

Naalya Food Bulletin

4th February 2025

Rotary
Kampala - Naalya



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State of the District:
Celebrating Records



The Club's Directors &
Officers 2025 - 2026

EDITOR'S NOTE



Dear Friends,

The Editorial team welcomes you to the month of February. The theme of the month is a reminder to all Rotarians to deeply reflect on Peace and conflict prevention, thereby empowering and providing communities with the skills to resolve conflicts. This can be done through Peace Fellowships and service projects among other avenues that can foster peace.

In her message for this month RI President Stephanie Urchick highlights among others, the importance of Rotary peace fellowships.

Also, in this issue of the Naalya Food Bulletin, get to know our Club Directors and Officers for 2025-2026 Rotary Year. The women in Rotary 2025 is also around the corner (8th March 2025) save the date and we look forward to your attendance and participation.

Happy New Month.

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



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BY STEPHANIE A. URCHICK
PRESIDENT ROTARY
INTERNATIONAL

FEBRUARY 2025

This month, as we come together for the International Assembly and the Presidential Peace Conference, we celebrate *The Magic of Rotary* — a unique blend of global connection, vision, and action that empowers us to create lasting change.

One of the most inspiring examples is our Rotary Peace Fellowship program, a cornerstone of Rotary's mission to build a more peaceful and just world.

For more than 23 years, Rotary Peace Fellowships have been transforming communities. Our Rotary Peace Centers, hosted at leading universities around the globe, have educated over 1,800 fellows who now work in more than 140 countries.

These centers cultivate expertise in fields like conflict resolution, sustainable development, and peacebuilding, preparing fellows to tackle some of the world's most pressing challenges. This program exemplifies how Rotary turns vision into action, creating a ripple effect of hope and change.

This month during the Presidential Peace Conference, we celebrate a significant milestone with the opening of our newest peace center in Istanbul. This center will focus on training leaders to address peacebuilding challenges in the Middle East and North Africa, further extending Rotary's impact.

Peace fellows are dedicated champions of transformation, addressing



Rtn Stephanie Urchick
RI President
2024 - 2025

“

Our Rotary Peace Centers, hosted at leading universities around the globe, have educated over 1,800 fellows who now work in more than 140 countries

critical issues such as refugee resettlement, youth and women's empowerment, and reconciliation in conflict zones. Many founded vital organizations or hold leadership roles in governments, nongovernmental organizations, and international institutions like the United Nations and World Bank.

One inspiring story is that of Ntang Julius Meleng, a 2024 Rotary Peace Fellow at Makerere University in Uganda. Through his Social Change Initiative, Julius has worked to empower young people in Cameroon to take active roles in peacebuilding and leadership.

His project provided training in conflict prevention, civic engagement, and leadership to youths and community officials in areas affected by conflict, equipping people to drive sustainable peace efforts.

Julius harnessed Rotary's global network to overcome obstacles, including limited funding and security risks, and make a meaningful impact.

The Rotary Peace Fellowship gave Julius the tools and support to turn his vision into reality. His work embodies *The Magic of Rotary* — the transformative power of connecting people, sharing resources, and uniting for a common purpose.

As we reflect on the achievements of our peace fellows and celebrate Rotary's enduring commitment to peace, let us also recognize the role that everyone in our network of 1.2 million members plays in creating magic through service.

Together, we can amplify our impact, inspire new generations of leaders, and build a brighter, more peaceful future.



Peacebuilding and Conflict Prevention

February 2025 Calendar



Feb 4

My First RYLA Experience
Rtr Pius Kisuze and RYLA participants

Feb 11

Humor, Love and Harmony;
Communication insights that Connect us
all- Rtn Peter Simon Nyanzi

Feb 18

Myths, Facts and the Truth about
writing your will-Why it matters now
Sheila T. Birungi

FEB 25

Games Fellowship at Arches Gardens

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Rotary Club of Kampala Naalya

President's Message

RTN SYLVIA JAGWE OWACHI
Club President 2024-2025



Dear Rotarians and Friends,

Happy New Month!!! and welcome to the month of February which in Rotary is dedicated to Peace and Conflict Prevention Resolution. Rotary creates environments of Peace by carrying out service projects that address the underlying causes of conflict and supporting peace fellowships and scholarships.

