

Naalya Food Bulletin

22nd July, 2025

Rotary
Kampala - Naalya



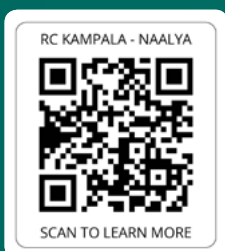
UNITE
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Editor's Note

Dear Rotarians,

It's easy to lose sight of the essential components of a strong society as we try to navigate the complexity of our contemporary life.

One fact, however, never changes and serves as the foundation for all advancement: mothers' and children's health.

Indeed, a healthy child's journey starts long before they are born. A healthy mother who is fed, supported, and has access to quality medical care is the first step. From a healthy pregnancy and safe delivery to giving the child the necessary early nourishment through breastfeeding and a loving environment, a mother's health has a direct impact on the development of her child.

Mothers who are old enough and in good health are better able to take care of their babies, work, and make significant contributions to their communities.

On the other hand, disregarding maternal health has serious consequences. In addition to putting the mother's life in jeopardy, complications during pregnancy and childbirth



can result in long-term health problems for both the mother and the child.

Development experts insist that one of the most economical approaches to sustainable development is to invest in maternal and child health. When children are in good health, they are more likely to go to school, learn efficiently, and develop into successful adults who can support the economy of their country.

Every mother in good health is a source of love and wisdom, a testament to tenacity, and the main creator of the next generation. It goes without saying that the potential of our entire society is diminished when the right of mothers and children to health is denied.

As Rotarians in particular and as a community in general, we

must lobby for laws, policies and programs that prioritise the health of mothers and children. This entails supporting family planning, encouraging proper nutrition, pushing for universal access to healthcare, and fostering environments that empower women.

There must be sufficient funding for health service delivery, we should guarantee access to sanitary facilities and clean water, we should tackle the socioeconomic bottlenecks that disproportionately impact mothers and children in marginalized communities.

Healthy mothers and healthy children are inextricably linked. This is not merely a biological fact; it is the cornerstone upon which we build strong families, thriving communities, and a more promising future for everybody.

In our fellowship this week, our guest speaker will be elucidating on the critical role that men can play in the promotion of the health of mothers and children in the community. Please ensure that you don't miss it. When mothers and children are in good health, men would be too.

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 **rcklanalyafoodbulletin@gmail.com** or **tap on the buttons** below



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President's Message

RTN CHARLES OWEKMENO
Club President 2025-2026



Dear Rotary Family and Esteemed Guests,

It is with great gratitude that I extend my heartfelt appreciation to each of you for your unwavering commitment and support to the Rotary Club of Kampala Naalya.

We were delighted to warmly welcome a delegation of ten Rotarians, including our own Past District Governor, Anne Nkutu, who represented our club at the RI Convention in Calgary - Canada. On behalf of the entire club, I want to sincerely thank them for representing us so admirably. Their efforts have yielded exciting results, securing a new global partner and attracting numerous interests in our club from Rotarians and partners from around the world. With this momentum I encourage us

all to register and participate actively in the upcoming RI Convention in Taipei, Taiwan.

I am also excited to share great news from our Service Projects Directorate. Our Mental Health Project has been formally approved and submitted for global grants. Additionally, we received an expression of interest from the Rotary Club of Mental Wellness in Los Angeles, California, USA, who wish to collaborate with us on this vital project. My sincere appreciation goes to Rtn Brian Mayanja, Past President John Mugisa, and our Charter President Francis Lakor, for their dedicated efforts in advancing this project.

Furthermore, we celebrate our team's participation in the 5-A-Side Games organized by the Rotary Club of Kiwatule. We had a strong performance

earning six points and reaching the knockout stage. Sadly, we join the District 9213 family in mourning the untimely passing of Rtn Henry Nzamba, Past President of the Rotary Club of Kawempe, who collapsed and passed away during the tournament. Our thoughts and prayers are with his family and club during this difficult time.

Looking ahead, this week we will host a distinguished guest speaker from MenEngage Africa, who will enlighten us on the roles of boys and men in promoting maternal health. I encourage all Rotarians, guests, and partners to join us for this important and engaging fellowship.

▶ **Let us come together again on Tuesday, 22nd July, to continue sharing the Rotary message of serving humanity and spreading kindness across our communities.**

YOURS IN SERVICE
ABOVE SELF.

Take a closer look

BY HOLGER KNAACK

When you joined Rotary, chances are it was because you wanted to make a lasting difference. Arch Klumph felt the same way. When he proposed The Rotary Foundation in 1917, he envisioned more than just a fund. He saw an enduring vehicle for Rotary members to serve their communities and create lasting change.

More than a century later, that vision thrives, thanks to your dedication and to the Foundation's unique structure, which empowers members to identify and solve global problems at every level.

Today, I am not asking you for a donation. Instead, I invite you to look at The Rotary Foundation with fresh eyes. Imagine a charity governed by its own members. A global mission carried out by those very members.

A foundation that reflects the shared values of its members – ensuring clean water and literacy for all, eradicating the scourge of polio, building local economies through entrepreneurship, and making the world more peaceful through conflict resolution training.

