

Naalya Food Bulletin

19th August, 2025

Rotary  | **UNITE
FOR
GOOD**
Kampala - Naalya

Issue 7 | RY 2025-26

New Members of the Kampala Naalya Family



Marjorie Mugenyi



Edgar Gonza Ategeka



CPA Fred Ahimbisibwe



Charles Emma Ofwono



Florence Bamwine



Humphrey Nabimanya

RC KAMPALA - NAALYA



SCAN TO LEARN MORE

In This Issue

13

DG Geoffrey Kitakule: A
Leader, Rotarian of Action

19

Rotary is about service,
friendship - PP Evelyn

Menu

Tap any title to jump to page

- 4 Editor's Note
- 5 Message from D9213 Governor, Geoffrey Kitakule
- 6 President Charles Owekmeno's Message
- 7 Seven ways to get the best from Buddy Groups
- 10 DG Geoffrey Kitakule: A Leader, Rotarian of Action
- 12 RC Kampala Naalya Family welcomes six new members
- 15 President's Welcome Message to new members
- 17 Rotary is about service, friendship
- 19 Let your light shine in service
- 20 New clubs and members are core to Rotary's existence
- 22 50X100 Estate model has failed, here's a better alternative
- 24 Family Matters
- 25 Last Week's fellowship
- 26 My Credo of Life
- 27 Fun Facts



Editorial Design by:

CHUNZI Technologies

DESIGNS ON CALL - TEL: +256 785 661 983

[CLICK TO CONTACT US NOW](#)



RelaDental
Smile for Miles

Experience Our Best Quality Dental Care



Dental Consultation, Tooth extraction, root canal treatment, scaling and polishing, filing and cementing, orthodontic treatment/braces, teeth whitening, fracture management, crown and bridge work, dental surgery, dental implants, cosmetic surgery



For More Information

+256785834461

Editor's Note



Dear Rotarians and Friends,

This week, we have the great honor of sharing a very special occasion: the District Governor's official visit to our very own Kampala Naalya Rotary Club as we also welcome new members. What an honour during this special time of the Rotary Year.

As we get ready to welcome not only the District Governor but also a fresh group of people eager to commit their time and skills to 'Service Above Self,' the atmosphere is humming with excitement and a feeling of unity. This is more than just a ceremony; it's a rite of passage and a public

declaration of a dedication to actually changing our community and beyond.

The Governor himself will conduct the induction ceremony, which is anticipated to be a stirring occasion. Our own induction is still fresh in my mind. The realization that we were part of a global family was evident in the new spark that appeared in each new member's eyes as they were given their

pin. As our President has stated, the induction is not merely about increasing our numbers; rather, it's to increase our influence and impact.

As you will find out from their profiles in our top story in this publication, each of the six new members

brings fresh perspectives, new skills and talents, and a renewed energy that will fuel our projects and expand our reach.

► **We extend a heartfelt welcome to our new members. Your decision to join Rotary is a testament to your character and your desire to serve others, many of whom would never be able to pay you back.**

To the rest of our members, let's embrace our newest Rotarians with open arms and show them the true meaning of fellowship. The future of our club, and our shared mission, has never looked brighter.

LET'S ALL SHOW TO GIVE OUR NEW MEMBERS, OUR DG AND ALL OUR GUESTS A WARM WELCOME.

Rtn. Peter Nyanzi
Bulletin Officer

“

To the rest of our members, let's embrace our newest Rotarians with open arms and show them the true meaning of fellowship.”

President's Message

RTN CHARLES OWEKMENO
Club President 2025-2026



Dear Rotarians,
Rotaractors, and Guests,

I warmly welcome you to yet another Rotary week.

This week is particularly special for our club as we host our District 9213 Governor, Geoffrey Martin Kitakule, for his official visit. This occasion is a moment of pride and inspiration, offering us a valuable opportunity to strengthen our bonds, celebrate our achievements, and reflect on our progress in this new Rotary year. Let us extend a heartfelt and warm welcome to our District Governor, showcasing the vibrant spirit and unwavering commitment that define our club.

In conjunction with the DG's visit, I am pleased to share the exciting news that we are welcoming six new members and one corporate member, into our Rotary family! These new members bring with them fresh perspectives, diverse

professional experiences, and a wealth of skills that will undoubtedly enhance our projects and initiatives. Please join me in giving them a warm welcome and offering our full support as they embark on their Rotary journey.

I would also like to take this opportunity to express our sincere gratitude to Dr. Stephen Watya for his insightful and impactful talk on prostate cancer.

His presentation not only raised awareness about a vital health issue affecting many in our community but also reinforced our commitment to service and community well-being. Educational sessions like these are essential in fulfilling our Rotary mission.

Let us also remember and keep in our thoughts our colleagues who are unwell or have loved ones facing health challenges. Our prayers, support, and good wishes for their quick and full recovery.

“

As we move forward, I encourage everyone to continue supporting our club's initiatives and to actively participate in our upcoming activities.”

As we move forward, I encourage everyone to continue supporting our club's initiatives and to actively participate in our upcoming activities. It is

through our collective effort, unity, and dedication that we will achieve meaningful and lasting impact.

I wish you all a joyful, productive, and inspiring Rotary week.

YOURS IN SERVICE
ABOVE SELF.

Seven ways to get the best from Buddy Groups

BY AG FRANCIS LUBUULWA

Buddy Groups are not an official Rotary International structure. You won't find them in the RI manuals or by-laws. They are a homegrown idea that many clubs have come up with to make Rotary warmer, more personal, and more engaging.

