

Naalya Food Bulletin

20th May 2025

Rotary
Kampala - Naalya



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in Youth Growth?



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EDITOR'S NOTE



Dear Reader,

During this Youth service month, let us continue celebrating the energy, passion and contributions of our young people.

This issue of the Naalya Food Bulletin carries takeaways from last week's presentation on how to navigate the journey from Rotaract to Rotary, among other interesting items.

Next Tuesday, May 27, we shall hold our Joint Installation ceremony at Ndere Cultural Centre, 5pm. Entrance is Free!

Please join us.

Keno Lillian - Bulletin Officer

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President's Message

RTN SYLVIA JAGWE OWACHI

Magical President 2024-2025



Dear Rotarians and Friends,

In line with the month of May theme Youth Services last week we hosted a former Rotaractor Rtn Simon Okwi who gave insights on how to support Rotaractors transition into Rotary. Rtn Okwi started off in interact, then Rotaract and finally Rotary and it is evident that this transition has been very instrumental in his leadership and community service journey.

Rotarians should understand that they are role models to the young people and should make time to mentor and involve them in different activities to assist them grow. In the room we had several rotaractors who gave testimonials of the learning they have picked from closely associating with Rotarians and from the programs such as Rotary Youth Leadership Awards (RYLA) which I must say were quite inspiring especially regarding what they have managed to achieve to date.

This weekend we were involved in training of new members who have expressed interest to join our club. We were reminded that there are quite a number of ways one can get involved once they join Rotary such as;

- Through your Rotary Club by serving on a Committee. Clubs have various committees (e.g., fundraising, membership, public image, Rotary Foundation) where you can utilize your skills and contribute to the club's work.
- Volunteer under Club projects by participating in your club's signature projects,

which are often community-focused initiatives.

- Organize Social Events and help plan and host social events that promote fellowship and raise awareness about Rotary.
- Through Rotary Fellowships and Action Groups where you can join groups that share your

passions, hobbies, or vocations, allowing you to connect with like-minded Rotarians and contribute to service projects.

- Participating Youth Service Program such as Interact and Rotaract.
- Vocational Service where you use your profession to contribute to society by upholding ethical standards and addressing societal needs.

There are many benefits of joining Rotary ranging from making new connections and friendships, giving back to the community, fun and entertainment, business development, personal growth and development, continued learning travel opportunities and list goes on and on depending on what is important you as an individual.

Enjoy our week's bulletin and stay blessed.



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Bringing Light into Conflict: Nobert Mao Inspires Rotarians to Mediate with Heart and Humour



BY RTN SYLVIA NANKYA

Even a tree stump can look like an enemy—until someone shines a light on it,” joked Hon. Nobert Mao as he addressed a group of Rotarians undergoing mediation training.

With his signature blend of wit, wisdom, and storytelling, the Minister of Justice and Constitutional Affairs captivated the room with powerful life lessons and practical strategies on becoming an effective mediator.

With decades of experience—including playing a pivotal role in the government’s mediation with the Lord’s Resistance Army—Mao brought more than technical knowledge. He brought soul. “A mediator is not the main reactant; you are a catalyst. Your presence should reveal what really matters to

people—what lies beneath the surface,” he emphasized.

Mao laid out seven key roles every effective mediator must embrace:

1. Stay focused on achieving an agreement
2. Don’t abandon the agenda
3. Level the playing field—lift the weaker party
4. Be a “reality tester” offering independent perspectives
5. Help generate alternative options
6. Keep records of offers and counteroffers
7. Ensure agreement implementation

“You have to be ready to listen—even to the scary things parties need to get off their chest,” Mao advised. “Sometimes your job is simply to absorb the tension, like a lightning conductor, and safely ground it.”



Justice and Constitutional Affairs Minister, Hon. Norbert Mao addresses Rotarians undergoing Mediation Training in Kampala

The training took place on Saturday, May 17, 2025, at Silver Springs Hotel, organized by the District Governance and Ethics Committee. This is the first cohort of Rotarians being formally prepared to take up mediation roles within the district.

