

Naalya Food Bulletin

12th August, 2025

Rotary  **UNITE
FOR
GOOD**
Kampala - Naalya

Issue 6 | RY 2025-26



PAG Flavia Serugo

RC KAMPALA - NAALYA



SCAN TO LEARN MORE

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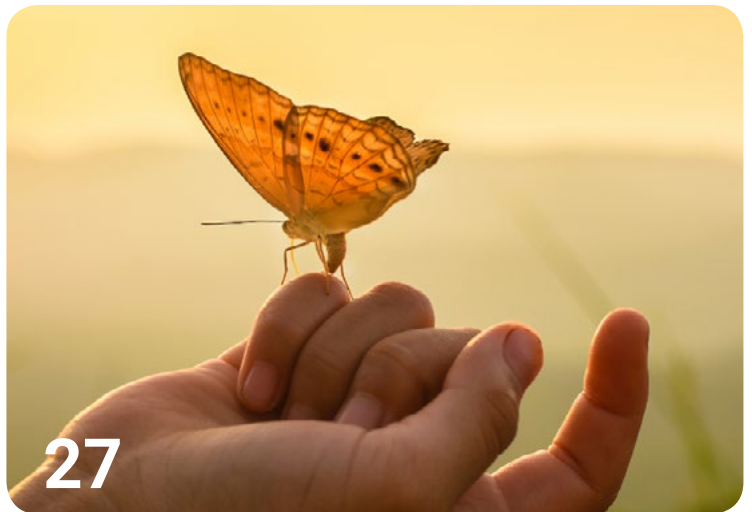
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Editor's Note



Dear Rotarians and Friends,

We had a rare guest at our fellowship at the Rotary Club of Kampala-Naalya. Dr Michael Jingo, the General Manager for Commercial Banking at Centenary Bank, came to speak to us on the important topic of 'exploring investment opportunities amidst international funding cuts.'

His presentation was both an eye-opener and a wakeup call.

As Rotarians, we are united by a common purpose: to serve others and to create lasting change in our communities and around the world. We build schools, provide clean water, and support vital health initiatives. These acts of service are the visible results of our dedication, but what enables us to do this work? The answer often lies in the less visible foundations of our lives—our personal stability, including our financial well-being.

What do you do if you're faithfully servicing your bank home loan then all

of a sudden, your \$3,000 job with USAID is no more?

Financial planning is more than just managing money; it's about intentionally building a secure future for ourselves and our families. It's about creating a strong foundation that gives us the freedom to dedicate our time, talent, and treasure to the causes we care about most. When we have a clear plan for our own financial health, we are better equipped to be generous with our resources, both now and in the years to come. A secure financial future ensures that we can continue to be a force for good, unburdened by worry.

So, where do we start? My most important take away is that the first step is to simply begin. Whether you're just starting your career or nearing retirement, it's never too late to set clear goals, develop a budget, and invest wisely with the different investment options that are now available.

Don't be afraid to seek advice from financial professionals—they are an invaluable resource, much like the

experts we rely on for our service projects. Just as we plan our club's initiatives with care, we must plan our personal finances with the same level of diligence.

Ultimately, by taking control of our financial futures, we strengthen our capacity to serve. We build a more resilient foundation, not just for ourselves, but for the countless people whose lives we touch.

I pray that we commit to this work with the same passion and dedication we bring to every Rotary meeting.

In this Tuesday's fellowship, we host yet another important guest; Dr. Stephen Watya, a senior urologist, to us through the topic, 'Prostate Cancer 360 Degrees – from prevention to life-saving treatment.'

Guys, you surely can't miss this.

Rtn. Peter Nyanzi
Bulletin Officer

Message from D9213 Governor, Geoffrey Martin Kitakule

GROWING TOGETHER - THERE'S ALWAYS ROOM FOR ONE MORE AT OUR TABLE

BY DG GEOFFREY KITAKULE

Dear Rotarians and Rotaractors, thank you for a wonderful start of the Rotary year. Your energy and determination in July have set a wonderful pace for the year. Thank you to the Public Image team for the excellent campaign of #RotaryEyamba. We continue to show case impact stories to show that indeed Rotary cares and helps. I would like now to talk about something that is vital to the future of our clubs and our mission: **membership growth.**

Rotary began with just four individuals and an idea—to come together in friendship and service. From those humble beginnings, we've grown into a global force 'Uniting for Good.' But at every level—whether global or local—**Rotary's strength lies in its people.** And that's why we must be intentional and passionate about **inviting new people into this family.**

When we increase our membership:

- We gain **more hands to serve**, more ideas to innovate, and more voices to advocate for change. The task ahead of us is huge.
- We bring in **diverse experiences and talents** that enrich our projects and strengthen our community ties.



- We ensure that the spirit of Rotary continues—not just for this year, but for generations to come.

Potential members are everywhere. They are:

- **Young professionals** looking for purpose
- **Retirees** eager to give back
- **Teachers, doctors, entrepreneurs, lawyers, farmers, artisans**—people who care, people with a heart and sometimes, they're simply waiting to be asked.

Let's not just wait for people to come to us. Let's **go to them.** Let's share what Rotary means; what Rotary does; and most importantly—**what Rotary could become with them involved.** Membership is not about filling seats—it's about

building relationships. A personal invitation, a story shared, a life changed—these are what grow our clubs. **Let's each commit to bringing in just one new member this year. Imagine what we could accomplish if every Rotarian did that.**

▶ **We are not growing Rotary for numbers—we're growing it for impact. The more we grow, the more lives we touch, the more problems we solve, the more hope we spread. We need to create clubs that also fit within work life and other aspects of social life.**

I am happy to say that in addition to clubs like that of Emergency Medicine, Rugby and Environment, we are also creating corporate clubs. We have a corporate club in DFCU Bank called Blue Hearts and we are starting a Rotary Club of Mapeera with Centenary Bank. Let's open our doors, open our hearts, and remind our communities that Rotary is not just an organization—it's a movement. And it's a movement worth joining.

**LET'S GROW TOGETHER,
SERVE TOGETHER,
'UNITE FOR GOOD' AND
BUILD A ROTARY THAT'S
STRONGER THAN EVER.**

#ROTARYEYAMBA

President's Message

RTN CHARLES OWEKMENO
Club President 2025-2026



Dear Rotary family
and guests,

Welcome to another inspiring week of Rotary service. As we approach the visit of our District Governor to our club, I want to take this opportunity to thank every one of you for the remarkable start we have made to this Rotary year. Your unwavering support and commitment have truly been evident from the outset, and I am confident that together, we will achieve great things this year.