The idea is simple: take a big club and break it down into smaller circles — usually four to ten members (sometimes more depending on club size) — who look out for each other, keep in touch, and make Rotary feel like family. It's the same principle as having a few good friends in a big school — you feel seen, supported, and more likely to stick around.

In clubs where they work, Buddy Groups help to bring members closer together, help integrate new Rotarians faster and improve meeting attendance.

Additionally, Buddy groups make it easier to follow up when someone goes quiet and generally help to keep information flowing.

But while Buddy Groups sound like a great idea, in many clubs they fail to live up to their promise. This is because some clubs form Buddy Groups only on paper — no one meets, no one follows up.



“

It's the same principle as having a few good friends in a big school — you feel seen, supported, and more likely to stick around.”

Secondly, Group leaders aren't active or don't know what's expected of them. Thirdly, the groups are never refreshed, so

the energy dies out. Finally, members may treat them as “extra Rotary work” instead of a fun, supportive circle.

Consequently, a wonderful idea quietly fades away. But this doesn't mean Buddy Groups are flawed. In fact, where they are done right, they become the glue that holds the club together. So

how can the different clubs move from ‘good idea’ to ‘great experience’?

Here are seven practical ways to get the best from Buddy Groups

1. Mix it up – Don't just group friends together or people of the same age or profession. Deliberately mix new and seasoned Rotarians, different professions, and diverse personalities. This creates mentorship opportunities, helps new members learn faster, and prevents cliques from forming. The richer



the mix, the more valuable the group becomes.

2. Choose an active champion – Every group needs a leader, not necessarily the most senior member, but someone who genuinely enjoys connecting with others. This champion can call when someone misses a meeting, remind the group of responsibilities, and create enthusiasm. Without an active champion, groups quickly drift into inactivity.

3. Meet, don't just exist – A Buddy Group is not meant to be a name on a list. The real value comes when members actually meet. It doesn't always have to be formal; a simple coffee/beer catch-up, a quick call, or even a WhatsApp group chat keeps the bond alive. What matters is consistency – regular touch points

make all the difference.

4. Give them a purpose – Groups without purpose tend to fade. Assign your Buddy Groups clear responsibilities: hosting a meeting, welcoming guests, organizing a small fellowship, or leading a micro-project. When people have a role to play, they step up and feel that their contribution matters.

5. Make it fun – Fellowship is at the heart of Rotary. Encourage Buddy Groups to create fun identities, whether through names, themes, or even friendly competitions.

A group that laughs together, plays together, and occasionally celebrates together will naturally build stronger bonds.

6. Watch out for each other – The real strength of Buddy Groups lies in the support they provide. When a member goes quiet, struggles with attendance,

or faces personal challenges, their buddies should be the first to check in. This culture of care ensures that no one feels lost or forgotten in the bigger picture of the club.

7. Refresh regularly – Like any structure, Buddy Groups need renewal. Rotate members every Rotary year if feasible in your club to introduce new dynamics, help people connect beyond their usual circles, and inject fresh energy. This prevents groups from becoming stagnant and keeps the idea exciting.

One final thought.
Buddy groups are not magic on their own. They only work when members own them, leaders guide them, and the club celebrates them. Done well, they transform Rotary from just another weekly meeting into a circle of friendship, support, and service. They are simple, flexible, and when given life, can become the heart that keeps a club warm and united.

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

“
 Rotate members every Rotary year if feasible in your club to introduce new dynamics, help people connect beyond their usual circles, and inject fresh energy.”

RC KAMPALA NAALYA FAMILY WELCOMES SIX NEW MEMBERS

RC KAMPALA NAALYA FAMILY WELCOMES SIX NEW MEMBERS

DISTRICT 9213 GOVERNOR GEOFFREY MARTIN KITAKULE WILL ON AUGUST 19 MAKE HIS OFFICIAL VISIT TO THE ROTARY CLUB OF KAMPALA NAALYA WHERE HE WILL INDUCT FIVE MEMBERS AND ONE CORPORATE MEMBER INTO ROTARY. BELOW ARE THE PROFILES OF THE MEMBERS TO BE INDUCTED.



Edgar Gonza Ategeka

Mr. Edgar Gonza Ategeka is an old boy of St Mary's College Kisubi. An accountant by profession, he's a graduate of Makerere University Business School. He works with GardaWorld (Uganda) Limited, formerly KK Security. Ategeka says he has keen interest in learning and gaining knowledge, with a strong focus on history, economics, and society. He likes to debate and talk about ideas.

He is the charter President of the Rotaract Club of Kampala-Naalya. "I like to bring to bring people together and

create environments where people feel comfortable," he says. He enjoys playing chess, watching football, listening to intelligent discussions and watching trendy tiktok dances.

Marjorie Mugenyi

Marjorie is an accomplished administrative professional with a strong track record in office management, stakeholder engagement, and operational coordination across the education, consultancy, and corporate sectors. With over a decade of experience, she has successfully managed multi-departmental operations at institutions such as Kampala School of Health Sciences, Ho and Mu Food Technology Company Ltd, and Danday Consultants. Her achievements include streamlining administrative processes to improve efficiency by up to 25%, implementing cost-saving measures that reduced expenses by 15%, and leading high-profile events like the inaugural Uganda

Water and Environment Week.

Currently, Marjorie oversees administrative operations at Kampala School of Health Sciences, where she focuses on enhancing stakeholder satisfaction, optimizing resource use, and building strategic partnerships to support institutional growth.

