

Naalya Food Bulletin

1st April 2025

Rotary
Kampala - Naalya



Issue 37 | 2025



Inside This Issue

www.rotarykampalanaalya.org



05

D9213 Seeks Governor
Nominee Designate



21

PK's Corner:
A Place of Peace

EDITOR'S NOTE



Dear Friends,

The Editorial team welcomes you to April.

Rotary International highlights April as Environment Month, where attention is drawn to supporting activities that strengthen the conservation and protection of natural resources, fostering harmony between the communities and the environment.

This is also quite a special month for D9213 which is holding its 100th District Conference (DISCON 100) in Jinja next week – 9th – 12th April, 2025 with preparations in full swing. Thank you for registering! We look forward to your participation and a productive event.

As usual we value your feedback and contributions.
Happy Reading.

Keno Lillian - Bulletin Officer

Editorial Design by:

CHUNZI Technologies
EDITORIAL DESIGN | INNOVATION

[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



President's Message

RTN SYLVIA JAGWE OWACHI
Club President 2024-2025



Dear Rotarians and Friends,

Welcome to the new month of April which in Rotary is dedicated to Environment. In this month clubs are expected to focus on environment issues and initiatives. For this rotary year there is the Plant your Balance initiative that was agreed upon to commemorate 100 years of Rotary in Action this Centennial Year. The number of trees to plant in the next 3 years each Rotary Club is equivalent to the difference of the years of club's existence from 100 and multiplied by 100. The Rotary Club of Kampala Naalya was chartered on 12th March 2012 and is currently in its 13th year of existence. We have planted fruit trees in St Mbaaga school and will continue with the initiative in other communicates.

As we closed the month of Month we dedicated the last meeting to get to understand the history of our club under an interesting topic "The Story of our Club". It was a very interesting conversation told by the Charter President himself Dr Francis Lakor

who has remained very active in the club till today. The story covered how the idea was birthed sponsored by the Rotary Club of Kampala. We also also had a chance to see the pictures from way back including the charter night at Sheraton Hotel, the first District Governors visit, the first District Assembly attended by the members then, the first service project and family health day undertaken by the club. We also got to see the bulletins that were produced then which have continued up till now. Thanks to Rtn PAG Flavia Serugo for keeping and sharing all those memoirs.

I sat there and listened I was reminded that there are 101 reasons why one would joint Rotary!! Rotary gives you an opportunity to serve, endless leadership development, learning from different vocations, an opportunity to travel and experience different cities and cultures. It also gives one endless networking opportunities, friendships and fun. One gets to learn

“

As we closed the month of Month we dedicated the last meeting to get to understand the history of our club under an interesting topic "The Story of our Club."

different reasons and to remain in Rotary one needs to find their WHY.

This week we have lined up an interesting topic on "How Artificial Intelligence can enhance communication in Rotary Clubs". Artificial Intelligence is deeply integrating in our daily routines in various ways so it would be important to understand how we can leverage it in Rotary. You are welcome to join us for our meeting this week.

Be Blessed!!

something new from the different guest speakers we invite to our clubs or by visiting other clubs every week. From the testimonials of the members who have been with the club for some time it is important to note that we all join Rotary for



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



Ready to Lead? District D9213 Seeks Governor Nominee Designate



BY RTN SYLVIA NANKYA

Nominations for the position of District Governor Nominee Designate (DGND) for the Rotary District 9213 are open. The selected candidate will assume the role of District Governor in the 2027/28 Rotary Year, succeeding **Gerald Obai**.

In a communication addressed to club presidents and secretaries, District Governor Anne Nkutu outlined the nomination process, emphasizing the importance of selecting the most qualified candidate. According to Rotary International

Bylaws (Article 12.030.3), nominations must be submitted through a club resolution, certified by the club secretary. Each club may nominate only one of its own members.



Manual of Procedure.

- Submit a signed statement confirming their qualifications and willingness to serve.

DG Nkutu also reminded clubs that campaigning or canvassing in any form is strictly prohibited, in line with Article 13.010 of the Rotary International Bylaws.