Last week's guest speaker, Dr. Michael Jingo, shared a powerful message about harnessing the Rotary platform as a resource for creating impactful change. He emphasized that Rotary is not only a space for doing good but also an

excellent opportunity to leverage our professional skills and business resources to foster growth for ourselves, our families, and our communities. This perspective encourages us to think beyond traditional service and to explore ways to create sustainable impact that benefits all.

“

I invite everyone to join us for fellowship this Tuesday and to purchase as many kits as possible for yourselves and your loved ones.”

as Rotarians, can play in combating this scourge. I invite everyone to join us for fellowship this Tuesday and to purchase as many kits as possible for yourselves and your loved ones. Your participation and support are crucial as we raise awareness and funds for

this important cause.

Lastly, I would like to extend our heartfelt condolences to Rotarian Juliet Nabunnnya on the loss of her father, Mr. Fred Kalule. May the Lord grant her and her family strength during this difficult time. We also continue to keep in our prayers our fellow Rotarians and their loved ones who are unwell, including Rtn. Jackline Mutimba, Rtn. Joachim Buwembo, and Rtn. Francis Lubuulwa, whose child is unwell. We pray for their swift recovery and return to good health.

Thank you all for your dedication and service. Let us continue to work together in the spirit of 'Service Above Self,' making a positive difference in our community and beyond.

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#Leadership

Rotaract: The Power to Change Your World

BY AG FRANCIS LUBUULWA

This week, we celebrate **Rotaract Engagement Week** – a time to recognise and applaud the energy, creativity, and leadership of young people in our Rotary family. Rotaract is not just a pathway into Rotary; it is a powerful movement where young leaders find their voice, hone their skills, and shape communities for the better.

Across Uganda and the world, there are countless examples of Rotaractors who prove that age is no barrier to impact.

Take Joan Nairuba, a member of the Rotaract Club of Kololo. A trained lawyer specialising in mediation, Joan helps communities navigate complex disputes such as land conflicts – often in situations where her youth might make others doubt her. Yet, with confidence and competence, she reminds people: “I may look young, but I have the experience.” She is living proof that Rotaract equips young leaders with skills and platforms to lead even in challenging environments.

Or consider the Rotaract Club of Bugolobi, whose members saw a need and acted decisively. They mobilised resources to provide school supplies, conduct medical and dental screenings, offer HIV testing, and even drill a borehole to give rural students access to clean water. In one project, they touched health,

education, and sanitation – three of Rotary’s areas of focus – showing that Rotaractors can deliver multi-layered, life-changing impact.

Beyond our borders, the Rotaract Club of Nakivale, based in one of Uganda’s refugee settlements, offers an extraordinary example. In a place where hardship could easily breed despair, these young people chose hope. They have built a vibrant community of service, creating opportunities where none existed, and turning a settlement into a hub of compassion and development.

I too have witnessed the transformative power of stepping forward to serve. At 27, I joined Rotary directly – never having been in Rotaract – but I embraced leadership from day one, taking on responsibilities in my Club and now the District. That leap taught me that when you say ‘yes’ to service, the opportunities to grow and make a difference multiply beyond your imagination.

In today’s world, where self-interest often overshadows community spirit, Rotaract is a bold counter-narrative.





It's a place where giving of your time, talents, and resources becomes a way of life. Serving above self is not about waiting until you have "enough" — enough money, enough time, enough experience. It's about starting where you are, with what you have, and trusting that your efforts can ripple outward to touch lives you may never even meet.

“
The world will not be changed by the grand intentions we keep to ourselves, but by the small and consistent actions we commit to every day.”

To every Rotaractor reading this: you carry within you a power that the world desperately needs. Whether it's organising a project in your neighbourhood, lending your skills to a cause, or simply showing up with compassion, your service can shape destinies. Do not underestimate the reach of your influence.

As we mark Rotaract Engagement Week, I challenge you to unleash that power within.

Step forward. Dream bigger. Lead boldly.
The world will not be changed by the grand intentions we keep to ourselves, but by the small and consistent actions we commit to every day.

The future is not waiting — it is here, and it has your name on it.

The author is Assistant Governor, and Past President of Rotary Club of Kampala - Naalya



Welcome to **August**

OUR THEME

Membership & New Club Development



#UniteForGood
#RotaryEyamba

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     Rotary District 9213

FLAVIA SERUGO: COMMITTED TO LIFT EVERY WOMAN

BY PETER NYANZI

She's one of this Club's biggest 'exports' not just to the District, but also to Rotary International.

Yet, though a charter member of the Rotary Club of Kampala-Naalya, Rotarian Flavia Serugo's entry into Rotary was a clear case of 'influence by association.'

Five years into her marriage to Rotarian James Serugo, her husband joined the Rotary Club of Kampala and became an active member there. Flavia simply went on with her life. However, she started looking forward to the end of every Rotary Year as Rotarian Serugo would take her along to District Conferences and Rotary International Conventions.

"I love travelling and these conferences and conventions presented me with an opportunity to go to places that I had never been to. Every year, I looked forward to these gatherings and ensured that I took leave from work to attend these events," she says.

"Besides the travel, Rotarians were fun to hang out with," she adds.

After a period of 'window-shopping' for a club she could call her own home, she visited the Rotary Club of



PP Flavia Serugo

Kampala-Naalya, which was in formation at the time.

There, she found completely new people but who were extremely welcoming. "Those

“
She took the role in her stride with her eyes all set on making a difference in the lives of women and girls.”

ladies radiated some sort of confidence, which I admired. One of them, I came to learn, was Anne Nkutu, who approached me and asked me to join them in their next meeting.

The rest is now history," she says, with her characteristic smile.

Almost immediately, Flavia got to work, in preparation for the official charter of the new club. Given her background in marketing with one of the top telecommunications companies, she took charge of organizing the

charter event, which ended up being a resounding success.

With the charter out of the way, Flavia set her eyes on starting a bulletin for the new club. It wasn't as easy as she had anticipated. Incredibly, the magazine won the Bulletin Award in the first year of publication.

After serving twice as Club Secretary and as Club Administrator, Public Image Chair as well as Membership Director, it was her turn to face the music of being Club President.

She took the role in her stride with her eyes all set on making a difference in the lives of women and girls.

She singles out the birth of Women in Rotary as one of the highlights of her tenure. Women in Rotary was a response to a challenge that the then District Governor dropped to the Club during his official visit in October 2015.

