

Naalya Food Bulletin

4th March 2025

Rotary
Kampala - Naalya



Issue 33 | 2025



Inside This Issue

www.rotarykampalanaalya.org



08

Rotary seeks healing in a
divided world



19

Recovery fund needed for
sudden loss of income

EDITOR'S NOTE



Dear Friends,

Happy New Month! This is even more exciting as the Rotary Club of Kampala-Naalya hosts the 10th edition of the Women in Rotary event on Saturday, March 8, 2025 at the Kampala Serena Hotel.

The event is held annually in March, to coincide with International Women's Day, Women are active participants in Rotary, serving their communities in increasing numbers and serving in leadership positions in Rotary.

The Naalya Food Bulletin brings you the phenomenal journey of Women in Rotary. Also don't Miss, RI President Stephanie Urchick's March 2025 message.

As always feel free to reach out to our Editorial team for any comments.

Let's March Together.

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 read previous bulletin issues



Seek out New Partnerships

BY STEPHANIE A. URCHICK
PRESIDENT ROTARY
INTERNATIONAL

MARCH 2025

March is here, and for Rotary International, that means celebrating Water, Sanitation, and Hygiene Month — a time to shine a spotlight on one of the most transformative areas of our work.

This month is an opportunity to reflect on *The Magic of Rotary* and the profound impact we create when we come together with determination and purpose.

Years ago, I experienced this magic firsthand in the Dominican Republic. When a group of members helped people install water filters, three children watched with amazement as dirty water entered one end of a filter and clean water emerged from the other. When we paused the demonstration, one child tugged at my sleeve and pleaded, "Show me the magic again."

To them, it felt magical. It was also the result of countless hours of effort — planning, transporting, and installing the filters — alongside local partners who were dedicated to making clean water accessible. In that moment, I realized that what seemed like a small act could change residents' lives. That is *The Magic of Rotary*.

This story is a testament to the incredible potential of our global family to create change. Water projects exemplify our reach, our partnerships, and our unwavering commitment to improving lives. Consider Rotary's work with USAID. That partnership has enabled us to work



with communities and governments to improve access to sustainable water and sanitation services for thousands of people in the Dominican Republic, Ghana, the Philippines, and Uganda.

Partnerships remind us that Rotary's impact is amplified when we work together. Through our strategic alliance with the United Nations Environment Programme, we're advancing the Community Action for Fresh Water initiative. This program equips Rotary members with the tools and resources to protect, restore, and sustain freshwater ecosystems.

“

**Collaboration
multiplies our efforts
and helps us reach
more people in
need. Whether it's
joining forces with
local organizations,
forming alliances...**

When we make use of Rotary grants and advocate for clean water in our communities, we create a ripple effect that extends far beyond individual projects.

As we embrace the spirit of the month, I encourage every Rotary member to seek out new partnerships. Collaboration multiplies our efforts and helps us reach more people in need. Whether it's joining forces with local organizations, forming alliances with international agencies, or mobilizing your

community, every step we take together brings us closer to a world where everyone has access to clean water and safe sanitation.

The Magic of Rotary shines brightest when we work in harmony with others to create lasting good. Together, we can turn dreams into realities that transform lives and communities. The result may feel like magic at times, but we know it's from the power of our collective commitment and compassion. Let's harness this magic to make a difference this month and beyond.

President's Message

RTN SYLVIA JAGWE OWACHI
Club President 2024-2025



Dear Rotarians and Friends,

Welcome to yet another New Month!! The month of March is dedicated to Water, Sanitation and Hygiene. Rotary members under this focus area work to create healthier communities by providing access to clean water, sanitation and hygiene.

We ended the month of February with a joint fun fellowship with the Rotaractors of Kampala Naalya. It was a fun night of games and laughter spiced up by dance by Valentino. We also joined the Rotaractors for their Annual fundraiser games and movie night. Great night it was with a great cause fundraising for the *Suubi Mu Kalamu* project.

On Women's day - 8th March 2025 Our club will be hosting the 10th edition of the Women in Rotary event. For the last 10 years we have been gathering to Celebrate, learn and honor achievements of Women Rotarians. There have been many exciting themes and winners over the years each with impactful contributions to society.

“

Rotary members under this focus area work to create healthier communities by providing access to clean water, sanitation and hygiene...”

