

Naalya Food Bulletin

16th December, 2025

Rotary
Kampala - Naalya



UNITE
FOR
GOOD

Issue 24 | RY 2025-26



Magical Year Team Celebrate Record Achievements

RC KAMPALA - NAALYA



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Appreciate People
Who Serve

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Health statistics deserve
a strong response



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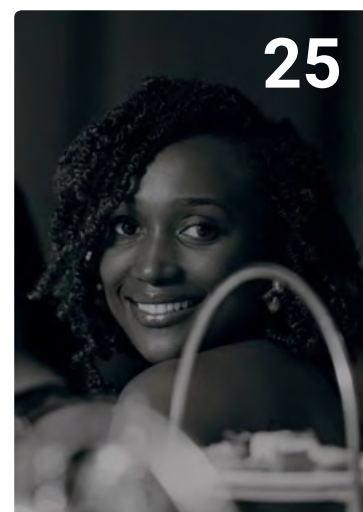
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Chef's Note

Fellow Rotarians, Rotaractors and friends,

As we wind down 2025, our District has been awash with a spirit of celebration that beautifully encapsulates what it means to be part of this family.

The recent district-wide celebration of our 'Magical Year' was a profound acknowledgment of collective effort.

Our IPDG, Anne Nkutu, set the tone with characteristic grace. But beneath the excitement lay a powerful truth: the real magic wasn't in accolades, but in the symphony of efforts from every club.

Yet, Rotary's magic doesn't shine only at grand district galas. It glows brightest in the intimate settings of our clubs and communities. Following the district triumph, a beautiful trend of home hospitality flourished in our Club.

The Serugos opened their home for us to share a meal, and simply enjoy one another's company. That afternoon reminded us that

Rotary is fundamentally a family. The clink of glasses and hum of sincere conversation is indeed where lifelong friendships are nurtured.

Equally inspiring was the sharing of 'Friend of the Year' gifts. These simple, heartfelt traditions honor members whose unwavering support, quiet dedication, and ready smiles truly embody Service Above Self.

One standout moment saw a longtime member recognized for a gesture that sparked tears and toasts. These personal touches, whether engraved plaques or symbolic trees to plant, acknowledge that the energy we invest in service is fueled by mutual support and appreciation.

Now, as the festive season approaches, our focus turns outward to the heart of our motto. This Christmas, we continue our cherished tradition of visiting the Missionaries of the Poor in Kampala.

On December 20, we'll join the brothers and sisters at their center, bringing gifts, food hampers, and holiday cheer to children facing hardship.

The Missionaries of the Poor provides shelter, education, and hope to the destitute, aligning perfectly with Rotary's focus on maternal and child health.

This is not merely a charitable outing; it's a pilgrimage of fellowship. We go, not just to deliver supplies, but to share the light of human connection and create moments of joy for these kids.

This journey, from the Magic Year's triumph to intimate club fellowships, and now to service-driven Christmas outreach, illustrates Rotary's perfect cycle; achievement fuels gratitude, which inspires service.

Ahead of 2026, let us carry the lingering magic of 2024-2025 into the new year. Let the strength of our friendships and grace we've received propel us as we extend our generous hearts to those who need it most.

Rtn. Peter Nyanzi
Bulletin Officer

To health and Happiness

RI President's Message - Rtn. Francesco Arezzo

DECEMBER 2025

This month is all about happiness, that most elemental of human yearnings. More than a feeling, though, this state of positive well-being, and the conditions necessary to create and sustain it, should be considered a universal right.

December marks Rotary's Disease Prevention and Treatment Month, when we highlight our members' work to promote health and wellness, including mental wellness. Globally, nearly 1 in 7 people have a mental health disorder, according to a recent World Health Organization report. Yet only 9 percent of people with depression receive adequate treatment.

We are fortunate in Rotary to have a powerful way to support emotional well-being and happiness: friendship. The connections we build in Rotary can be a powerful force for change. I know this from personal experience.

When my fellow members first proposed that I become club president, I demurred. I had a stutter. I was terrified of speaking. But having club



members who supported me and surrounded me with affection enabled me to face my fear, and I found a way to stand confidently before a crowd.

Today, I regularly address audiences — some numbering in the thousands — in a language that is not native to me. The Rotary members in my life helped me create lasting change within myself.