"My District Governor, Bob Waggwa Nsibirwa, left us with a challenging question after his official visit in October 2015: "What do you want to be known for as RC Kampala Naalya"? Two months later, Flavia visited a friend's club project in the field that left her a little disappointed. "I saw how she and two other great ladies in the club were running the show. The men were a no-show in Kabutemba. The

idea of recognising these women came up in our conversations that night," she recalls. That marked the birth of Women in Rotary.

In addition to the Women in Rotary initiative, Flavia also played a key role in the formation of the Empowering Women Rotary Fellowship.

The initiative was borne out of the 'Rotary Roses Program' that she chaired during DG Rosetti Nabbumba's tenure.

DG Nabbumba's intention was to elevate and empower more women in Rotary leadership, given that she was the first woman DG that Uganda had ever produced.

At the DISCON, the program was supposed to come to an end. "However, we realised a need for continuity of the program to engage more women as well and to address the challenges faced by girls and women (such as teenage pregnancies and domestic violence) during the COVID-19 lock down," says Flavia.

At the end of the Rotary year, the fellowship was admitted at Rotary International on June 18, to empower and mentor women and girls with leadership and entrepreneurial skills. Flavia has continued to spearhead the Fellowship with the mission to ensure that every girl and woman thrives within themselves and in their communities around the world.

At the recent Convention in Calgary, Canada, Flavia organized and moderated a breakout session for the Empowering Women Rotary Fellowship, under the theme; 'Amplify Rotary's Impact through Women Empowerment.'



PP Flavia in Calgary

She was extremely pleased with the way the idea has been embraced at the international level.

"The positive feedback underscored the global interest in our cause and the importance of creating bigger platforms for such discussions," she says.

So far, a number of countries are opening their own Empowering Women Rotary Fellowship chapters, according to Flavia.

Over the last ten years, Flavia has sponsored a number of people into Rotary.

One of them is Rotarian Pamela Kawadwa, who transitioned from Rotaract and has already played key roles in Rotary.

"PP Flavia, with her huge constant smile, introduced me to Rotary. Of course, with PDG Ann Nkutu. Those two played a big role in my transition from Rotaract to Rotary," she says.

She adds: "Her constant calls to follow up with me to attend fellowship, encouraging me to get involved in karaoke nights every last Tuesday of the month, never giving me a chance to dodge fellowship, pushed me smoothly into finally joining Rotary."

Pamela adds that for most of the roles that she has played in RC Kampala-Naalya, Flavia has "single-handedly

pushed me into those roles."

"She is one Rotarian who has given me time patiently to evolve in Rotary leadership. I deeply appreciate her," she adds. "PP Flavia is a mighty force to reckon with!"

Rotarian Francis Lubuulwa, himself a Past President and current Assistant Governor, also has a great deal to say about his sponsor into Rotary.

"PAG Flavia Serugo has been more than a friend; she has been a mentor and guide in my Rotary journey," he says. "Alongside her husband, James Serugo, she held my hand when I was new to Rotary, taking me to visit different clubs until I found my home at the Rotary Club of Kampala Naalya."

He adds: "As Club President, she entrusted me — a newcomer — to serve as her secretary, believing in me long before I fully understood Rotary. Her encouragement has followed me through the years, inspiring me to take on different roles, including my current role of Assistant Governor. I celebrate Flavia for her friendship, mentorship, and unwavering commitment to "Service Above Self," and I wish her a fulfilling and joyful life of Rotary service."

There's no doubt that PP Flavia's legacy will live on for ages to come thanks to her ability to birth and nurture her 'babies' to maturity. From this Bulletin, which continues to shine, to Women in Rotary and the Empowering Women Rotary Fellowship, to the other noble ideas that she's still cooking, Flavia is undoubtedly a "force to reckon with."

For all that you've done for humanity especially women and girls across the globe, we celebrate you PAG Flavia!



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#Interview

Enjoying Rotary Is As Simple As 'ABC' - Rotarian Flavia Serugo

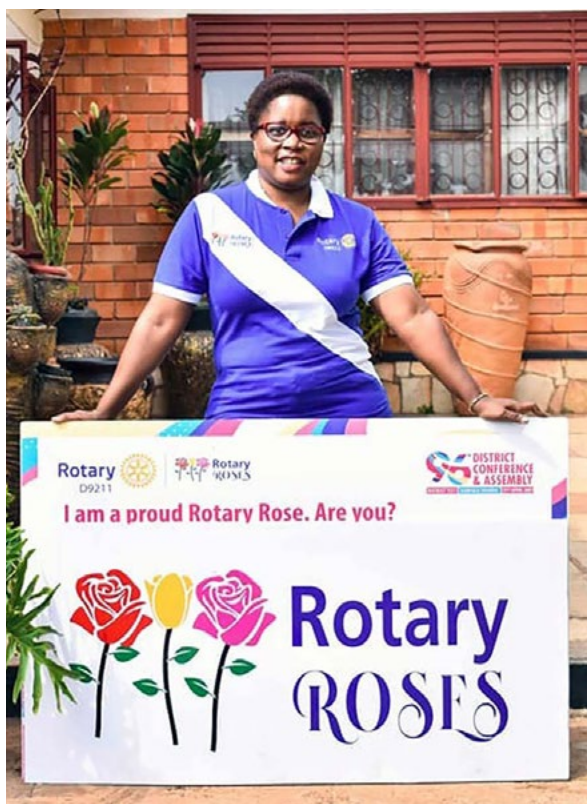
ROTARIAN FLAVIA SERUGO, A CHARTER MEMBER OF THE ROTARY CLUB OF KAMPALA-NAALYA, HAS PLAYED CRITICAL ROLES NOT ONLY AT THE CLUB BUT ALSO AT THE DISTRICT AND INTERNATIONAL LEVELS. SHE SPOKE TO PETER NYANZI ABOUT HER ROTARY JOURNEY.

Q: How did you first hear of Rotary International?

The word 'Rotary' first entered my vocabulary through my spouse [Rotarian James Serugo] whom I used to escort to attend District Conferences and Rotary International Conventions.

Q: How did your Rotary journey begin officially?

I love travelling and these conferences and conventions presented me with an opportunity to go to places that I had never been to. Every year, I looked forward to these gatherings and ensured that I took leave from work to attend these events. Besides the travel, Rotarians were fun to hang out with. So, I decided to do some Club 'window shopping' until I landed on



Rotary Club of Kampala-Naalya then in formation.

Q: How did you end up a member of the RC of Kampala-Naalya?