To qualify, candidates must:

- Be a member in good standing of a functioning Rotary club within the district.
- Have served as a club president for a full term or as a charter president for at least six months.
- Demonstrate commitment and ability to fulfill the duties of a district governor.
- Possess knowledge of the role and responsibilities as outlined in the

Interested candidates must submit a completed Governor - Nominee Designate Form, a club resolution, and a comprehensive CV. Applications should be sent to the District Governor at anne.t.nkutu@gmail.com no later than April 3, 2025.

The successful nominee will be officially announced during the District Conference, set to take place in Jinja from April 9 to 13, 2025. Meanwhile, Geoffrey Kitakule will assume office as District Governor at the end of this Rotary year.

For further details, Rotary members are encouraged to review the Manual of Procedure 2022 and liaise with their club leadership.

“

The successful nominee will be officially announced during the District Conference, set to take place in Jinja from April 9 to 13.”

99th District Conference
and Assembly





How AI Can Enhance Communication In Rotary Clubs

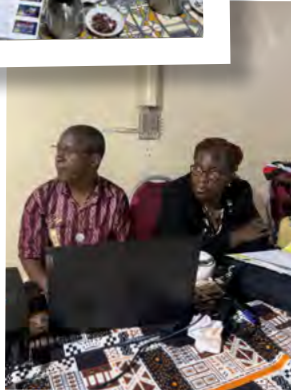
Rtn. Dorothy Kyeyune

 **April 1, 2025**

7pm

**Ndere Cultural
Centre**

Last week's fellowship



In the Beginning there was Proper Environmental Co-existence

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

In the beginning of creation there was environment and human beings. They coexisted in harmony. Today, the con-existence is in turbulence. What has changed in the coexistence equation?

This month of April, with the theme- **Environment**, the answers are being beckoned from us all for addressing this equation. Has the nucleus of co-existence given way? What next? What seems to be pausing is; what to be done, how to be done, when to be done, and who to do. What is agreeable is that somethings need to be done, and done now.

To give us the appreciation of how the world is grappling with a host of pressing environmental challenges, we shall take



“
It is estimated that 91% of all plastic waste that has ever been made is not recycled, making it only one of the biggest environmental problems.”

time this month to highlight these challenges and their depth.

The bottom line is a need for immediate attention and actions in the mitigation and adaption. Today, environmental challenges are manifesting with disasters, losses and pollution, affecting climate patterns, biodiversity and living. Records and several studies have given different dimensions

and aspects of what is happening today to the environment. Here are the first highlights.

Global warming from fossil fuels has resulted into 2024 being confirmed as the hottest year in history. It recorded global average temperatures of 1.60C above pre-industrial levels. And, also, the first calendar year to reach more than 1.5C above the pre-industrial level. This has come with several climate effects. Among them heat waves, floods and hurricanes that have become more intense and frequent.

Fossil fuel dependence has contributed to the global warming from the emission of greenhouse gases. This has brought challenges of transition to a less carbon technologies. It calls for ways for stimulating innovations in low-carbon technologies.

Food, though being a basic need, its waste bears an environmental challenge. A third of the food intended for human consumption, about around 1.3 billion tons is reported wasted or lost.



This food waste and loss account for about one-quarter of greenhouse gas emissions annually. For developing countries, 40% of food waste occurs at the post-harvest and processing level, while in developed countries, 40% of food waste occurs at the retail and consumer levels.

Biodiversity loss is a big concern. Its natural rate of replenishment is lower than human demands. In the past 50 years, a rapid growth of human consumption, population growth, global trade and urbanization has had impact on biodiversity. Humanity is using more

of the earth's resources than it can replenish naturally. The demand gap is increasingly widening resulting into environment challenge.