This year the theme is Accelerate Action. The theme emphasizes the urgency of advancing gender equality and women's empowerment. It calls for swift and impactful efforts

in areas like;

- Economic empowerment - closing the wage gap, increasing opportunities for Women and supporting Women entrepreneurs.

- Education and skills development – ensuring equal access to quality education and skill building opportunities for women.
- Ending gender based violence – strengthening laws, support systems and awareness campaigns to protect women's rights.
- Leadership and representation – Championing women in leadership whether in politics or business or decision making roles to create a more inclusive society.
- Breaking the biases and stereotypes that limit women's potential.

It will be an exciting night celebration, inspiration and learning and you cannot afford to miss it. You can learn more about the event over the years by joining us for the meeting this week.

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



Rotary Clubs Called to Action as “Plant Your Balance” Campaign Rolls Out Across Schools

BY RTN SYLVIA NANKYA

Rotary Clubs across Uganda have been urged to take an active role in the “Plant Your Balance” tree-planting campaign, a large-scale environmental initiative set to green primary schools starting next month.

The call was made by Rtn. Ernest Kusiima, the District 9213 Focus Area Champion for Environment, who emphasized the crucial role of each Club’s Mission Green Officer and Service Projects Director in ensuring the success of the initiative.

“Plant Your Balance” is a collaborative effort between Rotary Uganda, My Tree Initiative (MTI), and Absa Bank Uganda, designed to engage 90,000 students in planting and nurturing 120,000 trees by October 2025. The initiative, which aligns with Rotary’s Basic Education & Literacy Enhancement Program (BELEP), builds on previous

partnerships between Rotary Clubs and schools, reinforcing a long-term commitment to sustainability and environmental education.

The campaign was officially launched in October, 2024, at Namalere Church of Uganda Primary School in Wakiso District, where 3,000 trees were planted in a high-profile event attended District

Governor Anne Nkutu, My Tree Initiative Executive Director and officials from Absa Bank.

Since then, MTI has engaged directly with 183 participating schools, laying the groundwork for the planting season set to commence with the March rains.

With March designated as

Water, Sanitation, and Hygiene Month, and April as Environment Month in the Rotary calendar, the initiative is timely in addressing climate change, promoting sustainability, and instilling environmental stewardship among young learners.

The campaign also coincides with two major environmental events—Uganda Water and Environment Week (March 17-22, 2025), where Rotary will participate as panelists, and the Run for the Nile on March 22, which highlights the importance of water conservation.

Rotarians are encouraged to take full ownership of the campaign by actively engaging with their adopted schools, ensuring that trees are planted, nurtured, and monitored for long-term survival.

The success of the initiative, Kusiima noted, will be measured not just by the number of trees planted, but by the positive environmental impact created within school communities.

As Rotary Uganda marks 100 years of service in Africa, “Plant Your Balance” stands as a testament to its enduring commitment to sustainable development and community transformation.

“

‘Plant Your Balance’ is a collaborative effort between Rotary Uganda, My Tree Initiative (MTI), and Absa Bank Uganda...

Rotary
Kampala-Naalya



March is Water and Sanitation Month



[rotarykampala_naalya](https://www.instagram.com/rotarykampala_naalya)



www.RotaryKampalaNaalya.org



[@RotaryNaalya](https://twitter.com/RotaryNaalya)



[Rotary Club of Kampala Naalya](#)



Rotary Seeks Healing in a Divided World



BY RTN SYLVIA NANKYA

In an era marked by deepening conflicts, rising misinformation, and environmental crises, Rotary International is taking a stand for peacebuilding.

At a recent presidential peace conference in Istanbul, global leaders, peacebuilders, and experts gathered to discuss solutions under the theme Healing in a Divided World.

The event, held last weekend, highlighted key challenges facing peace efforts today.

These included the role of technology in shaping both conflict and reconciliation, the urgent need to address climate change as a driver of instability, and the necessity of confronting historical injustices to foster healing.

Technology and the Fight Against Misinformation

A major concern raised during the conference was the growing impact of

misinformation, which is fueling division worldwide.

The rise of artificial intelligence and digital platforms has amplified both opportunities for peacebuilding and the dangers of misinformation.

Sheldon Himelfarb, an award-winning filmmaker and founder of PeaceTech Lab, compared misinformation to other global crises, warning that its effects could be as devastating as war, pandemics, and climate change. He called for a concerted global effort to develop tools for fact-checking, content labeling, media literacy, and AI-driven peace initiatives.

