

Naalya Food Bulletin

15th July, 2025

Rotary
Kampala - Naalya



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GOOD

Issue 2 | RY 2025-26

RTN FRANCESCO AREZZO
RI President 2025-2026

RC KAMPALA - NAALYA



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Editor's Note

Dear Rotarians,

As we're all aware, our theme of focus this first month of the Rotary Year is one that is at the very heart of our nation's prosperity: maternal and child health – basically our country's future.

For too long, the story of maternal and child health has been dominated by statistics – numbers on underage mothers, abortions, mortality rates, among others. While these figures are important, they can sometimes overshadow the deeply human stories they represent. Every statistic is a mother, a child, a family, and a dream.

In recent years, Uganda has made commendable strides towards making the situation of girls and mothers better. More mothers are delivering in health facilities, immunization coverage is expanding, and health awareness is growing.

We must celebrate these achievements and milestones and acknowledge their significant impact on millions of lives and dreams across the country.

However, our journey is far from over. Teenage pregnancy is still at crisis level. Also, too many mothers still face preventable complications during



pregnancy and childbirth.

Disparities in access to quality healthcare persist, especially in remote areas.

Yet, maternal and child health isn't just a healthcare issue; it carries many ramifications on national development. A nation whose little children are the mothers of its future citizens is doomed.

First, we must advocate for increased investment in education and healthcare systems, particularly at the primary level, especially in rural areas and vulnerable communities such as slums.

Second, empowering women and men with knowledge about reproductive health, family planning, and the importance of antenatal and postnatal care is paramount.

Third, community engagement is key in regard to sharing

accurate health information and challenging harmful traditional practices and stereotypes.

At our fellowship last week, our guest speaker, Rev. Mugalu, gave a harrowing sneak peek into the crisis of teenage pregnancy. For many in the audience, it was nothing but a wake-up call.

He called for taking personal responsibility. Ensuring healthy mothers and children is a collective responsibility was a message that came out clearly.

Together, let's envision a Uganda where every girl remains in school for as long as possible and every mother has a safe pregnancy. Every child should have the opportunity to grow up healthy, strong, and full of promise. This vision can be an achievable reality if we continue to work together, with unwavering commitment and compassion.

As Rotarians, we must champion policies that prioritize child protection, maternal and child health, and together as a community we must listen to the voices of girls, mothers, families, and communities.

Let us unite for good in our commitment to the welfare of girls, maternal and child health. The nation's future depends on it!

Feedback

We'd love to hear from you about any of our stories this year 2025. Contact the Bulletin Officer: **+256 772 434 328** or Email **rkalanalyafoodbulletin@gmail.com** or **tap on the buttons** below



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President's Message

RTN CHARLES OWEKMENO
Club President 2025-2026



Dear Rotarians, Rotaractors,
and Honoured Guests,

Welcome to another inspiring week of Rotary Service! I sincerely thank each of you for your unwavering support and the encouraging messages received over the past two weeks as we embarked on the new Rotary year 2025/2026. Your commitment continues to propel our club's mission forward.

July is recognized globally as Maternal and Child Health Month within Rotary International. This year, our club is committed to focusing on a critical issue that affects communities worldwide, teenage pregnancy. In Uganda, and many other countries, teenage pregnancy remains a significant development challenge, impacting the health, education, and future prospects of young girls. During our recent fellowship meeting, we had the privilege of hosting Rev. Nathan Balirwana Mugalu, who delivered a compelling talk on the hidden costs of teenage pregnancies. His presentation highlighted the urgent need for collective action and awareness to

prevent this scourge and support young mothers.

The message was clear: as a Rotary family, we must unite our efforts to address teenage pregnancy head-on. This will be the central theme of our service projects for this Rotary year. We are excited to announce that we are designing a global grant focused on our mentorship program for teen mothers in Kamuli District. This initiative aims to equip young mothers with the skills, education, and support they need to build brighter and more sustainable futures.

Looking ahead, this week we will warmly welcome back our colleagues who recently represented our club at the Rotary International Convention held in Calgary, Canada. Our club takes immense pride in having had a delegation of ten Rotarians at the convention, demonstrating our strong commitment and active participation on the global Rotary stage. During this week's fellowship, we will celebrate their successful representation and listen attentively to their experiences, insights, and lessons learned from the convention. Their participation not only elevates our club's

profile but also enriches our collective knowledge and inspiration. We are also motivated to increase our club's representation at the upcoming RI Convention scheduled to be held in Taipei, Taiwan, and I encourage all members to consider participating and contributing to this international gathering.

Finally, I want to call upon all members to continue their generous contributions to The Rotary Foundation (TRF). Your donations are vital in enabling us to fund impactful projects that transform lives. Additionally, I urge you to mobilize more guests and friends to join our club, as expanding our membership strengthens our capacity to serve and creates more opportunities for meaningful community impact.

Let us approach this week with renewed compassion, and a shared commitment to making a difference.