“

Humanity is using more of the earth's resources than it can replenish naturally. The demand gap is increasingly widening resulting into environment challenge.”

plastic waste. The road curves, channels and water ways are clogged with all types of plastic waste. There is no telling what the irreversible

Plastic waste is another environmental concern. It is estimated that 91% of all plastic waste that has ever been made is not recycled, making it only one of the biggest environmental problems. Plastic takes 400 years to decompose. Here in Kampala, it will be strange if you don't see

effects of plastic pollution is and will continue to have on the environment in the long run. This needs to be address as to guarantee generations to come a better livelihood and environment.

Rotarians, let us pause here for a while and ponder on these challenges as more will be highlighted in the next bulletin. Take time to reflect on your role in this environment equation. Explore what you can do both as individual and as a club. May you be seen in action.

Rotary
District 9213



Rotaract
District 9213



**CIVIL SERVICE
COLLEGE JINJA**

MEET OUR KEYNOTE SPEAKER

**10TH APRIL
THURSDAY 2025**



**Sheikh Abdul Aziz
bin Ali Al Nuaimi**

(The Green Sheikh)



fireworks
Advertising



f i X 100THDISCON



District 9213 Calls for Voting Delegates for Legislative Assembly

Rotary District 9213 has issued a final call for clubs to submit their voting delegates for the upcoming District Legislative Assembly, scheduled to take place physically on April 12, 2025, during the 100th District Conference and Assembly (DISCON) in Jinja.

The District Legislative Assembly is a crucial session where club representatives vote on key financial and governance matters that shape the future of the district. Items on the agenda include:

- The audited accounts for the 2023/2024 Rotary year
- The Annual District Goals for 2025/2026
- The District Budget for 2025/2026
- Any other resolutions competently presented

This follows the successful completion of the District Learning Assembly, which was held in a hybrid format on March 8, 2025.

Submission Deadline for Delegates

Magic Year Presidents are reminded to submit their club's voting delegates to kobukindophyllis@gmail.com by Thursday, March 27, 2025.

Delegate Allocation per Club Membership Size:

- **1 delegate** – Clubs with 25 members and below
- **2 delegates** – Clubs with 26 to 50 members
- **3 delegates** – Clubs with 51 to 75 members
- **4 delegates** – Clubs with 76 to 100 members
- **5 delegates** – Clubs with 101 to 125 members
- **6 delegates** – Clubs with 126 to 150 members
- **7 delegates** – Clubs with 151 to 175 members

Requirements for Delegate Submission

Each club's delegate credentials (Name, Email,

Telephone, RI Number) must be submitted on club-headed paper, duly signed by both the Club President and Secretary.

Additionally, only clubs in good standing—those that have fully paid their Club, District, and Rotary International dues—are eligible to send voting delegates.

Ensuring a Strong Rotary Future

District 9213 Executive Secretary, Phyllis Kobukindo Kwesiga, emphasized the importance of club participation in shaping the district's financial and administrative direction.

All club leaders are encouraged to submit their delegates on time to facilitate a smooth and effective legislative process.

Rotary
District 9213



Rotaract
District 9213



ON THE NILE Over a Century of Rotary Service in Africa

**CIVIL SERVICE
COLLEGE JINJA** | **9 – 13
APRIL 2025**

MEET OUR ROTARY INTERNATIONAL PRESIDENT'S PERSONAL REPRESENTATIVE (RIPPR)

PAST DISTRICT GOVERNOR
**DAVID OSEI
AMANKWAH**



fireworks
Advertising



f i X 100THDISCON



www.atacama.co.ug

Atacama Consulting is a leading Environmental and Social Consultancy firm with its headquarters in Kampala, Uganda, East Africa, that was established in 2005. Over the years, the firm has successfully conducted a number of consultancy assignments by leveraging its rich pool of technical resources and those of its strategic partners.

The firm provides its environmental and social consultancy services via its four Business Units; Sustainability Services Unit, Impact Assessment Unit, Social and Policy Unit, and Resettlement Services Unit. We offer our services through a crossfunctional team approach. We pride ourselves in ensuring that the services offered and the associated processes thereof, benchmark with requirements stipulated in the national environmental and social legislations of the countries we work in, as well as international environment and social guidelines such as, the International Finance Corporation's (IFC) Performance Standards, the World Bank Environmental and Social Framework and associated environmental and social standards, and Equator Principles, among others.

