

Naalya Food Bulletin

25th February 2025

Rotary
Kampala - Naalya



Issue 32 | 2025



Inside This Issue

www.rotarykampalanaalya.org



11

122 Award Recipients to
be honored in Calgary



17

Family
Matters

EDITOR'S NOTE



Dear Friends,

As February comes to an end, we reflect on what a great Month it has been, in terms of Rotary's focus on Peace and Conflict resolution.

This month, several clubs have been engaged in conversations and efforts around our quest for a world at peace. It is important to note that there will always be conflict but it is how we deal with it. Let us continue to strive to change lives.

The month of February is also special in the Rotary calendar because it includes the anniversary of the first meeting of Rotary held on February 23, 1905, in Chicago.

Enjoy this issue of the Naalya Food Bulletin and remember the 10th Edition of the Women in Rotary is on Saturday March 8, 2025 hosted by RC Kampala Naalya, join us at the Gala and Awards ceremony at Serena Hotel, Kampala by securing your ticket/Table of 10

Wishing you a week filled with peace.

Keno Lillian - Bulletin Officer

Editorial Design by:

CHUNZI Technologies
LAYOUTS | DIGITAL | MEDIA

[CLICK TO LEARN MORE...](#)



Feedback

We'd love to hear from you about any of our stories this year 2025. Contact the Bulletin Officer: **+256 782 601 009** or Email **rcklanalyafoodbulletin@gmail.com** or **tap on the buttons** below



Tap to send us a What's Up!



Tap to visit the Club Website



President's Message

RTN SYLVIA JAGWE OWACHI
Club President 2024-2025



Dear Rotarians and Friends,

In line with the month's theme of Peace building and Conflict Prevention, our topic for discussion during our last meeting was very appropriate. We delved into the Myths, Facts and Truths about writing your will. Counsel Isaac Otim gave us very useful insights on who should write a will, why one should have a will, what should be included in a will and what happens when one dies and does not have a will.

Having a will provides clarity on who inherits your property, assets and other possessions ensuring proper administration of your estate. It helps avoid family disputes and also provides guidance on who will take care of your children especially minors. Unfortunately, majority of family conflicts arise from one

not making their last wishes known. Let's be different and have our wishes well documented.

On 23rd February 2025 Rotary celebrated 120 years of Service. Rotary was founded by Paul Harris in Chicago in 1905 and throughout the

“

Rotary currently unites 1.4 million people worldwide and we value diversity and the contributions of all people...”

years Rotarians across the World have been engaged in various service projects transforming lives and bringing people together to make a difference in our communities.

There are 101 reasons for one to join Rotary;

- The Opportunity to serve
- Leadership development
- Speaking opportunities
- Business development
- Continued learning
- Personal growth
- Entertainment
- Networking

- Friendship
- Travel
- Fun

It is amazing the span of things one gets to enjoy by joining Rotary. Rotary currently unites 1.4 million people worldwide and we value diversity and the contributions of all people which fosters a sense of inclusion and belonging.

There are quite a number of upcoming events such as the 10th edition of the Women in Rotary event on Women's day 8th March 2025 hosted by our club and the 100th District Conference from 9th April – 13th April. These activities are open to Rotarians and non-Rotarians as well so plan to be there.

For this week we will have a joint fun fellowship with the Rotaractors of Kampala Naalya at Archie's Garden Kisasi. Please feel free to join us for a and enjoy the rest of the Bulletin

Be Blessed!!



RelaDental
Smile for Miles

Experience Our Best Quality Dental Care



Dental Consultation, Tooth extraction, root canal treatment, scaling and polishing, filing and cementing, orthodontic treatment/braces, teeth whitening, fracture management, crown and bridge work, dental surgery, dental implants, cosmetic surgery



For More Information

+256785834461



DG Anne Celebrates Rotary's Impact as RC Bweyogerere-Namboole Marks 30 Years



BY RTN SYLVIA NANKYA

District Governor Anne Nkutu, of Rotary District 9213 has lauded the Rotary Club Bweyogerere-Namboole for its dedication to service, highlighting its efforts in addressing unemployment and fostering community development.

Speaking at the club's 30th-anniversary celebrations held at the Jubilewo Centre of Excellence, Nkutu commended the Buganda Kingdom for donating the land on which the centre stands. She emphasized the importance of partnerships in tackling the country's unemployment crisis and underscored the centre's potential impact on young people's lives.

"This collaboration enables us to address a serious problem of unemployment in the country. The work being done here will make a big difference in the lives of the youth," Nkutu stated.