She completed a bachelor's degree in Marketing Science from Makerere University and a PGD in Management from UMI (Uganda Management Institute). She

is currently pursuing a Master's Degree in Management Studies at UMI, further strengthening her leadership and strategic management expertise. Marjorie holds a proven

reputation for delivering results through meticulous organization, effective communication, and team collaboration.

▶ **When she is not driving operational excellence, Marjorie enjoys mentoring young professionals and contributing to community development initiatives.**





Florence Bamwine aka 'Floba'

"I am passionate about being good, doing good and feeling good," says Floba. She has extensive experience as a C-suite HR leader who confidently leads transformation in organizations through people.

Floba is strong at driving the organization's strategy especially through the HR strategy and confidently drives an HR Operating Model that delivers success through people, and a strong commitment to efficiency, effectiveness and productivity.

► **Floba has extensive leadership experience, with over 16 years in senior executive HR roles, and over 24 years in HR, progressing from entry-level to executive positions. This is coupled with a strong commercial and strategic focus as a General Manager.**

Her career of 20 years has seen her as a Chief Officer - HR - France Telecom, Orange Uganda, HR Director – Uganda Breweries, Organization and People Director – Hima Cement, General Manager – Mulwana Group of Companies and most recently as the Chief Officer, People and Culture and Strategic Programmes Lead at DFCU Bank, where she focused on efficiency and productivity - process optimization, process re-engineering, digitization and automation, cost reduction – all using agile methodologies, and driving a culture of efficiency and productivity.

Floba has key leadership capabilities: strong interpersonal skills, integrity, customer

focus, creativity, resilience, and the ability to motivate and manage teams effectively. Additionally, she has global adaptability and community involvement with experience of working across diverse geographies, values diversity, and actively supports community development, particularly for women and underserved groups.

In her other life, Floba enjoys a good laugh, loves to entertain her people, loves heels and loves her God. I adore my family – one long suffering husband and two children – a boy - whose ambition is to become a Professional Hotdog eater and a girl - who is so determined to become a Pediatric Surgeon - that she dissects anything she can get her hands on and vows that she will build a children's hospital one day. They keep me forever dizzy and young with ideas," she says. Floba adds that she absolutely loathes exercise – in fact she is "allergic to exercise."

Charles Emma Ofwono

He is a distinguished Public Health management and Business Development specialist with over 13 years of leadership experience. His expertise spans public health management, fundraising, partnership cultivation, and youth-friendly program design.

Currently, Charles is serving as the Managing Director of ERA Research and Consults International, a strategic solution driven

consulting firm. Prior to that, he was a Youth Commissioner in the President's Office, attached to Uganda AIDS Commission and a member of the Global Fund Country Coordinating Mechanism for Uganda.



He's also a Junior Research Fellow at Johns Hopkins Bloomberg School of Public Health. Charles also provides technical assistance to NGOs and the Ministry of Health. After joining the Rotaract Club of Tankhill City in 2021, Charles has held pivotal club roles, including Projects Committee member, PLD Chair, and President-Elect.

As the President for RY 2024/25, he led the club's strategic direction while fostering engagement among Rotarians and Rotaractors.

He was appointed as District 9214 Organizing Committee Co-chair for Rotaract Africa Summit (RAS 24), Chair Melon Fest, a District Fundraiser and currently serving as the District Project's Chair for Rotaract District 9214.

► **"I envision a future where socially responsible youth are actively engaged in shaping their communities," he says.**



CPA Fred Ahimbisibwe

A Chartered Public Accountant (CPA), Fred Ahimbisibwe is Principal Commercial Officer (PCO) in charge of Agri-Food Trade portfolio and Hire purchase licensing at the Ministry of Trade, Industry and Cooperatives (MTIC), having previously worked with Care International in Uganda, UCA, the Cooperative Bank Ltd, UWESO Sasakawa Africa Association(SAA), and the Uganda Christian University among others.

He is a Rural Economist and CPA Courses Certified Tuition Provider, with expertise in Trade and Investment, Cooperative Development, Agri business Development, Microfinance Operations and Management and Taxation, with experience spanning over 25 years of dedicated service in Private, Public and NGOs including Tertiary education sectors in Uganda.

Fred is adept at trade and cooperative policy development, policy implementation, strategic planning, leadership and Corporate Governance. He is also skilled in Business

plans development and offering of Business Development Services to SMEs and Cooperatives, as well as demonstrated leadership and business acumen in turning around institutions in distress. He consistently steers organizations toward financial and operational self-sufficiency through astute decision-making, pragmatic and innovative leadership.

Corporate Member



Humphrey Nabimanya

Humphrey is the founder of Sauti Plus Media Hub, a premier full-service Social Behavioural Change Communications (SBCC) agency and audio-visual production house. The company has ideated and executed high-quality events including the 2024 IKON Awards Gala, a prestigious platform that recognizes and celebrates exceptional individuals and organisations in Uganda's Film and Television industry.

A social entrepreneur and Creative, Humphrey is a social entrepreneur and Creative who has used his gifts to innovate approaches and solutions that positively impact communities, and especially young people.

► **He is the founder and Chief Executive Officer of Reach A Hand Uganda - a youth-centred non-profit organization working to address the pressing issues affecting the lives of young people.**

President's Welcome Message to new members

Dear New Rotarians,

On behalf of the Rotary Club of Kampala Naalya Family, I am delighted to extend a warm welcome to each of you. Your decision to join our club reflects a shared aspiration to unite and make a positive difference in the lives of others. We are excited to have you as part of our family and look forward to working together on projects that serve our community and beyond.