I happened to escort a group of Rotarians from RC Kampala on a visit to one of their new clubs in formation. While there, I met a group of people I had never met before but were so welcoming. Those ladies radiated some sort of confidence, which I admired. One of them, I came to learn,

was Anne Nkutu, who approached me and asked me to join them in their next meeting. The rest is now history.

What were your first role in the Club after joining? I joined the Rotary Club of Kampala-Naalya four months before the charter and I was placed to work with the PR Committee. However, given my background in events management and marketing, I gladly volunteered to plan for the Charter event. I booked the venue, the entertainers, and promoted the event through selling cards to our friends. So, I think I was the 'Charter Events & Publicity Officer.'

Q: How did you become the Club President?

After our charter, we lost 50% of our membership. That meant that we were spread thin and had a lot on our back. Our charter Secretary and the Public Image Chair, also disappeared. It was upon us to stand in to close the gaps. I was nominated unanimously having served as Club Secretary twice, Club Administrator, Public Image Chair as well as Membership Director. I couldn't escape.

Q: How did the one year you spent as President change you as a person?

I had never led a team of volunteers before and therefore had no clue on how to lead these doctors, consultants, business professionals, etc. They were all accomplished and I wasn't sure of what I would bring to the table.

However, I chose to focus more on building on the foundation already laid by the past Presidents. As a President, my communication skills improved, I had a message to the volunteers every week in our newsletter. I also would send personalized messages on birthdays, and other special days of the year. This helped me connect and build stronger relationships with the members. I got a lot of support from the members and was

able to effectively mobilise funds for our projects as well as recruit new members. The strategic and innovative ideas, which would later create an impact and leave a lasting impression, made me

appreciate Rotary for broadening my leadership skills.

“

I conceived and spearheaded the Women in Rotary event as a public image initiative and signature project to the club.”

Q: Briefly, what would you point at as the key highlights of your tenure as Club President?

After the club had identified a community in Agago, which

is more than 300km from Kampala, my priority as a President was to add on something to what was lacking in the community. One of the needs identified was lack of classroom blocks and an ICT laboratory. Together with the Service Projects Director, we did the ground work to get the architectural drawings/ plans, approval by

Ministry of Education as well as mobilising funds to kick start the foundation. Though the project took long to complete, it became one of our community signature projects.

Additionally, I conceived and spearheaded the Women in Rotary event as a public image initiative and signature project to the club. The objective was to highlight the role that women play in Rotary. The event now features on the District calendar and has been used as a platform to mobilise funds for projects in addition to celebrate our leaders. During my tenure and with the support of the members, the club was recognised at Rotary International with a Silver citation and also won five awards at the District Conference. Including Overall Winner Publicity, Best Interact Club, Gender Balance, Membership growth and retention. The Interact club in Akwang also won a citation at the RI level as best Interact Club of the year.



Q: Tell us more about how Women in Rotary was born?

The ideation was out of pressure to have a project that made us stand out as a club. My District Governor, Mr. Bob Waggwa Nsibirwa, left us with a challenging question after his official visit in October 2015. "What do you want to be known for as RC Kampala Naalya"? We had presented many ideas including cycling challenge and food festival which, really were similar to existing projects. Rtn Stephanie Gachukuzi and I were invited for a home hospitality in December by my fellow World Class President (WCP), the late Robinah Lutaaya. At this hospitality, the men outnumbered the women although the women were fully in charge and more participatory. I had moved with WCP Robinah to one of her club projects in Kabutemba and I saw how she and two other great ladies in the club were running the show.

The men were a no show in Kabutemba. The idea of recognising these women came up in our conversations that night. Besides, I recalled at my work place we had recognition of Women in Business every March. I saw that as a great opportunity to adapt it to Rotary. So, in January I made an appointment to see DG Bob at his office in Bulange Mengo. I told him of the idea and also emphasizing to him that we had found a solution to the challenge he had left for us - our Signature Project. He actually liked the idea and then asked; "What can I do for you?" I then replied; "We have no budget for air tickets but please get us PDG Geeta Manek as our keynote speaker." He picked his phone and made a call and

as they say the rest is history.

Q: What impact has WIR had on the profile of Rotary in Uganda?

The event has enhanced the visibility of women in leadership and helped to negate the perception of Rotary being exclusive to men. The event has also opened up opportunities to create platforms that elevate and empower Women in Rotary.

Q: If you're asked to give a word of advice to the new Club Presidents, what would you say?

Get to know and connect with your members. Delegate them roles and allow them to lead. Volunteers do feel valued when they are involved and engaged.

In what different roles have you served Rotary at District level over the years?

- In 2016/2017, I served on the Polio Plus Committee and organised the Polio Run.
- I was District Conference Secretary twice (2017/2018 & 2024/ 2025)
- I was District Deputy Newsletter editor for Uganda in 2018/2019.
- I was the Assistant Governor Zone.5./AGs Coordinator (2019/ 2020)
- I was the District Program Chair - Rotary Roses(2020/ 2021)
- I was the Vice District Trainer 2021/ 2022 & House of Friendship chair at Zone Institute
- I was the District Executive Secretary in 2022/2023
- I was the Vice Chairperson -Inter Country Committee in 2023/24
- I also served as Ambassador Empowering Girls Initiative - Rotary Zone

22 from 2021-2024.

- I am the District Planning, Implementation Monitoring & Evaluation Chair for 2025/2026

Q: What exactly do you do as the D9213 Planning, Implementation, and Monitoring and Evaluation (PIME) chair?

The PIME Chair ensures efficient planning, monitoring, and evaluation of all District programs, projects and activities in line with the goals. However, the planning process started a year ago so we're now in the implementation and evaluation phase.

Q: What is the Empowering Women Rotary Fellowship all about and what impact is it making so far?

The Empowering Women Rotary Fellowship was borne out of the Rotary Roses program that I was entrusted to chair during DG Rosetti Nabbumba's year of leadership. Her intention was to elevate and empower more women in Rotary leadership, given that she was the first female Leader Uganda had produced for the DG role. However, at the District conference where we thought the program would come to an end, we realised a need for continuity of a program to engage more women as well and address the challenges faced by the girls and women (teenage pregnancies and domestic violence) during the COVID-19 lock down. As the Rotary year was coming to an end, the fellowship was admitted at Rotary International on June 18th to empower and mentor women and girls with leadership and entrepreneurial skills. The vision was to ensure that every girl and woman thrives within themselves and in communities.

“
WiR enhanced the visibility of women in leadership and helped to negate the perception of Rotary being exclusive to men.”



Kampala-Naalya Charter Board Members with the DG on his official visit.