She also praised the club's commitment to service,

recognizing President Michael Nuwagaba as a leader on a mission. "Under his leadership, the club has launched many impactful projects in key focus areas such as environmental conservation, basic education and literacy, and water and sanitation," she added.

Buganda Kingdom's Katikkiro, Charles Peter Mayiga, also applauded the club's efforts in skilling youth and women, stressing that practical skills are vital for economic and social transformation. He noted that despite available opportunities, many young people lack the necessary skills to take advantage of them.

"In the 21st century, the most important goal is to skill people. A program aimed at skilling women and youth is one of those that will help us achieve social and economic transformation," Mayiga said. He emphasized that when young people are given responsibilities and skills, they contribute positively to shaping the future.

Mayiga further congratulated the club for its 30 years of unwavering service, highlighting the consistency in their impact. "If you are not consistent, you cannot achieve anything. The projects you have implemented demonstrate your unwavering

commitment to service," he added.

Founded on February 24, 1995, with 32 charter members, the Rotary Club of Bweyogerere-Namboole has grown to 103 members today. Over the past year, the club has implemented 19 community service projects, including the construction of a classroom block at Kiwale Church of Uganda Primary School. The project, supported by Uganda Baati and UGACOF Limited, is the first of its kind at the school.

The event, held at the Jubilewo Centre of Excellence, was a celebration of three decades of impactful service, highlighting Rotary's enduring commitment to community development and humanitarian service.



Commissioning a classroom block at Kiwale C/U Primary School in Buikwe District



Rotary 
Kampala-Naalya

*Let's Laugh
& Play
with
Friends*

GAMES NIGHT

TUESDAY

FEB 25, 2025

**ARCHES GARDENS, KISAASI
07:00PM**

**CARD & BOARD GAMES - BINGO - TRIVIA
JACKBOX GAMES - CHARADES AND SO MUCH
MORE**

 **rotarykampala_naalya**

 **www.RotaryKampalaNaalya.org**

 **@RotaryNaalya**

 **Rotary Club of Kampala Naalya**



What to do for Peace and Conflict Resolution/Prevention

BY IPP GODFREY OKELLO
OMODING
Club Training Facilitator

We are now in the last week of February, the month whose theme is **Peace and Conflict Resolution/Prevention**. The month is ending. The question now is, what next? You have also heard it a million times: *"Peace is necessary for development"*. So, where are we go from here? Yes, it's important we remain holding peace torches higher wherever we are. Sticking around peace and conflict prevention is good for development.

As peace promoters, we should remain driven by the vision of seeing that everyone wherever they are, they are enjoying peace. They do things that bring them happiness. They are very settled and their hopes are defined.

With this vision against changing times, strategies



“

Your support today strengthens and builds infrastructure that pushes for the cause of peace and conflict management.”

to deploy too must change. It is now and more than before that it calls for investing in things that promote and create peace, and for what keeps up unity among people. For peace to be attained and maintained, it comes always with a price. Its price comes with a sacrifice. Hence, let the contributions you give last longer than you do think.

Peace must be built like

wealth. We have to be doing this for over decades—talking of peace and conflicts, and analyzing and putting in systems, institutions, laws, protocols, and champions that can lead in peace building and conflict prevention. What this month has simply done to us and, like before, is to cause reawaking and renewed attention. True, long before most people paid attention. Now, more actions are needed; getting things in place that work to promote peace.

Approach of working behind the scenes may have gone to some length in bringing and sustaining peace. Now, what is needed more is accelerating it and bringing in more actors. Breaking it all down for all; creating inclusivity. A call is for a massive shift to peace promotion at various levels, starting right at our homes. We can make and realize an early fortune by dissemination of information promoting coexistence right at family level, community level and national level.



There are people who have no idea why its profitable to have respectable coexistence. It doesn't mean no hard work has been put in before. The focus now should be on further narrowing differences that can potentially cause conflicts.

Rotarians, we are already seeing what our contributions are doing. We are also seeing how important it is that we have as many people as possible contributing, willing to get involved in peace actions and ensuring protection of people affected by conflicts. This kind of work needs be done right from where are, including in our clubs. There is no time to recollect nor waste. Let us invest our time in sustainably maintaining peace across communities and the globe. Let us continue building strong networks and use them for promoting peace. Our limit should not be on how much we can do but what our togetherness can do.

Your support today is very essential in powering the

cause for a peaceful world. Your support today strengthens and builds infrastructure that pushes for the cause of peace and conflict management. Together, it makes it easy for engagements, pulling efforts in the right directions and occupying right places for advancing peace, managing peace and preventing conflicts. For sure, through doing what is right and rightly being positioned, attaining peace become not far-fetched.