Climate Change as a Catalyst for Conflict

Another key discussion centered on environmental challenges, particularly in the Middle East and Africa. Climate change is increasingly linked to resource scarcity, forced migration, and geopolitical tensions.

Nada El Agizy, president of the Rotary E-Club of Egy-International and a sustainable development expert, warned that the Arab States region is among the world's most vulnerable to climate change.

Meanwhile, Yana Abu Taleb, director of EcoPeace Middle East, emphasized

that sustainable peace in the region is impossible without serious climate action.

Like much of Africa, Uganda faces similar challenges. Erratic weather patterns, prolonged droughts, and deforestation are driving land disputes and migration, particularly in northern Uganda and Karamoja. As environmental pressures intensify, local and international peace efforts must integrate climate resilience strategies to prevent further instability.

Healing from Historical Trauma

The importance of acknowledging past atrocities as a path to peace was underscored by Freddy Mutanguha, a survivor of the 1994 genocide against the Tutsi in Rwanda.

Now the director of the Kigali Genocide Memorial and a member of the Rotary Club of Kigali-Mont Jali, Mutanguha shared how his country has prioritized remembrance as a tool for healing.



"We made a choice that in Rwanda, remembering should also mean healing," he said. "Our generation needs to break the cycle of hate and build foundations for peace and prosperity."

His message resonates strongly in Uganda, where the aftermath of civil conflicts—including the Lord's Resistance Army insurgency—continues to impact communities. Reconciliation efforts, such as truth-telling forums and community reintegration programs, remain crucial for long-term peace.

A New Rotary Peace Center in Istanbul

A highlight of the conference was the introduction of Rotary's newest Peace Center at Bahçeşehir University in Istanbul. This center, the seventh of its kind worldwide, is designed to equip peacebuilders, particularly from the Middle East and North Africa, with professional development

in peace and development studies.

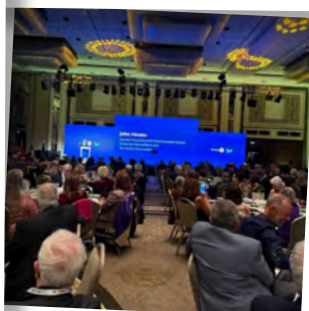
Among the first 13 Rotary Peace Fellows are individuals from Egypt, Iraq, Israel, Jordan, Kenya, Pakistan, Sudan, Somalia, and Yemen. Their projects range from supporting refugee communities to using social media for peacebuilding.

As the conference concluded, Rotary International President Stephanie A. Urchick emphasized the need for long-term commitment and global partnerships in peace efforts.

"The challenges we face today demand nothing less than the combined efforts of governments, nongovernmental organizations, academia, and grassroots organizations," she said. "By

fostering collaboration and sharing resources, we can amplify our impact and drive real progress."

For Uganda and the world, Rotary's commitment to healing divisions remains critical. Whether through addressing misinformation, environmental crises, or historical trauma, sustained efforts will be needed to create a more peaceful and united future.





Water is life and Sanitation is hygiene

BY IPP GODFREY OKELLO
OMODING
Club Training Facilitator

The recent Uganda population census, May 2024, indicated that the country's population was 45,905,417 persons. Of this population, 80.8% use safely managed drinking water services.

For sanitation, 41.2% of the population use safely managed sanitation services, including a handwashing facility with soap and water. Only 24.3% of the population had handwashing facilities with soap and water available at home. Other studies also indicate that in the urban areas, the majority of the population still depends on unsustainable onsite sanitation solutions, most of them with questionable hygiene.

Far less than 6% are connected to a sewerage system. These figures tell a lot on the state of water and sanitation in the



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

country.

The national population report further revealed variations in access to improved water sources between the urban and the rural areas. While the access to improved water sources by households in urban stands at 86.6%, the rural households is

77.4%. These percentages and the variations are of concern since access to safe water and good sanitation is crucial in the

health of a population. The 100% mark is yet to be attained.

Important to note, however, is that interventions leading to improved access to safe water and better sanitation also address disease preventions. It is documented facts that where there is access to safe water and improved sanitation, there is reduced risks of water borne diseases and illnesses; reducing a burden on health care service delivery. Diseases such as cholera, dysentery, typhoid, trachoma, schistosomiasis and polio are results of unsafe water and poor hygiene (sanitation).