That fellowship gives us the courage and means to create lasting change in the world as well, and mental health services are in desperate need of improvement. The WHO reports that governments on average devote only 2 percent of their health

budgets to mental health, and only 11 percent of that funding reaches community-based services. In some countries, only one trained mental health professional is available for every 100,000 people. The WHO has called for strategic and urgent action to close the gap.

Rotary can answer that call by championing mental health awareness in our clubs, working with local health systems, funding training for community health workers, and supporting initiatives that bring care to places where none exists. Even small investments in mental health yield enormous returns in productivity, public health, and happiness.

While we are creating lasting change in the world, we cannot forget to take care of each other. Past RI President Gordon McInally wisely reminds us that we must go beyond asking, "How are you?" We owe it to each other to instead ask, "How are you really?"

As we transition to a new year filled with new possibilities, let us Unite for Good — for healing, friendship, and access to happiness.

With disease prevention & treatment, we're creating healthy communities

~ DG Geoffrey Kitakule

DECEMBER 2025

Rotary was built on the belief that when caring people unite, they can change the world. And nowhere is that more evident than in our work to reduce suffering, improve health, and ensure that families have the chance to live full and healthy lives.

Our signature achievement in disease prevention is, without question, the eradication of polio.



As Rotarians in Uganda, we do help fight malaria with our partners, we fight HIV/AIDS, tuberculosis, and other preventable diseases by providing education, resources, and long-term support. We know that knowledge is one of the most powerful medicines. I thank Rotarians that have led countless health education initiatives; from teaching hygiene and sanitation practices to young girls in school, to raising awareness about chronic diseases like diabetes and heart disease among others.

What truly makes our work unique is not just the scale of our efforts, it is the spirit behind those efforts.

Because for every vaccination administered, every health center built or supported, and every life saved, there is the power of volunteers who believe deeply in our motto: Service Above Self.

As we look ahead, our mission remains clear. Rotary will continue to lead, to innovate, and to inspire. We will strengthen healthcare infrastructure, expand access to clean water and sanitation and together, we will continue to light the way toward a world free from preventable disease; a world where every child grows up strong, every family thrives, and every community has the opportunity to flourish because as we have seen.

#ROTARYEYAMBA

More than three decades ago, we took on a challenge many believed was impossible: to rid the world of a crippling and deadly disease. We committed not only our resources but also our determination. We mobilized communities, partnered with governments, and worked hand-in-hand with the World Health Organization, UNICEF, and the Gates Foundation. And because of that commitment, we have reduced polio cases by more than 99%, protecting billions of children and bringing us closer than ever to a polio-free world.

But our work is not finished. We remain relentless in the final push; because we know that as long as polio exists anywhere, it is a threat everywhere. Rotary's vision for disease prevention goes far beyond a single illness. Across several communities

“We will continue to light the way toward a world free from preventable disease; a world where every child grows up strong, every family thrives...”

in Uganda, we support programs that strengthen entire health systems. We fund and operate Rotary Family Health days with our partners such as DFCU Bank and C-CARE, bringing essential care to communities that lack access to doctors, clinics, or medicine. We support the training of health workers, midwives, and community educators, multiplying the impact of every action we take. We improve maternal and child health by focusing on early intervention, safe childbirth, and access to lifesaving vaccines.

The recently approved GG#2579290 of USD 500,000 for Empowering Families is going to create renewed hope for thousands of mothers and newborns in Uganda.

President's Message

RTN CHARLES OWEKMENO
Unite For Good President
2025-2026



Dear Naalyakos and Rotary Family,

Happy new week!

As we start the festive season, I want to extend my heartfelt gratitude to all of you for your tremendous support towards our club. Your dedication has enabled us to achieve significant milestones during the first six months of this Rotary year.

I would like to especially congratulate and thank the Service Project Team, led by Rotarian Brian Mayanja and Past President John Mugisa, for successfully securing approval for our first Global Grant - the mental health project.

“

This week, we look forward to our final fellowship of 2025 - a joint fellowship scheduled for Tuesday, December 16th, at Protea Hotel Kololo.”

This is a remarkable achievement for our club, and we look forward to building on this success to attract more projects of this calibre.

Additionally, I sincerely appreciate everyone who contributed generously to the Rotary Foundation during November and December. A special mention goes to Rotary Foundation Director and Change Maker President, Sylvia Nankya, for her excellent leadership during the Foundation's recent competition.