Last week at our meeting / club assembly I presented the status of the club and our plans for the future. As a club we have had several wins in terms of membership growth, The Rotary Foundation giving, Leadership Institute graduates, Governance structures and documentation and

expanding our reach in the communities through different service project activities. The District Governor also did the same last Saturday morning taking Rotarians through what has been achieved at district level. All in all, it has been a marathon of activities and we are now running the last lap ensuring that the goals we set are all achieved.

“

February is also the month of Love and we have lined up very interesting topics for the month put together by Buddy Group Rolex.

In addition the President Elect Charles Owekmeno introduced the Board and Club Officers who will serve in the next Rotary Year 2025 -2026. We also elected our future leader for year 2027 -2028 President Nominee Designate Rtn Pamela Kawaddwa. A big congratulations to all the incoming Board and officers and to Rtn Pamela. We look forward to continue serving with you and take our club to even greater heights.

February is also the month of Love and we have lined up very interesting topics for the month put together by Buddy Group Rolex. For a start we will be hosting Rotaractor Pius Kisuze who was sponsored by the club to attend RYLA. RYLA is a 3 day leadership programme aimed at empowering and nurturing the leadership potential of young individuals within our communities aged 18 to 30 years. We will get to hear his personal experience through the program.

Lastly please join me in congratulating our Rotarian of the Month of January our Bulletin Editor Rtn Lillian Keno who is using her vocation to serve the club. She is truly a true reflection of the Rotary Motto of **“Service Above Self.”**

Enjoy the rest of the Bulletin and be Blessed!



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State of the District; Celebrating Records in Growth and Giving Under DG Anne



BY **RTN SYLVIA NANKYA**

In a landmark State of the District Address, Rotary District 9213 Governor Anne Nkutu highlighted the significant strides made by the district in the 2023-2024 Rotary year.

With a focus on increasing our impact, expanding our reach, enhancing participant engagement and increasing our ability to adapt, the district has seen remarkable growth in membership, fundraising, and service projects.

Increasing Impact

A key highlight of the address was the district's success in fundraising and utilization of the Rotary Foundation. The district set a goal to raise \$764,000 for

the Foundation and has so far collected \$511,242 – representing about 56% of the target for the Annual Fund. Currently, 104 clubs (80%) have contributed to the Foundation, with 78% supporting the Polio eradication campaign.

Additionally, 10,005 Rotarians have each contributed at least \$25, and the district now boasts 288 Paul Harris Fellows, 73 Paul Harris Society members, 14 Benefactors, 21 Major Donors, and 3 Major Gifts.

In grant utilization, the district aimed to secure \$2 million in Rotary grants. So far, 12 grants worth \$923,040 have been approved, with nine more in the pipeline. Several multi-club and district collaborations have also taken shape, including:

“
...10,005 Rotarians have each contributed at least \$25, and the district now boasts 288 Paul Harris Fellows, 73 Paul Harris Society members, 14 Benefactors, 21 Major Donors, and 3 Major Gifts.”

- Rowash at Nkumba (collaboration between Districts 9213 and 9214)
- Pumwanyi Maternity Centre (a joint effort by Districts 9213, 9212, and 9214)
- Mental health and menstrual hygiene projects, with participation from 20 clubs

The district also sought to secure five corporate partnerships and has so far brought Centenary Bank, Absa Bank, and NWSC on board. Additionally, 16 clubs have established international partnerships, further enhancing Rotary's global outreach.

Expanding Reach

District 9213 has also registered exceptional membership growth, emerging number one in Zone 22 and fifth globally. The district set a target of 720 new members, with at least six per club, and has so far welcomed 456 new Rotarians in just seven months.

Among its innovations, the district successfully chartered a Luganda-speaking Rotary Club in Ssinga, Mityana. Plans are underway to launch three new models of Rotary clubs to cater to diverse needs. The district is also strengthening Rotary Community Corps (RCCs), with a target of 35 and three already chartered.

Rotaract growth is also on the rise, with 35 Rotaractors transitioning to Rotary, while 120% of the RYLA target has been achieved with 240 participants. The district aimed to create 10 new Rotaract Clubs and has so far launched four.

On membership retention, the district set a goal of 95%, currently standing at 89.4%. Efforts to enhance retention include the establishment of new fellowships, with the Rotary Fitness Fellowship in the advanced stages of formation.

Strengthening Compliance and Sustainability

To ensure good governance and sustainability, District 9213 has focused on



compliance and financial stability. So far, 94 clubs have fulfilled their dues obligations. Additionally, 100% of clubs have set goals in Rotary Club Central, ensuring alignment with the broader Rotary mission.