Rotarians have done excellent job in polio eradication, for instance, similarly doing the same in peace and conflict sphere is not asking impossibility. Tested spirit is reliable and resilience, and there is more it can achieve.



Rotary Reaffirms Commitment to Polio Eradication Amid U.S. WHO Withdrawal, USAID Freeze

BY RTN SYLVIA NANKYA

Rotary International has reaffirmed its commitment to eradicating polio worldwide despite new challenges arising from the United States' planned withdrawal from the World Health Organization (WHO) and a funding freeze imposed by the U.S. Agency for International Development (USAID).

In a statement, Rotary expressed its concern over the impact of the U.S. decision to leave WHO, a key partner in the Global Polio Eradication Initiative (GPEI). The organization, a founding member of GPEI, emphasized that it remains resolute in its mission to end polio and will continue working closely with global partners, including WHO, to achieve this goal.

"Although this decision creates new challenges, Rotary remains dedicated to ensuring that every child is protected from this preventable disease," the statement read. "We are confident that the GPEI will continue to adapt, to innovate, and to implement effective strategies to keep polio

vaccines available for every child in the United States and around the world, especially those in the most challenging and remote regions."

Since 1988, the global polio eradication effort has reduced cases by 99.9%, largely due to extensive vaccination campaigns. Rotary reaffirmed that despite geopolitical challenges, its commitment to a polio-free world remains unwavering.

Meanwhile, Rotary also addressed the recent funding freeze by USAID, which has placed multiple projects on hold, including those under the Hearts of Europe initiative. Rotary has been collaborating with USAID since 2009 on various development programs, but current efforts have been disrupted by a stop-work order issued by the U.S. agency.

"Our current programmatic efforts and communications with USAID personnel and leadership are on hold due to the stop-work order issued by USAID," Rotary stated. "Rotary International has already notified members whose

projects are directly impacted by this order and is working to continue to support them in their impactful work."

Rotary is actively working to assess the implications of the funding freeze and to identify alternative support mechanisms for affected projects. The organization remains committed to sustaining community development efforts despite these setbacks.

With a long history of global humanitarian service, Rotary remains optimistic that collaboration and innovation will help mitigate the impact of these policy changes, ensuring continued progress in polio eradication and other essential development programs worldwide.



122 Service Above Self Award recipients to be honored in Calgary

BY RTN SYLVIA NANKYA

This Rotary year, 122 members will receive Rotary's Service Above Self Award. The prestigious award, honors Rotarians – and now also Rotaractors – who help others by volunteering their time and talents, and embody Rotary's primary motto, Service Above Self. It is considered the highest honor bestowed on a member.

Recipients of the award are selected based on their ongoing, exemplary humanitarian service, with a focus on personal volunteer efforts and active involvement in helping others through Rotary.

It emphasizes continuous service rather than recognition for a single project or financial contributions and represents the pinnacle of recognition for Rotarians who dedicate themselves to humanitarian service.

Previously, several distinguished Rotarians from Uganda have been honored with the Service Above Self Award for their significant

contributions. They include;

1. Nelson Musoke Kawalya (2001-2002)

A charter member of the Rotary Club of Mengo, Nelson Kawalya (RIP) was instrumental in the club's formation in 1988 and later served as District Governor. His leadership and commitment to humanitarian service led to the expansion of impactful Rotary projects, particularly in health, education, and community development.

2. Samuel Frobisher Owori

A member of the Rotary Club of Kampala, Samuel Owori was selected as Rotary International President for 2018-19, becoming the second African to be elected to the position. He had previously received the Award in recognition of his leadership which significantly contributed to the growth of Rotary in Uganda and Africa, with a strong emphasis on membership expansion, community service, and leadership development. His passed on suddenly in 2017 before assuming the position.

3. Dr. Jim McWhirter

Though originally from the Henley Bridge Rotary Club and later with Reading

Matins, Dr. McWhirter was recognized for his extensive medical missions in Kamuli Mission Hospital, Uganda. His efforts brought much-needed improvements to medical services by leveraging his connections within the National Health Service (NHS) in the UK. His work greatly benefited both hospital staff and patients, showcasing Rotary's commitment to improving healthcare access.

These recipients exemplify the spirit of Rotary through their tireless efforts to uplift communities, making a lasting impact in Uganda and beyond. Their legacy continues to inspire Rotarians worldwide to serve with passion, integrity, and commitment.

This years recipients will be invited to a special celebratory reception at the Rotary International Convention in Calgary, Canada, to honor their service. The convention starts on June 21.