**WISHING YOU A
PRODUCTIVE AND JOYFUL
ROTARY WEEK AND A
FULFILLING FELLOWSHIP
THIS TUESDAY.**

Yours in service above self,



#Leadership

RI President Arezzo talks about Rotary moments, goals and hobbies

DESPITE HIS PACKED SCHEDULE, RI PRESIDENT FRANCESCO AREZZO SET ASIDE TIME TO TALK TO ROTARY MAGAZINE'S ETELKA LEHOCZKY ABOUT HIS LIFE.

Q: You've worked as an orthodontist for many years. Are there things about your job that make you an effective Rotarian?

A: I've been a practicing orthodontist for 46 years now. I work mainly with young people, and it's very important to try to understand them before beginning treatment. You have to win their cooperation. Forging those relationships is one of the best aspects of my job.

Q: You've been a Rotarian for more than three decades. Do you remember why you first wanted to join?

A: At the beginning, Rotary was just a place to meet new friends with different points of view. It wasn't until I became club president that I began to really understand Rotary. Now, when I speak to Rotarians, I tell them to change the verbs they use.

You don't "go to" Rotary like you go to the cinema, where you sit and watch other people doing something. Rotary is something you do. You have to participate. And then you begin to grow.

Q: How have you grown in Rotary?

A: When my club first proposed that I become president, I didn't want to accept. I had a stutter, so I was terrified of being obliged to address my club. But it wasn't so bad. Then they invited me to be a district governor, and again, I didn't want to accept. But once more, they convinced me. Now, when I think about the fact that I'm going to be the Rotary International president and speak onstage in another language, I understand how much Rotary has changed me in a positive and lasting way.

Q: How can Rotary convey a sense of this impact to members and potential members?

A: We have to improve our communications with club presidents, because they're on the front lines of dealing with members. While we do a wonderful job of instructing district governors in the importance of membership and new clubs, the district governor often speaks with a club president only two or

three times a year. There are too many club presidents who don't have any idea why our membership goals are so important.

Q: What challenges do you anticipate you'll face during your term as president?

A: I'm very conscious that I'm beginning very late. Even if I begin studying problems

and setting goals now, I can't do very much. Rotary isn't a scooter that can change direction quickly. It's like a big cruise ship: If you want to make a turn, you have to begin many kilometers in advance. I hope to work very closely with President-elect

SangKoo Yun. I think SangKoo and I can create a two-year plan that will be really effective.

Q: What has been one of your most memorable moments in all your years in Rotary?

A: One moment that was very, very moving for me was when, as district governor, I organized a Rotary Youth Leadership Awards event for districts bordering the Mediterranean Sea: Italy, France, Spain, North Africa, Greece, Turkey. The problem was putting together Turkish and Italian young people, because they looked at one another as very different. The first day was tense; it was clear that they didn't like each other. But after a few days, they began to discover that they had the same

tastes and the same dreams. When the last day came, they sang John Lennon's "Imagine" together and performed a skit they'd written about the cultural differences between their countries. It was one of the most beautiful things I can remember.

Q: In your professional life, you've led trade organizations for dentists and for olive oil producers. What group is most difficult to unite in a consensus: Dentists, olive oil producers, or perhaps Rotary members?

A: From my experience, it's the olive oil producers. Each producer of olive oil is strongly convinced that his olive oil is the best in the world. So they usually don't want to cooperate sincerely with others.

Q: How long have you been producing olive oil?

A: My family has produced olive oil for more than a century now. I am the last, I fear, because my daughters are not interested in this field.

Q: I understand you love opera also. What's your favorite opera or composer?

A: A composer I like a lot is Vincenzo Bellini. He was born in Sicily, and he died very, very young. He did only a few operas, but they are all of a very high quality. And of course, there are many other great composers — Puccini, Verdi, Mozart. It's hard to pick one.



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Teenage Pregnancy: The high cost of inaction

BY REV. NATHAN BALIRWANA MUGALU



The Ministry of Health has it that currently the incidence of teenage pregnancy stands at 24%.

Last year as a country we were registering 2,000 teenage pregnancies reported cases every day. After the Uganda Demographic Health Survey it came out that we have actually increased and currently we are registering 2,500 teenage pregnancies a day. So, we're in a crisis. These are not just numbers. These are dreams being shattered. These are girls dropping out of school.

These are girls dying because of abortions. These are girls that are being crippled. These are children being born to children.

These are girls dying during pregnancy or during child birth or after child birth. These are children that are dying. That is the hidden burden of teenage pregnancy. That is the hidden pain. This is trauma being created.

I come from a psychology background. Meet ten people on the street, nine of them are traumatized. They are dealing with unhealed childhood traumas.

They are dealing with marital traumas. We are dealing with relationship traumas. We are dealing with poverty traumas.

So, we are sick as a country. Everybody is struggling with either mental health challenges or financial challenges or family problems or children problems or depression. So, this is the cost.

This is the situation. It means these are young girls ending up in so-called marriages. So, it means that poverty is worsening - absolute, borderline, poverty. That means that we are creating a poverty mindset, a poverty trauma that is brought to haunt us, that will haunt our children, that will haunt us until we cannot be haunted. We spoke about abortions.

When we talk about abortions, we do not mean going to a hospital and know. We mean crude, cruel, barbaric, basic abortion techniques. We mean wires being inserted into young girls' private parts.