Q: Your dedication to Rotary and women empowerment has been admired by many both in and outside Rotary. What drives you?

I am driven by the belief that I can make difference and transform lives through service. I am inspired by volunteers who have taken on the responsibility to give of their time and resources to make this world a better place. I want to be part of that.

Q: As a marketing and branding professional, what advice would you give to Rotary Clubs/Rotarians if they are to attract key partners to support their community development initiatives?

Rotary Clubs need to think and act like strong brands. Strong

brands have a clear purpose, an emotional connection with the people's hearts not just their minds. Strong brands adapt to changing needs, deliver on their promises and have a track record of positive impact. The Rotary brand is compassionate and caring. In whatever we do, Rotary Clubs should clearly define and communicate their unique value proposition, i.e what makes their club projects different and impactful in the communities we serve. Clubs should be able to have that emotional connection with their communities. Secondly, telling our stories - showing measurable results and not just activities - can attract partners/funders. Also, projects that align with potential partners' corporate social responsibility programs or goals are likely to attract funding from

those organisations.

Q: You have mentored many new members over the years. What advice do you usually give to the new Rotarians?

My advice is usually in the letters 'ABC.'

A = Actively engage. Don't just attend meetings; get involved in projects and club activities.

B = Build relationships

C = Commit to serve

YOUR COMMITMENT TO MAKING A DIFFERENCE, WHETHER THROUGH SMALL ACTS OF KINDNESS OR LARGE SCALE PROJECTS, WILL DEFINE YOUR ROTARY JOURNEY AND INSPIRE OTHERS.

HOW NAALYA FOOD BULLETIN WAS BORN

BY PP FLAVIA SERUGO

THIS BULLETIN HAD A VERY HUMBLE BEGINNING.

After the Charter, we were encouraged to visit and learn from other Rotary Clubs. The PR Committee developed a calendar for these club ambassadorial visits. The clubs that we visited most besides our mother club, included RC Bukoto, RC Bweyogerere Namboole, RC Kampala South, RC Muyenga, RC Kampala North, RC Kololo and RC Kasangati.

From all these clubs, we “would pick and paste” something to our club. Some of the Clubs had bulletins. Bukoto had ‘Bukoto Digest,’ while Kasangati had ‘Teargas.’ We toyed around with ‘Naalya Digest’ but when friends from Bukoto visited us, they accused us of “stealing” their name. We had to go back to the drawing board. Next, we decided to visit RC Kololo with my beautiful and newly minted Rtn friend, Stephanie Gachukuzi. It was quite intimidating there and when we were asked to introduce ourselves, the stares from those senior Rotarians could have ripped someone apart.

There wasn’t even a clap to welcome us. Then one person broke the silence and said, “Naalyako” and they all burst out laughing and

“I was the pioneer Bulletin Officer. Besides looking for weekly content, I would edit, design, and print hard copies as well as ensuring the distribution of the soft copy..”

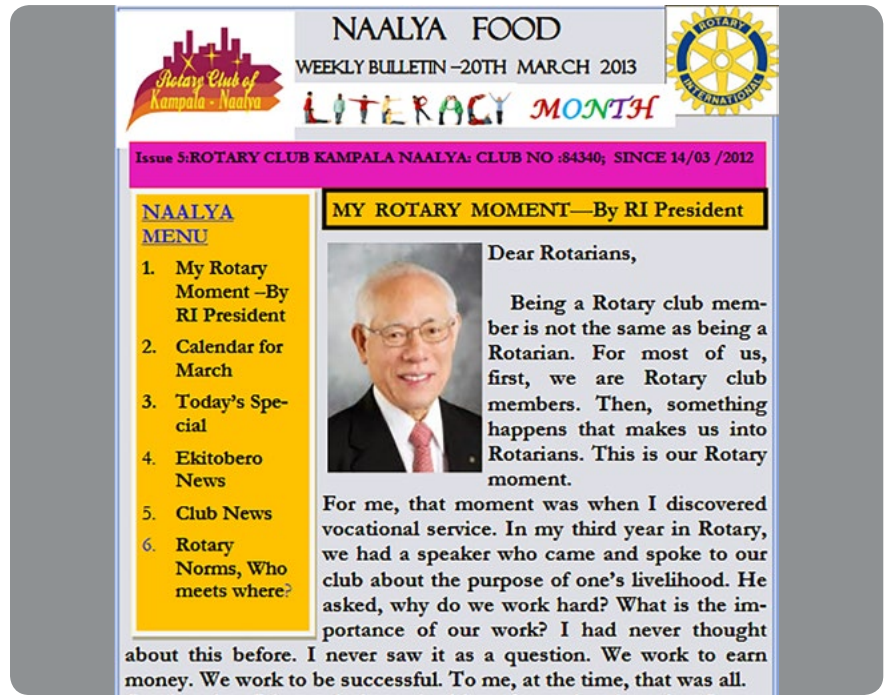
clapping loudly. And that was it! To them, we were probably edible or some sort of tasty food. Well, we not only got an identity, but also adopted the nomenclature for both the Bulletin and Buddy Groups.

The Groups are called; Kikomando, Kitobero, Katogo and Rolex. I was the pioneer Bulletin Officer. Besides looking for weekly content, I would edit, design, and print hard copies as well as ensuring the distribution of the soft copy of the Bulletin via email. I am indebted

to my employer then, who allowed me to print copies at the office. The Bulletin really helped us to improve our communication

internally and our visibility externally. The Bulletin won an award in its first year.

▶ **Since then, the publication has had several editors, who have ensured that it continues to evolve into one of the most educative, informative and entertaining Bulletins in the District.**



The Cover page of the first Bulletin

District 9213 Announces Award Criteria for 2025–2026



BY RTN SYLVIA NANKYA

District 9213 has officially released the comprehensive criteria for the 2025–2026 Rotary Year Awards, which will be presented at the 101st District Conference (DISCON).

These awards are designed to motivate clubs to enhance effectiveness, increase visibility, strengthen Rotary's core values, and deepen engagement across all areas of Rotary service.

This year's awards are aligned with Rotary International's four strategic priorities:

- Increase Our Impact
- Expand Our Reach
- Enhance Participant Engagement
- Increase Our Ability to Adapt

The awards will recognize exceptional performance in a wide range of areas, including contributions to The Rotary Foundation (TRF), impactful service projects, membership growth and retention, public image promotion, innovation, governance, and youth engagement.