Our club embraces diversity and values the unique perspectives each member brings. I encourage you to actively participate, share your ideas, and embrace the spirit of fellowship that defines us.

May your Rotary journey be fulfilling and impactful for you, your loved ones, and the communities we serve.

Welcome aboard!



Let your light shine in service



Our Dear Inductees,

On behalf of the Rotary Club of Kampala Naalya, it gives me immense joy to welcome you into the global Rotary family, and more specifically to our Club.

Your induction today is not just the start of your membership, it is the beginning of a journey of friendship, service, and personal growth that will enrich your life and the lives of those we serve.

Rotary is a place where ordinary people come

together to do extraordinary things - from transforming communities through service projects, to creating life-changing opportunities for others, to giving hope where it is most needed. It is also a place where you will find lifelong friends, mentors, and opportunities for personal and professional development.

I encourage you to participate fully in our service projects. There is unmatched joy in serving humanity, in knowing that your skills, resources, and time have made a real difference. And as we serve, we also support the work of the Rotary Foundation, the lifeline of many of our projects

around the world. Every contribution - big or small - helps create lasting change.

Enjoy Rotary, embrace the fellowship, and let your light shine in service. Together, we will continue building a legacy of compassion, integrity, and impact.

Welcome to Rotary!

YOURS IN ROTARY SERVICE,

Francis Lakon

**Charter President
Rotary Club of
Kampala Naalya**



SKILLING & SUPPORTING TEENAGE MOTHERS IN KAMULI

Empower 25 teenage mothers to break the cycle of poverty by providing them with skills, health services, and opportunities for a brighter future.

SCAN ME
TO SUPPORT

CONTACT:

+256-774-222-696

+256-782-363-645



Rotary 
Kampala-Naalya

Rotary
Kampala-Naalya



DISTRICT GOVERNOR'S OFFICIAL VISIT

Geoffrey M. Kitakule
District Governor 2025–26



NDERE CULTURAL CENTRE



TUESDAY AUGUST 19, 2025

7 P.M.

DG GEOFFREY KITAKULE: A LEADER, ROTARIAN OF ACTION

BY INNOCENT NDAWULA

The character of the man leads credence to the saying “charity starts at home.” Kitakule grew up in Busesa, a small town in Bugweri District, which neighbours Iganga. His childhood was punctuated with questions on how he would make a difference for his people.

His father, Abiathur Kitakule, a Uganda Railways Corporation Executive, who was in charge of the Uganda Railways Station in Jinja, and a prominent Trade Unionist, taught him that success was more than survival; it was about making a difference.

His mother, a teacher, taught him to always put God first in all did and that education could unlock opportunities.

“My dad emphasized education and not just for the sake of it but as a means of making a difference in your life and to get out of a struggling environment. My parents worked hard to see that I went to the best schools.”

Kitakule, armed with degrees in Statistics, Computer Science, Business, and Law, has worked at some



DG Geoffrey Kitakule

of the most prominent organisations both abroad and in Uganda including Citibank, MTN, NSSF, and East African Development Bank. The journey equipped him with skills to tackle some of the issues he witnessed as a child.

The challenges of life faced by his people were clear - school going children lacked textbooks, families needed support, the healthcare system was broken, so through the Kitakule Family Foundation, they have established the Hope

Children’s Clinic thereby creating more space for healing in this region.

The Kitakule family, whose aforementioned belief in having a deep-rooted commitment to education cannot be overstated, wanted to extend the same opportunities beyond their home into the community, so this led to the creation of a community library.

“When you go back and look at what you have done and see what impact it has had on people’s lives you get satisfaction,” Kitakule confesses.

In 2008, things aligned further for Kitakule when he stepped into a leadership role at Letshego Uganda.

This put him on the boards of Letshego in Uganda, Ghana, Kenya, and Tanzania, hence moving “from being a Ugandan professional to actually an African professional.”

One of his boldest moves was distributing 6,000 books to struggling schools but it came with a defining moment when a young boy later approached him clutching a donated book.

“He walked up to me and told me; ‘with this book, I’ll be able to read and one day become a doctor.’ This



DG chaining Club President Owekmeno

shows that what we do can actually make dreams come true,” Kitakule recounts.

With renewed purpose, Kitakule expanded Letshego Uganda’s Corporate Social Responsibility (CSR) initiatives to include financial literacy programmes. His goal was to create a ripple effect where education inspires entrepreneurship and entrepreneurship drives prosperity.

While Letshego and the Kitakule Foundation’s corporate social responsibility projects were making an impact, they could only reach thousands, yet the need was for hundreds of thousands. That is when Kitakule made a decision to rejoin Rotary, an international organisation dedicated to ‘service above self.’

“Like in Uganda we have over 200 clubs. Through that structure we can actually reach different communities and have an impact. It has given us a platform to

restructure and reach millions of people,” Kitakule says.

But not everybody shared his vision as critics questioned his methods; doubting how his philanthropy and business could co-exist. Kitakule, however, remains steadfast, drawing strength from his mother’s wisdom to be known by “your good works.”

“She also taught me one thing. Every night after dinner, before we went to sleep, she would play a song that says that whenever there’s a situation that comes and affects you, make sure you stay confident, stay calm, and stay with God.

“That song keeps me going. As long as I am being good, as long as I am impacting lives, it keeps me going,” Kitakule adds.