Doesn't this sound like an interesting charity? The Rotary Foundation is trusted around the world because we



have earned that trust. After our successful Programs of Scale initiative in Zambia, the Gates Foundation and World Vision invited us to lead again – resulting in the \$30 million Rotary Healthy Communities Challenge across four African nations.

We are efficient, strategic, and guided by dedicated professional staff and passionate volunteers. Our Foundation consistently receives top marks from Charity Navigator. And the Gates Foundation matches our \$50 million annual commitment to polio eradication 2-to-1, depositing \$100 million into our account each year. That is trust, delivered.

Even in conflict zones, we are there. In Gaza, a single confirmed polio case triggered a humanitarian pause in the war, allowing health

workers to vaccinate children and quell an outbreak.

Rotary helped fund that urgent response. Once again, we proved to be a reliable partner in a crisis.

We can be proud that we made a difference. Now we look ahead to our ambitious \$500 million fundraising goal for 2025-26. We can reach it together, as we boldly support a Foundation that is doing bold things.

Rotary is not going anywhere, because Rotary is everywhere! That is our strength. That is our unique opportunity. Be part of the legacy of The Rotary Foundation. It is one that Arch Klumph would be proud of. It is a legacy that has changed the world and will continue to do so, as long as we are all part of it.

Holger Knaack is the chairman of the Rotary Foundation Board of Trustees.

THIS MESSAGE WAS PUBLISHED IN THE JULY ISSUE OF THE ROTARY MAGAZINE

“

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The
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& Hygiene**



**Maternal &
Child Health**



**Basic Education
& Literacy**



**Community
Economic
Development**



Enviroment

Small dreams and action can create lasting positive change

BY RTN FLAVIA SERUGO

The journey to the 2025 Rotary International Convention in Calgary was more than a travel experience. It was a mission to represent my Club, District, Country, and the Empowering Women Rotary Fellowship on a global stage.

The Fellowship that was borne out of the Rotary Roses Program in Uganda, aimed at addressing issues including teenage pregnancies and Gender- Based Violence during the COVID-19 pandemic, continues to grow its international presence by championing women empowerment. The Convention in Calgary marked our second time participating with a breakout session and an exhibition booth at the House of Friendship (HOF).

As a breakout session organizer, I was involved in extensive planning, from selecting speakers to preparing slides, branding and publicity as well as room arrangements. Our panel featured our distinguished leaders from Uganda who shared insights on the topic of Amplifying Rotary's image through empowering women.

I traveled early to Calgary to set up the fellowship booth before the House of Friendship (HOF) opening. Upon arrival, Rotarians in Calgary gave us a warm welcome before we proceeded to our respective hotels to rest after a long flight. The



following day, I joined fellow Rotarians to register at the BMO Stampede Centre, which was about 16 minutes from our hotel. After registration,

I proceeded to the House of Friendship to set up booth 542. I had also carried some stickers, which I thought would be easy to brand but I had underestimated the exercise. I needed not only a ladder but support to place them neatly on the stall walls. Upon inquiry, I realized that I needed to pay about \$250 (about UGX900k) for onsite support. While I passed by our District 9213 and 9214 pondering on my next move and inwardly calling for divine intervention, God sent some angels in the form of PAG

David Kintu (Kampala Sseese), PAG Allan (RC Mbarara), Rtn Juliet Nabunya (RC Kampala Naalya) and Rtr Hope (Kampala Sseese) who helped to set up the booth. We later took a c-train downtown for dinner in the chilly weather.

Day 2 marked the official opening of the House of Friendship (HOF) on a chilly, rainy morning. I boarded the hotel shuttle at 9:30 a.m., initially riding alone from my hotel before picking up other delegates enroute to the BMO Centre. The day was lively, filled with interactions with delegates exploring partnerships and viewing projects from the three Chapters of the Empowering Women Rotary Fellowship and

individual club initiatives.

We had very many people showing interest in opening up Chapters in their countries. On Day 3, anticipating delays, I left my hotel early to attend a briefing for breakout session organizers before the convention's official opening.

The official ceremony showcased Alberta's Calgary Stampede, which is also a celebration of community and Western heritage, bringing people together for a shared experience. It evolved from cowboy sporting events in the early 20th Century. At the opening, many delegates turned out in a dress code that identified their heritage and culture, with RI President Stephanie Urchick welcoming us in a cowgirl outfit. In Uganda we donned and stood out in our Cancer Run shirts.

The highlight was a moving speech by Alberta's female Lieutenant Governor, who shared her family's journey of rebuilding life as immigrants after being expelled from Uganda by President Idi Amin.

The climax of my experience came on Day 4, when I organized and moderated our fellowship's breakout session. Despite early nerves, technical glitches and last-minute adjustments, the session was a resounding success.

The packed audience, with many remaining outside due to limited space, engaged enthusiastically with our panelists from Uganda who shared impactful stories about amplifying Rotary's image through empowering

women. The positive feedback underscored the global interest in our cause and the importance of creating bigger platforms for such discussions. My days expired fast in that I had limited time to explore Calgary. I managed though to connect with some delegates in the HOF, attended a few sessions, and

squeezed in a quick shopping trip to Chinatown Mall before heading to Halifax, Nova Scotia for another tour. I therefore missed out on the dinners, tours to the Banff, and the road trips. Nonetheless, I enjoyed the sessions I was able to participate in.