It means girls bleeding to death. Now, statistics have it that 800 unsafe abortions are carried out every day. Of the 800 women, about 40% don't survive.

What is the cause of this crisis? Because I must confess that all of us are culpable. It means the major reason for teenage pregnancies is we have failed as an adult population, as

a community, to protect and safeguard our children. It simply means we have failed in our responsibility.

Female dogs don't conceive when they are still young. Chickens don't lay eggs when they are still young. Animals take care of their young ones.

How come human beings cannot take care of our young ones? Where there is teenage pregnancy, it means as a community we are failing to protect our young ones. Where there is pregnancy is, there are drugs and substances; there is exploitation; there is death; there is manipulation; there is violence and so on.

“
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We simply don't care and every family has paid the price, like we did for HIV in the 1980s. No family didn't pay the price.

Teenage pregnancy is an indication that we're sexualizing children. It means that as families are broken; the family institution has failed. Families are dysfunctional. Out of ten families, eight are dead.

Children are giving birth to children. You can never understand this until you go to a health center and discover that the majority of new mothers are under 19 years.

Now, do you expect a child to be a parent? If adults are failing to be parents, how about children? It means producing children with disabilities and special needs, especially disabilities that are a result of chromosomal impairments.

Such babies are thrown to the grandmothers and the grandparents cannot rest because they are taking care of grandchildren.

I have a grandmother in my parish with 19 grandchildren in the same house. I cannot say those kids sleep like dogs because my dog sleeps far much better.

What is the cost of inaction? All of us pay. Consider the public health expenditure. Where do those girls deliver their babies? At public hospitals like Bombo Hospital. How much do you pay? The services are free. But are there free medical services?

No, someone has to pay. Most of the Rotarians are people with good jobs and pay all sorts of taxes. That means that somebody is paying, though the community says services are free.

When I learned of that, I started feeling the pain of my money. Whenever I see a younger girl getting pregnant, I say, 'that is my money.' Who can drive a car in Kampala when your windows are down? Who can speak on a phone freely in Kampala City?

There is a population, which is the majority, that was as a result of unwanted pregnancies, that is not employed, not getting skills, not in school - who simply sit in a trading center, play ludo and matatu, do betting, and at night start looking for something to eat. That means all of us are going to pay because these children that have been born without parents, without education, without family and mentorship are going to come

to our bedrooms in the night with the pangas and we shall pay.

Estimates show that some 70-80% of the children are born through unwanted pregnancies. They were not raised, they didn't have families, they did not have mentors. Therefore, how are our children going to survive with that category of population?

What can you do about it? Don't keep quiet. Speak. Koba. Baza. Don't keep quiet about the crisis of teenage pregnancy. If you keep quiet, you are going to pay. Don't keep quiet. Say something. Making noise here and there.

Additionally, we should take care of the family. What are some of the symptoms that show that families are failing? Of ten children on the road, seven children don't stay with their fathers at home.

Three out of ten children don't know their fathers. So, we are raising a fatherless, a manless, a mentorless, a model-less generation!

Which woman has not shed

tears because of men? Who of you has a daughter who is not shedding tears and traumatized because of men? Who impregnates our little girls? Boys and men. I have one boy in my parish who impregnated a girl and her mother. And this boy was a porter.

When contraceptives are mentioned, people say, "No! We don't want contraceptives. They are spoiling our children." When I am discussing contraceptives, I don't look at my daughters. Now, I believe I am doing my best. My daughters are under protection and safeguarding.

When we discuss contraceptives, we should just go the slums where we look at girls that are 13 years and they have aborted three times.

We look at girls who are simply 14 and they are pregnant for their second child. You look at a mother who is 17 and she has delivered three babies and she has their fourth pregnancy. I thought that I was very protective of my daughters.

Until a boy came to the parish, he impregnated my maid. She did a failed abortion in my own house and she started getting rotten. She bled a whole bucket of blood and pus. We treated her and then let her go.

So, we should implement the three methods of stopping teenage pregnancies – biomedical methods (contraceptives), behavioral/ morals, and legal enforcement.

Let's teach them to abstain from sex until marriage. Let's talk about issues of menstrual health. During the lockdown, we experienced 600,000 teenage pregnancies.

All of us are going to pay. Let's try to reintegrate them back into school. It is possible for that girl to deliver her baby and go back to school.

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How underage pregnancy undermines our future

BY RTN. PETER NYANZI

Towards the end of last week, a radio bulletin carried a heart-breaking story from Karamoja. A school had sent nine girls home after a routine medical checkup found that they were pregnant. To make matters even worse, another girl had aborted her fetus in the bathroom of the dormitory. This is not an isolated story, unfortunately. Stories of underage girls getting pregnant are quite common especially in rural areas and underprivileged communities such as slums in urban centres.

Like many other poor nations, Uganda continues to face a

serious problem with teenage pregnancy. Worldwide, approximately 777,000 girls under the age of 15 and 12 million girls between the ages of 15 and 19 give birth each year. Families, communities, and entire countries are all impacted, even though the stories behind these figures are extremely personal.