Atacama Consulting is dedicated to providing customised solutions for entities in its business sectors of focus that include but are not limited to; Energy, Agriculture, Transport infrastructure, Mining, Financial services, Health, Tourism, and Manufacturing.

The firm has successfully completed over 200 major projects for clients in the private, public and Non-Governmental Organisations sectors.

We have passionately delivered practical strategies aimed at protecting, enhancing, and restoring the natural environment, facilitating livelihood restoration and project approvals while, advancing responsible and sustainable development as highlighted.

VISION:

"To be a leading provider of cost effective Environmental and Social Consultancy Services to our clients internationally, in line with sustainable business practices."

MISSION:

"To consistently deliver high quality Environmental and Social Consultancy Services to our clients by leveraging our skills and those of our Strategic partners."



Plot 15, Upper Naguru
East Road, Naguru
P.O. Box 12130, Kampala, UG
admin@atacama.co.ug
+256 (0) 751 090752

FUSION

Europe - Middle East - Africa

2025

Save the date 25—28 Sept. 25 Brussels

Breaking Barriers, Building Bridges

Square Brussels,
Mont des Arts, 1000 Bruxelles

www.rotary-fusion-summit.org



Save the Date

SAVE THE DATE and Join us from September 25 to 28, 2025 at this 1st ever **Multi-zone Institute** designed for Rotarians, Rotaractors and Partners from Europe, the Middle East, and Africa. It's the **FUSION 2025 SUMMIT** in Brussels, Belgium.

Connect, Collaborate, and Unite For Good!. Don't miss this chance to shape the future of Rotary!



CLICK TO REGISTER NOW



Click on button above to register

Early-Bird Registration Ends on 31st March.

#RotaryFusion2025
#UniteForGood



Fun Facts

Why Do We “Ruffle Feathers” to Annoy?

In today's issue, Annoy someone lately and “ruffle their feathers”? This playful phrase has a surprisingly rich history. Curious why it's still fluttering around today?

Picture this: you're at a party, and someone makes a comment that just doesn't sit right. Suddenly, you feel like a ruffled bird, feathers all askew. That's what it means to “ruffle someone's feathers” - to annoy or upset them, often by disturbing their peace or challenging their views.

The phrase “ruffle someone's feathers” is as old as the hills, or at

least as old as the 19th century.

According to the Oxford English Dictionary, it first appeared in print in 1834. The imagery is clear: just as a bird fluffs up its feathers when agitated, people can become visibly unsettled when provoked. There's no grand myth behind its origin, just a simple, vivid metaphor that has stood the test of time.

Over the years, the phrase has maintained its core meaning, though its usage has spread beyond the literal. In literature and everyday conversation, it's been used to describe everything from minor annoyances to major disputes. In the 20th century, it found its way into political discourse, often used to describe the effect of controversial policies or statements.

Today, “ruffle someone's feathers” is a staple in our linguistic toolkit, used to describe anything from a sibling's teasing to a boss's

unexpected critique. It's a phrase that captures the essence of human interaction - how easily we can unsettle each other, sometimes without even trying. And while it might not have the same ring as “rock the boat” or “stir the pot,” it carries a certain charm, evoking the image of a flustered bird.

So next time you find yourself in a heated debate or a playful argument, remember: a little feather-ruffling can be a good thing. It keeps conversations lively and reminds us that a bit of irritation now and then is just part of the human experience. After all, what's life without a few ruffled feathers to keep things interesting?

#OutToLunch

If girls can learn to shoot a gun, they can learn to code too

BY RTN. DENIS JJUUKO



A young girl in a school uniform surfaced on a video over the weekend. Perhaps in the lower ages of her teens, she walks majestically in an open field. It is some kind of event. The person on the microphone is ecstatic. The crowd is roaring with joy. They have probably seen this girl before do some performance. Whoever is shooting the video only focuses on the teenager. It is not clear where the video was taken but somewhere in Africa. Somebody said it was South Sudan.