Governance training has also taken centre stage, with 80% of clubs encouraged to adopt best practices. Currently, 86% of clubs are qualified for global grants, while 100% of Rotaract representation has been achieved on all District committees.

Excitement Builds for DISCON and Rotary International Convention

As the district gears up for its annual District Conference (DISCON), it has already secured 1,570 delegates, surpassing its goal of 1,000.

For the Rotary International Convention in Calgary, Canada, the district set a target of 200 delegates and has impressively registered 1,129, with 167 fully paid.

Looking Ahead

DG Anne Nkutu emphasized the need for continued growth, sustainability, and impact. "Our district has shown resilience, adaptability, and a strong commitment to service. As we move forward, we must ensure that our efforts continue to transform lives and strengthen Rotary's presence in Uganda and beyond," she said.

With five months left in the Rotary year, District 9213 is on track to achieve historic milestones, cementing its place as one of the most vibrant and impactful Rotary districts globally.



RC Naalya Club Executive RY 2025/2026



Rtn Charles Owekmeno
PRESIDENT



PP Herbert Oloka
VICE PRESIDENT



Rtn Christine Amucu
PRESIDENT - ELECT/
TRF DIRECTOR



IPP Sylvia Jagwe Owachi
CLUB LEARNING
FACILITATOR



Rtn Pamela Kawaddwa
PRESIDENT NOMINEE/
WIR OFFICER - CHAIR

RC Naalya Directorates RY 2025/2026



Rtn Jackline Mutimba
CLUB ADMINISTRATION



Rtn Racheal Komuntale
CLUB SECRETARY



Rtn Barbra Ninsiima
MEMBERSHIP DIRECTOR



Rtn Sylvia Nankya
TRF DIRECTOR



PP Denis Juuko
PUBLIC RELATIONS



Rtn Stephen Kakonge
TREASURER



Rtn Brian Mayanja
SERVICES PROJECTS



Rtn Fathila Nanozi
YOUTH SERVICES CHAIR



Rtn Bobby Ogwal
SERGEANT AT ARMS



CP Francis Lakor
PRESIDENTIAL ADVISOR



IPDG Anne Nkutu
PRESIDENTIAL ADVISOR



PP John Mugisa
PRESIDENTIAL ADVISOR

RC Naalya Club Officers RY 2025/2026



PP Flavia Serugo
FAMILY OF ROTARY / WIR



PP Godfrey Omoding
STRATEGIC PLANNING &
GOVERNANCE OFFICER



Rtn Hadija Nankanja
EXTENSION OFFICER



Rtn Enid Kabunga
CANCER RUN OFFICER



Rtn Peter Nyanzi
BULLETIN OFFICER/
PUBLIC RELATIONS



Rtn Mathias Mulumba
M&E OFFICER



Rtn Juliet Nabunya
DISCON & RI CONVENTION
OFFICER

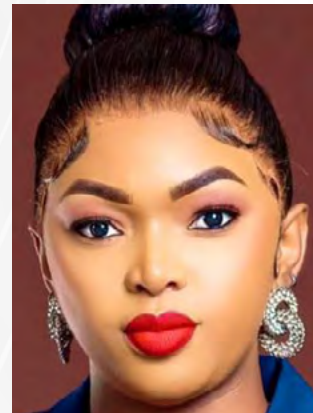
RC Naalya Club Officers RY 2025/2026



Rtn Joachim Buwembo
BELEP OFFICER



Rtn Denis Osikol
INTERNATIONAL
AMBASSADOR



Rtn Effrance Nakitto
YOUTH SERVICES



PP Evelyn Mulinda
CLUB FUNDRAISING



Rtn Betty Namono
POLIO OFFICER



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A Tribute to Sam Nsiyona: A Life of Service, Wisdom, and Humanity



The world is dimmer today as we bid farewell to an extraordinary man, our dear friend and mentor, **Past Assistant Governor Sam Nsiyona**. His departure leaves an immeasurable void, yet his legacy shines brightly in the countless lives he touched.

Sam was more than a Rotarian; he was a guiding light. A man of great wisdom, kindness, and humility, he embodied the true essence of Rotary—Service Above Self. Whether through his mentorship, his eloquence in speech, or his unwavering belief in others, he had a rare gift of inspiring those around him.

Educated at King's College Budo, Sam was a proud member of the Rotary Club of Bweyogerere-Namboole, where his impact was deeply felt. His ability to communicate with

clarity and warmth was unparalleled, making him an exceptional mentor.