Categories and Highlights

1. The Rotary Foundation (TRF) Awards

According to the Criteria shared by the District Executive Secretary Kaziro Kyambadde, Clubs will be recognized for top contributions to the Annual Fund, Endowment Fund, Polio Plus, and Global Grants. Notable awards include:

For instance, the TRF Club of the Year -Foundation (TRF) award will go to a club that has made the highest financial contribution to The Rotary Foundation (TRF) programs added together, including the Annual Programs Fund, Endowment Fund, Polio Plus Fund and direct contribution to Global Grants funding this Rotary Year.

The same category also has the Every Rotarian Every Year (EREY) Award, which will go to a club where every member has contributed at least US\$100 to any TRF programs this Rotary Year. The top three clubs with the highest total contributions will be awarded, according to the criteria.

The other in this category is the major gifts award, which will go to a club that has registered the

largest number of new Major Donors, Bequest Society, and Arch Klumph members this Rotary Year.

Also in this category are the Paul Harris Fellowships and Society Awards as well as the Polio Plus Award and the TRF per Capita regional award.

2. Service Projects Awards

These will spotlight both Global and Non-Global Grant projects across all Seven Areas of Focus, including

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These awards are designed to motivate clubs to enhance effectiveness, increase visibility, strengthen Rotary's core values.”

maternal health, education, the environment, and peacebuilding. A special Joint Collaboration Award will go to outstanding multi-club partnerships.

3. Membership Awards

From highest net growth to diversity and retention, clubs will be rewarded for strategically growing and sustaining their membership base.

4. Public Image Awards

Recognizing clubs excelling in storytelling and Rotary branding through bulletins, social media, traditional media, and creative campaigns. The prestigious Rotary Eyamba Award returns for clubs that have not only made an impact but shared it powerfully.

5. Member Engagement Awards

Clubs that engage their members through participation, mentorship, RYLA promotion, and active DISCON attendance will be celebrated.

6. Technology and Innovation Awards

Recognizing clubs embracing continuous learning, internal training, and inventive club administration and project execution.

7. Governor's Special Awards



Most awards require clubs to submit applications with supporting evidence.”

To be awarded at the discretion of the District Governor, these honours will recognize extraordinary contributions that may not fall within existing categories.

Important Dates and Application Process

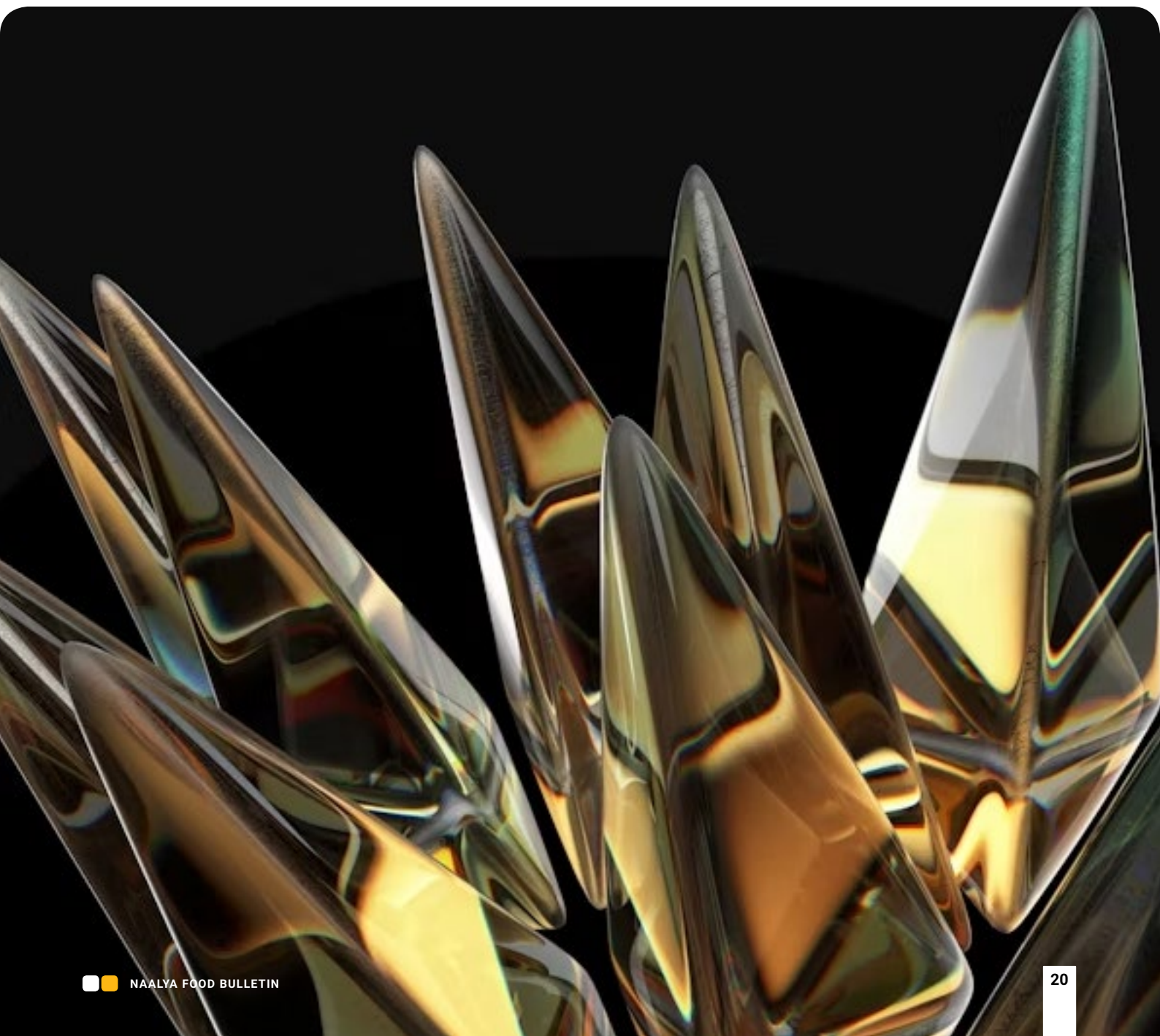
Award Cutoff Date:
20th March 2026

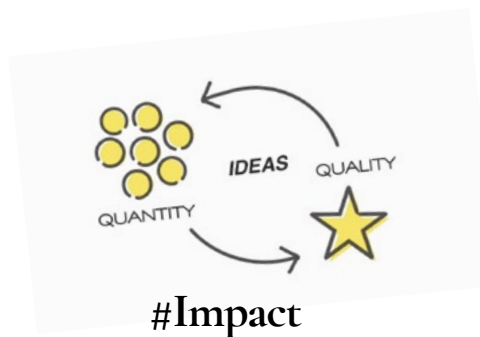
Reporting Date: TRF and Membership Awards will be

based on my Rotary reports as of 31st March 2026

Application Method: Most awards require clubs to submit applications with supporting evidence. Select categories will be determined from official Rotary data and do not require applications.