Over a decade into these initiatives with fellow Rotarians, they have lifted thousands, schools have seen improved performance, families have started small businesses,

and entire communities have begun to thrive.

Kitakule continues to inspire through Rotary’s mentorship programmes, ensuring the next generation of leaders is equipped to uplift their communities. He is building a legacy of impact by mentoring young leaders.

“When you do things and touch communities, you realise that our greatest achievement is not what we do but how we inspire others so their lives change forever,” Kitakule says.

Kitakule’s journey has been about turning challenges into opportunities and now as District Governor, he is scaling the impact further by bringing more resources and hope to more communities as he works with individuals who share his vision and purpose.

THIS ARTICLE IS AN EXCERPT FROM ‘THE WAVE’ ISSUE OF JULY 2025.



Rotary is about service, friendship

PAST PRESIDENT ROTARIAN EVELYN MULINDA HAS BEEN A MEMBER OF THE ROTARY CLUB OF KAMPALA NAALYA SINCE 2013. SHE TALKED TO PETER NYANZI ABOUT HER ROTARY JOURNEY.

Q: What is your earliest memory of hearing about Rotary?

I first heard about Rotary from my uncle who was a Rotarian from the Rotary Club of Kyambogo many years ago.

Q: How and when did you join Rotary?

I was invited to attend a Rotary meeting at the RC Kampala Naalya by Rtn Flavia Serugo, way back in 2013. At the time, the Club was meeting at Sky Hotel in Naalya. I was inducted on December 12, 2013 so I've been a Rotarian for the past 12 years.

Q: How and why did you become part of the RC of Kampala-Naalya family?

I knew a couple of members in the club (friends), it was on my way home (convenience) and was still a new club, not too many people - meaning there was room for me to participate and make a difference.

Q: What roles had you played in the Club before you were elected President in 2022-2023?



My first role in the Club was Service Projects Director, then Membership Director (2016-2017) and Public Relations Director.

Q: How did it feel being elected President of the Club?

Being elected as Club President was a humbling experience that came rather 'too soon' because the President Elect had stepped down and I had to step in and step up immediately as the new President Nominee.

Stepping into the role was not difficult because my purpose was clear when I joined Rotary; I joined Rotary to serve and I had already served in various Directorates over the years. Additionally, I had been

equipped to serve at the Rotary Leadership Institute, which I had attended and graduated from.

Q: What were the key highlights of your tenure?

I had the opportunity to welcome the first female Rotary International President, Jennifer E. Jones (2022-2023), during her tour of duty to Uganda dubbed, the 'Imagine Impact Tour,' focused on showcasing the impact of Rotary's work in the country and launching new initiatives. During her stay, she participated in a number of key events and activities, including:

- Launching the Rotary Peace Centre at Makerere University
- Flagging off the 11th Edition of the Rotary Cancer Run
- Visiting various Rotary projects, such as the Rotary Centenary Cancer Ward at Nsambya Hospital and the Rotary Blood Bank at Mengo Hospital, among others.

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

It definitely improved my leadership skills because I learned to manage volunteers.

All through my career, I was managing employees who are paid and evaluated annually through performance reviews but in Rotary, it's different as people choose to join Rotary for various reasons so

managing them is different. They can choose to walk away therefore as a President one has to listen, understand who they are and what drives them in order to be able to create an environment that keeps them true to their purpose and be active members.

Q: What roles have you played in Rotary since your time as Club President?

Since my time as 'Amazing President' 2022-2023, I have served as Club Trainer and on various committees such as Women in Rotary and Club Fundraising Committee.

Q: If you were given an opportunity to talk to a new Club President, what would you say?

Listen, listen, listen and then lead.

Seek to understand each of your members. Rotary is about fostering an environment where people come together to serve humanity but it begins with friendship. When you have entrenched the value of friendship, members do not need to be reminded to pay dues, or attend fellowship meetings or even participate in service projects; they look forward to showing up because they know they are going to meet friends and they don't want to let them down.

Q: What advice would you give to the new Rotarians that are being inducted this week?

I would advise new Rotarians to not just join RC Kampala Naalya but to belong - find areas where they can be of service to the club. It's in doing and participating that new Rotarians can learn more about Rotary.

Q: As a marketing professional, what advice would you give the District



and Club in regard to attracting partnerships to support Rotary Community Projects?