I also want to extend my congratulations and gratitude to our Magic Governor, Anne Nkutu, for representing our club with distinguished leadership at the highest level. Thank you to all who attended the celebration

on Tuesday, December 9th, 2025, honouring her and the entire Magic team.

Furthermore, we commend Rotarians James & Flavia Serugo for hosting a memorable home hospitality and gift exchange evening, which brought us all together in warm fellowship.

This week, we look forward to our final fellowship of 2025 - a joint fellowship scheduled for Tuesday, December 16th, at Protea Hotel Kololo. The event will feature Christmas carols, and so I encourage all Naalyakos to attend in large numbers.

Wishing you and your loved ones a joyful and blessed festive season!

**YOURS IN SERVICE
ABOVE SELF,**

Rotary
District 9213



Rotaract
District 9213



THE FAMILY OF ROTARY PRESENTS

JOINT TUESDAY CLUBS

CHRISTMAS CAROLS

WITH

DISTRICT GOVERNOR
GEOFFREY MARTIN KITAKULE



**16TH
DEC
2025**



**HOTEL
PROTEA**

5PM
Till Late

FREE ENTRY

HOSTED BY:

RC Acacia Sunset Kampala, RC Butabika Royals, RC Sunrise Kampala, RC Mbale, RC Kisasi Kyanja Kampala, RC Bweyogerere Namboole, RC Buloba, RC Bukoto, RC Kampala Naalya, RC Kyadondo, RC Makindye, RAC Acacia Sunset,

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Rotary District 9213





TEAM TALK

THE HEART OF ROTARY (PART #3)

Appreciate People Who Serve

BY AG FRANCIS LUBUULWA

December is the month of light. Across Uganda and many communities, homes glow with colour, villages and towns alike sparkle with celebration, and communities slow down just enough to notice one another.

Yet, the most meaningful light is not found in decorations or festivities; it shines through people. In Rotary, that light comes from those who show up consistently, give generously, lead quietly, and serve without expecting applause. They are the ones who transform meetings into communities and projects into purpose.

Someone said; 'gratitude turns what we have into enough.' In Rotary, gratitude turns service into joy and belonging into strength.

This week, we pause to celebrate the people who light our Rotary world. Gratitude is far more than polite words or formal acknowledgements. It is a way of seeing. A posture of noticing what

others contribute. A deliberate choice to honour effort, commitment, and sacrifice: especially when it happens quietly.

When gratitude is present, clubs feel warmer and more human. Members feel seen, valued, and encouraged. Service becomes lighter because it is shared. But when gratitude is absent, even the best projects can begin to feel heavy. December gives us permission to slow down and recognise the many hands and hearts that have carried our clubs through the year

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These contributions rarely appear in reports, yet they form the very soul of Rotary.”

often without recognition, but never without impact.

Every Rotary club has people whose influence is not captured by titles or awards. These are the true unsung heroes. There is the Rotarian who arrives early to set up the meeting room, long before others arrive. The one who quietly covers a Rotaractor's transport, asking for no acknowledgment. The treasurer who manages resources faithfully behind the scenes. The member who offers encouragement during moments of loss or difficulty. The spouse or partner who supports Rotary work from the background. And the Rotaractors whose energy, creativity, and optimism keep the future bright. These contributions rarely appear in reports, yet they form the very soul of Rotary. Without them, our structures would stand, but our spirit would fade.

Gratitude is not just emotional; it is deeply practical. When people feel appreciated, relationships grow stronger and trust deepens. Morale improves, participation increases, and teamwork becomes more natural.





Appreciation renews energy and protects members from burnout. Most importantly, it encourages people to stay because everyone wants to belong to a place where their contribution matters.

The healthiest Rotary clubs are not defined by the size of their budgets or the number of their projects, but by the depth of their appreciation. They are clubs with big hearts!

Rotary never serves alone. This season, we also extend gratitude beyond our club walls to schools, hospitals, community leaders, corporate partners, government agencies, volunteers, and media teams who walk the journey with us. Their trust, collaboration, and goodwill amplify our reach and multiply our impact. Every successful Rotary project

“Those Rotarians who choose kindness, service, and one another, are the reason Rotary thrives the world over.”

is a shared victory. Every life touched is the result of partnership. Our gratitude must reflect that truth.

As the year draws to a close, Uganda's Rotary family has much to be thankful for. New members joined with fresh enthusiasm. Clubs revived service after challenging seasons.