Compared to older women, teenage moms are more at risk for health problems. They are more susceptible to complications like preeclampsia, anemia, and severe bleeding because their bodies are frequently not fully developed for childbirth. Limited access to high-quality prenatal care, particularly in rural or underdeveloped

areas, increases these risks.

Teenage mothers' children are also more vulnerable. They have a higher chance of being born underweight or prematurely, which can result in long-term health issues or even early death. Indeed, the world's leading cause of death for girls between the ages of 15 and 19 is complications during pregnancy and childbirth, according to the World Health Organisation. The already overburdened healthcare systems are severely impacted by these health issues.

Every country must invest in the education of its youth if it is to prosper. The disruption of education is one of the



most important effects of adolescent pregnancy. Due to stigma, a lack of support, or the demands of raising a child, many young mothers are compelled to leave school. Their future earning potential and employment opportunities are restricted by this lack of education, keeping them stuck in poverty cycles.

But mothers are not the only ones affected. Underage mothers' children are more likely to experience social and economic disadvantages as well as academic difficulties. Poverty and limited opportunities are thus perpetuated from one generation to the next.

There are severe and enduring repercussions when a sizable percentage of the country's female adolescent population is diverted from schooling and into early motherhood. Teenage pregnancy is a serious economic and developmental necessity that goes beyond social welfare. Countries can end this silent strain and unleash the full potential of their future generations by funding comprehensive sexuality education, providing access to reproductive health services, and empowering girls through economic and educational opportunities. No country can afford to pay the price of doing nothing about the crisis.

A nation's economy is directly impacted by teenage pregnancies. The workforce loses potential talent and skills when young women drop out of school early. This slows economic growth and lowers overall productivity.



▶ **Additionally, Governments must pay more for healthcare, while society also pays the heavy price of dealing with delinquent children who could not be raised in stable families.**

Teenage mothers are frequently the targets of discrimination and social stigma. Accessing services and support may be more difficult for them if they are cut off from their communities and peers. Mental health issues like anxiety and depression may result from this marginalization, making it more difficult for them to care for their children and themselves. Despite these obstacles, there is still hope.

As mentioned earlier, Uganda has registered a significant drop in adolescent pregnancy rates thanks to investments in comprehensive sex education, youth-friendly health services, and girl-child affirmative action programs that keep girls in school.

Also, several civil society organisations are providing programs that empower girls, like life skills education, vocational training, and school retention.

In conclusion, teenage pregnancy is a complicated problem that affects society, the economy, education, and health in significant ways. A multifaceted strategy is needed to address it, including improved education, easily accessible health care, empowering families and communities, and enacting and enforcing laws that enable young people—especially girls—to make well-informed decisions about their futures.

“
Teenage pregnancy is a serious economic and developmental necessity that goes beyond social welfare.”

▶ **Uganda can curb the crisis of teenage pregnancy and create a healthier, more prosperous future for everybody by investing in empowering families and communities as well as sensitization programs that target girls and men and thus secure the nation's future.**

‘Why I chose to return to school with my baby’

17-YEAR-OLD SHARON IN KASESE OPTED TO RETURN TO SCHOOL AND SHARES HER STORY OF REGRET AND RESTORATION.

BY HOPE MUZUGU

Of the thousands of teenage girls estimated to have gotten pregnant during a two-year COVID-19 lockdown in Uganda, 17-year-old Sharon in Kasese opted to return to school. “I was so overwhelmed! The day I found out that I was pregnant I knew I had reached a point of no return.”

Sharon was in Primary Seven when schools closed in March 2020. Three months later, a family friend from Kampala visited Kasese town. He told her that he loved her. Sharon didn’t believe him at first, but one year later, was pregnant with his child. “I felt like the world was getting bigger and bigger and I was getting smaller,” Sharon says. Sharon’s boyfriend returned to Kampala before the baby was born. Sharon doesn’t know where he stays and only gets to speak to him on the phone. He sends money for the baby’s upkeep occasionally.

When school reopened in January 2022, Sharon’s mother approached the headteacher and explained her situation. The school administration had received training on receiving children back to school, including those who were pregnant, married or new mothers. The school administration



offered a room at a nearby homestead where a caretaker could watch the baby while Sharon attended class. With counselling, Sharon decided to repeat Primary Seven. Initially her friends made fun of her, thinking she would not balance school and motherhood, which only strengthened her resolve the more. “I wanted to show the other girls that even though you make a mistake, you can still return to school. When I am in class I really concentrate on my lessons. Sometimes I forget that I have a child and its only when my aunt comes for me that I remember,” The teachers are very supportive and after witnessing Sharon’s resolve, the students are becoming supportive too. In February, Sharon was elected as head girl.

Everyday Sharon’s aunt Cleophas walks with her

to school and minds the baby while Sharon attends class. She says she offered to look after the child so that Sharon can return to school and have a chance at a good life in the future.

▶ **Sharon wishes to become a professional chef upon completing school.**

“I know I made a mistake, but my mother encouraged me that I could still make a future for myself. She told me to make the right choices henceforth. I am determined to,” Sharon says. “When my daughter grows up, I will tell her to stick to her education until the time is right.”