His orientation presentations for prospective Rotarians were nothing short of captivating. He didn't merely explain Rotary's core values—he embodied them. Whether discussing the Four-Way Test or the Code of Conduct, Sam had a way of making each person feel they had something meaningful to contribute to humanity.

A Poetic Eulogy for PAG Sam Nsiyona



BY **PAG MO.**
R.C BWEBAJJA

Oh, noble soul, PAG Sam Nsiyona, your time has come to rest,
A Rotarian of full description, a heart among the best.
Incredibly dependable, humble, and kind,

A true gentleman, with greatness aligned.

You walked the Rotary path with unwavering grace,
Mentoring many, leaving wisdom in every place.
Wherever the call came, near or far,
You answered with love, our guiding star.

You shared your knowledge, your spirit so bright,
Igniting our passion, your beacon of light.
In every club, in every hall,
Your presence uplifted, inspiring us all.

But now you've gone, at a time we need you most,
Leaving behind memories, your legacy to boast.

A void remains, impossible to fill,
Rotary mourns, yet honors your will.

I shall deeply miss you, dear friend of mine,
But the mark you've left will forever shine.
Rotary will miss you, oh, how true,
For you gave your all, steadfast and true.

Fare thee well, my Governor, rest in peace,
May your soul find eternal release.
Though gone, your spirit will stay for ever
Guiding us forward, come what may.

Obituary for the Late *PAG Sam Nsiyona*



BY **EMMANUEL KATONGOLE**
ROTARY INTERNATIONAL
DIRECTOR NOMINEE

With a heavy heart and deep sorrow, I find myself reflecting on the life of **Past Assistant Governor Sam Nsiyona**. It's difficult to put into words what he meant to so many of us—he wasn't just a Rotarian; he was a brother, a mentor, and above all, a true friend.

Sam had this way of making everyone feel valued,

whether through his warm smile, his calm wisdom, or simply by being fully present. He was the kind of person you could turn to for advice or a kind word, and you'd always walk away feeling uplifted. His life wasn't just about words or titles; it was about action. He lived the values of Rotary every day, quietly and consistently, embodying service, integrity, and compassion in ways that inspired all of us to do better and be better.

I will always cherish the bond we shared. Sam used to call me his "senior brother," a

“
Sam was a
man who truly
saw people,
respected them,
and valued their
presence in his
life.”

simple phrase that carried so much warmth and respect. It wasn't just words—it was a reflection of the connection and mutual admiration we had for each other. That's who Sam was: a man who truly saw people, respected them, and valued their presence in his life.

In Rotary, his impact was immeasurable. As a Past Assistant Governor, Sam led with grace, fairness, and vision. He didn't just talk

about unity and service — he lived it. His leadership inspired many of us to take that extra step, to lend a hand when it was needed, and to treat each other with kindness and empathy.

But more than his accomplishments, it's the simple, human moments that stick with me. A hearty laugh shared after a long day, a thoughtful conversation when I needed it most, or even just sitting together in quiet companionship. That's the Sam I'll always remember—the friend who made life brighter just by being in it.

To Sam's family, my heart goes out to you. Please know that you're not alone in your grief. Sam was loved by so many, and his memory will live on in the countless lives he touched. We grieve with you, but we also celebrate the incredible person he was and the legacy he leaves behind.

Rest in peace, my dear friend. Your light continues to shine in all of us who were lucky enough to know you.

Where does my peace come from?

BY IPP GODFREY OKELLO
OMODING
Club Training Facilitator

Where does my peace come from? Similarly, this is the question Christians turn around and ask, "Where does my hope come from?" For Christians, in affirmative, they say our hope comes from the Lord. This is a prescribed statement. How about for peace? This month of February, the theme is "Peace and Conflict Prevention/Resolution."

Rotary is giving all of us an opportunity to ask at whatever level, "Where does peace come from?" Don't shy to deeply and humbly ask yourself, "am I having peace? Does my family have peace? Is my community in peace? Is my country in peace? Are my neighbours in peace?" Do your diagnosis and explore answers. At least, in all, you will come with answers like; "may be,



“As we reflect on the month's theme, let us have in mind those among us who are troubled with different afflictions.”

actually, true, yes and many other answers". Certainly, you will not come with definite answers. This is because, basically, peace manifest differently; in time, in space, in needs, in relationships, in beliefs, in perspective, in perception, in environment, in locations, and in attitude. Therefore, where peace comes from is not easily prescribed.