When she reaches the middle of the field, she confidently picks up one of the deadliest weapons

“

There are many 21st century skills that young girls need to acquire ahead of learning how to shoot a gun.”

ever made — the AK47 gun. She points it in the air as if she is going to shoot but she doesn't. She instead starts to disassemble it. The crowd roars at every part removed. Within no time, she re-assembles the AK47 gun. The crowd has never cheered like this before. Her mission is done. Puts the gun down and walks away. The video ends there.

I would have wanted to watch more to get the context of the entire event and what drives an entire country to gather to watch teenage school girls disassemble and reassemble automatic assault rifles. Is it about defending their country which in most cases means keeping politicians in power? Is it self-defense? Or building a significant base of future innovators that can



go make better guns than the AK47? Unfortunately, it was hard to get answers to such questions from the video clip. But it keeps one thinking about the education policy of some of these African countries. Previously, African leaders had such courses branded patriotism and empowering the masses to defend themselves. The gun, particularly the Ak47,



had been used to terrorize people and there was a need to demystify it, the African leaders argued. They enrolled thousands of post-primary students in such courses. The countries remain largely poor decades later.

I am not so sure how long it takes to teach a kid how to learn the intricacies of assembling an AK47. It must be some good training and some good resources. Military trainers, securing a suitable venue, guns, bullets, and all that. And then much more money to organize the "graduation" event where the learners showcase their impeccable skills with the AK47 and perhaps other types of guns.

The majority of these AK47 graduates will most likely not finish their formal education like is the case in Africa. Very few kids who enroll into primary make it to university or other tertiary institutions. Many actually don't complete their secondary education. And looking at that girl in the video, perhaps the only

skills she will ever have are those to do with the AK47. What is she going to do with such skills? Unless she joins the military, she may end up in a militia that seeks to topple those who trained her or into some law breaker of repute.

There are many 21st century skills that young girls need to acquire ahead of learning how to shoot a gun. Digital skills are crucial to make young people competitive and if they can learn to assemble a gun, they can learn to code too. They are more likely to earn better coding than shooting guns. They are more likely to contribute to the development of their countries with digital skills than impeccable gun skills.

That doesn't mean that there is no need to secure a country but that should be left to those who are recruited into the armed forces. The majority of people don't need military education. They need skills that can land them jobs to feed their families, pay taxes to run the country

and ultimately fulfil their potential.

The politicians need to think beyond themselves. Look at South Sudan where the video is said to have been made. Two old men can't control their egos so they decide to fight each other instead of using their massive natural resource endowments to create a prosperous country.

Countries don't develop because the masses can shoot a gun. They do when the masses have skills necessary that make them competitive in the world. Imagine if that girl instead of an AK47, she was displaying coding skills?

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



MAGIC **ALL AROUND**

21-25 JUNE 2025 • CALGARY, CANADA

Register today at **convention.rotary.org**

#Rotary25

Family Matters



BY PASTOR RONNIE MUTEBI

Proverbs 10:4(KJV):
He becomes poor
that deals with a slack
hand: but the
hand of the
diligent makes
rich.

THE FINANCE PRINCIPLE ON POVERTY

Many believe poverty is a mindset, but allow me to address it as a spirit. God did not create man to live in lack. Poverty was not in His grand plan. He placed Adam in the Garden of Eden, a place of abundance, and gave him the responsibility to tend and keep it.

One of the greatest causes of poverty is a slothful

spirit. Poverty is equated to a slothful spirit which comes with destruction. In the writings of King Solomon, Proverbs 18:9, says: "He also that is slothful in his work is brother to him that is a great waster." Slothfulness squanders opportunities, talents, skills and resources.

How does a person waste resources? By failing to manage them wisely, indulging in unnecessary spending, and neglecting to save or invest. Mismanagement and carelessness turn blessings into burdens.

“

Anyone who
fails to cultivate
the God
given abilities
diminishes his
potential for
success.”

How does a person waste talents? By refusing to develop and use his God-given gifts. Any one who fails to cultivate the God given abilities diminishes his potential for success.