Projects were completed against difficult odds. Rotarians persevered through personal trials while continuing to serve. Communities trusted Rotary enough to work alongside us. Gratitude transforms these milestones into motivation, reminding us that even in imperfect circumstances, meaningful service is always possible.

As Christmas approaches, let appreciation be louder than criticism and gratitude more frequent than complaints.

Let's thank those who have given their time,

opened their wallets, sacrificed weekends, chaired committees, attended meetings faithfully, shared wisdom from years of experience, and served with humility and heart.

This is the season to say, sincerely and openly: **“Thank you for being the light of Rotary.”**

Rotary does not thrive because of perfect systems, but because of extraordinary people. Those Rotarians who choose kindness, service, and one another, are the reason Rotary thrives the world over. As we enter the final stretch of the year, may gratitude fill our meetings, our conversations, and our hearts. May we never become so focused on what lies ahead that we forget to honour what is already present. Because at the end of the day, Rotary's greatest strength is and always will be its people.

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



Celebrating The Magic:

PDG Anne Nkutu's Heartfelt Reflections on Rotary Year 2024-2025

BY EDITORIAL DESK

On December 9, Rotary District 9213 gathered at the Rotary Club of Kampala Naalya to celebrate an extraordinary chapter in its history, the 2024-2025 "Magic Year" under Past District Governor Anne Nkutu. What unfolded was not just a celebration of impressive statistics, but a heartfelt tribute to collective effort, faith, and the transformative power of Rotary fellowship.

The numbers tell a remarkable story. District 9213 raised USD 900,000 for The Rotary Foundation, earning recognition as the

top contributing district in Zone 22 across all giving areas. The district led Zone 22 in Annual Fund contributions, placed second in PolioPlus giving, and saw District 9213 Rotaract alone contribute USD30,000. In membership, the district added an impressive 874 new members and chartered 10 new clubs, achieving the highest net growth in Zone 22 and ranking third globally. These achievements earned District 9213 the Rotary International District Excellence Award.

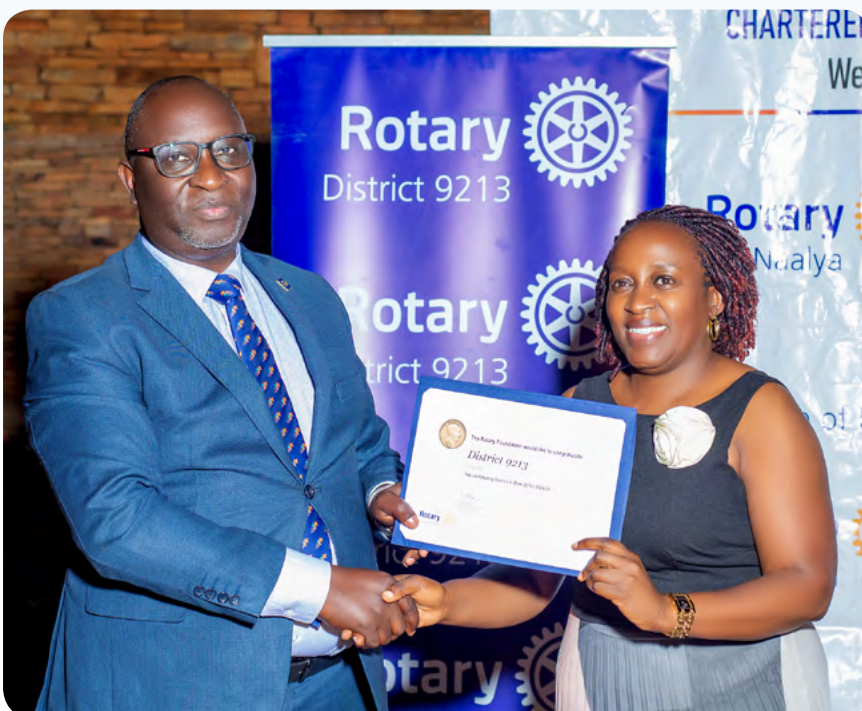
Yet, for PDG Anne, the true magic lay not in the metrics but in the people behind them. "Everything we achieved was because of the work that each and

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Those Rotarians
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service, and
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every one of you did," she told the gathering, her characteristic modesty shining through. She was quick to deflect personal praise, insisting that the celebration belonged to "everybody that served in the Magic Team."