Francis Gimara, the Chair of the Committee revealed that trained Rotarians would soon form a pool of mediators ready to serve in resolving disputes across Rotary clubs. "This initiative ensures our clubs remain peaceful, values-driven spaces for service," Gimara said.

Mao encouraged participants to choose the interest-based model of mediation over the rights-based approach. "People don't just want compensation—they want to be heard. They want their values acknowledged," he explained.

"Your job is to shade light, expose the truth, and help them see each other again as humans."

When recalling his own mediation efforts during the Northern Uganda conflict, Mao shared how he used subtle, behind-the-scenes communication to diffuse tension. "Kony would call me. I would brief the President. Not because I was collaborating—but to remove rumours and build trust. That's what a mediator does."

The session was not short on humour either. From tales of boarding school mischief to reflections on marriage and politics, Mao had the room erupting in laughter. But every joke was laced with a deeper truth. "We're not perfect, but if you're big on personal growth, you'll become a better mediator—and a better person," he said.

"I'm pleased this training is done with simplicity," Mao noted. "Some trainings are designed to equip people with high-voltage things. But the best mediators are those who understand people and keep it simple."

He closed by reminding Rotarians to anchor their mediation practice in the Rotary Four-Way Test—truth, fairness, goodwill, and mutual benefit. "Let that badge you wear not just be a pin, but a symbol of integrity and healing."

So what does it take to be a great mediator? According to Mao:
"Internal motivation, empathy, friendships, humility, and practice, practice, practice."

And maybe—just maybe—a good sense of humour.





Where are the Elders in Youth Growth?



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

Reading the District Governor, Anne's message of this month, May, on attrition of interactors and rotaractors, it's a message of lamentation. One is left pondering, "where are the elders?" The similar message was echoed by a Rotaractor who gave a talk during our Club meeting (fellowship) last week on 13th May 2025. He told the Rotarians present that, "*You only remember Rotaractors*

in the month of May." This sentiment, though it was politely relayed, it is a serious one in the spirit of the role of elders. Elders at any given time ought to nature, nourish, and show way to the youth. This is awakening sentiment and may as well be a statement.

Fortunately, the Rotaractor's message has landed on the month of May, the time new Club leadership is taking shape and sharpening for the new rotary year. Planning is taking place and programmes are being designed. So, this message, hopefully has fallen on the fertile ground, ready to be planted in the plans for the next rotary year. While, on the other hand, the message comes at the time when it can easily be forgotten. It is the time clubs are busy with schedules for installations that now get immersed into planning for "festivals".

The theme of the month - *Youth Service*, denotes to the elders their expected role in the advancement of the youth, and reminding of the presence of the youth amidst them. It is really not a question of knowing