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The key takeaways:

- Plan early in the future and create time for both the formal and your social activities while at the Convention. Life is too short. If your calendar is heavy on the formal, you will miss out on the

social and vice versa. Try to balance both.

- Don't give up on your vision: Small dreams, when combined with action, can create lasting positive change. This is evidenced by the Empowering Women Rotary Fellowship that started as a small District program in Uganda and has now grown into an international fellowship with established Chapters and more in formation.
- Don't miss out on an opportunity to build friendships at the Convention. Expand your network by meeting more people at the HOF. Your network is your net worth.
- Be intentional to carry your club project information, seek partnerships and use tools like the Rotary Events App.

This enables meaningful engagement for opportunities beyond just attending as a tourist. Be intentional about creating lasting friendships.



Rtn Flavia (2nd right) with other club members while in Calgary.

Aim High but Grow Deep First

BY AG FRANCIS LUBUULWA

Starting a new Rotary club is exciting. There's energy, passion, and the desire to make a difference right away. But just like a young tree needs time to establish its roots before it can grow tall and strong, a young Rotary club needs time to build a solid foundation.

Many of our newer clubs – including the ones I work with – were formed quickly due to the growing momentum of Rotary in our District. While this growth is something to be celebrated, it has come with a challenge as some of the clubs never got the time to fully “become themselves” before taking on big goals such as winning awards, applying for Rotary grants, or organizing major community projects.

But let's pause for a moment. What really makes a club strong?

▶ **It's not just the projects or the awards. It's the people. It's how well members know each other, how they work together, and how much they enjoy coming to fellowship meetings. It's the trust and shared purpose that grows over time – not overnight.**

That's why I encourage young clubs to take a step back and focus inward first. Build your club's identity. Get to know



each other. Share your stories, your reasons for joining Rotary, and your hopes for the club. Enjoy the journey of becoming a family.

When we say “develop your own identity, culture, and rhythm,” we simply mean:

- **Identity:** What makes your club unique? What kind of impact do you want to make in your community?
- **Culture:** What values do you stand for? Are

you friendly, relaxed, formal, highly active?

- **Rhythm:** What style of meetings and activities

works best for your members? Are you morning people or evening people? Do you prefer service projects on weekends or weekdays?

There is no one-size-fits-all. The beauty of Rotary is that

every club can find its own way to serve, connect, and thrive. But this only happens when the members are fully

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I encourage young clubs to take a step back and focus inward first. Build your club's identity.”



involved in shaping that path.

Before reaching for the skies, build strong club systems.

- Create a welcoming atmosphere where every member feels that they belong.
- Agree on simple, consistent meeting practices.
- Find fun ways to socialize and serve together.
- Start small with your projects and build confidence.

As the author James Clear wisely put it: "You do not rise to the level of your goals. You fall to the level of your systems."

It's not enough to aim high – we must first build the systems and foundations that will support sustainable growth.

A well-rooted club will eventually attract great members, take on impactful projects, and grow steadily. But a club that rushes ahead without bonding, planning, or alignment may struggle with burnout, low attendance, or unclear direction.

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You do not rise to the level of your goals. You fall to the level of your systems.”

As the African proverb says, "A tree without roots falls in the storm." So, let's give our clubs the time and support to grow deep roots.

Here's the Call to Action: If you're a leader in a young club – President, Secretary, Membership Chair – take some time this month to reflect as a team. Ask:

- Do our members feel connected?
- Do we know why we exist as a club?
- Are we enjoying Rotary together?

You'll be amazed how much clarity and energy this would bring. Let's nurture our clubs not just for quick wins, but for long-term impact and friendship.

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



#CoverStory

Kampala Naalya at 5-a-Side: Passion, Pride, and Purpose

On July 19, 2025, the Rotary Club of Kampala Naalya made a thunderous mark at the 9th Rotary 5-a-Side football tournament held at KISU, Bukoto. With energy, teamwork, and unwavering purpose, Naalya dominated Group P in what was a vibrant celebration of service through sport.

Hosted by the Rotary Club of Kiwatule, the annual tournament brought together Rotary and Rotaract clubs, corporate teams, and a spirited crowd of thousands of spectators. This wasn't just a competition—it was a showcase of Rotary's heartbeat: fellowship, fun, and impact.

Power and Precision: Naalya's Group Stage Brilliance

In Group P, Naalya was unstoppable. Under the sharp leadership of Rtn Brian Mayanja, the squad

moved with cohesion and clarity. CP Francis Lakor stood firm between the posts, making clutch saves with calm authority. The defense, marshaled by PP Herbert Oloka, was rock-solid, frustrating opponents with every counter.

In attack, Rtn Ruth Mugisha proved clinical with every touch, finding the net and firing up the crowd. President Charles Owekmono, with his swift runs and smart positioning, brought dynamism to the wings. Danger substitutes IPP Sylvia Owachi Jaggwe, PP Godfrey Okello-Omoding, Rtn Elizabeth Wamalwa, and Rtn Ronnie Mutebi added depth and drive whenever they stepped on the pitch.