Opening with a prayer of thanksgiving led by Pastor Ronnie Mutebi, PDG Anne anchored her success in divine grace. "Without God, there's very little we can achieve," she said, sharing a lighthearted comparison of her incident-free travels with the muddy challenges faced by her successor, Governor Charles Martin Kitakule.

"God looked at me and saw I couldn't push!" she quipped, drawing warm laughter while acknowledging the unseen Hand that guided her tenure.



Chief Guest PDG Nsibirwa congratulates Magical President Anne Nkutu

The monumental celebration particularly highlighted the grassroots strength of Rotary.

PDG Anne praised her 'Magic Presidents' for their resilience, noting that the USD 900,000 wasn't raised by large donors alone, but through all the little collections that every club gave. She credited the strategic leadership of district officials during the Magical year.

Beyond the projects and figures, PDG Anne celebrated what she called the year's greatest gift: friendship. "I acquired so many friends," she reflected, speaking of the love, affection, and care she received during club visits across the district. The gifts she treasured from various clubs serve

as enduring reminders of bonds forged through shared service. "Did they love you the way they loved me?" she playfully asked fellow past district governors, her warmth filling the evening.

True to her environmental advocacy, PDG Anne presented a gift to everyone, aligned with her push for tree planting and sustainability, a final gesture reinforcing that service extends beyond the Rotary year itself.

Rotarian Robert Waggwa Nsibirwa, former District Governor and Second Deputy Premier of Buganda Kingdom, who represented DG Geoffrey Martin Kitakule, eloquently captured the spirit moving forward: "My call to you and all the magicians is this, let us continue to spread the magic by completing more transformational projects, bringing more hands to

serve and supporting our Foundation."

As the evening closed, one truth resonated: the Magic Year succeeded because it was never about one person. It was about presidents who persevered, assistant governors who mobilized, Rotaractors who gave generously, and every Rotarian who contributed their time, talent, and treasure. PDG Anne Nkutu leaves a legacy not just of impressive achievements, but of deepened friendships and renewed commitment to service.

Indeed, the magic continues not only in every club, but also in every project and every outstretched hand.

We celebrate you, Magic Team!



We Celebrate You, Magical Anne



THE MAGICAL CLUB PRESIDENTS OF THE ROTARY YEAR 2024-2025 MADE THIS CITATION IN CELEBRATION OF THEIR DISTRICT GOVERNOR, ROTARIAN ANNE NKUTU.

Together, as the Magical Presidents, this is our special message to you. True leadership and fulfillment come from living an unselfish life. Recognizing the importance of serving with grace and gravities, while focusing on love, compassion and goodwill towards others.

This is what you, District Governor Anne Nkutu, did in the Rotary Year 2024-2025. From the start, you did your homework and understood most of us and what help we needed in our leadership. You had a word that enabled us to plan well, combine our efforts, talents, insights, enthusiasm and you gave us the inspiration to work together with readiness

to listen and to respect others' points of view.

You are an exceptional and gifted human being, who, in both good and trying times, never lost your capacity to smile and laugh nor to inspire us all with your warmth and kindness.

“You are an elegant and regal and royal who breathes fresh air and gentleness into the sometimes tough progress of Rotary.”

You also reminded us not to take ourselves too seriously and that none of us has a monopoly of wisdom. For the Rotary Year 2024-2025, we had many record-breaking achievements.

Service projects in our communities, many celebrations, membership and club growth plus a wonderful district conference.

The icing of our cake being our outstanding contribution to the Rotary Foundation, that saw our district emerge as the second highest contributor to the Polio Plus Fund, the highest contributor to the Annual Fund and overall

highest contributor in Rotary Zone 2022 Africa, raising over USD 900,000. Above all, we achieved the privilege of new and strong friendships and the honour of learning from your example every day. We admired and grew deeply in respect in view of your energy and commitment to the service of others.

Even with great results that we achieved together, you reminded us daily that the true hallmark of success is to stay humble in victory. With leadership sometimes comes unexpected player and pomp that throws many offtrack.

We are grateful that you remained humble, kind and consistent all the way. You are an elegant and regal and royal who breathes fresh air and gentleness into the sometimes tough progress of Rotary. For that example and for your solid leadership, we owe you a debt greater than you will ever claim.

We know that you will continue to rise with that commitment and heartfelt emotion to Rotary and we shall be cheering you on and standing by, for and with you along the way as we spread the magic eternally.