Rotary as organization has set peace as an area of focus. To keep drumming up this, Rotary gives Rotarians the whole month to reflect on it. Make sense out of it, do something about it, talk about it, share it, and rally around it. Just remember that peace makers are blessed; *"Blessed are peace makers, for they shall be called Sons of God"* (Matthew 5:9). Blessings are to be sown not to be withheld. If you know you are a peace maker, sow these blessings in order to reap more.

As we reflect on the month's theme, let us have in mind those among us who are troubled with different afflictions. As a society, we are not short of this. Everywhere you turn, visibly you are confronted with people with "troubled hearts". It is not necessarily displacement out of conflicts, lack of materials things or absence of family but absence of satisfaction, connectivity and uplifting. Their spirits are low and lost, wondering what next!



There are many people who want to be touched, who want to see and feel hope, who want happiness. These seem simple things but their root cause is very buttressed. For instance, they are in need of just basic health services, they are in need of clean and safe water, they are in need of means for survival, they are in need of a better school or livable environment. These count in their peace plate. They are the basics that can turn their lives around. Instead, they are asking, "who can come to us rescue".

Your actions, be it simple and singular, may be that magic that can bring them peace. You may be exactly answering the question, "Where does my peace come from?" Rotarians,

let us avail ourselves to be used as instruments of peace. Let our spirits be our strength to act and for acting.

Let us rely and use our talents, skills, professions and positions wherever we are to touch, to give hope and do right things for the good of humanity. This is where the journey of peace begins.



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Celebrating a decade of impact of Women in Rotary in Uganda



BY PP FLAVIA SERUGO

What began as a small high tea celebration has now become one of the most anticipated events on the Rotary social calendar. Save the Date Saturday 8th March –All roads will lead to Serena Kampala Hotel.

Every year, as the world marks International Women's Day on March 8th, Rotarians in Uganda celebrate women in Rotary who have excelled in leadership and have made a significant impact to advance Rotary. The 10th edition of Women in Rotary celebration hosted by Rotary club of Kampala Naalya will coincide with the International Women's Day celebrations on Saturday 8th March 2025.

The impact to date

- Over the years, Women in Rotary has not only honored outstanding women but also inspired new leaders, contributing to the growth and influence of women

in Rotary. It has also played a pivotal role in shaping leadership within the district including producing the first female Governor of District 9213, DG Anne Nkutu. Many previous award recipients have since risen to top leadership positions in Rotary, proving the power of recognition and empowerment.

- The event has provided a social networking platform connecting professionals, business and community leaders as well as influencers to exchange and take action to address societal needs. The attendance has also greatly improved inclusive of both Rotary and non-Rotary members as well as Corporate and Development organizations

• Rotary Club of Kampala Naalya is proud to have indirectly benefitted through this event not only producing the first female District Governor for Rotary District 9213, but used this platform to raise funds for our community service projects. This year, proceeds from the event will go towards skilling teenage mothers in Kamuli District, equipping them with the tools and training needed to rebuild their lives and achieve economic independence.

What to expect

The grand celebration under the campaign theme "Accelerate Action" will celebrate a decade of impact, leadership and service by women in Rotary highlighting

their role in transforming communities through meaningful projects and contributions to The Rotary Foundation.

The activities lined up include:

- **An exhibition** stating at 3:00 p.m. showcasing Rotary clubs and Partners community projects that have empowered women and uplifted communities.
- **A key note address** on Accelerating Progress and Opportunities for Sustainable Development, will be delivered by USAID Mission Director Daniele Nyirandutiye.
- **The Women in Rotary 2025 Awards Ceremony** will recognize outstanding women who have excelled in leadership, innovation, community service and mentorship.
- **A grand dinner,** dance and varied entertainment will crown off the celebrations.

What's Next?

Whether you are a Rotarian, a Rotaractor, a professional, or an organization passionate about advancing gender equality, women leadership and community service, this is your chance to be part of a historic milestone! Join us on Saturday 8th March as we honor women who are shaping the future of service and leadership. Step out in your Contemporary African dress/ attire and just come ready to party!

To book your Ticket/ exhibition stall, please call 0772120208 or 0772 438213

“
The 10th edition of Women in Rotary hosted by RC Naalya will coincide with the International Women's Day celebrations.



Transforming Lives Together

WOMEN IN ROTARY-UG AWARDS 2025 CALL FOR NOMINATIONS

The Annual WOMEN IN ROTARY-UG AWARDS are intended to celebrate ROTARY and ROTARACT women in Uganda.