It wasn't just skill that won

Group P. It was heart. Naalya's unity and intensity earned them admiration across the tournament grounds.

More Than a Game: The 2025 Rotary 5-a-Side

The Rotary 5-a-Side tournament continues to blend sport with service. Over 90 teams (over 40 Rotary clubs, over 20 Rotaract clubs, and over 21 corporate teams) competed not just for trophies, but to support Rotary-led initiatives in maternal health, education, and community upliftment.

Over the years, the tournament has raised hundreds of millions of shillings in support of community projects. The 2025 edition was no different, fueled by thrilling matches,

“This wasn't just a competition—it was a showcase of Rotary's heartbeat: fellowship, fun, and impact. responsibility.”

vibrant networking, and a shared commitment to making lives better.

The day's final stages saw heavyweights RC Bukoto, RC Sseese, Kiboga, and E-Club battle it out in intense semi-finals. RC Bukoto emerged victorious, sealing their win with commanding play and lifting the 2025 trophy in style. A well-earned celebration.

A Debut to Remember: RC Kyandondo Rugby Shines

Adding a new spark to the competition was RC Kyandondo Rugby, the newest member of the Kampala-Naalya Rotary family. In their debut appearance, they stormed into the quarter-finals—an inspiring run that caught the attention of many.

Their performance spoke volumes about the club's potential and the vitality of emerging Rotary clubs.

Kyandondo may be the new kids on the block, but their fight, camaraderie, and sportsmanship suggest a promising future on and off the field.

In Memory of PP Henry Nsamba: A Life of Service

While the tournament was filled with celebration, it was also a moment to pause and honor the memory of PP Henry Nsamba from the Rotary Club of Kawempe, who tragically passed during the event.

PP Nsamba was more than a Rotarian. He was a pillar



of fellowship and service. His loss reverberated through the Rotary community. The Rotary Club of Kampala Naalya extends its deepest sympathies to RC Kawempe and to PP Nsamba's family, pledging to continue his legacy through service that transforms lives.

Looking Ahead: Scoring for Uganda's Future

Kampala Naalya's electrifying presence at KISU Bukoto was a reflection of who they are—fierce on the field, compassionate in service. Their momentum won't stop at the final whistle. From upcoming digital literacy projects to mental health, women's empowerment, and environmental initiatives, Kampala Naalya is already preparing its next play—one that echoes their passion, discipline, and community-first mindset.

A heartfelt salute to every player who wore the Naalya

colors: CP Francis Lakor, PP Herbert Oloka, Rtn Ruth Mugisha, President Charles Owekmono, Rtn Brian Mayanja, IPP Sylvia Owachi Jaggwe, PP Omoding Okello Godfrey, Rtn Elizabeth Wamalwa, and Rtn Ronnie Mutebi.

To RC Kampala Naalya, thank you for your dedicated and continuous support to the team. To RC Bukoto, congratulations on your championship win. To RC Kyandondo Rugby, your quarter-final debut is just the beginning. And to PP Henry Nsamba—your service lives on in the hearts of all Rotarians. May your soul rest in peace.

Kampala Naalya aren't just playing the game. They are rewriting the playbook for service, fellowship, and leadership, one goal at a time.

Pictorial from the tournament is below.

RC Kampala Naalya at 5-A-Side



Q&A

'It's all about friendship'

ROTARIAN DENIS JUUUKO IS A CHARTER MEMBER OF THE ROTARY CLUB OF KAMPALA-NAALYA, WHERE HE HAS PLAYED DIFFERENT ROLES INCLUDING PAST PRESIDENT. HE SPOKE TO PETER NYANZI ABOUT HIS ROTARY JOURNEY.

Q: How and when did you become a Rotarian?

I became a Rotarian when the club was being chartered in 2012. Rotarian Denis Osikol aka Denis Regular informed me about it and invited me. At the time he was working with a Rotarian who had also invited me. He knew I had wanted to join Rotary but hadn't been invited even after a club that was organising the visit of the Rotary International President. Perhaps I was too young to join then.

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

One day, a club assembly was held to elect future leaders. I wasn't present that day. So I was informed later that I had been elected President Nominee Designate. I wanted to refuse. I had many fears. I had no money yet I heard presidents use a lot of their money. But then I thought if I had been elected in absentia maybe there is too much trust and I should agree after all my term was many light years away. There was also some encouragement from

the members. So, I agreed to serve.

I had worked as Sergeant at Arms, Public Image Director, Club Administrator and a few other roles. I was also involved at District/ country level supporting the Cancer Run, training public image directors and other initiatives.

In what ways did the one year you served as President change you as a person?

You learn many things when you serve as Club President. Leading volunteers is hard. You learn to delegate, you learn to communicate more and to have clarity while doing so. You learn the importance of having a core team - your do or die team. You learn that everyone won't be happy but you have to make decisions in the interests of the club and then you communicate those decisions. Usually, many people will accept the decision you have made and tag along. If you don't make these tough decisions, you

end up without impact.