For this month of March, whose theme is **Water and Sanitation**, these figures should trigger our pondering right here at home before thinking globally. What is our take? Are we doing well? Are these sayings of; **Water is life, and Sanitation is hygiene** reflective of us as a country? Take it even down to the communities we know.



This month's theme is a reminder to us that there is still work to do in water and sanitation. Sanitation needs more efforts to be directed to it. The figures are very worrying in such a time where there are plenty of simple technological innovations that can be accessed. Where is the problem? As a call for Rotarians to participate is being rallied, there is need to get it right where barriers could be. Improving sanitation especially goes with changing behaviors. Very often, it goes with tackling resistances to adapting changes.

What does it take to make a positive difference in water and sanitation statistics, Rotarians? First, it takes a will to appropriate that in our communities there are still people not accessing safe water and facing challenges in sanitation. Secondly, as people of action, to act. There are several ways one can act, right from advocacy, information dissemination to hardware provision. Very often, there are tendencies to focus more on hardware. No wonder

that sanitation statistics are unimpressive, a reflection of less efforts put.

During this month, fellow Rotarians, let us keep ourselves reminded that we can do somethings to contribute to improving access to safe water and better sanitation. For instance, you can buy a hand washing container for a school or a community facility near you, support a village health team to mobilize, and many other activities.

Together, we can do very many "simple" things that can bring magical changes to a person's life or living conditions of a community. Let us remain part of those actively directing efforts in addressing water and sanitation challenges.



Centenary Bank Announced as Platinum Partner for Rotary District 9213 Conference

The highly anticipated Rotary District 9213 Conference, themed “On the Nile – Over a Century of Rotary Service in Africa,” has secured Centenary Bank as its Platinum Partner. The announcement solidifies Centenary Bank’s commitment to community development, a value that aligns with Rotary’s mission of humanitarian service.

The conference, which brings together Rotarians and Rotaractors from across District 9213, aims to celebrate Rotary’s impact and discuss new strategies

for sustainable service projects. With Centenary Bank on board, the

“

...the partnership is expected to enhance the event’s success and contribute to impactful initiatives within the district”

partnership is expected to enhance the event’s success and contribute to impactful initiatives within the district.

Centenary Bank, a Member of the Centenary Group, has long been

recognized for its focus on financial inclusion and corporate social responsibility. This collaboration further strengthens its position as a key player in driving

development through strategic partnerships.

The event is also supported by Fireworks Advertising, Sumz, ROKE, and Quality Chemical Industries Limited QCIL, among other partners.

Stay tuned for more updates on the 100th District Conference (100THDISCON) as we count down to a remarkable gathering of service-driven individuals.



**DISTRICT
CONFERENCE**

ON THE NILE

Over a Century of Rotary Service in Africa

HOUSE OF FRIENDSHIP RESERVATION PRICELIST

STAND ALONE TENT (3DAYS)
UGX 525,000

SHARED TENT (3DAYS)
UGX 270,000

BANK NAME: **Centenary Bank**
PLATINUM BRANCH MAPEERA

ACCOUNT NAME:
D9213 Rotary 100 DISCON

ACCOUNT NUMBER:
(UGX) - 3100108471

CONTACT:

Rn Julie
Kamuzze-Musoke
jkamuzze@gmail.com
0772586200

Rtr Innocent Kiiza
kiizainnocent@gmail.com
0752379230

Kindly note the deadline for registration and payments
is **February 28, 2025.**

IN PARTNERSHIP WITH:
fireworks
ADVERTISING



100THDISCON

Call for Vendors

We're excited to offer a unique opportunity for you to showcase your products and services during **#100ThDISCON!**

Book your space now and get ready to connect, and network as you boost your brand, and grow your sales.

Deadline: Friday, 28th February 2025.

Check the flyer for more details.

Check us out on Twitter by clicking the button below:



CLICK TO CHECK US OUT



The **Women in Rotary** Celebration Dinner is finally here!

The signature event of the Rotary Club of Kampala-Naalya is held annually in March, to coincide with International Women's Day.

This year's Red-Carpet event will take place on Saturday March 8, 2025 at the Kampala Serena Hotel.

The dinner is organized by the Rotary Club of Kampala- Naalya to shine a light on Women's roles and achievements in Rotary, create awareness of Rotary among women groups and inspire them to serve. It is also an opportunity to recruit more women in Rotary service and fundraise for causes.