These are women who have excelled in leadership and have made a significant impact to advance Rotary. In addition, they are empowering their communities through the Seven focus areas of Rotary International.

The 10th WOMEN IN ROTARY Event hosted by ROTARY CLUB OF KAMPALA NAALYA will be held on Saturday 8th March 2025 at Kampala Serena Hotel. This will include the Women in Rotary Dinner where the awards winners will be announced and celebrated.

This is to call for nominations of eligible and deserving candidates for the Award categories below.

1. Community Empowerment Award;
2. Innovation and Entrepreneurship Award
3. Youth Champion Award
4. Leadership Award
5. Equality Advocate -Organization Award
6. Male Champion Award:

For details, SCAN QR CODE or CLICK

<https://forms.gle/n6ng7HraAoKAHPUN7>

and submit LATEST BY TUESDAY 25TH FEBRUARY 2025



#AccelerateAction

<https://rotarykampalanaalya.org/>

Call for Nominations - Women in Rotary Awards 2025

ATTENTION: DONT MISS THE DEADLINE!!!

Do you know of any female in Rotary/ Rotaract or a Male champion that deserves to be celebrated for their exemplary Leadership and for implementing projects that have transformed lives of women in the communities?

RECOGNISE and REWARD them by nominating them . Check out the award categories on the flier and **SEND YOUR NOMINATIONS BY 25TH FEBRUARY 2025.**



CLICK TO NOMINATE



The 2025 money guide to survive Uganda's high dependency ratios

BY RTN. DENIS JJUUKO



The year has kicked off with graduations for thousands of students both at Makerere University and Muteesa I Royal University. Many other universities will be holding similar ceremonies throughout the year. Graduation is one of the major pathways to employment. These ceremonies come at a time when Uganda Bureau of Statistics has just released a report that indicates a high dependence ratio for Ugandan workers.

Apparently, the dependency ratio for persons aged 14 to 64 years stands at 83.8 percent. This means

that “for every 100 working persons, there were 84 dependents,” according to a media report quoting the study. That is such a huge number. Ugandan workers largely work for dependents and that isn’t about to change.

“

Ugandan workers largely work for dependents and that isn’t about to change.

The average pay for a Ugandan worker is a meagre Shs200,000 per a month. So how does one survive in such an environment? There are many things that one would have to

do to be able to celebrate another New Year’s Day in one piece. Since the year has just started, here is a 2025 money guide. Hopefully, it helps.

Donations – There are a lot of expectations and sometimes entitlement. Some parents and guardians and people who

fall in that category will frequently quote the 10 commandments particularly the one on honoring them. You will be expected to look after them, to share some money with them. In the informal sector, they may even demand that they receive the salary on your behalf especially in cases where they helped you get the job. The religious people will quote the Bible for some 10 percent. Many people will expect you to donate something but remember you can only give what you have. But since a we are a social lot, set a certain amount to donate every month and live by it.

Savings and invest – Since you can only give what you have, you will need to save but saving alone won’t do much. You need to invest. That way you may have what to donate or actually nothing much to give. You would have to set aside a standard amount of money

whenever you receive an income so that it goes into this. Unlike in the past, there are now many options such as unit trusts and treasury bills and bonds among others that allow you to accumulate money that you may invest elsewhere with time or leave it to grow. If you don't have the discipline to save, identify five or so friends who are honest and do it together.

Emergency fund

– But when saving and investing, remember there will always be some emergencies. You may fall sick or somebody you care about might. An emergency fund helps you not call everyone for a bailout. You draw money outside your main savings and investment account to cater for this. By emergency fund, I don't mean money to attend a brunch at some hotel on Sunday.

Debt payments – One of the advantages of living in a country like Uganda is that debt is many times avoidable. Commercial banks hardly issue out credit cards for all sorts of things like food and

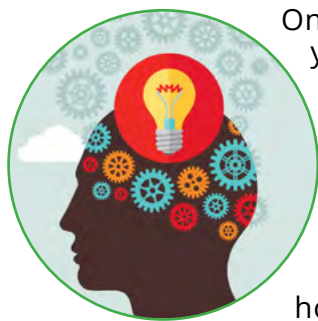
clothing. If they do, it is to their high net worth customers, who are very few in Uganda. It is fairly easy to only eat what you can afford. And since many people who pretend to sell designer clothes import fake ones, there is no need to spend money on such. But fintechs have made it easy to

borrow using your phone.