I learned the importance of friends. I called my friend Jules and asked her for Shs2m to help me during my presidential term and she laughed at me. She said what can Shs2m do? She said she would give me Shs20m and she did. Amazing stuff. She has continued to support our Club since then. I went and asked many other friends and family and they all supported us. I learned the importance of asking. And later, PDG Xavier Ssentamu said the only risk when you ask is someone saying 'no.' I



learned the value of asking. And there is a difference between asking and begging.

Briefly, what were the key highlights of your tenure as President?

I believe this is for others to tell. But I remember when President Stephie handed over to me, our computer lab at Agago was only at foundation level. We built it, roofed, rendered it and made it nearly done. We moved Women in Rotary into one of the biggest events in the entire District and took it to Serena Hotel, swapping high tea with a dinner and invited the Nnabagereka of Buganda to be guest of honor. Katikkiro Charles Peter Mayiga also showed up and a Rotary International Director. We mobilised resources for Missionaries of the Poor and did a buffet lunch with the kids for Xmas. We increased our public image output and got lots of partners on board.

What advice would you give to the new members of the Club?

I prefer to talk about what they can benefit from Rotary personally. When I was getting married, members of my club and other Rotarians significantly contributed. When my mother died in February this year, members raised unbelievable money, spent a night at the vigil in rural Masaka and others came for the burial. One day, a Rotarian from my club called me and organised a meeting with his friends, which eventually led to a contract

of more than Shs200m that my company executed. Many Rotarians give me business. Many of them even pay in advance without even asking for receipts.

You meet people in Rotary that can open lots of doors; people who are selfless.

But you only benefit from Rotary if you are active. In Rotary, we pay to be volunteers. How do you get your money back? By being active, which enhances your visibility and which leads to significant opportunities.

You recently helped the Rotary Club of Kyaddondo-Rugby get a charter. Briefly, what did the process involve?

I wish I knew what it meant to help charter a club so that I would decline (laughter). It is a herculean task but at the end of the day, it's worth it. It took us longer because we started during Past President Omoding Okello's year and only got chartered at the end of

the last Rotary year (June 2025). It requires patience, understanding and designing strategies that can help the club get ahead. Luckily, there was a lot of support from Presidents Omoding, Sylvia Jjagwe and DG Anne Nkutu and almost everyone in the club. At the District level, Dr Nampala, the Membership Chair, was extremely supportive. And as usual, I co-opted Hebert Oloka. He had just helped charter Naalya States, so he became my 'co-midwife'. Again we learn team work from there. Looking for people who have experience

in a particular field to help you achieve certain goals.

As a communications and public relations professional, what insights can you share with the Club in regard to ensuring a positive public image?

Well, many people may be tired of me saying this. Coca Cola is more than 100 years old. There is nobody in the world that doesn't know Coca Cola. And you know what? They still advertise. Why? Because people will forget. They will be replaced. If we stop being visible, we shall be replaced. People will forget we exist and go on to look for others while we are there. We must continue to be where people can see us both individually and as a club. And they should see us for who we are.

As a PP, what gems of wisdom would give to the new Club President during this Rotary Year?

I think I have already given lots of them in this interview. But let me give an analogy of a cow. It is such a big animal. But you can eat it as an individual and finish it. You do so by eating one piece at a time. If you try to eat the whole cow at once, you would end up big. The president can use the same strategy. Each day, eat one piece and by 30 June 2026, you would have eaten the whole cow. Maybe you would actually have eaten more than one. And once again I want to wish President Owekmeno all the best in his tenure and to remember that the year runs very fast. If he wants to eat the whole cow, he should have started already.

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I want to wish President Owekmeno all the best in his tenure and to remember that the year runs very fast..”

#Impact

Time to unite to save mothers, children



BY PP GODFREY
OKELLO OMODING

Whenever you read figures about maternal and child health care, do they mean anything to you? Does it trigger something in you? Figures tell a lot and communicate volumes of messages. How you use them is very important. Take the following figures from the 2024 National Population and Housing Census on maternal and child health:

- **Infant mortality:** For every 1,000 children born alive, 34 die before they mark their 1st birthday.
- **Under-5 mortality:** 46 deaths per 1,000 live births.
- **Maternal Mortality Ratio:** 207 deaths per 100,000 live births.

- 41,222 women aged 15-49 years died 12 months before the census night out of maternal related causes.

These three statistics are communicating the following: (i) the probability of a child dying before the first birthday (IMR) in 2024 was 34 deaths per 1,000 live births; (ii) the probability of children between birth and exact age five years dying is 46 deaths per 1,000 live births; and (iii) the probability of a death occurring due to maternal causes each time a woman becomes pregnant is 207 deaths per 100,000 live births. Paint this picture in your surroundings as you look at children and pregnant women. When you get the picture in your mind, then you will know

and appreciate what this month's theme is talking to you about. Wake up from silence and do something!

These figures partially give the state of what the population is facing daily. It is a call for action. It is a societal concern that all of us must collectively

do something about. Do not mind whatever little you bring in. The worrying part is your inaction.

Let us not live with such figures as if it is normal. If it hasn't happened to you

yet, don't wait for it at your doorsteps. Our inaction may appear to suggest that we are not bothered. So, when it comes to such worrying statistics, collectively we must act. There is a lot one can do even at the individual level, starting from your very household and the community around you.