This story was first published on the [Unicef Uganda website](#)



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We're a big Club

ROTARIAN HERBERT OLOKA SERVED AS PRESIDENT OF THE ROTARY CLUB OF KAMPALA-NAALYA IN 2020/2021, AND WAS THE ASSISTANT GOVERNOR IN THE 2024/2025 ROTARY YEAR. HE SPOKE TO PETER NYANZI ABOUT HIS LIFE IN ROTARY.

Q: When did you first hear of Rotary and how did you become a Rotarian?

I heard about Rotary from a friend, around 2014. I requested my friend to introduce me to a suitable club, and Kampala-Naalya was the recommendation.

Q: How did you become Club President of RC Kampala-Naalya and what roles had you played in the Club prior to being elected President?

A: Like every President, to serve in the role, a person must be elected by the Club through a Club Assembly. Before serving as President, I served as an Deputy Club Administration Chair, as a Sergeant-at-Arms, and as Club Administration Chair twice.

Q: In what ways did the one year you served as President make you a better leader?

A: I served during the peak of the COVID-19 pandemic. This taught me a lot of humility in engaging members to remain active during the year.

Q: You served as Assistant Governor last year. Briefly,

what does serving as an AG involve?

A: On behalf of the District Governor, an AG provides support to clubs to ensure progress towards attainment of club and district goals. An AG acts as a link between the Club and Rotary district.

Q: What does it take to become an AG?

A: An AG should typically have served as a Club President and demonstrated good leadership qualities.

Q: What advice would you give to the Rotary Club of Kampala-Naalya if it is to reach the levels of some the biggest clubs in Uganda?

A: The club is already a big club in nearly all aspects.

Q: As a PP, what gems of wisdom would give to the new Club President?



A: Patience. Diligence. Focus. Delegation.

Q: What are your most important takeaways from the recent Rotary Convention in Calgary?

- a) Partnerships with the community, institutions, and international allies is critical for enhancing impact.
- b) Be nice to each other.

It's a new season, new vision!



BY PP GODFREY
OKELLO OMODING

Welcome to the New Rotary Year. Happy new year! To begin the new Rotary year, the theme of the month is **Maternal and Child Health**. There are similarities here; it's all about infusion of new life. Over the last two or so months, new presidents have spent time setting up new teams, envisioning how the new year would be, sharing with members and getting ready to take off. Now, here is the new season, the new vision.

Planning is very important. It rallies energies and triggers determination. For the many good things that happen, there is always time taken off to cause them to happen. Well, there are those who believe in miracles. However, relying on this kind of thinking has its own challenges. Surely, life must be planned for. At least, it minimizes failures. In case failure occurs, it is easy to tell and trace what went wrong. Also, life

needs a degree of certainty.

A new season is one way of addressing failures that may have happened. Where successes were recorded, they get resharpened with a new vision. True, we live in a world where you cannot have full control but creating a sense of certainty is very essential. Today, with climate change hovering, most of the farmers, for instance, are getting hit hard because their seasonal certainty was distorted. They need a new vision. This applies to all of us in life regardless of what we think we are. Managing and learning how to live with the seasons is very paramount. Some of us do it through prayers, insurance or other means. Beneath all that, planning is an essential component.

“
Planning minimizes failures. If they occur, it is easy to tell and trace what went wrong. Life needs a degree of certainty.”

As a new Rotary leadership takes charge, it ought to start with inspiring members. Very often, during this time, members set their “gauging tools” with all quantitative and qualitative metrics ready to make comparisons. Remember; leaders and seasons are different. Celebrate that difference instead. Differences have their beauty. You only realize if you believe that beauty lies beneath the change.

Being in a new season with a new vision and not taking advantage of it is like a tree that withers even when it's beside a water source. It literally means that you are passive, maybe waiting for miracles to happen. Suck in the water. Get out of “paralysis.” You have the skills, expertise,

competencies, resources, experience, connections, etc; use all these resources to advance the cause of Rotary. The Club is just an avenue. Let us rise up with the new season. Our new leadership has taken time planning. They've given us the menu, we owned it. Let us be the trees whose roots are hydrotropic.

In this new season of **Unite for Good**, it is good to start with self-reflection beginning with our actions. As it is said, “actions speak louder than words.” Let our actions radiate unity and let them flourish with goodness. This starts with how connected and available we are for service. Unity does not flourish in the absence of connections, nor are fruits yielded where they are not connected to the tree and the branches.

This new season, the new vision is not merely to be proclaimed; it should be acted upon. Members, act because you are the branches where fruits of the new season are realized. Own the vision because your main tree (Club) is standing on it. It's a marvel when you look at a tree with fruits - every “little” branch has fruit hanging on it. Some branches are even bent because of the weight of the fruit. However, they don't seem to mind because they belong to the tree. They are not afraid of making their contribution.

The real challenge in the new season is your willingness to bear fruit while not absent from the ‘tree.’ Anchor yourself on the ‘tree’ and bear fruits. Together, we shall be illuminating the spirit of ‘**Unite for Good**.’