District Governor D9213 Anne Nkutu will deliver a keynote address at this year's edition, which is being celebrated under the theme: #AccelerateAction

History of Women in Rotary
Rotary Clubs got their start from the visions of Chicago attorney, Paul Harris, who formed the first Rotary Club in February 1905, so professionals with diverse backgrounds could exchange ideas and give back to

their communities, while forming meaningful, lifelong friendships. Although the clubs have been dedicated to the idea of service for more than 100 years, many were not always fond of the idea of allowing women to join the clubs.

“

The dinner is organized by the Rotary Club of Kampala - Naalya to shine a light on Women's roles and achievements in Rotary...”

proposed admitting women into Rotary at the Council on Legislation. In 1977, despite three more proposals being made, women were still not permitted to be members.

In 1978, the Rotary Club of Duarte (California) dared to admit women as members in violation of the Rotary International Constitution. Because of the violation, the club was terminated in March 1978.

It then took a while for gender-based equality to prevail. Between 1980-1986, more and more clubs from all over the world began pushing to

allow females to join their clubs, and the Duarte Club filed a lawsuit against Rotary International. The California courts went back and forth for several years regarding a lawsuit by the Rotary Club of Duarte against Rotary International.

In 1986, a breakthrough finally came for women wanting to join Rotary, when the California Court of Appeals reversed the lower court's decision. The California Supreme Court refused to hear the case, and the appeal was moved to the United States Supreme Court, where the Duarte club was reinstated.

37 years after the first proposal to allow female members into Rotary, on May 4, 1987, the US Supreme Court ruled that Rotary Clubs could no longer exclude women from membership on the basis of gender. That same year the Rotary Club of Duarte elected the first Female Club President- Sylvia Whitlock.

Rotary
Kampala-Naalya



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



MAGIC **ALL AROUND**

21-25 JUNE 2025 • CALGARY, CANADA

Register today at convention.rotary.org

#Rotary25

Going the extra mile

Fun Facts

Why is it called “Going the extra mile”?

The phrase “going the extra mile” has its roots in ancient Roman law and the Bible. Under Roman occupation, citizens were required to carry a soldier’s equipment for one mile if asked. It was a hassle and annoying but part of daily life back then.

The phrase got its inspirational spin from a Bible verse, **Matthew 5:41**, where Jesus says, “If anyone forces you

to go one mile, go with them two.” This teaching encouraged people to be kind and generous even in tough situations as a way of showing goodwill and moral fibre.

Over time “going the extra mile” became a motivational metaphor. It means putting in extra effort beyond what’s required or expected. It’s an attitude of excellence, commitment and care that often leads to better relationships, better outcomes and personal growth.

Whether it’s in work, relationships or personal goals, going the extra mile means being dedicated and willing to go beyond what’s expected.

The phrase still inspires people to push boundaries, deliver amazing results and make a positive difference in others lives.



DISTRICT CONFERENCE

ON THE NILE

Over a Century of Rotary Service in Africa

GET READY FOR ADVENTURE

Brace yourself for the 100th Discon. Jinja, the adventure capital of East Africa, offers you the best tour activities.

1. White water rafting
2. Bungee Jumping
3. Kayaking on the Nile
4. Cycling on Lake Victoria
5. Zip Lining over the Nile
6. Horse Ridding
7. Source of the Nile boat cruise
8. Itanda Falls
9. Busowoka water massage
10. Jinja city tour
11. Tubing on the Nile
12. Visit Igenge Palace
13. Visit Nalubale dam
14. Visit Railway Musuem
15. Visit Nile Brewery's
16. Kiira Motors Plant
17. Mahatma Gandhi Site



Contact: Tours and Transport Committee:
+256702995565 / +256 784 455330

#OutToLunch

Recovery fund needed for people experiencing sudden loss of income

BY RTN. DENIS JJUUKO



It seems, the impact of the United States freezing its foreign aid is just beginning to be felt. Like we woke up on Monday with screaming headlines of the closure of the HIV clinics impacting 3,000 workers and millions of people who depend on them. The Ministry of Health, a major beneficiary of the American foreign aid, issued a statement asking the workers affected to become patriotic and volunteer if they wish to.

Some people may actually wish to be volunteers but there are expenses involved like transport to workplaces or internet data for remote work

and such other expenses. Then they need to also pay for other expenses. Rent or mortgage, healthcare, child expenses, and a plethora of household expenses among others.