As Rotarians, Rotary has given us an opportunity to contribute to improving maternal and child health care. Beginning from our clubs, we can make a contribution to polio and the Rotary Foundation or even design a project for maternal and child health care. There are many avenues for participation, it only needs more willing participants. Many a time we get engrossed in lamentations and unnecessary worries about what to give, for instance. Give what you can, as Mother Theresa once said, as paraphrased here, "The ocean is formed out of drops. You put your drop and you will feel the satisfaction."

Over time, we read maternal and child health care statistics but we feel unconnected to them. This month's theme is reconnecting us to these statistics. I don't know what can reconnect you to the month's theme. Is it your gender? Is it your past bad or good experiences? Is it your work? Is it your love for mothers and children? Is it your



The momentum must be re-energized, reignited, and rekindled in each one of us. Unite for Good must be the reflector of our actions."

activism? Whatever is the case, remember you ought to be human, and respect and uphold the source of human existence.

In this season of 'Unite for Good,' there is no better unity without being connected to the source of human existence. The momentum must be re-energized, reignited, and rekindled in each one of us. Unite for Good must be the reflector of our actions. There is no better joy that you can give a mother than when your action saves her child. No better happiness that you can give to a nation whose mothers know they are safe when they are pregnant and they can have a fruit at the end.

Remember, there are no good moments in

reading a mortality list. The 'Unite for Good' we say must reawake us where there is inaction. The 'Unite for Good' we say must sound sweet in the ears of mothers and families.



THE 'UNITE FOR GOOD' THAT WE ARE PROCLAIMING FOR THE NEXT TWELVE MONTHS MUST AT THE END LEAVE US PROUD TO SAY, "YES, WE OCCUPIED SPACE AND MADE GOOD USE OF IT WHEN WE HAD THE OPPORTUNITY."

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



Nothing Less than Rotary, Growth and Gratitude Part II: A Journey of Opportunity and Mentorship



BY ROBERT B. JURUA

In my previous article, I shared my gratitude for the relationships I've built through my Rotary Club, Kyadondo Rugby, and how these connections have helped me explore my relationship and performance currency. In this article, I want to continue this story by highlighting the impact of another incredible Rotarian who has made a significant difference in my life.

A Blessing in Disguise

I'm talking about Rotarian Christine Abwaka, a mother, friend, mentor, teacher, disciplinarian, and big time rugby fan, who embodies the true spirit of Rotary. I didn't know Christine before meeting her through Rotary, but she took a chance on me and offered me my first employment opportunity. Not

only did she provide me with a job, but she also took the time to guide me on how to navigate the corridors of my new workplace and helped me stand tall. What a blessing!

Relationship Currency and Performance Currency

Through Rotarian Christine's mentorship, I've learned the importance 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. A person of strong character, she states that for your relationship currency with others to be high, one ought to be consistent and not compromise it. "Mediocrity is a choice, and I choose to strive for greatness in every aspect of my life, regardless the circumstances," she states. Performance currency, on the other hand, refers to the value we bring to the table through our skills, expertise, and contributions. These two currencies are essential in negotiating our way into places of definition and great importance, both career-wise and otherwise.

The Principle of Negotiation

Christine has also taught me the principle of negotiation, which is a crucial skill in building and maintaining relationships. Negotiation is not just about getting

what you want; it's about finding mutually beneficial solutions that meet the needs of all parties involved. Through Christine's guidance, I've learned to approach negotiations with a broader mind and realistic perspective, hoping a given discussion can go either way, right or wrong but knowing it should not let me lose my footing as long as I get headway.

A Rare Opportunity

One of the most significant benefits I've gained from my relationship with Christine is the opportunity to work and showcase my best skills. She has trusted me and exposed me to bigger challenges at work, even in her stead and I've learned to rise to the occasion, using the God given opportunity to be under her wings. This experience has been invaluable, and I'm grateful to have had the chance to grow and develop my skills.

Gratitude and Appreciation

I want to express my heartfelt gratitude to Rotarian Christine for her mentorship and guidance. You've been a blessing in my life, and I'll always be grateful for the opportunity to work with you. I'm also grateful to Rotarian Francis Ayella, aka Uncle Franko, who introduced us and facilitated this incredible opportunity.



Conclusion

In conclusion, my experience with Rotarian Christine has taught me the importance of building relationships, developing my performance currency, and mastering the art of negotiation. These skills have enabled me to negotiate my way into places of definition and great importance, both career-wise and otherwise. I'm excited to continue learning and growing, and I'm grateful for the opportunity to be part of the Rotary Club, Kyadondo Rugby.

A Story of Growth and Gratitude

This article is a testament to the power of Rotary and the impact that one person can have on another's life. I'm grateful for the opportunity to share my story, and I hope it inspires others to build meaningful relationships and develop their skills and expertise.

Thank you, Christine, for being a shining example of the Rotary spirit, and thank you to the Rotary Club, Kyadondo Rugby, for providing a platform for growth and development.

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





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#OutToLunch

TukTuk guy in Kalagi also needs a bailout.