Gratitude, respect and pride sum up how we shall always feel about the Rotary year 2024-2025 and your leadership, our 'Chief Magician,

Thank you!

Your Magical Presidents.

Magical Celebration

Pictorial



Magical Celebration



Magical Celebration





MENTAL HEALTH SUPPORT FOR ADOLESCENTS IN GHETTOS IN UGANDA

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Rotary 
Kampala-Naalya



MENTAL HEALTH

Why Mental Health Is a Development Priority

BY RTN JACKLINE MUTIMBA

As a mental health advocate and M&E specialist, I've seen firsthand how our emotional well-being shapes not just our personal lives, but entire communities and economies.

Today, let's talk about something that hits close to home - the economics of emotion. Yes, feelings have a price tag, and ignoring mental health is costing us dearly. But the good news? Investing in it pays off big time, making it a true development priority.

Imagine this: You're at work, juggling deadlines, but your mind is foggy from anxiety or low mood. You show up, but you're not really there. That's 'presenteeism' - being physically present but mentally checked out. Or maybe you call in sick because the weight feels too heavy. These aren't just personal struggles; they ripple out, affecting productivity, families, and even national growth.

According to recent data from the World Health Organization (2025), over one billion people worldwide

are living with mental health conditions. Depression and anxiety alone rack up a staggering US\$1 trillion annually in lost productivity globally. That's equivalent to 12 billion working days

lost each year - just from these two common issues!

“

You show up, but you're not really there. That's 'presenteeism' - being physically present but mentally checked out.”

Think about it like a leaky bucket in a community water project (something M&E folks know all too well). If we don't fix the leaks - stress, burnout, untreated depression - we lose valuable

resources. Poor mental health drives up

absenteeism, reduces innovation, and even contributes to physical health issues like heart disease or diabetes, adding more costs.

But here's the fun, hopeful part: The return on investment (ROI) for mental health support is incredible. Studies, including those from The Lancet and WHO, show that for every \$1 invested in scaling up treatment for depression and anxiety, we get back \$4 to \$5 (or more) in better health and economic gains. In some low- and middle-income countries, the ROI can be even higher due to lower implementation costs.

Why does this matter for development? Mental

health is woven into the Sustainable Development Goals (SDGs), especially SDG 3 on good health and well-being. Healthy minds fuel education (SDG 4), decent work (SDG 8), and reduced inequalities (SDG 10). When people feel supported, they thrive, raising families, building businesses, and contributing to national development.

“
Prioritizing
mental health
isn't just kind;
it's smart
economics.”

Picture a farmer in a rural community struggling with depression. Untreated, he might miss the planting season, leading to lower yields and family hunger. But with accessible counseling or community support groups, he bounces back hence higher harvests, more income, kids in school. Multiply that by millions, and

you've got economic growth.

As Rotarians and advocates, we know 'service above self' includes mental health. At workplaces, schools, and homes, simple steps like open conversations, employee assistance programs, or policy changes can make a difference.

Friends, emotions aren't 'soft' - they're the engine of progress. Prioritizing mental health isn't just kind; it's smart economics. Let's rise strong together and make it a true development priority.

Rtn Jackline Mutimba is a Monitoring and Evaluation Specialist / Mental Health Advocate





ELDER'S EYE

Health statistics deserve a strong response

BY RTN GODFREY OKELLO-OMODING

Let us have a moment of deep reflection on health statistics during this month. Here are some of the figures revealed by 2024 Uganda Population Census to begin with:

- Eighty-seven percent (87.2%) of the households owned at least one mosquito net. More households in rural areas (88.2%) owned a mosquito net compared to urban households (85.8%)
- Health insurance coverage stands at one percent (1.1%) of the household population.
- Vaccination coverage is at 86.9% of children aged 0-2. About 475,166 children (12.2%) had not received any vaccine. Buganda sub-region had the highest number of children who had not received any vaccine (103,418), and Sebei sub-region had the least (4,275).

These figures have a lot to tell us on disease prevention. You notice

that health insurance does not cover 98.9% of the population. Therefore, financing of treatment falls either on public coffers or on individuals. Yet, public health financing is very

low. The public health facilities are always experiencing drugs and materials stock outs, which means that the burden of financing treatment remains with the individuals.

“Malaria still ranks top on the list of killer diseases in the country.”