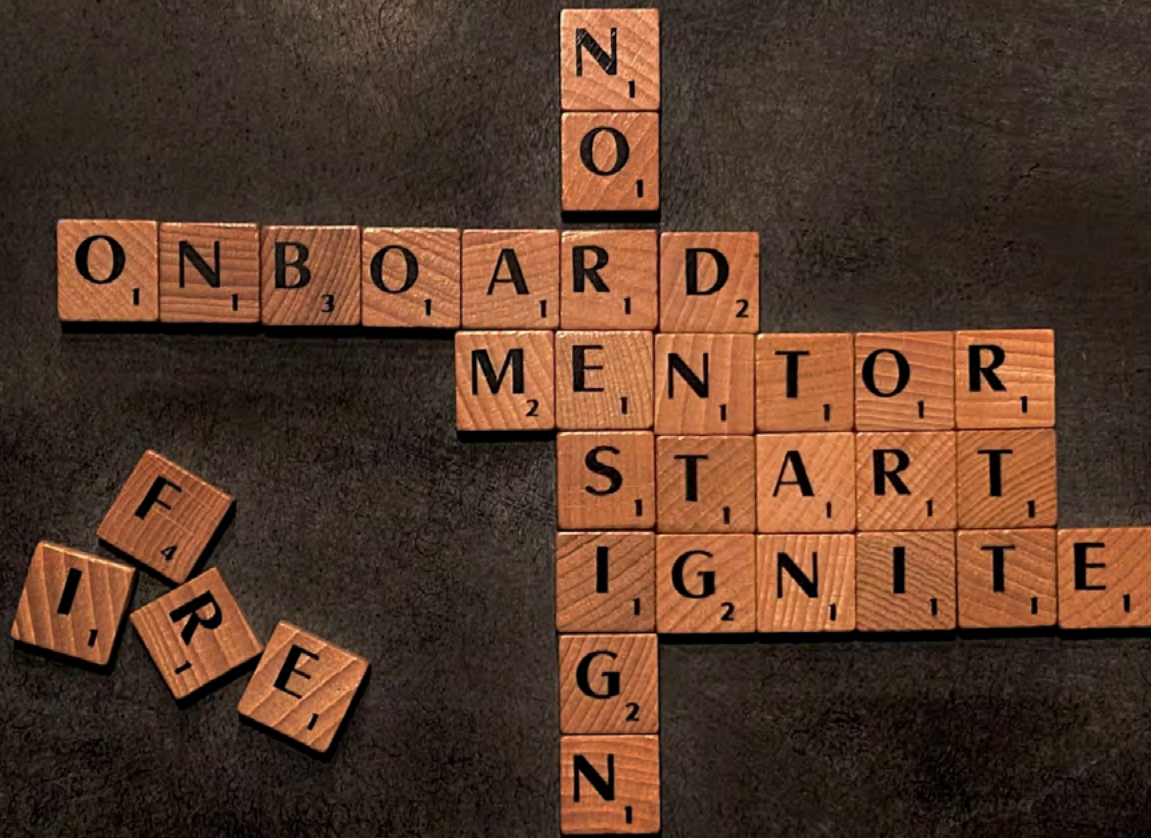
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Elders at any given time ought to nature, nourish, and show way to the youth..”

the presence of the youth but presence of programmes and actions for the youth.

From the youth perspective, regardless of the sex, there is a lot expected of them at various levels. Those at rotaractors' age

brackets, they have their own challenges right at the family level, regardless of the family and economic backgrounds. The youth from families with a good "economic standing", where one may expect least trouble, they too are troubled. Sometimes their troubles are of extreme ends. For instance, it is reported that most addiction rehabilitation centres are homes to the young ones from economically better off families. So, what explains



this? Where are the elders of today? What are they busy doing?

Rotarians, wherever you, the call for action for the youth is serious now more than yester years. Keep a keen eye on the youth, starting from your every own child. Be that example that other families and people would wish to emulate. Take on the tasks of guiding and mentoring the youth around you. Do hand handling where necessary. The fact that you were once a youth, you definitely know better one thing or another in the grooming of this age bracket



of people. Very often we want to abscond even in our God ordained responsibility - **family.**

Where is the place of the youth service in our Clubs? A question the Rotarator's message



...a Club without the youth is an endangered Club.

Let us bring our youth closer.

Let us make our youth know that they have a responsibility too..”

is begging for an answer. It is time we moved youth service to the centre of our interventions. A forest without young trees is a dying forest. Likewise, a Club without the youth is an endangered Club. Let us bring our youth closer.

Let us make our youth know that they have a responsibility too.

Elders, allow the youth to stand on your shoulders to see the future. Times like these must have hours that elders ought to use to share their experiences and knowledge with the youth.

Magic does not occur without the magic makers. Elders are magic rollers of the youth. If you want to promote a legacy, attached to the youth. It will indeed outlive you. That is a simple magic to begin with!

Takeaways from Last Fellowship: Rotarians Urged to Guide Rotaractors Towards Rotary

BY RTN SYLVIA NANKYA

Rotarians have been called upon to actively mentor and support Rotaractors in their journey toward full Rotary membership, through professional guidance, emotional support, and consistent engagement.

The message was delivered by Simon Okwii, a former Rotaractor, during the Tuesday fellowship of the Rotary Club of Kampala-Naalya. The fellowship held at Ndere Cultural Centre on May 13, focused on the theme **“Supporting Rotaractors to Transition.”**

Okwii highlighted the need for Rotary clubs to be more intentional in how they motivate young people to eventually join Rotary, noting that this transition requires more than just encouragement—it requires investment in their growth.