BY RTN. DENIS JJUUKO



It starts with a newspaper advert placed by a bailiff on behalf of their client, usually a corporate law firm, who is acting on behalf their client, a financial institution.

The bailiff lists down the properties complete with photos and the name of the debtor and/or registered proprietor. The bailiffs give a period of usually 30 days upon expiry they would proceed to auction the listed property under the Mortgage Act unless the debtor pays the registered mortgagee.

Some newspapers could be surviving largely on such adverts nowadays. They are littered everywhere. Some are of very cheap battered vehicles among which are TukTuks or three wheelers. The majority of such distressed borrowers

don't make news. Prominence makes news. Not some obscure businessman distributing polythene packaged water on a TukTuk in Kalagi Town.

The prominent figure, dead or alive, whose properties were advertised is in financial trouble. The bank is tired of begging him to deposit some money on their account so they could pay themselves and have passed on the file to the lawyer who dully instructed his toughest bailiff.

Upon publication, the advert starts flying on social

media and discussions ensue in WhatsApp groups. Everyone, including those indebted to mobile money companies, start advancing their theories on why the business has failed to pay their loans. When someone

prominent in Uganda is in trouble, nobody watches through the ventilators! Everyone opens their front doors, pulls out a folding chair and sits in the courtyard to discuss this openly.

The debtor, gleefully watching the attention the advert is attracting, calls a press conference. The journalists and editors who previously refused to highlight anything he was doing claiming there was "no news," now send their award-winning journalists with backpacks containing the latest live streaming gadgets.

The debtor opens the press briefing with a coached statement of how he has been employing thousands of people, how much taxes and NSSF he has been paying and how important his crumbling empire is to the economy. He talks about the unfairness of banks and how the economy can't grow unless the interest rates are slashed.

Flanked by his lawyer and

“

It seems bailouts have become the biggest business opportunity in Uganda. Upon receiving the bailout, they cry for more bailouts or suppliers take them to court for non-payment.”



auditor, he refers back to the pandemic of five years ago, the closure of USAID, and the delay by the government to pay or compensate him. Sometimes all those points are true. Government owes many businesses money. The tax collector, URA, don't know a thing about helping businesses grow so they can collect more taxes, but I digress.

Anyway, after his opening monologue with his lawyer and auditor nodding at every word, he opens up the floor so journalists could ask questions. What is he now going to do? They ask. "I have failed to meet H.E the President," he says with a straight face. "The people around him are hiding him. If I could meet him, he would bail me out. We have written to him, but no response. He is a good man, we are sure he simply hasn't yet received our letter," he says before adding; "I played a key role in the war that brought this government to power. I am an

ardent supporter of NRM." Since the country's media is now solely focused on his troubles and the President's social media team is scavenging the internet, they soon bring it to his attention. The President responds to the letter instructing the Prime Minister and/or Minister of Finance to take action.

“

Bail-out shouldn't be free money though. Bailed out business should pay back with a little interest so that others could access the funds.”

It seems bailouts have become the biggest business opportunity in Uganda. Construction companies, real estate owners, agricultural produce businesses, people setting up diverse businesses in wheat processing and

drug manufacturing, and cultural centres built with donors' money have all cried for bailouts and many have been bailed out. Upon receiving the bailout, they cry for more bailouts or suppliers take them to court for non-payment.

You might find some flossing around in the latest Range

Rovers the next day, belching on steak from five-star hotels with the brownest bimbos providing company. The other businessmen who were depositing money regularly into their loan bank accounts realize they can also do what the bailed out businessman did. The cycle is becoming endless.

There isn't much wrong with governments bailing out businesses. The problem is who is bailing out the Kalagi TukTuk water distributor? He is left at the mercy of money lenders, who sell his three-wheeler and send him back to poverty in Galiraaya.

There should be a policy on bailouts and who qualifies for it and it should be open to all including small and micro businesses. It shouldn't be free money though. Bailed out business should pay back with a little interest so that others could access the funds. That way, everyone gets a chance to grow their businesses on a levelled field.

***The writer is a communication and visibility consultant.
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Family Matters



BY PASTOR RONNIE MUTEBI

Matthew 13:52 (KJV):
Then said he unto them, Therefore every scribe which is instructed unto the kingdom of heaven is like unto a man that is a householder, which bringeth forth out of his treasure things new and old.

EMBRACING THE OLD, RECEIVING THE NEW

As the excitement of the new Rotary year lingers on, the wisdom of embracing our old members should be internalized.

Our theme reading describes a wise person who is taught about the Kingdom, this might connect to the Rotary principles on membership. A comparison is made to a house owner who brings out both old and new treasures. This means that in our deliberations this year, we need to understand both

the old who we already have, and the new we are ready to embrace.

This is what a balance in increase and consolidation looks like. Some people love everything new—new leadership, new trends and new style of execution without consideration of the real roots. They forget the pillars that have guided the club for years. Others hold tightly to old traditions and the way things “used to be,” and completely shut out anything new that helps to keep up with the trends to have life or vibe in reference to today’s understanding. But it’s important to carry both.