The writer was the Club President, 2023-2024

A Journey of Gratitude, Growth in Rotary (Part 1)



BY ROBERT B. JURUA

I am filled with immense gratitude for the incredible relationships I've built through my short stint at my Rotary Club, Kyadondo Rugby. The friendships I've forged, the lessons I've learned, and the opportunities I've had are truly priceless. In this article, I want to share with you how my experience in Rotary has helped me explore my relationship and performance currencies, and how these have enabled me to negotiate my way into places of influence and identity.

The Power of Relationships

One of the core benefits of being part of Rotary is the opportunity to build meaningful relationships with like-minded individuals. For me, one of the most significant relationships I've built is with Rotarian Pauline Akidi Angioletta. Ataro, as we call her, is a shining example of the

Rotary spirit - always ready to spread love, lend a helping hand and offer words of encouragement. Through Pauline, I met Rotarian Michael Opwonya, a silently powerful individual who would change my perspective on relationships and performance and at least empower me with the requisite knowledge. Michael taught us the concept of relationship currency and performance currency. "Relationship currency refers to the value of the relationships we build, the connections we make, and the trust we establish with others. Imagine walking on the streets and everyone

knows that you have no integrity, yet I have belabored to build my name," he once said. "Performance currency, on the other hand, refers to the value we bring to the table through our skills, expertise, and contributions and cannot easily be replaced by the relationship you profess to obtain with an individual." He went ahead to brag about how he is able to determine what kind of contract is entered into by the company where he works simply because he has built trust owing to his performance currency, regardless of the intended interest, whether it was to fetch loads of money or not. What matters is your integrity.



These two currencies are essential in negotiating our way into places of influence and identity, and I've learned that they go hand-in-hand. He went ahead to introduce to me the principle of negotiation, a crucial skill in building and maintaining relationships. "Negotiation is not just about getting what you want but rather finding mutually beneficial solutions that meet the needs of all parties involved," he stated with a glowing face and confidence. Through his guidance, I've learned to approach negotiations with a win-win mindset, focusing on building trust and finding common ground. These tiny nuggets help make one a better person in life given the broader perspective.

A Rare Opportunity

One of the most significant

benefits I gained from my weekend adventure with Pauline and Michael was the opportunity to rub shoulders with the gurus at the Judiciary of Uganda at a function at which the two were a core part of the organizers. This made me blend in and take full advantage of the relationship currency I had just learned about, and put together with the performance currency, I only got a rosy

report of how I performed from the two. Two ticks for me. This experience was truly eye-opening, a rare opportunity, and I'm grateful for it.

Gratitude and Appreciation

As I reflect on my experience in Rotary, I want to express my heartfelt gratitude to these two loving souls for their friendship and guidance. You've both taught me valuable lessons that I'll

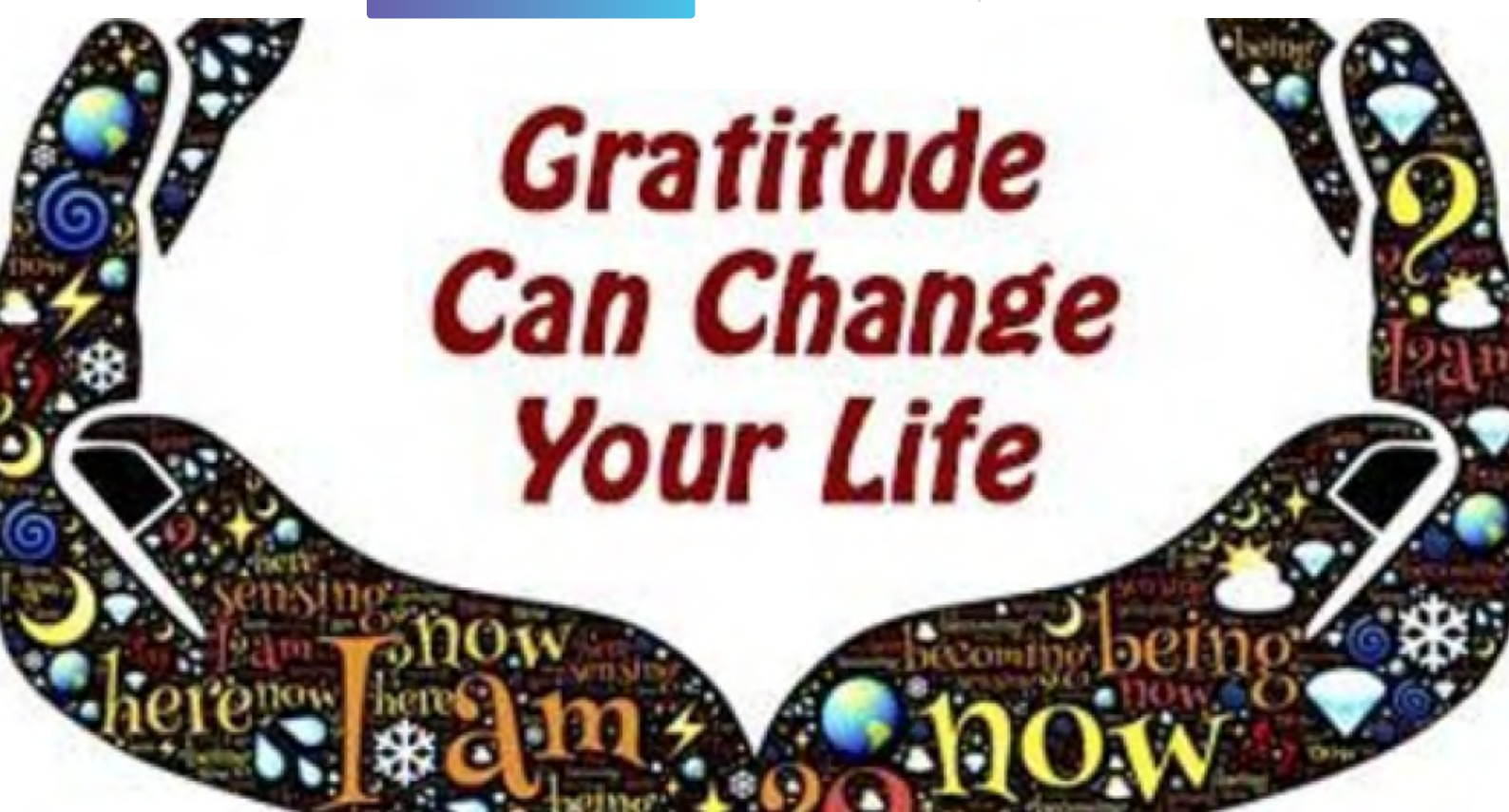
carry with me for the rest of my life. I'm grateful for the opportunity to be part of the Rotary Club, Kyadondo Rugby, and I'm excited to see what the future holds.