▶ **The detailed criteria and documentation requirements for each award are available from the District Secretariat or can be accessed via the District website.**





Delicate balance between quality and quantity of membership



**BY PP GODFREY
OKELLO OMODING**

Recruit and recruit, grow and grow numbers” is often a call from Rotary leaders at all levels. This call has indeed become a trademark in the speeches of Rotary leaders. Without a mention of recruitment and growth of membership, the speeches are incomplete particularly in this Membership month of August.

The call is apparently a heavy load on leaders given that it’s one of the measurements of their performance at the end of their terms. Heavy task indeed!

Indeed, Rotary’s biggest resource is its members. The members make the form and shape of Rotary, right from the Club level. To have the numbers increase, however, comes with several challenges. One key challenge is the filtering of potential members. There are several dilemmas here. For instance, should one take ability to pay membership fees/dues or make financial contributions as the most fundamental factor in recruiting? How about other parameters such as ethics, integrity, trust, dignity, worthiness and willingness to serve freely?

“
Growing numbers widens horizons especially in bringing in new areas of skills and competences as well as additional hands.”

From the above, you can pick up the underneath seriousness of this month’s theme. It unlocks what Rotary can be, and to be seen to be. There are tradeoffs to be made or one opts to have the weeds among the crops. In this case, may be, the hope will be in having a moment to isolate the weeds later - possibly at the harvest time. After all the weeds wouldn’t have yielded fruits, though, at the risk of choking the good crops.

As a drive to recruit and grow numbers is being drummed and geared, the assumption is that Rotarians hold up the filters tightly. Holding the filters and being mindful of this tremendous task is very important. The partaking and rallying for recruitment with leaders ought to be a check of trust on the Rotarians. This calls for exhibition of self-integrity, remembering that growth is also about building a network of worthy individuals. It’s lovely to be a community where pride is derived.

Yes, growing numbers is a good thing. It widens horizons especially in bringing in new areas of skills and competences as well as additional hands. A Rotarian who brings a person to Rotary ought to do it with humility and honour. Besides, it partially comes with a willingness to take in the responsibility of gate keeping of a member recruited.

Important to highlight is that participating in recruitment comes with passion, believing in what you are involved with. Such a participating Rotarian has passion to see that the Club continues to exist and to serve humanity. Truly, to attract someone to do voluntary work, most times, is not a walk in the

park especially in a society where many people are driven by monetary gain.

Additionally, recruiting and growing numbers go with bearing and selling brand. The brand's history matters most. Selling of an old brand has challenges, among them is perception. This has to be handled carefully. The Rotary brand falls among some of the oldest brands. The Rotary brand has a history, and its selling fully lies with Rotarians. To sell it to a new person, its first challenge is; how does a person to be recruited perceive it? Secondly, the expectations of a person to be recruited. For a person who gratifies



personal benefits, defining the tangibility of Rotary benefits to such a person is a challenge. You get questions such as, 'what is there for me?' With this kind of questions, some Rotarians throw up their hands, yet this is a journey of positioning messages. Proper positioning of messages brings out true volunteers.

Therefore, as we get deeper into the month, it's essential that the recruiters (Rotarians) are also equipped. Unequipped or ill-equipped recruiters (Rotarians) are potentially not credible to use. Sometimes, the attritions that Clubs experience can

be traced back to the roots of entrance. Little information is passed to an incoming member or the type of information given is selective and biased. This later in time contributes to unmet expectations of a member.

► **So, the messages of recruitment and growth of membership this month should take care of both the Rotarians and those to be brought into the flock. The messages ought to raise conviction - the sort of conviction that stirs the voluntary spirit of service.**

Rtn Godfrey Okello-Omoding is an Economic Development Expert, and a Past President of the Rotary Club of Kampala Naalya.





#OutToLunch

Masaza Cup has key lessons for wider football fraternity

BY RTN. DENIS JJUUKO



On a recent Saturday, I visited a construction site in Busukuma just outside Gayaaza around lunch hour. The workers were a bit restless. I thought it was about their lunch or an impending payment. Many construction site owners pay their workers' weekly wages on Saturday evening.

One of the workers whispered to another that he would prefer being paid half day for that Saturday so that he could immediately leave the site for the weekend. Something big must have been bothering him as well as a few of his colleagues.

He decided to shoot his shot by approaching his boss – the site 'engineer.' The other workers were peeping from the scaffoldings to see if his request would be granted. The 'engineer' had a deadline to make and refused to grant the request.

I heard the dejected worker telling his colleagues that their boss has instead offered them his portable radio set. Apparently, the workers had wanted to go catch a soccer match.

This wasn't an Arsenal versus Manchester United match in the English Premier League or another of those highly billed European matches.



European soccer has taken a summer break. Teams are in pre-season tours around the world, except Africa, and busy strengthening their squads in the ongoing modern day slave market that they call the transfer window.

The match the workers were eager to watch at the expense of half their daily wages was at Nakivubo Stadium in downtown Kampala. Why would workers in Busukuma want to go downtown Kampala to catch a match? What match was it?

It was a group match in the Masaza Cup between the Kyadondo County and Bugerere County. Busukuma is in Kyadondo hence their interest. Many youths were storming Nakivubo to support their teams.

Later, images emerged of a nearly full Nakivubo Stadium with many supporters cheering their teams, something rarely seen nowadays between the country's biggest soccer clubs in the national league. How did Buganda get there?





Although the revamped Masaza Cup, a competition between Buganda's 18 counties, has been on for a while and the final sees the Mandela National Stadium at Namboole full to the rafters, the group matches have not been creating the kind of enthusiasm they do these days. Towns hosting these group matches come to a standstill as huge crowds turn up to watch the match. Supporters raise money to push their teams to the grand finale at Namboole or wherever it is organised.

It is interesting that a local competition is starting to attract the kind of attention that was largely reserved for the English Premier League and the Spanish La Liga. And people are willing to board the taxis, pay entrance fee, and support their teams.

What has Buganda done of recently to create this kind of interest in its premier competition? Unlike its Bika (clans) soccer competition,

Masaza Cup is open to everyone who resides or pays allegiance to the Ssaza. It is therefore not uncommon to find Peter Okello playing for Buddu or Butambala. Counties with money even pay sign on fees once they see a player of

interest playing for their rivals – akin to what happens in the professional leagues. One doesn't have to be a Muganda to play in the competition.