“

...African governments can do something but they have to do what they have never done before - putting the people first.”

The impact of the freezing of American aid is going to impact a big percentage of Uganda's population. The gains that have been made in HIV/AIDS are going to be reversed leading to increased spread of the disease and even deaths. Ending HIV/AIDS by 2030 now looks like a long shot. Tuberculosis is going to be on the rise. Malaria and so many other diseases.

Of course, African governments can do something but they will have to do something they

have never done before — putting the people first. They would have, for example, to suspend the acquisition of military assets to ensure people have access to antiretroviral drugs. They would have to suspend the purchase of luxury Landcruiser SUVs and rosewood furniture, fly economy and only when it is absolutely necessary and spend within their means.

Like we discussed last week, we would also have to utilize the loans that we have acquired and left in the bank vaults (nearly US\$4 billion) while spending billions of shillings on them. That money alone can help bridge the US aid gap in the short run as we think for more long-term sustainable solutions.

There is a lot of talk nowadays on retirement and how people can save and invest for it. It is still early days for the majority of Ugandans to have any



form of retirement savings but the talk is a step in the right direction especially for those who are in formal employment or even formalized businesses.

However, there is a need to supplement this with a talk on sudden loss of income as we have seen with the current aid freeze or like it happened with the Democratic Governance Facility of the Europeans that the Uganda government suspended a few years ago. What do people need to do in such sudden cases?

It calls for savings of at least six months expenses on which one can survive as they figure out what to do. Of course, six months run very fast when you are unemployed but at least it is better than nothing at all. If you have a job today or in business, this is something that must be at the back of your mind. Imagine

how many suppliers to organizations running on American foreign aid are going to go out of business.

This responsibility, however, should not only be to employees and businessowners. There is a lot governments can do and many of them including those in developing countries like Uganda are able to do something. They can create a facility that supports people who lose jobs or businesses and haven't been able to find employment or any form of contracts for more than six months.

It could be a form of insurance and run with private sector expertise where people who earn a regular income could contribute a small percentage of their income which they can access once they have lost jobs or businesses. It has to be

mandatory for employees with government also investing some money into it especially at the beginning. It shouldn't be a government agency though. Government should only be a regulator or it could be placed in already existing regulators like the retirement benefits authority.

Alternatively, during the COVID-19 pandemic, many countries put in place funds business could access at low interest rates to facilitate recovery. There is a need for a fund like that on a permanent basis for especially small businesses that can prove that have lost contracts and have been tax compliant. That way, the economy could be protected when people experience sudden loss of income.

*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

Family Matters



BY **PASTOR RONNIE MUTEBI**

Genesis 2:1-2: Thus the heavens and the earth were finished, and all the host of them. And on the seventh day God ended his work which he had made; and he rested on the seventh day from all his work which he had made.

THE PRINCIPLE OF REST

We live in a world of too much activity that one barely finds no space to rest. The account of God's creative process or productivity and rest

give an open blue print. Everything described in Genesis 1 was created in the spirit realm; it was yet to manifest in the physical realm. "God created man in his own image, in the image of God created he him; male and female created he them."

However, there is a shift in Genesis 2, There's a formation process to every incubation of an idea.

So, in Genesis 1, God created, meaning there's the creative process of ideas and in Genesis 2, He formed, thereafter the incubation of the created idea by connecting it's formation.

“

When you rest in thought, it's easy to maintain perfect peace and unwavering confidence that what you have envisioned will come to pass....”

Between these two processes, something significant happened: God rested. There is always a moment in life where you MUST rest to reflect. This rest is not because you're tired but to establish a sense of purpose. That's why God

also didn't rest because He was tired. Rest in creation and formation is something critical.

For instance, if you have envisioned something you desire—you must use the power of the acquired knowledge to create it within you first —and then wait for its manifestation in the physical, rest is a vital principle.