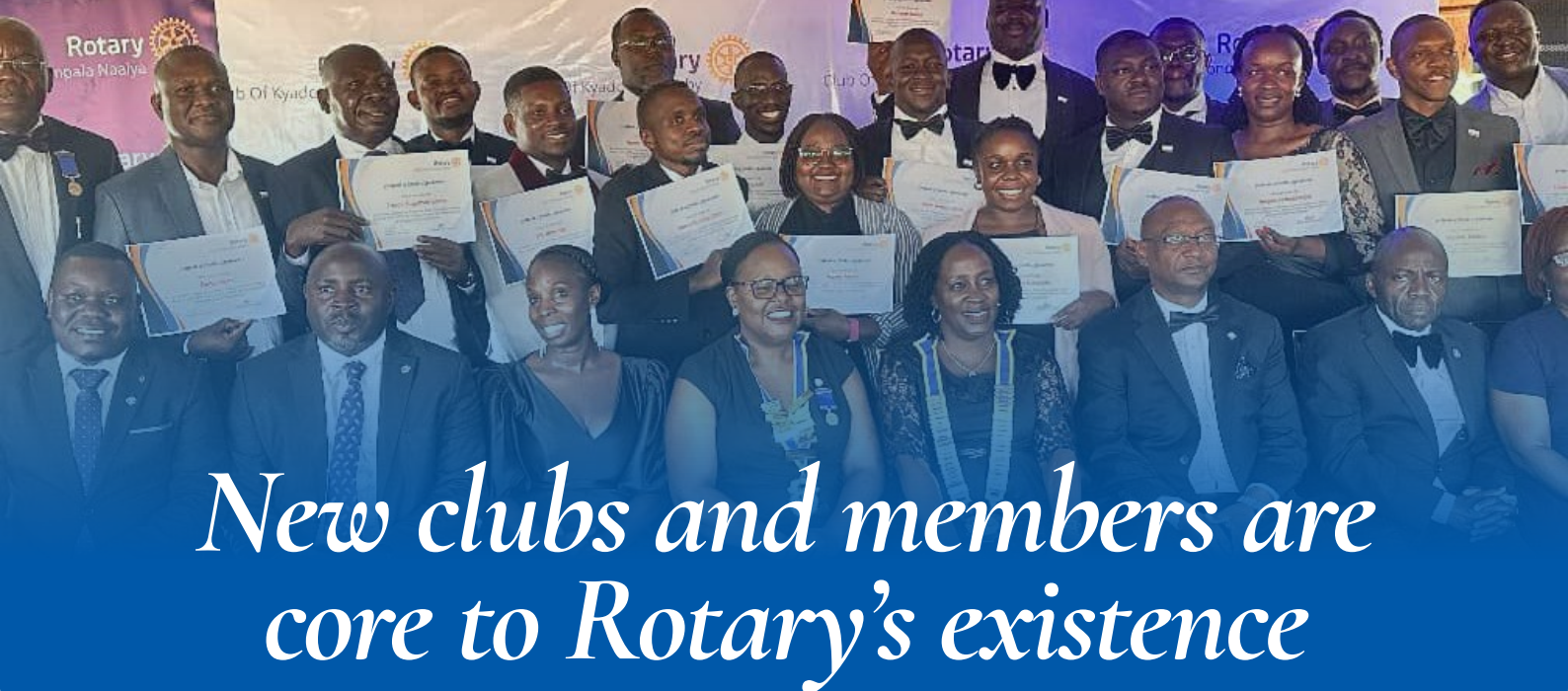
As marketer with a leaning towards market research and monitoring and evaluation of projects - spending several hours of my day looking for insights in data to help organizations grow, I believe the District is doing well so far, especially with the recent partnership with the East African Crude Oil Pipeline "EACOP's Green Schools Initiative." It is a five-year program that focuses on promoting environmental sustainability and climate education in public schools that are located in the ten districts along the pipeline's corridor in Uganda.

With this in mind, my professional advice would be to ensure effective

measurement or what we call 'social impact assessment' because what gets measured reinforces belief in Rotary, enhances accountability and transparency and has the ability to attract 'impact investors' who want to generate positive social change.

▶ **With data, we are able to tell more compelling stories and move the conversation from, "We installed ten solar energy systems" to, "We provided ten solar energy systems and helped to reduce the school costs for power by 20% and improved students' grades by 30% because they are able to continue studying even after dark."**

THAT'S MEANINGFUL IMPACT.



New clubs and members are core to Rotary's existence



BY PP GODFREY
OKELLO OMODING

New club development in Rotary can be an indicator of growth. It has two key aspects; increasing number of clubs, and increasing the number of members. It is a good way to grow. This kind of growth comes with an increase in the number of geographical locations, space coverage and expansion. It widens territorial coverage – it's outward looking.

The phenomenon of new club development takes different forms. Sometimes,

it occurs when an existing club births to form two clubs. Other times, outrightly a new club is formed with majorly new members. Also, there are extreme cases where a new club is formed out of irreconcilable issues among members of the existing club. Whatever this may achieve, the spirit of Rotary should not be lost to a clash of egos.

But overall, the beauty about new club development is its penetrative drive. It has been further aided by technology. Increasingly, there is an emergence of e-clubs

- another level of penetration and connectivity. The salient feature with members of a new club is the "eagerness" to serve. How far this is sustained is another thing. Ideally, this is a family of willing members. After forming a club, their identity issue is sorted out. What remains of this family is the nurturing,

nourishment and setting for actions.

New members often begin to make their contributions,

driven by the urge to belong and demonstrate their purpose. In some cases, even to excel as soon as they are chartered. Of course, this is good. Why walk or ride when you can fly? It's an action that enables a new club to establish equilibrium and stability, which makes it difficult to undermine later. A new club of such flying colours also finds it easy to set a desirable and an admirable service culture. What remains as a challenge is holding onto what has been set.

New clubs are sometimes victims of their mother clubs. The 'purity' or 'impurity' of the mother club tends to catch up with a new club. This is where you can trace a family tree (genes recurrence). Supposed the mother club has its 'impurities', how can this be curtailed from recurring or manifesting in a new club? This becomes a matter of the leadership of a new club to strive to create its unique identity right from the start.

The trend of growth of new clubs tends to be influenced by a number of factors. Among them are;



The theme of this month has given Rotarians an opportunity to express their activeness in their clubs and in Rotary as a whole."

geographical identity, class/group identity and gender. New clubs are emerging in town centres across the country. In Kampala City, for instance, new clubs are emerging away from the city centre areas. Also, new clubs are forming along institutional lines. Something to note about these new clubs is their gender composition. They are increasingly attracting more women. That's a call for gender empowerment.