Only borrow when you can't avoid it and pay it back as soon as possible to avoid high interest rates over a very long period unless if you are paying for your home or investing in a business. A personal car is great but doesn't have to be so expensive. There are lots of broke people selling off their cars, buy from them instead of going to the "bond" in Nakawa or Kyambogo.



Be innovative
– not by necessarily creating new things rather finding different ways to do something.



Skillset improvement –

The biggest way to improve your income is through skills. Employers are looking for people with particular skills, who are good or can become good at what they do. By just watching YouTube tutorials, there are lots of things one can learn depending on their chosen profession or career interest. Watch, learn, practice. Be innovative— not by necessarily creating new things rather finding different ways to do something.

Date within your means

– If you are a man living in Kampala and of average means, you will have to date within your means. Not somebody who wants to drink whiskey by the bottle in Kololo or Bugoloobi bars. Not somebody who is pressurizing you to buy a Subaru, rent a fancy apartment in Kyanja and fund her holiday (read photoshoot) in Dubai. If she is inviting 50 friends for her Kukyala, that is a red flag!

The writer is a communication and visibility consultant.
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Aluminium and Metal Fabrication



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Family Matters



BY **PASTOR RONNIE MUTEBI**

Genesis 37:18-20 (KJV): And when they saw him afar off, even before he came near unto them, they conspired against him to slay him. And they said one to another, Behold, this dreamer cometh. Come now therefore, and let us slay him, and cast him into some pit, and we will say, Some evil beast hath devoured him: and we shall see what will become of his dreams.

GUARD YOUR DREAMS

Every human potential is somehow embedded in one's dream life. It is one thing to have a dream, but it is another

to possess the power to interpret it.

Daniel exemplifies a man who had the ability both to dream and to interpret. When King Nebuchadnezzar dreamt and forgot his dream, Daniel accessed the spirit realm, retrieved the dream, narrated it to the king, and provided its interpretation.

Joseph, on the other hand, was gifted with the power to interpret the dreams of others, such as Pharaoh. Because of his ability to interpret Pharaoh's dream, Joseph was made governor over Egypt.

However, just as there are people who can interpret your dream, there are also those who can destroy it. This was the case with Joseph's brothers, as seen in our theme reading.

The fundamentals of our learning is to be cautious about who you share your dreams with, especially when they are still in their early stages—mere concepts.

Have you ever shared a project idea with someone while it was still in its infancy, only for it to die shortly afterward? Or had an idea that seemed promising but, the moment you shared

it with certain individuals, it was aborted?

Be careful not to discuss your dreams with just anyone who is willing to listen. Instead, submit your dream or idea to someone with the wisdom and ability to guide you and help bring it to fruition. What you must avoid is indiscriminately sharing your dreams with the wrong people. This is one of the key principles for safeguarding your dreams.

Take Home: You must not discuss your dreams with just anyone who is willing to listen. Instead, submit your dream or idea to someone with the wisdom and ability to guide you and help bring it to fruition. What you must avoid is indiscriminately sharing your dreams with the wrong people. This is one of the key principles for safeguarding your dreams.

You only need to align your desires to excel and manifest the great ideas which are placed inside you. Know that God has given you the wisdom to discern whom you can trust with your dreams and who you should not share them with.

The wicked and the unreasonable who seek to destroy and kill them are far from you unless you choose to embrace them. Surrounded yourself with destiny helpers who can interpret and support the dreams God has given you.

“

**Be careful
not to discuss
your dreams
with just
anyone who
is willing to
listen.**



Rotary
Kampala-Naalya



*Happy
Birthday*

PRESIDENT SYLVIA JAGWE



I Pray

BY RTN PAMELA
KAWADDWA

“To my lovely daughter **Neona**, you are now at a stage when all kinds of relationships start to grow #13... my prayer to you, Mama...”

I pray that you begin to see people for who they are and not through the lens of their potential or who you wish they could become

I pray that clarity replaces illusion and that you no longer invest in versions of people that only exist in your hope and not in their own reality

I pray you exercise your heart so that once it's strengthened, you choose to put your energy into things that work you out, not things that leave you drained and depleted

May you release the weight of wishful thinking and step fully into discernment, where love is not given blindly but with wisdom and grace

I pray you no longer hold space for people who give you fragments of themselves while you give them your entirety

I hope you never again mistake inconsistency for potential or confuse empty promises for progress.
May your heart grow wise enough to recognise when someone's actions don't align with their words.
May you have the strength to believe what



they show you.