That decision is unifying and plays into the cosmopolitanism of Buganda, a polity that is for all.

But that alone wouldn't probably have made the Masaza Cup endearing to many especially at the group stages. About two years ago, the Buganda Kingdom started the Ggombolola tournaments where sub-counties compete against each other. Those matches are increasingly becoming popular. They feed the main Masaza Cup with players while creating soccer

structures at the grassroots. To attract more people, they have added wrestling (ekigwo) and netball, thereby creating a mini sports extravaganza at the sub county level.

That kind of mobilization is also seen in growing coffee in Buganda as well as in the support the kingdom receives from its ordinary people. You can't go catch a game when you don't earn anything. So young people are inspired to work to better their lives.

There is a lot that football teams and indeed the national football federation could learn. Grassroots football creates enthusiasm yet our Premier League clubs now are largely owned by corporate entities without bases. Where does Maroons for example, owned by the Uganda Prisons, get its base? From prisoners? Nobody allows them to traverse the country to watch their team. SC Villa or Express, where are their bases? The Masaza Cup may be a model they could study.

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

“

It is interesting that a local competition is starting to attract the kind of attention that was largely reserved for the English Premier League and the Spanish La Liga.”

#Inspiration

FAMILY MATTERS



BY PASTOR RONNIE MUTEBI

PSALM 106:34-35 (KJV): "THEY DID NOT DESTROY THE NATIONS, CONCERNING WHOM THE LORD COMMANDED THEM: BUT WERE MINGLED AMONG THE HEATHEN, AND LEARNED THEIR WORKS."

BE DIFFERENT

God has designed life to set each person on the course of identity.

One of the easiest ways to fall away from your God-given purpose is by copying others without thinking carefully about it.

In our theme verse, God had told the Israelites to stay separate from certain nations. But instead, they mixed with them and began to live like them. What started as just being around others became full-on compromise. They gave up what made them special for the sake of fitting in.

Today, many people have fallen prey to this same thing, ignoring their place of uniqueness and somehow, it could easily happen to anyone of us.

We're created to be different in the world, not to become complacent in our desires to be like everyone else. But slowly, some people start on the path to act like everyone else – their way of talking, walking, dressing - and even start building relationships like them or chasing the same things, and even picking up ideas that aren't within their ability but just to fit in.

This desire to be like someone else doesn't happen overnight—it sneaks in through the lusts we

are drawn to like music, social media, trends, and the things we let into our hearts. Before we know it, we're trying to blend in instead of standing out.

Did you know that in the entire world of over 8 billion people, there are no two people with similar finger prints, not even the identical twins! That's God's masterplan. It's ok to - "BE DIFFERENT."

“

One of the easiest ways to fall away from your God-given purpose is by copying others without thinking carefully about it.”

Take home: Your uniqueness

is not by default or a weakness but the strength to drive your God-given contribution to the world. We don't need to copy other people—we need to stay rooted in what defines our uniqueness to changes lives.

Last week's fellowship





Living in the Present, Savoring Each Moment

BY PAMELA KAWADDWA

Live in the moment,
Just take it all in.
Pay attention to everything,
Right there and right then.

Don't let your mind wander
To what's coming next.
Cherish this moment
And give it your best.

Don't let tomorrow
Make you rush
through today,
Or too many great
moments
Will just go to waste.

And the person you're with,
In that moment you share,
Give them all of your focus;
Be totally there.

Laugh till it hurts,
Let the tears drop.
Fill up each moment



With all that you've got.

Don't miss the details;
The lesson is there.
Don't get complacent;
Stay sharp and aware.

It can take but a moment

To change your life's path.
And once it ticks by,
There is no going back.

In just 60 seconds,
You may make a new friend.
Find your true love,
Or see a life start or end.

You become who you are
In those moments, you live.
And the growth's
not in taking
But in how much you give.

Life is just moments,
So precious and few.
Whether valued or
squandered,
It's all up to you!

Till again,

Phwyy

Fun Facts

Rendezvous

It's yet another French import into English that means "let's meet up"—but with just enough confusion to make English speakers sweat over its pronunciation.

Let's set the scene: It's 16th - century France. You're a dashing new recruit in the army, and your captain bellows, "Rendez vous!" (which, in French, means "Present yourselves!"). You and your comrades, not wanting to be late (because, let's face it, nobody wants to duel with an angry captain), hustle to the appointed spot. That's your 'rendezvous' - a place where people are told to show up, preferably on time and in one piece. So, when someone



asks you for a rendezvous, they're essentially giving you a command: "Present yourself, you!" It's like a tiny, bossy military order wrapped in a velvet-lined glove.

Clearly, the original meaning was less about lovesick pretenders and more about obedient soldiers.

But the English, being the great linguistic collectors they are, swiped the word from the French in the late 16th century, but, as is their wont, they immediately started to mess with it.

Yes, they kept the pronunciation, but they started to use it for things that weren't quite so... militaristic. They used it for ships meeting at sea, for hunters gathering in the bushes, and eventually for romantic meetings. And that's where the magic really happened. 'Rendezvous' kicked

away its military boots and put on high heels. It went from being a stern command to an in-stereo invitation. It became a word for secret meetings or call them clandestine affairs. It implied a certain level of planning, a touch of drama, and a whiff of forbidden romance. Rarely do you hear of a 'rendezvous' at KFC; they have it a 'rendezvous' in a dark corner at a dimly lit bar, a secluded beach, or such other hideouts for secret lovers.

▶ **So, the next time you hear someone whispers the word 'rendezvous,' remember its rugged beginnings. It's a retired army guy that changed attire - a testament to the fact that even the most mundane-sounding origins can lead to a word with a touch of elegance, mystery, and a whole lot of French flair. And won't you call that just a delightful little rendezvous with history?**

Jokes

"I once waited so long for my date at our rendezvous spot, I started charging other people for using my table. Turns out, my rendezvous was with patience—not romance!"

"I was going to sail around the globe in the world's smallest ship but I bottled it."



KIKOMANDO BUDDY GROUP IN CHARGE



Peter Simon Nyanzi



Anne Nkutu



Christine Amucu



Denis Jjuko



Dorcas Karungi Mwanje



Elizabeth Wamalwa



Godfrey Okello Omoding



Julie Nabwire



Mathias Mulumba



Rita Aciro Lakor



Pastor Elias Namanya



Juliet Nabunnya

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