Rotarians, as you explore your role in new club development, there are aspects to be concerned about. These must be clear. Among them are; understanding of the obligations and values of Rotary as an organization, and the nature of club membership. The question of retention should feature. Apparently, when it comes



into is the pattern of formation of new clubs and their composition.

The theme of this month has given Rotarians an opportunity to express their activeness in their clubs and in Rotary as a whole. The spirit of **Unite for Good** is on the test, no back seat for any Rotarian.

A call for recruiting members and new club development is beyond just unity; it's at the core of the very existence of Rotary. It's a call for all Rotarians to be forward-looking if Rotary is to exist tomorrow.

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

to payment of dues, the clubs that struggle most are those from upcountry towns. Is this due to issues of understanding obligations or low income or nature of membership? Equally essential to look



Last week's fellowship





#OutToLunch

50 x 100 estate model has failed, here's a better alternative

BY RTN. DENIS JJUUKO



A few years ago, a friend was ecstatic. Finally, after years of toiling - working at his day job and some side hustles - he had managed to buy land somewhere in greater Kampala in one of those sprawling so-called estates where Kampala businessmen buy land and subdivide it into 50 x 100 plots.

It didn't take him long before he started building one of those common three-bedroom houses with high pitched roofs. Once it was to almost complete, he moved in after throwing a house warming party for a few friends and relatives. He considered himself 'middle class' and liked his neighborhood.

However, the estate remained with many undeveloped plots and every time somebody came to build, my friend was super excited. Soon the estate would be full of houses and therefore a little bit more secure. His property value would go up in case he wanted to sell or take a loan from the bank.

“Rotate members every Rotary year if feasible in your club to introduce new dynamics, help people connect beyond their usual circles, and inject fresh energy.”

Then we realized that he no longer talked about his house and neighborhood. We thought after living there for years, he had overgrown the excitement of being a homeowner. Maybe he had started thinking about other stuff. It is a normal thing, you know.

Then he started talking negatively about his neighborhood. The estate that once drove up his adrenaline was now a source

of sorrow. He was thinking of relocating. He said the estate was no longer 'middle class.' Some of us wanted to tell him that it wasn't 'middle class' from the beginning but age teaches you mellowness.

Anyway, each person in the estate had built whatever pleased them. A storied house there, shops on the corner plot where men first stopped for a beer before proceeding to their homes in the evenings, an apartment block here, a nursery school there, a Pentecostal church in one





corner, a charcoal seller at the top of the street, a chapatti guy next door.

One guy who had bought eight plots, making about an acre, had decided to plant eucalyptus trees. Another was planting a garden of matooke. An “investor” had decided that the estate needed an artificial grass surface in one corner where the so-called middle class could play soccer till 10:00 pm or midnight, after all, he had installed the most luminous flood lights he could find on the market.

My friend’s most immediate neighbor had probably listened to many inspirational speakers and decided to build a chicken coop. He heard that the poultry keeper’s grand plan included ducks, goose and even turkeys. The cocks woke my friend up 3.00am daily or some other time in the night. The stench from the chicken coop made sure he abandons

his garden, where he used to sit on weekends with one hand holding a champagne glass and another a book.

And there were still many empty plots. He didn’t know whether someone could be planning a kraal or a pigsty or a brothel. He had tried involving the local leadership but there wasn’t much help. Some of his neighbours didn’t see a problem with anyone keep some chicken. In fact, they were being praised on the neighborhood WhatsApp group for their entrepreneurial ability.

Many neighborhoods in Kampala are not any different. In fact, a few months ago, somebody had built a kraal in Kololo; yes, in Kololo - Kampala’s most exclusive suburb. But the neighbors there are “deep waters” so they stopped his entrepreneurship adventure.

My friend is now looking for a buyer so he could sell

and go to some of those housing estates built by the likes of NSSF, Mirembe Villas and Royal Palm. He had always said they were expensive and criticized them for building for “non-Ugandans” but he now agrees that there, it will be hard for somebody to practice their poultry business at home. There is some orderliness. Nobody wakes up to do what pleases them.

Since Ugandans love investing in land or real estate, this could be a model that people can try especially those with some capital. I know that Buganda Kingdom and NSSF are building such estates in Ssentema but they are only a few units. National Housing and Construction Corporation has land in Bukerere and NSSF in Nsimbe. These among other estates could help take away people’s misery if built affordably and they would provide significant returns on investment.

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

“

...Buganda Kingdom and NSSF are building such estates in Ssentema but they are only a few units. National Housing and Construction Corporation has land in Bukerere and NSSF in Nsimbe.”



**Aluminium and
Metal Fabrication**



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

#Inspiration

FAMILY MATTERS



BY PASTOR RONNIE MUTEBI

GOD'S VOICE IN YOUR PARENTS' VOICES

PROVERBS 6:20 (AMP): "MY SON, BE GUIDED BY YOUR FATHER'S [GOD-GIVEN] COMMANDMENT (INSTRUCTION) AND DO NOT REJECT THE TEACHING OF YOUR MOTHER."

It's interesting to see a deliberate twist in the role and importance of parenting today. Years ago, a parent's voice was defined as protection, guidance, instruction and love.

However, today, sometimes, we think God only speaks

to us in big, dramatic ways or through powerful preachers and spiritual teachers whom we adore. But our theme scripture today reminds us that God can also speak to us through the familiar voices of our parents.

You might think, "But my parents aren't even God-fearing," or "They don't go to church nor are they even committed to any place of worship." Even so, God is powerful enough to use anyone.