“It’s okay to begin teaching young people what we’ve done and how we got there,” Okwii said. “Career guidance is extremely important. Rotarians need to introduce Rotaractors to

various professions and support their professional development and networking.”

Okwii stressed that young people are inspired by clear role models. “Nobody would want to miss a route that is inspiring. Rotaractors

also need to understand how to get there,” he added, calling for Rotarians to offer practical advice and mentorship that helps Rotaractors “work their way up.”

He also challenged Rotary clubs to move beyond simply pointing out flaws in young people’s conduct. “What have we done to

ensure they receive the right training and guidance?” he asked.

Dr. John Mugisa, the Charter President of the Rotaract Club of Mulago, and now a member of the Rotary Club of Kampala-Naalya emphasized that young people are more likely to join Rotary if they admire the Rotarians they interact with.

“We’ve sometimes seen lapses in our standards,



and this frustrates them,” he said. “People want to join those who lead with integrity.”

Dr. Mugisa cautioned against pressuring Rotaractors to transition prematurely. “They should transition at the right time, when they are ready,” he said. “What matters is how we engage them in the meantime.”

Both speakers underscored the importance of year-round collaboration between Rotary clubs and Rotaract clubs. “Let’s not wait for Youth Service Month,” Okwii said. “When you are family, you walk together in good and bad times.”

The call was clear: if Rotary is to continue thriving, Rotarians must model the values, mentorship, and consistency that inspire Rotaractors to follow in their footsteps.

Last Week's Fellowship



District 9213 on Fire: Gov. Anne Celebrates Explosive Membership Growth and Record \$804K Foundation Giving



BY RTN ROBERT WALAKIRA

Governor Anne Nkutu has shared impressive statistics, revealing that District 9213 has already achieved a net growth of 689 new members, just 11 shy of District 9214, which currently stands at 700 newbies this Rotary year.

She made these remarks during a recognition fellowship held in honour of Rotary International Director Nominee Emmanuel Katongole, organised by the Rotary Club of Kampala.

With 45 days still remaining in her term, Anne also announced that the district has so far raised an astounding \$804,000 for The Rotary Foundation, far surpassing the original target of \$700,000 set at the beginning of the year. And get this: RC Kampala alone dropped a wild \$48K into the kitty, making the Magical Year one of the club's biggest ever

when it comes to contributions to the Foundation!

Anne congratulated President Rosemary and the members of the club for this outstanding success. She also applauded them for bringing in 21 fresh faces too. "This is a phenomenal achievement," she noted. "It's this kind of performance that drives the district's continued impact." Anne went on to remind those in attendance that both Districts 9213 and 9214 are

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currently the top-performing districts at zone level, a point of pride for Rotarians across Uganda and Tanzania.

"In light of such performance," Anne remarked, "it is only fitting that one of our own, RIDN Emmanuel Katongole, has been elevated to the helm of Zone 22, a position he has earned in every sense."

As Governor, Anne has access to privileged information, and she revealed that the last time she checked, Emmanuel had contributed over \$500,000 to The Rotary Foundation. "And each and every year without fail, he gives no less than \$30,000," she added. "That's more than generosity; that's conviction. Emmanuel believes in the Rotary mission with unmatched passion, and he puts his money where his mouth is."

Anne drew warm laughter from the audience when she said, "Just like the late RI President Elect Sam Otori, Emmanuel is a staunch believer in membership growth. Sam gave us the 'Otori Madness,' and today, we are witnessing the 'Katongole Lunacy.'"

The meeting drew in Rotary Uganda's heavyweights.

Before concluding her remarks, Anne shared a light hearted moment she had with Emmanuel as she accompanied him into the tent pitched at the Sheraton Hotel.

"As we walked in," she recounted with a smile, "I whispered to Emmanuel that this tent had better be secure, because with the DGE Geoffrey and DGN Gerald here with us, if anything were to happen, the entire leadership of our district could be wiped out in one go." On hearing this, the crowd couldn't hold it in, they totally cracked up. The joke hit just right.

