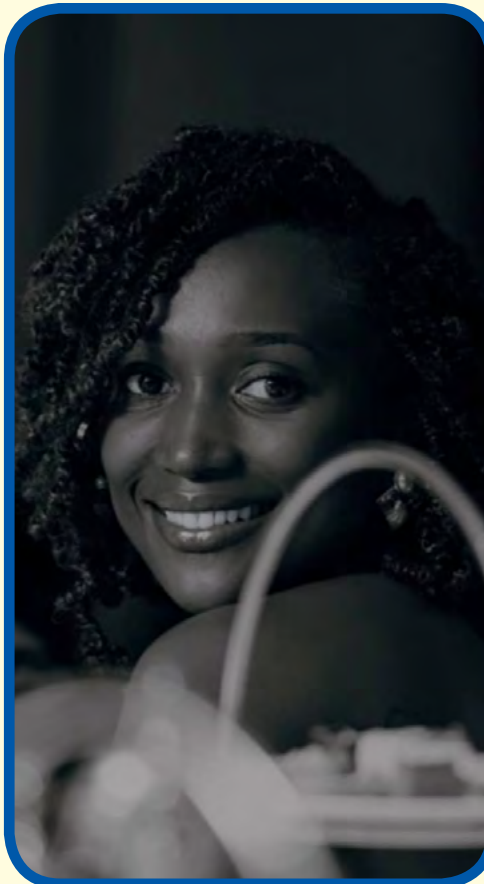
I have outgrown my need to meet the family's unrealistic expectations of me.

I have outgrown girls who wear masks and secretly rejoice at my mistakes.

I have outgrown shrinking myself for those who are intimidated by my intelligence and outspoken nature both.

I have outgrown friends who can not treat me as a priority in their lives, to whom I am an option, and by the way.

I have outgrown people who conveniently disappear whenever life gets a little dark.
I have outgrown those who take pleasure in gossiping and spreading negativity.



I have outgrown dull, meaningless conversations that feel forced and unauthentic.

I have outgrown, trying to please everyone.
I have outgrown my tendency to fill my mind with self-doubt and insecurity decades ago.
I have outgrown, trying to find reasons not to love myself unapologetically.
I have outgrown anything and anyone who does not enrich the essence of my soul.

I have outgrown many things, and I've never felt freer.

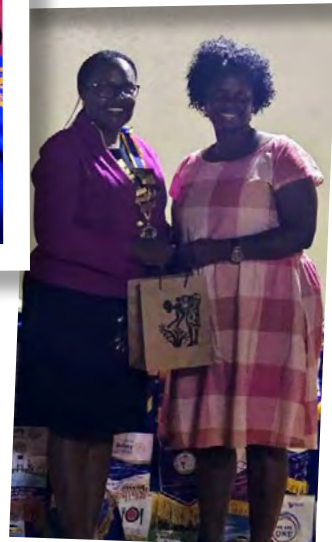
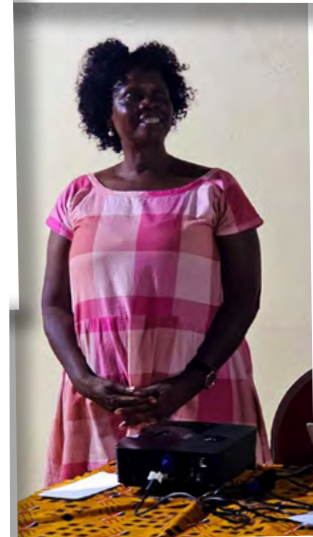
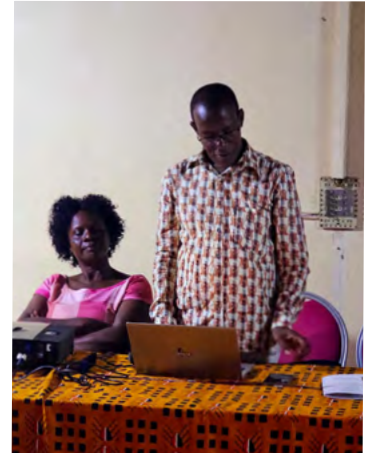
You, too, can outgrow some unwanted things in your life.

It's your call 2025!

Till again.

Phwyy

Last week's fellowship





SAVE THE DATE

Healing in a Divided World PRESIDENTIAL PEACE CONFERENCE

Istanbul, Turkey • 20-22 February 2025

Learn more at rotary.org/istanbul25



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

Visit to RC Kampala Sseese Islands



Visit to RC Wakiso





DG's Official VISIT

ANNE NKUTU

TUESDAY

28th Jan 2025

Venue:

St. Paul Hotel, Kasana

Time:

1:00PM

The Rotary Club of Kasana-Luweero warmly welcomes you to the beautiful land of pineapples! Feel at home and embrace the true spirit of Rotary – where friendship and service come together. We're delighted to have you here!

Rotary

District 9213

DISTRICT
GOVERNOR
ANNE NKUTU

WEEKLY SCHEDULE

MON 27 JAN - SUN 02 FEB 2025

28
JAN

DG's Official Visit to RC Kasana Luweero

St. Paul's Hotel Kasana
6.00p.m.

29
JAN

DG's Official Visit to RC Jinja Metro

Ci'Sand Suites Hotel Jinja
7.00p.m.

DG's Official Visit to RC Lugazi Central

Stone Castle Inn, Lugazi
3.00p.m.

30
JAN

DG's Official Visit to RC Busia & Busia Borderline

Busia Goldstar Resort Hotel
6.00p.m.

01
FEB

State of the District Address

Virtual Meeting
8.30a.m.

Rotary District 9213



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Dr Francis Lakor



Enid Kabuunga



Fathila Nanozi



Betty Doreen Namono



Herbert Oloka



Theopista Fokukora



Grace Mutungi



Joachim Buwembo



Pamela Kawaddwa



Johnson Akanyijuka



Keno Lillian



Ruth Mugisha

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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