With this kind of situation, the first call is prevention and the general focus on primary care and management of life styles.

The scope of prevention should cover both communicable and non-communicable diseases (NCDs). In reference to the above figures, coverage of mosquito nets, ideally would be pivoting above 95%. Malaria still ranks top on the list of killer diseases in the country. Given its importance in prevention of a number of diseases, vaccination figures need to be pushed higher to 100%. Rotarians, pause here to think about the coverage of vaccination in Buganda sub-region. This is the sub-region where the density of Rotary clubs is highest in the country. What can we do about it?

Another aspect of prevention that needs to be amplified is nutrition. Nutrition is a complex challenge, manifesting in undernutrition (stunting, wasting, anaemia) in children and rising overweight/obesity and micronutrient deficiencies. These can be catalysts for diseases, affecting millions of people.

The Nutrition Situation Report of 2020 revealed that in Uganda; **“Almost 3% of adolescents were overweight and 0.5% of adolescent girls were obese in 2019/20. Overall, the proportion of women with anaemia increased from 16% in 2018/19 to 26% in 2019/20...”** These





are figures which can be reversed through preventive measures, and fitness and wellness care.

Issues concerning access to treatment are very fundamental. They are about availability and affordability.

Looking at the number of household health insurance figures, it is worrying.

At least, having health insurance improves on range of choices and options of access to health services. True, some issues of access are structural yet they typically influence access to even the basic health care.

Where limitations and constraints are enormous, prevention is most easy to advocate. Though, we can strive to address limitations and constraints, there is a lot to be done. It includes for instance, the general community economic and welfare needs

in the big picture context of a healthy community.



It goes a long way towards improving access to various choices and options for treatment besides being able to purchase a health insurance policy.

Rotarians, as we break off for this long festive season, continue to do some reflection on the

theme guided by the statistics. Let us think of possibilities of increasing the coverage of vaccination, and spread of messages of prevention. Let's ensure polio contributions continue

to come in, increase and deepen health camps and outreaches, continue to contribute to health projects such as Nsambya Cancer project.

Let's support health information dissemination to communities, support the mental health project, and mind about our very health, fitness and wellness. When we're 'United for Good,' we shall reach far and increase on community health outreach.

“Let's ensure polio contributions continue to come in, increase and deepen health camps and outreaches.”



14th DEC

Happy **ANNIVERSARY**



PP John & Beatrice Mugisa

**Wishing you many more years of with
love, joy, and cherished memories of
your journey together.**

www.RotaryKampalaNaalya.org





FAMILY MATTERS

Finance Principles: Your Poverty

BY PR. RONNIE MUTEBI

PROVERBS 24:33-34 (KJV):
"YET A LITTLE SLEEP,
A LITTLE SLUMBER, A
LITTLE FOLDING OF THE
HANDS TO SLEEP: SO
SHALL THY POVERTY
COME AS ONE THAT
TRAVELLETH; AND THY
WANT AS AN ARMED MAN."

Our theme topic uses the phrase "thy poverty." This means that poverty belongs to the person who chooses it.

Poverty becomes the possession of individuals who fail to align themselves with the principles of success.

The ruler of Dubai in his book says "Impossible doesn't exist with a willing to change mindset."

Poverty will naturally gravitate towards the sluggard: the lazy, passive and indifferent person. How many opportunities of financial transformation have you missed by being

indifferent to principles?

Poverty becomes theirs not because God desired it for them, but because their actions and attitudes create a vacuum that poverty eagerly fills.

Matthew heard Jesus say that "the poor you will always have with you" (Matthew 26:11), they refer to those who, through their choices and refusal to embrace God's path to wealth, have owned poverty.

Like a man can possess poverty because he chooses

it, wealth manifests in your life when you choose it through attitudes and character that attract it.

CHARACTER ATTRACTS YOUR WORTH.

Take Home:

Poverty becomes the possession of individuals who fail to align themselves with the principles of success. It naturally gravitates toward the sluggard: the lazy, passive and indifferent person.

"
How many opportunities of financial transformation have you missed by being indifferent to principles?"