In attendance was Phenny Birungi, a devoted Rotarian and arguably one of the district's longest serving active members, with an impressive 48 years of service under his belt. Also present were Rtn Palma Keuber, the Hope Creator President of RC Mbale; Dan Kiguli, the District Membership Attraction Chair and a member of RC Gayaza; and Robert Walakira, the first self-proclaimed Rastaman in Rotary's history to lead a team of volunteers to charter a club.

Ambassadorial Visits



- PP Flavia Serugo, PE Charles Owekmeno, Rtn Barbra Ninsiima and Rtn Brian Mayanja represented the club at RC Kampala on Thursday

- Magical Presdent Sylvia Jagwe Owachi at RC Muyenga Tankhill during the Home coming of DG Christine Kyeyune Kawooya. Others who represented the club are PP Flavia Serugo, Rtn Barbra Ninsiima and Rtn Jackie Mutimba



Clubs visited:

- RC Kampala
- RC Muyenga Tank hill
- RC Upper Kololo
- RC Nalumunye

Rotary
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BOYCOTT

Fun Facts

Did you know the word **boycott** comes from a real person's name?

The word "*boycott*" comes from a real person's name? I remember when I first came across this fact—it felt like one of those small discoveries that makes language a bit more alive.

The person in question was **Charles Cunningham Boycott**, an Englishman who worked as a land agent in Ireland

during the late 19th century. At the time, tenant farmers were upset over what they saw as unfair treatment and high rents. They started a campaign for fair rent, fixity of tenure, and free sale specifically in resistance to proposed evictions on the estate.

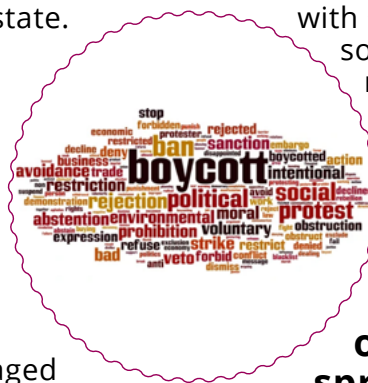
Instead of resorting to violence, they took a different, more peaceful route: The Irish National Land League encouraged Boycott's employees to withdraw their labour and began a campaign of isolation against Boycott in the local community, they collectively decided to shun Boycott. No one would speak to him or deal with him.

Neighbours refused to sell him goods; local workers

avoided his fields. He became socially isolated, which put enormous pressure on him and, by extension, his employer.

This tactic of collective non-cooperation ended up working so well that people began using Boycott's name to describe the act itself. Before long, "*to boycott*" meant refusing to engage with someone—or something—on moral or political grounds.

Over time, the term took on a life of its own and spread far beyond that Irish farmland. Today, whenever you "*boycott*" a company or product, you're echoing that original, powerful stand.





#OutToLunch

Farmers are willing to do the hard work, **government must do the same**

BY RTN. DENIS JJUUKO



Agriculture has been for long touted as the answer to the poverty that is exhibited everywhere you turn in Uganda and in most parts of Africa. A recent study by Global Right Alert even confirmed that Uganda can get US\$10 trillion (nearly US\$3 billion) annually from coffee. Our much-heralded oil revenue is estimated at about US\$2 billion annually.

When I read snippets of the report, I was at first tempted to ask where should we put our money? I quickly remembered that developing a country can't be one directional. Extract the oil and get that cool US\$2 billion every year and work on the coffee to get that US\$3 billion too.

Although many people have been focusing on coffee given the recent increment in quantity of production in central Uganda and elsewhere and

the resulting high prices that have turned peasants into shilling millionaires, there is a lot that still needs to be done.

The majority of farmers depend on unpredictable rainfall yet we are experiencing irregular seasons and changes to the climate. It is no longer guaranteed that it will rain during the months we all knew as rainy seasons. And sometimes when the rains come, it is very little or too much. No farmer wants to experience either.

We still depend on the hand hoe to till the land to the extent that it is one of the most distributed items by candidates seeking support in the upcoming

general elections. Although many farmers have small plots of land on which

they grow food and cash crops, a hand hoe is 19th century stuff. Luckily, the Chinese have been kind enough to invent petrol powered ones that can help a farmer till the land faster and easily.