I pray you stop romanticising the idea of who they could be instead of embracing the reality of who they are without making excuses and without trying to fix what can't seem to be fixed. I hope you never sit around waiting for them to become someone they were never meant to be.

I pray you release the habit of over extending yourself for people who would never do the same. I pray you find peace in letting go when accepting that some people were only meant to be lessons, not lifelong fixtures..

May you trust yourself enough to walk away from what doesn't serve you and open your heart only to those who are capable of loving you the way you deserve.

May you never lose hope in beautiful true love for it exists and you are a magnet to such wonderful love.. May the heart's hurtful bruises never turn your heart into cold stone, but only prepare you for a love too deep, undeniably beautiful and raw not forgetting it's the kind of love you deserve and nothing less.

Till again,

Phwgy

Last week's fellowship



Rotary 
Kampala-Naalya

My First Experience:
First-Hand Stories of Leadership
and Growth

Rct Pius Kisuze
Rotaract Club of Kampala-Naalya

 **NDERE CULTURAL CENTRE**

 **February 4, 2025 7 P.M.**

POWERED BY ROLEX BUDDY GROUP

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JANUARY 2025

A portrait of Keno Lillian, a woman with short, dark, curly hair, smiling. She is wearing a black top and a floral patterned shawl or wrap. She has a watch on her left wrist. The background is white with decorative pink and purple circles.

Rotarian of the Month

Keno Lillian - Bulletin Officer



Rotary
Kampala-Naalya



Happy
BIRTHDAY
Rtn Rita Aciro Lakor





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

Visit to RC Jinja Metro



Visit to RC Kasana Luweero







**DISTRICT GOVERNOR'S
OFFICIAL VISIT**

District Governor -
Anne Nkutu



Monday,
3rd February 2025
5:00pm

@ AIMATT LOUNGE
Above Ajaroh Supermarket. Ndiwulirwa
Road, Mbalwa

MEETING ID: 871 1451 6988
PASSCODE: 621697





**DISTRICT
GOVERNOR'S
OFFICIAL VISIT**

ANNE NKUTU
District 9213

DATE:
4th
FEB 2025

VENUE:
**HOTEL NETWORK
WOBULENZI**

TIME:
6:00pm

   Rotary Club of Wobulenzi





**DISTRICT
GOVERNOR'S VISIT**

DG Anne Nkutu

Wednesday
5th Feb 2025
6pm

venue:
Kati Kati Restaurant,
Lugogo

 @rcnakaseroCentral  @NakaseroCentral  @rcnakaseroCentral





**GOVERNOR'S
OFFICIAL
VISIT**

 **FRIDAY,** **TIME:**
7th Feb 2025 7:00 - 8:00 PM

VENUE:
GEORGINA GARDENS,
LUBYA HILL

ACTIVITIES:
Recognition of 3 New PHFs.



**INDUCTING A
HONORARY MEMBER**

Papa Moses Matovu
(Afrigo band co founder)



DG's trail this week

Rotary

District 9213



DISTRICT
GOVERNOR
ANNE NKUTU

WEEKLY SCHEDULE

SUN 02 FEB - SUN 09 FEB 2025

03
FEB

DG's Official Visit to RC Mbalwa

Aimat Lounge, Ndiwulira Road Mbalwa
5.00p.m.

04
FEB

DG's Official Visit to RC Wobulenzi

Hotel Networth, Wobulenzi
6.00p.m.

05
FEB

DG's Official Visit to RC Nakasero Central

Kati Kati Restaurant, Lugogo
6.00p.m.

06
FEB

DG's Official Visit to RC Bujuuko Kireka

City View Gardens Hotel, Bujuuko
5.00p.m.

07
FEB

DG's Official Visit to RC Kasubi

Georgina Gardens, Luby Hill
6.00p.m.

08
FEB

Assistant Governors Semi-Annual Retreat

9.00a.m.

09
FEB

DG's Official Visit to RC Kiwenda

Hill-Air Bar and Bistro
6.00p.m.

Rotary District 9213



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Dennis Osikol



Efrance Nakitto



Evelyn Mulinda



Francis Lubuulwa



Hadijah Nankanja



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J.P. Kadima



Stephanie Gacukuzi



Stephen Kakonge



Sylvia Jagwe Owachi



Barbara Ninsiima



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Brian Mayanja

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MEMBERSHIP DIRECTOR WILL REACH OUT



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OUR CLUB MEETS EVERY TUESDAY AT 7-8PM

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