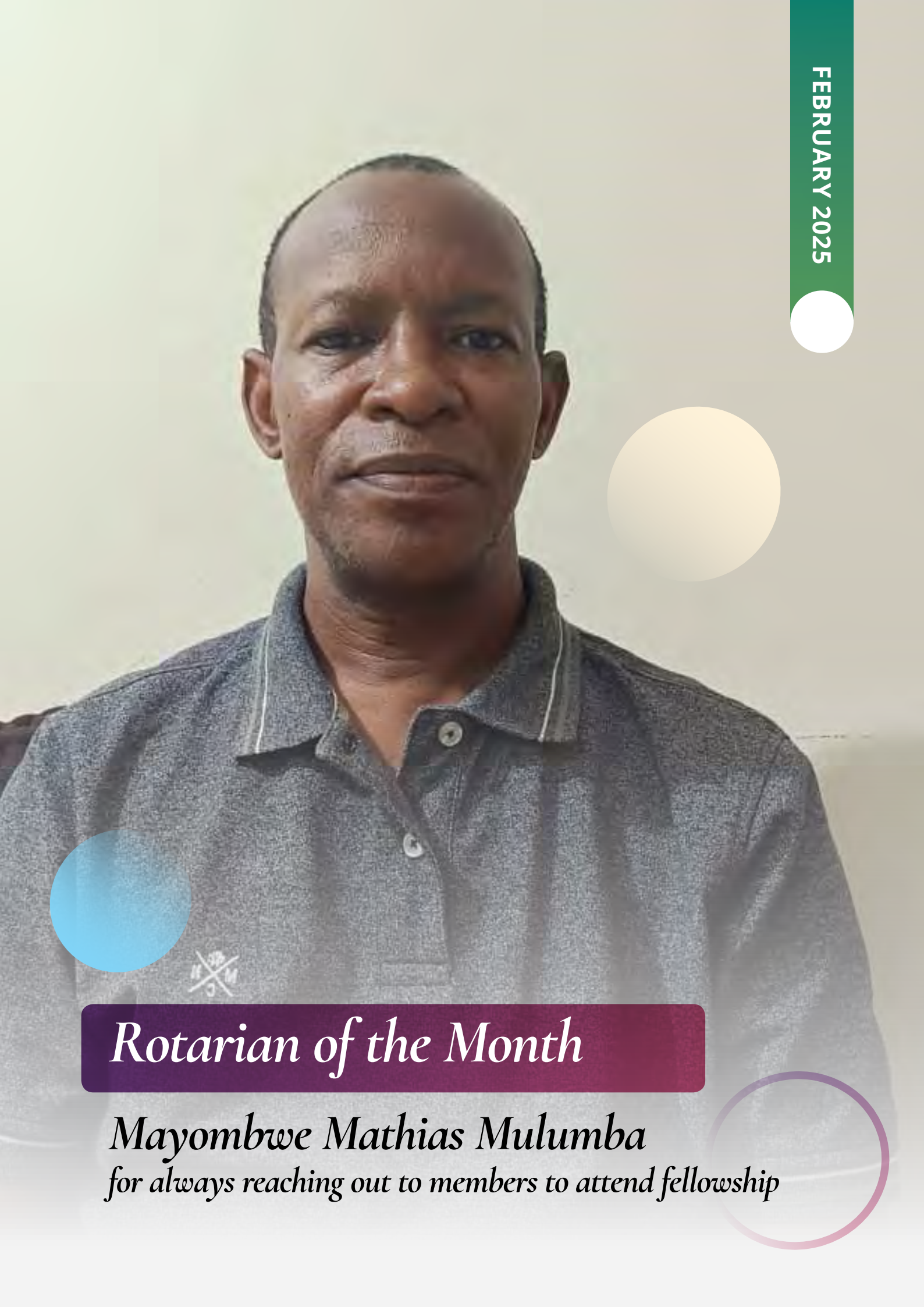
When you rest in thought, it's easy to maintain perfect peace and unwavering confidence that what you have envisioned will come to pass, then manifestation will follow.

REST is the womb in which manifestation is nurtured.

Take Home: Between creation and formation lies the critical principle —REST. This is the womb in which manifestation is nurtured.

Think of these words to rediscover the power of REST as a principle of manifestation. This wisdom will translate dreams, ideas, and creations into physical world. Remember to keep the visions and make them come to life.

FEBRUARY 2025

A portrait of a middle-aged Black man with short hair, wearing a grey polo shirt. The background is a light, neutral color. There are decorative elements: a green vertical bar at the top right with the text 'FEBRUARY 2025', a large yellow circle on the right, a blue circle on the left, and a purple circle at the bottom right.