Rotary
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District 9214



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TAIPEI
2026

**LAST
CALL**

TO THE

**END OF
EARLY BIRD**

ROTARY INTERNATIONAL CONVENTION

TAIPEI, TAIWAN

Registration fees:

26th June - 15th Dec 2025: **475** (Early Registration)

16th Dec 2025 - 31st Mar 2026: **\$575**

1st Apr - 17th June 2026: **\$675**

Register and pay in full by 15th December 2025 to secure the lowest registration price at <https://convention.rotary.org>

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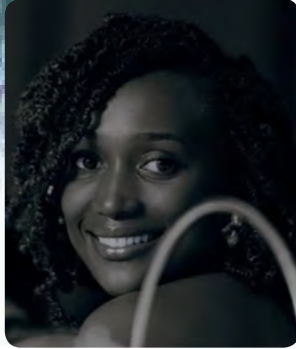
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Rotary District 9213

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#Kimeeza



PK's CORNER

The world you carry inside

BY PAMELA KAWADDWA

**The world is just a mirror,
quiet, patient, still—
reflecting back the colours
you hold beneath your will.**

If your heart is full of shadows,
the sky will dim its light;
but if you tend a spark of hope,
the darkest roads turn bright.

Storms may roar around you,
yet peace can bloom within;
for life shapes to your vision—
it echoes where you've been.

So, guard the thoughts you cradle,
the truths you choose to see;
for how you view the world outside
reveals who you choose to be.

Till again,

Phwv

Object of Rotary

The Object of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster:

FIRST

The development of acquaintance as an opportunity for service;

SECOND

High ethical standards in business and professions; the recognition of the worthiness of all useful occupations; and the dignifying of each Rotarian's occupation as an opportunity to serve society;

THIRD

The application of the ideal of service in each Rotarian's personal, business, and community life;

FOURTH

The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service.

Appetite

Ever wonder why we don't just say "I'm hungry" and leave it at that? Well, blame the Romans. They never met a simple concept they couldn't turn into a philosophical journey.

'Appetite,' our word for today, sauntered into English from Old French **apétit**, which itself descended from Latin **appetitus**, meaning 'desire' or 'longing.' But here's the delicious detail: **appetitus** breaks down into ad- ('toward') + **petere** ('to seek'). So literally, your appetite is just your soul politely (rather desperately) announcing, "I'm heading toward that roast chicken, and nobody's stopping me."

The Romans, being Romans, didn't limit **appetitus** to food. You could have an **appetitus** for glory, revenge, or surviving another three-hour sermon (though honestly, after that, you'd definitely want a hot rolex). It was only when the word meandered through Medieval France and landed in 14th-century



England that it specialized into 'I desire that kikomando.'

But why not just say 'hunger'?

Because 'appetite' is hunger's sophisticated cousin who studied in Taipei. Hunger is your body screaming 'feed me now!' Appetite is selective, I mean you can be hungry but have zero appetite for groundnuts katogo. More importantly, appetite is wonderfully versatile: you can have an appetite for risk, knowledge, or beer.

Now, if you've attended a Rotary meeting, you know two truths are sacred: 'Service Above Self' and kimeeza. Rotarians cultivate an appetite for fellowship; that deep desire to connect over coffee and conversation. More profoundly, we channel an appetite for service - a genuine **appetitus** for transforming communities, one project at a time.

During this festive season, 'appetite' looms large. We whet appetites for kitobero, and inevitably discover our eyes can be tempted to be bigger than our stomachs at the Christmas buffets.

So, picture December's family hospitality meeting; there's an appetite for year-end gifting, an appetite for Christmas carols, and a very real appetite for mchomo. You just have to love this one word doing spiritual, social, and salivary duty simultaneously.

**So, this season,
may your appetite
for service match
your appetite for
celebration, one
generous helping,
one meaningful
project, one joyful
gathering at a time.**

Bon appétit!

Jokes of the day

1. Why do many Rotarian men excel at being project managers? Because they have decades of experience perfecting the art of "delegation" at home, where they successfully convince their wives that "supervising the project" (i.e., sitting

on the sofa) is a critical management function.
2. A doctor, a lawyer, and a Rotary DG arrive at heaven's Pearly Gate. St. Peter says, "You can each bring one thing to heaven." The doctor asks for \$1 million. Granted. The lawyer asks for \$10 million. Granted.



The Rotarian whispers something to St. Peter. Suddenly, the gates open wide, and a floodgate of Dollars roll in. The doctor and lawyer protest: "That's not fair!" St. Peter shrugs: "He just finished a TRF project, so he asked for the donations he raised... plus matching grants!"

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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

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