King Solomon the wisest man who has ever lived once said; “Remove not the ancient landmark, which thy fathers have set.” That means don’t throw away the foundational guides or principles—the ones laid by those who walked in Rotary before us. These are cores, not old-fashioned or outdated relics. They are still powerful and still matter today.

Another prophet of old, Jeremiah, said; “Stand in the ways, and see, and ask for the old paths, where

is the good way, and walk therein...” The old paths are tested ways that have been proven over time by the wisdoms of the old.

But at the same time, the trends keep changing. Fresh ideas and minds empower new ways and new understanding—what is termed as ‘new wine.’ This helps the club stay connected to what is trending now. Remember focusing on new membership without embracing the wisdom of the old lacks weight, but also with old comrades without new minds, the club can easily lose relevance of its direction and targets.

“

Focusing on new membership without embracing the wisdom of the old lacks weight, but also with old comrades without new minds, the club can easily lose relevance.”

These together, form a balance that very few have the art to walk in but yet many need to.

Take Home:

If you only focus on the old, you might miss what is trending right now with the new fresh

minds. But if you carry both - the ancient wisdom and the fresh minds, it's easy to walk in growth and maturity as a club.

Last week's fellowship



How are you, really?

BY PAMELA
KAWADDWA

I know you said you are fine, but I mean-how are you when the day ends and the lights go out?

When the world stops asking you for anything and there's no one around for you to convince that you have it all together. How are you when you're lying in bed, listening to the silence that knows too much?

When the loneliness that doesn't care how many people love you finds a way in anyway. Do you still carry the weight of the things you swore you'd let go of?

The things you don't talk about anymore. Do your bills know



about your dreams?
The ones you shoved away in the drawer because the world didn't have room for them. Or have they learned to be quiet too, just like you?

And your job. Does it fill you, or just fills the hours and the monthly endless bills? Is it what you love, or is it just enough to noise to keep your heart from asking the questions you don't have answers too. And tell me, has someone stayed long enough to prove that not everyone leaves? Or have you learned the art of keeping your bags packed, just in case?

How are you now that you've perfected getting by, but forgotten how to truly live? I know you said you are fine, but are you, REALLY?

Till then,

PKwv

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IN PROMOTING
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Hassan Ssekajoolo

Former Chairperson
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Fun Facts

Narcissist

The term narcissist springs from a rather unfortunate tale of self-love gone utterly, spectacularly wrong.

Imagine a Greek god, or demigod, or just a really, really good-looking dude named Narcissus. He was so incredibly handsome that everyone, and I mean everyone, fell head-over-heels for him. Nymphs, mortals, even the local squirrel population probably had a crush. But did Narcissus care? Nope! He was famously, and rather rudely, unresponsive to all advances. His heart was a fortress, and he clearly hadn't gotten the memo about "it's better to give than to receive" (love, in this case).

One particular nymph, Echo, was cursed to only repeat the last words she heard. Poor Echo fell madly in love with Narcissus, but all she could do was echo his own words back to him. When he shouted, "Who's there?" she'd whisper, "There!" It was a tragic,

one-sided conversation, and Narcissus, being Narcissus, eventually got annoyed and rejected her. Echo, utterly heartbroken, wasted away until only her voice remained. So, next time you hear an echo, remember it's probably just a lovesick nymph still trying to get a word in edgewise with a self-obsessed hunk.

Now, the gods, as they often do in Greek myths, got a bit miffed by Narcissus's appalling behavior. Nemesis, the goddess of divine retribution, decided it was high time Narcissus got a taste of his own medicine. She lured him to a pristine, clear pool of water.

Narcissus, parched after a long day of... well, probably admiring himself in reflective surfaces, knelt down to drink. And that's when it happened! He saw his own reflection in the water, and he didn't just admire it; he fell completely, utterly, and hopelessly in love with it! Like, seriously, Cupid himself couldn't

have aimed an arrow more effectively.



He couldn't tear himself away. He tried to embrace it, kiss it, even propose to it, but, alas, it was just a reflection. He pined away, consumed by an unrequited love

for himself, until he eventually died right there by the water's edge. In his place, a beautiful flower sprung up, which we now call the narcissus flower. So, next time you see one, give a little nod to the ultimate self-admirer.

AND THAT, MY FRIENDS, IS HOW THE TERM NARCISSISM CAME TO MEAN EXCESSIVE SELF-ADMIRATION, AN INFLATED SENSE OF ONE'S OWN IMPORTANCE, AND A GENERAL INABILITY TO CARE ABOUT ANYONE ELSE. IT'S A REMINDER THAT WHILE A LITTLE SELF-LOVE IS HEALTHY, FALLING HEAD-OVER-HEELS FOR YOUR OWN REFLECTION MIGHT; WELL, YOU'VE BEEN WARNED!

Humour

Why did the new Rotarian bring a ladder to the fellowship?

Because the new president said the club's standards were getting higher!



Why did Ronah stop going to her spa? They rubbed her the wrong way, apparently.

KITOOBERO BUDDY GROUP MEMBERS



Bobby Louis Ogwal



Charles Owekmeno



Sylvia Jagwe Owachi



Faith Nambozo



Flavia Serugo



Jackie Mutimba



John Mugisa



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