How does one waste opportunities? By procrastinating, ignoring open doors, or failing to recognize God's provisions.

How does a person waste skills? By failing to refine and apply them diligently.

Skills require continuous learning, practice, and application to remain useful. Anyone who refuses to sharpen his skills limits his ability to thrive.

Such wastefulness invites slothfulness and then the spirit of poverty cripples in. On the other hand, true prosperity is the fruit of consistent effort, discipline, and wise stewardship. Take an honest inventory of your life. Identify any area where you have been wasteful. Commit to making a change and taking deliberate steps to cultivate diligence and wise stewardship.

Take Home: True prosperity is the fruit of consistent effort, discipline, and application of wisdom in how you spend.

Always search the ancient wisdoms hidden in writings of the wise. Refuse laziness and wastefulness and embrace diligence in all that you do. Learn the daily habits of being a faithful steward of the blessings that come your way. Use your talents, resources, and opportunities wisely to make a better version of yourself.

A Place of Peace

BY PAMELA KAWADDWA

**In a world of noise and haste,
I find solace in a quiet space,
Where the whispers of the wind,
Are the only sounds that begin.**

Amidst the chaos of the day,
I yearn for a place to stay,
Where the stillness of the night,
Is the only companion in sight.

A world so vast and grand,
Yet the moments slip through my hand,
I search for a place of peace,
Where my heart can finally release.

And in that tranquil retreat,
I find my soul's true beat,
A rhythm of love and light,
That shines so clear and bright.

So let the world spin and turn,
For in this haven I shall learn,
The beauty of a life so rare,
And the magic of a heart that dares.

Shhhhs.... let the silence drive me to
the road unknown yet too safe for
my peace..

Learn to dive in the stillness!

Till again..

Phwyy



RC Upper Kololo Charter Night

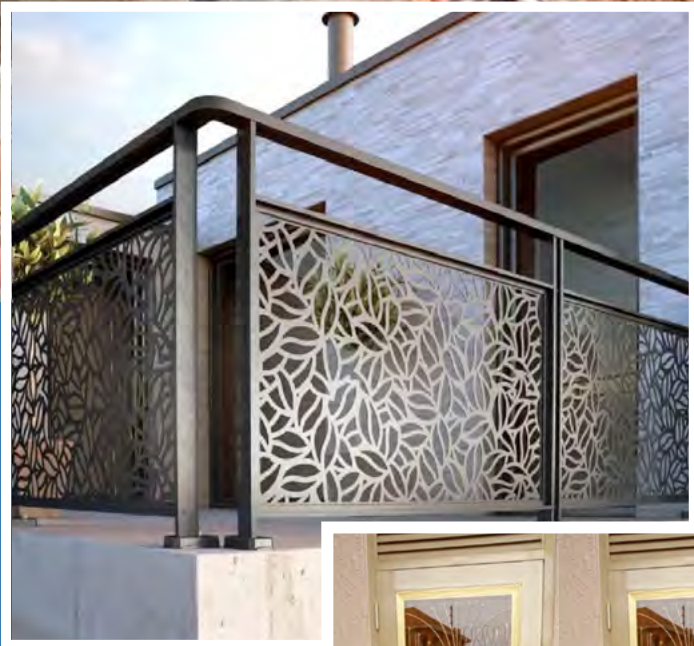


PP Denis Jjuuko, Rtn Barbara Ninsiima and Rtn Jackie Mutimba represented the Club at the RC Upper Kololo Charter Night.





**Aluminium and
Metal Fabrication**



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

Rotary 
Kampala-Naalya





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

KIKOMANDO BUDDY GROUP IN CHARGE



Anne Nkutu



Christine Amucu



Denis Jjuko



Doreus Karungi Mwanje



Elizabeth Wamalwa



Godfrey O. Omoding



Julie Nabwire



Juliet Nabunnya



Mathias Mulumba



Peter Simon Nyanzi



Pastor Elias Namanya



Rita Aciro Lakor

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