He can place the right words in their mouths - words of wisdom or caution that you need to hear - even if they don't fully realise it themselves. It takes a deeper sensitivity or an awakened mind to differentiate.

Many of the mistakes that people make in life could have been avoided if they hadn't ignored God's voice when it came through their parents. It's a matter of discernment.

This doesn't mean you should blindly follow every single thing your parents say. Instead, when they give

you advice or instruction, take it in prayer and trust that God is willing to guide and direct you by that familiar voice.

Take a deep breath and ask yourself, "Is this from

You, God?" Ask for wisdom to know what to do and what to follow, and you will always realize that most parents wish well for their children until there's a breach in the communication.

As you learn to do this, you'll start to hear

more clearly the voice of God within the familiar voice of your parent or guardian. You'll recognise His voice more often, even in the most unexpected places and through the most unexpected people.

Take Home: Your parents' advice might be a divine instruction in disguise.

HONOR YOUR FATHER AND MOTHER - IT SHALL BE WELL WITH YOU.

“

As you learn to do this, you'll start to hear more clearly the voice of God within the familiar voice of your parent or guardian.”

My Credo of Life

BY **PAMELA KAWADDWA**

Let me live within
the moment.
Let me feel all that I can.
Let me cherish life
for all it's worth,
With everything I am.

Let me see what's
right in front of me,
With vision crystal clear.
And face what's
waiting there for me,
With no hesitation
or fear.

May I wake each day
with gratitude,
For all my life may be.
And always feel
that wonderment
At the world
surrounding me.

May I welcome
any strangers
With an open heart
and mind.
And always stand



for what is right
With all the strength
that I can find.

Let me forgive myself
for my mistakes,
While forgiving
others theirs.

And never grow indifferent
But always strive to care.

Let me not forget
what matters
In the scheme
of every day,
To live each precious
moment
In a kind and loving way.

For this moment
now is everything,
Nothing matters
but today.
So I'll willingly embrace it
And not let it slip away.

For it passes all
so quickly,
And one chance
is all we get.
And a life of wasted
moments
Is a life filled with regrets.

Till again..

Phury

Fun Facts

Cuisine

The word 'cuisine' has a deliciously dramatic backstory, tracing its roots from a humble kitchen to a French revolution and finally, to the English-speaking world's dinner tables. It's a tale of culinary chaos and linguistic borrowing, a journey from a cook's simple stove to a status symbol of fine dining.

The story begins in a kitchen, or rather, in the Latin word 'coquina,' which literally meant 'a kitchen' or 'a place for cooking.' This wasn't some fancy, stainless-steel-appliance-filled space. It was a rustic, smoky room where things were roasted, boiled, and generally turned into something edible.

'Coquina' then waltzed its way into Old French, becoming 'cuisine' (which still meant 'kitchen'). So, for centuries, 'cuisine' was just the place where the magic of food (or the mess of food preparation)

happened. It was a noun for a room, not a style of food. A chef would be like, "Mum is in the cuisine making final touches on a dish of katogo," and no one would bat an eyelash.

But then, things got a little spicy. The French, being the masters of all things culinary, decided that the word needed a promotion. It wasn't enough to just have a



word for the kitchen; they needed a word for the style of cooking that came out of it. It was like they realized that a kitchen wasn't just a place, it was a philosophy.

So, in the 18th century, 'cuisine' began to take on its modern meaning: a particular style or method of

cooking. It was around this time that French chefs started to professionalize their craft, moving from the anonymous kitchens of the aristocracy to the spotlight of public restaurants. The food they made wasn't just sustenance; it was an art form.

Of course, the English, never ones to resist a good linguistic

heist, saw what was happening across the English Channel and thought, "That's a much better word than 'cookery.' It sounds more sexy, doesn't it." And so 'cuisine' sashayed across the English Channel and started making an aroma in English texts in the early 19th century. At first, it was a bit of a pretentious word, used to describe the unique, refined, and intricate cooking reserved for the French. It was their own way of saying, "This isn't just a stew; this is an experience."

▶ The word's journey from a Latin kitchen to an English dinner party is a testament to the power of a good meal. It went from a term for a smoky room to a descriptor for an entire culinary culture. So, the next time you're discussing the merits of Italian, Japanese, or Ugandan cuisine, you're not just talking about food. You're participating in a centuries-old linguistic tradition, a delicious story of a word that cooked up a whole new meaning.

Jokes

A new Rotarian is chatting with an old-timer. "I'm a little nervous," he says. "I don't know if I can live up to the '**Service Above Self**' motto."

The old-timer taps him on the back. "Don't worry," he says. "**Just show up with a full heart for fellowship and kimeeza. The rest will take care of itself.**"

.....

A man finds a small boy leading a cow along a village path. "Where are you taking the cow, little one?" He asks the boy. "To the bull," the boy responds. "Can't your father do it?" The man asks. "No sir; only the bull can do it," the boy retorts.



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

WOULD YOU LIKE TO

JOIN OUR CLUB?

TAP THE BUTTON BELOW

FILL THE FORM AND OUR
MEMBERSHIP DIRECTOR WILL REACH OUT



Tap to submit your details



OUR CLUB MEETS EVERY TUESDAY AT 7-8PM

www.rotarykampalanaalya.org

AFRICA'S CORPORATE GIFTS CO.



Affordable Prices and So Much More!

www.rocketafrica.com

 **+256 783 202014 / +256 700 869474**