Rotarian of the Month

*Mayombwe Mathias Mulumba
for always reaching out to members to attend fellowship*

The Art of Sacred Peace

BY RTN PAMELA
KAWADDWA

I wish someone would
have told me
That sacrificing my
boundaries in the name of
sympathy wasn't noble!

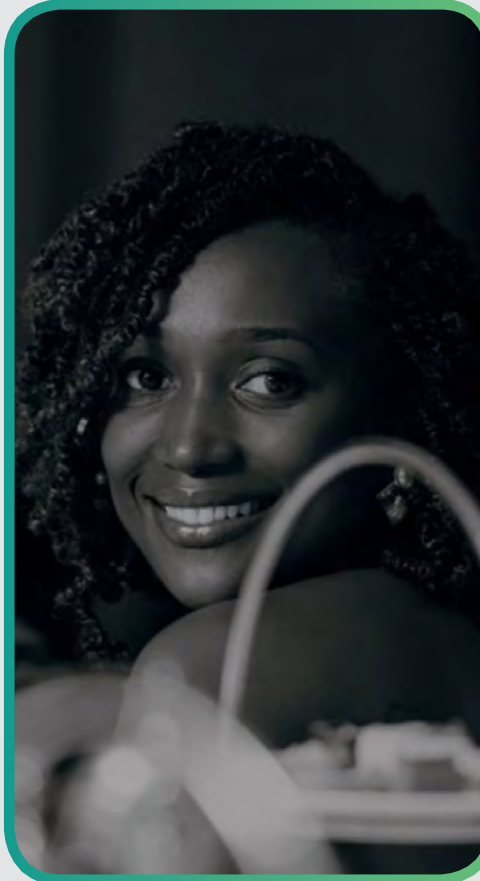
I wish they would've
warned me that
All it would do is make me
a safe house for
Other people's demons!

I think empathy has to be
taught in two parts.

How to put yourself in
someone else's shoes
And the hurt they were
given that made them
hurt you with no second
thoughts of it
And how to understand
that you still don't deserve
the hurt they throw to
you.

Their scars are no excuse
for the wounds they give to you.
Their inability to heal is not something
you can fix.

If you stay and continue to let them
treat you on all these unacceptable
manipulative ways,
If you give them excuses and safe places
for their darkness instead of demanding
they do better, it's all on YOU!
The only thing you are teaching them is
that you will put up with it.



We want to live
in a world where
hurt people
don't hurt
others.
But the reality
is that it starts with
standing up for
yourself and not
accepting disrespect or
your peaceful space to
instead be tainted in
their garbage!
So goes the famous
saying "Garbage in,
garbage out". Why
then accept to be the
dumping space???

You chose to heal
You chose to take the
darkness the world
gave you and still be a
light.
You chose kindness
despite the pain you
received. You gave
no excuse for hurting
others!

You chose love above,
You chose respect,
You chose the right path!

They too can!!
They, too, should!

Until again,

Phwy

Last week's fellowship

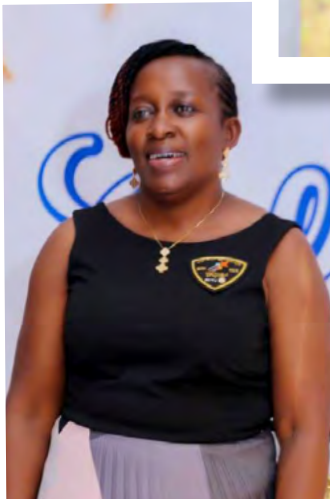


Hosting a delegation from District 5110, Oregon, USA



The delegation was hosted locally by the Rotary Clubs of Kampala Metropolitan and Kabarole. DG Anne met them last Friday as part of the club fellowship.

RC Bweyogerere - Namboole Charter Night



Rotary
Club of Lubowa



INDUCTION OF NEW MEMBERS & RECOGNITION OF HONORARY MEMBERS



**Grace's Restaurant
Lubowa**



**Tuesday 4th
March 2025 | 6pm**

Presided Over By

ANNE NKUTU

DISTRICT GOVERNOR D9213





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

KITOOBERO BUDDY GROUP MEMBERS



Bobby Louis Ogwal



Charles Owekmeno



Sylvia Jagwe Owachi



Faith Nambozo



Flavia Serugo



Jackie Mutimba



John Mugisa



Julie Kisekka



Margaret Harriet Kugonza



Joy O Anena



Racheal Komuntale



Sylvia Nankya

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