Conclusion

In conclusion, the skills of building relationships, developing my performance currency, and mastering the art of negotiation have enabled me to negotiate my way into places of influence and identity and make a meaningful impact in my community. I'm excited to share more about my experiences with such good people in future articles, and I'm grateful for the opportunity to be part of this incredible community. Stay tuned for Part 2, where I'll dive deeper into the relationships established, another banger - the lessons I've learned. Until then, I hope you'll join me on this journey of gratitude and growth.

Rotarian Jurua is the Treasurer and the President Elect at the Rotary Club of Kyaddondo Rugby

“
...the skills of building relationships, developing my performance currency, and mastering the art of negotiation have enabled me to negotiate my way into places of influence and identity and make a meaningful impact in my community..”



Gratitude Can Change Your Life

#OutToLunch

It is our turn to eat, the politicians have eaten enough

BY RTN. DENIS JJUUKO



After nearly five years of planning, positioning, and scheming, it is time for implementation of strategies that could lead many people to their coveted political offices. For some, the first hurdle is to convince their parties that they are qualified to stand for election in the primaries to represent them. To others, it is to decide whether to stand as independents and in which particular constituency. The political fever is rising across the country.

At funerals, weddings, sports, religious and cultural events, candidates are aligning themselves - sometimes with causes they don't even believe in - while mudslinging others. Resources are not being spared. Unfortunately, human beings are not being spared too. Ssembabule District

seems to be an epicenter of violence. An incumbent even threw in the towel claiming the violence is too much. Before the ink on her words dried, a young man was shot dead!

It is going to be eight long months or so. Just like it was in 2021 and in many general elections before. Usually, the news that comes out is of violence and tension leading to many people to fear. The Internet is usually cut off at some stage ahead of the polling date. Some radio stations also get blocked. Tear gas becomes part of the

oxygen people breathe in. But should politics be like that?

Over the last few years, it has become a job. An assurance for many of those who win to earn significantly over a five-year period especially for those at the top end of

politics—those who end up as Members of Parliament. They are not only paid well; the President usually appoints a significant number of them into his Cabinet—an opportunity to earn even better. Maybe that is the reason it is a do-or-die for many candidates like we have witnessed so far in Ssembabule.

Of course, many of those who stand for office won't be elected and even many incumbents won't win their positions back. Ugandan politics (below the presidency) tends to give an opportunity to a lot of new comers. They call it a 'turn for someone else to eat.'

Issues are less discussed on what can really transform a country yet that is where we need to go. The country cannot develop if we are voting people because it is a "turn for someone else to eat." That way, you send people to elective offices who stand for nothing and



therefore go wherever the wind blows. That way, the country remains poor because politics is a core component of economic development.

People who have no values won't fight for anything that affects the poor. They will only be concerned about themselves and their immediate families. A few millions in their pocket, and they pass laws that lead the country to nowhere. Corruption becomes their middle name and scheming the religion they believe in.

Yet, the issues that affect all of us affect them too. If the road to a Kampala suburb is potholed everywhere, a politician who steals money to build a residence or rental apartments or a hotel will suffer too. He may have a government Landcruiser but for how long? His tenants or patrons could shun the apartments or the hotel because of inaccessibility. The building may end up as

a white elephant. And if he is voted out, he may not have the resources to renovate it.

When there are no doctors and drugs in health facilities, the politician may not have enough time to be flown to Uganda's referral hospitals for the rich in Nairobi or New Delhi. At the end of the day, stolen money at the

expense of public services won't be able to save him.