The traditional hand hoe is a back breaking tool. One of the reasons many young people would rather sell the land, buy a *boda*

“
We still depend on the hand hoe to till the land to the extent that it is one of the most distributed items by candidates seeking support in the upcoming general elections.”





boda, which they turn into a bed for daytime napping due to lack of passengers than spending the day in the garden.

Inputs are expensive and fake. There is a need for the Uganda National Bureau of Standards to do their job to ensure only genuine fertilizers, pesticides and other inputs are on the market. It shouldn't be very difficult to find who makes or import fake inputs. We can't always blame everything on the impunity of some individuals with high political and military connections. If such people found a serious officer desirous of doing their job, they would back down.

A certain government entity that owns a printery always refuses to print campaign posters of highly connected individuals on credit. The individuals usually curse the managers and promise to teach them a lesson but return with cash and pay. If they had found weak managers, they would abuse the system. A public officer who fails to reprimand the so-called *Gamba Nogu* (people with military and political connections) is just weak and wants to use the

system to enrich themselves illegally in many cases.

The other problem for Ugandan farmers is transportation. Some are able to grow significant amounts of produce but transport is a very big cost to bring the goods from the farmer to the market where the prices are not laughable. Agricultural produce can be rotting in a garden less than 100km to the market where there is a high demand.

It was thus refreshing to read in these papers last week that there is a project, at least for the northern region, that is working to change this narrative. With support from the Germans, the Ministry of Local Government is implementing the Rural Development and Food Security in Northern Uganda (RUDSEC) project. This newspaper reported that more than 1,300km of roads connecting farmers to markets will be rehabilitated and upgraded in Acholi, Lango and Teso regions. I regularly travel across the country and including these regions. Sometimes you find farmers with vegetables being sold at giveaway prices. One of the challenges they face is transport. The

rundown *Sahara* or *Isuzu* can't manage the roads many times.

Yet we should know that an improved transport and market infrastructure would allow year-on-year accessibility. The cost of inputs would reduce because it wouldn't take one so much to buy them. Ideally that should lead to increased inputs.

Many farmers are willing to do the hard work to increase production. Entrepreneurs will set up the processing plants for value addition. The government should do its part too. Pay road contractors on time, make genuine inputs affordable, provide technical expertise and access to the market. Poverty would be history for many people.

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Family Matters



BY PASTOR RONNIE MUTEBI

Ephesians 4:26–27 (NIV): In your anger do not sin: Do not let the sun go down while you are still angry, and do not give the devil a foothold.

DEALING WITH THE ANGER

God in His infinite wisdom designed each new day as a fresh start—filled with renewed energy, hope, and the promise of better things to happen.

By this understanding there's a great love that consumes us with patience. This ignites in us compassions that is never quenched. Such gives a new ray of hope every morning.

It's human to experience a weeping in for a night, but joy comes in the morning.

The night is symbolic of the hardships we may face in life, but morning gives a new sense of hope that surely nothing lasts forever.

But what happens when we carry yesterday's anger into today? When we go to bed holding onto offense, resentment, or bitterness, we wake up with those same emotions clouding our heart. The morning no longer feels like a gift; it feels like a continuation of a burden. The promise of joy is overshadowed by the lingering weight of unresolved conflict.

Do not to let the sun go down while you're still angry. It's not just about ending the day in peace with others—it's about guarding the peace of our tomorrow. When we don't deal with our anger before resting, we invite the disruptive thoughts to invade our sleep, and our positive energy for the day ahead.

“

Anger left unchecked not only poisons our relationships—it keeps us stuck in yesterday and dents our focus of tomorrow.”

Anger left unchecked not only poisons our relationships—it keeps us stuck in yesterday and dents our focus of tomorrow.

It's perfectly healthy to choose forgiveness and let go before going to bed—it is strength.

Choose peace at all times.

Take Home: Choosing to forgive and let go is not weakness. Do not let the setbacks of the day write the narrative of your tomorrow.





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