Ready to Shine? Become a DISCON₁₀₀ MC!

Have strong communication skills and a passion for engaging audiences? This is your chance to break into event hosting!

We're looking for enthusiastic amateurs and novice MCs to gain experience, showcase their potential, and connect with industry pros at DISCON100. No experience? No problem! A positive attitude, stage presence, and willingness to learn matter most.

Take the first step toward an exciting MC career—apply now!



[CLICK HERE TO APPLY](#)





PDG Ken Calls for *Intentional Giving, Unity*



BY RTN. ROBERT WALAKIRA

Past District Governor (PDG) **Ken Mugisha** has made a landmark commitment, pledging to donate **\$200,000** this year to The Rotary Foundation.

His contribution, announced during a visit to the Rotary Club of Kasubi on Wednesday February 19, will be specifically directed to the Rotary Peace Centre at Makerere University.

Having just returned from the United States, where he trained incoming governors, Ken emphasized the importance of intentional giving in sustaining Rotary's impact.

He reminded Rotarians that Rotary International invests \$5.5 million annually in supporting Rotary Peace Centers, which have educated 1,800 Peace Fellows from 144 countries.

These centers, located at seven prestigious universities across the world—Duke University & University of North Carolina (USA), University of Bradford (UK), University of Queensland (Australia), International Christian University (Japan), Uppsala University (Sweden), Chulalongkorn University (Thailand), and Makerere University (Uganda)—offer specialized training in peacebuilding, conflict resolution, and leadership, equipping Fellows to become catalysts for global change.

Given that Makerere is the only Peace Center on the African continent, Ken urged African Rotarians to prioritize contributions towards it, ensuring its continued role as a beacon of hope for future peacebuilders.

In his address on Peace and Conflict Resolution, Ken highlighted that peace is not only a global necessity but also essential within Rotary clubs. He expressed concern over divisions within clubs, noting that some Past Presidents hinder progress by fostering cliques and internal conflicts. He warned that such behavior weakens Rotary's impact and contradicts the organization's mission.

"It is time for us to change as Rotarians—to set aside our egos," Ken asserted. "If we fail to do so, it is the communities we serve that will suffer."

He also condemned a growing tendency among Rotarians to disengage from one another, calling it a regrettable contradiction to the spirit of Rotary.

Addressing the issue of members failing to pay their dues yet blaming sitting Presidents when their names are removed from Rotary International's records, Ken was unequivocal:

"If you do not pay your dues, you are missing out on belonging to one of the most esteemed organizations in the world. And you should not take it out on the President when your name is deleted," he emphasized.

Ken's powerful message was a call to action—urging Rotarians to embrace unity, fulfill their obligations, and commit to intentional giving to strengthen Rotary's legacy and impact.



CALGARY
2025



MAGIC ALL AROUND

21-25 JUNE 2025 • CALGARY, CANADA

Register today at convention.rotary.org

#Rotary25



Fun Facts

In today's issue, Why Do We Say "Jump on the Bandwagon"?

Have you ever heard someone say, "Jump on the bandwagon"? This phrase is often used when someone decides to join a popular trend or activity, usually because it's gaining attention or success. But where did this curious expression come from, and why do we use it today?

The origins of "jump on the bandwagon" date back to the 19th century in the United States. During this time, bandwagons were literal wagons that carried a band of musicians in parades or political rallies. These wagons were colorful and lively, attracting crowds and creating excitement. Politicians quickly realized that associating themselves with these popular bandwagons could help them gain

attention and support. As a result, the phrase "jump on the bandwagon" began to be used to describe people who joined a cause or movement simply because it was popular or successful.

Today, the phrase is often used in a broader sense. It can refer to anything from following the latest fashion trend to supporting a winning sports team. For example, if a new social media app becomes wildly popular, you might hear people say they're "jumping on the bandwagon" by downloading and using it. The phrase can sometimes carry a slightly negative connotation, suggesting that someone is not genuinely interested in the trend but is merely following the crowd.

Despite its origins in political rallies, "jump on the bandwagon" has become a part of everyday language. It serves as a reminder to think critically about why we choose to follow certain trends or ideas. Are we genuinely interested, or are we just jumping on the bandwagon?

Understanding this phrase helps us reflect on our motivations and encourages us to make more thoughtful decisions. Discover the surprising history behind this popular phrase and learn how it became a part of everyday language. Find out why it's important to think about our reasons for following trends.



Aluminium and Metal Fabrication



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

Family Matters



BY PASTOR RONNIE MUTEBI

Deuteronomy 8:18 (KJV): But thou shalt remember the Lord thy God: for it is he that giveth thee power to get wealth, that he may establish his covenant which he swore unto thy fathers, as it is this day.