“

People who have no values won't fight for anything that affects the poor. They will only be concerned about themselves and their immediate families. .”

As we spend more and more time on radio and television talk-shows and watching TikTok clips on a loop of politicians, we need to put them to task on what they intend to do.

Particularly, how

are they going to enable young people find meaningful jobs or any job at all? How are they going to help the elderly live decent lives? What is their plan on education, health, transport, and agriculture among other key sectors?

Also, there is a need for civic education so that our people understand that the best thing



for them is not to be given a t-shirt or a piece of soap or even a hoe; rather, to have something that they do that can enable them buy such stuff on their own. It is time for the population to eat. The politicians have eaten enough.

Rtn Jjuuko is a Past President of the Rotary Club of Kampala - Naalya

Family Matters



BY PASTOR RONNIE MUTEBI

Isaiah 43:18–19 (NIV):
“Forget the former things;
do not dwell on the past.
See, I am doing a new thing!
Now it springs up; do you
not perceive it? I am making
a way in the wilderness and
streams in the wasteland.”

THE POWER TO BEGIN AGAIN

There is a kind of glow that comes on a life that redefines everything that came before.

Past failures are not a fallback but a setup to push you ahead with greater knowledge of how to do better.

It's not that your past didn't happen—it's that it no longer has the power to define your identity or limit your future.

That's the power to begin again and it doesn't matter how you start but rather when.

Many people feel trapped by what they've done, where they've been, or what was done to them. Regret becomes a ceiling; shame becomes a cage. But when God gives you courage to step in, your past doesn't just get patched up; it floods your present with healing and purpose so bright that the pain of yesterday loses its voice over your determination of today.

Think of Paul once called Saul. He was a persecutor turned preacher, a man with a violent past who became a vessel of grace. He said while in Philippians; “One thing I do: forgetting what lies behind and reaching forward to what lies ahead.”

This self-belief gave him something greater to reach for than the trials, hardships and challenges that were behind him.

That inner conviction pushing you to start again wants to change your life and flood it with a transformative glory that no one will associate you with your past.

Take Home: There is

a power that convicts you into better places in your life that re-defines everything that came before. It's not that your past didn't happen; it's that it no longer has

the power to define your identity or limit your future. CHOOSE TO BEGIN AGAIN.....

“

Marriage...when God gives you courage to step in, your past doesn't just get patched up; it floods your present with healing and purpose...”

PK's Corner

BY PAMELA KAWADDWA

I frequently worry that
Busyness [is] the greatest
distraction from living
As we coast through
our lives day by day
Showing up for our
obligations
But being absent
from ourselves
Mistaking the doing
for the living

Phwv



Last week's fellowship



• Visit to RC Naalya Estates

Rotary

Kampala-Naalya



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15 July, 2025 | 7 p.m



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Fun Facts

'Achilles heel'

Achilles was a larger-than-life figure in ancient Greece, a demigod so utterly fabulous, he practically invented the concept of "peak physical condition." He was strong, he was fast, he had hair that probably smelled of ambrosia and victory. Basically, he was the Brad Pitt of the Bronze Age.

Now, Achilles' mum, Thetis, was a Nereid – basically, a sea nymph with serious maternal instincts. When her little bundle of godly joy was born, she had a brilliant idea. "I know!" she thought, probably while braiding seaweed into her hair, "I'll make him immortal!" Because, you know, what's a demigod without a little extra oomph? So, she dragged

poor baby Achilles down to the River Styx and dipped him in its murky, magical waters.

Here's where things get a bit... sticky. Or rather, not sticky. Thetis, in her haste to give her son the ultimate superpower, held him by his heel. And wouldn't you know it, that one tiny spot, that little slice of sole, remained untouched by the immortality-granting waters.

Fast forward a few decades, and Achilles is living his best life, kicking Trojan butt left, right, and center. He's practically invincible, a one-man wrecking ball. Until, that is, he runs into a chap named Paris – not the city, but a prince with a penchant for starting wars over pretty women. Paris, with the divine assistance of Apollo (who probably just wanted to see some drama unfold), shoots Achilles with a poisoned arrow. And guess where it lands? You got it.

Right in the Achilles' heel. That marked the end of the 'invincible' Achilles.

And that, my friends, is how we got the term 'Achilles heel.' It's not just a fancy way of saying "weak spot." It's a hilarious, slightly tragic, and utterly relatable reminder that even the most powerful among us have their soft spots.

So next time you're fretting over your own personal Achilles heel – perhaps it's chocolate biscuits, or procrastinating until the last possible second – just remember, you're in good company. Even the gods had their flaws, and sometimes, those flaws were literally their end. Just be glad your weakness probably won't involve a magical river or an arrow-wielding prince. Probably.

Joke of the Week



Why did the H.E the President decline to attend the Rotary fellowship? Because his invitation letter was signed by the president.

What did the Rotary Club president say when asked about his leadership style? "I'm a Four-way Test pilot!"



Happy Birthday
Rtn. Keno Lillian



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Charles Owekmeno



Sylvia Jagwe Owachi



Faith Nambozo



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