THE POWER TO MAKE WEALTH

The human spirit is open to a MORE conscience. This concept can either connect it to a supremacy for only the divine to define.

The God element or divine enablement has made many to find ways of achieving the MORE.

“There’s no manifestation of power in a person’s life without the foundation of some form of covenant.”

Recently I was sent an anonymous message from a strange contact requesting me to join a billionaires club where wealth and abundance of everything desirable on earth comes so easy. “I like your reaction”

I have learnt this from a person whose life is a full expression of wealth connected to divine enablement. He says, God gives the power to create wealth. It is crucial to understand that this power is not merely a matter of wisdom—it is an active, divine force at work in our lives.

However, many people overlook the latter part of the, which states that God gives this power to establish His covenant, the one He swore to the forefathers.

What does this mean?

There is no manifestation of power in a person’s life without the foundation of some form of covenant. Whenever you witness the operation of power in someone’s life, recognize that its source is rooted in a covenant—whether a covenant of light or one of darkness.

This reveals a fundamental truth: no one operates in great power by chance. Such power is always tied

to a covenant with a higher authority, whether the individual is consciously aware of it or not. We cannot afford to underestimate the importance of covenants in our relationships. When it comes to building wealth or pursuing success, we must ask ourselves critical questions: Is my business in covenant with God? What is my covenant responsibility concerning finances?

If such a covenant exists, reflect on the vows you have made as part of it. Are you faithful to those vows?

Take Home: There is no manifestation of power in a person’s life without the foundation of some form of covenant. We cannot afford to underestimate the importance of covenants in our relationship and dealings. When it comes to building wealth or pursuing success, we must ask ourselves critical questions: Is my business in covenant? What is my bargain of covenant concerning my personal finances?

It’s important to apply wisdom in your covenants. Keep your heart open and choose to apply every decision and aspect of life to this understanding including finances. For every vow you make, commit to fulfilling it with diligence. Build wealth as one under covenant, doing so for the expansion of your domain and influence.



Transforming Lives Together

CELEBRATE WOMEN'S DAY WITH OUR ROTARY FEMALE LEADERS



GUEST OF HONOUR

RTN ANNE NKUTU DISTRICT
GOVERNOR D9213 – 2024/25



RTN CHRISTINE
KAWOOYA
DISTRICT GOVERNOR
D9214- 2025/26



RTN ROSETTI
NABBUMBA
DISTRICT GOVERNOR
D9211 - 2020/21

Join us in Celebrating 10 Years of Women in Rotary - Uganda

Fee: UGX 200,000

Dress code: *Contemporary African*

RSVP: +256 772 120 208 / +256 772 438 213

#AccelerateAction



Stanbic Uganda

Last week's fellowship



Visit to Prov. RC Kampala Platinum



Rotary Youth Leadership Awards session at Akaama Resort in Kira



District Team Learning Seminar - Friday



District Team Learning Seminar - Saturday



Launch of the Run for the Nile



Visit to RC Kigali Virunga



PP Evelyn Mulinda representing the Club at Rotary Club of Kigali Virunga



DISTRICT GOVERNOR'S VISIT

DG ANNE NKUTU



MONDAY, 24 FEB 2025

7 PM



Sports View Hotel,
Kireka



Rotary
Mubende Metro



DISTRICT GOVERNOR'S VISIT & RECOGNITION OF 4 PHFs



Panorama Suites



25th February 2025

2:00pm

DG. ANNE NKUTU



Rotary Club of Mubende Metro



25X25
TRF RELAY

**Giving made
easier**



Choose your race

**No amount is
too small**

**Log on to
25by25.jjengo.com**

**Enter your email address
and follow the prompts**

You can donate multiple times

#25x25TRFRelay #GivingMadeEasy

ROCKET

AFRICA'S CORPORATE GIFTS CO.



**ALL YOUR BESPOKE MERCHANDISE
NEEDS IN ONE PLACE**

Affordable Prices and So Much More!

uganda@rocketafrica.com
www.rocketafrica.com
TANZANIA | UGANDA | KENYA | RWANDA | SYCHELLES



+256 783 202014 / +256 700 869474

ROLEX BUDDY GROUP IN CHARGE



Elizabeth N. Kasaija



Dennis Osikol



Efrance Nakitto



Evelyn Mulinda



Francis Lubuulwa



Hadijah Nankanja



Stephen Kakonge



J.P. Kadima



Stephanie Gacukuzi



Brian Mayanja



Barbara Ninsiima

WOULD YOU LIKE TO

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