Naalya Food 11th June 2024

Bulletin





Issue 23 | 2024



Inside This Issue



Meet the Rct Kampala Naalya PE



PK's Corner: Trip to my inner self



Editor's Note

Dear Reader,

As we celebrate the Rotary Fellowship month, the final month of the rotary year, I encourage you to indulge in fellowship activities. Fellowship is such an important part of Rotary.

Last Tuesday we were honored to have Hon. Rtn. Dr. Rutaagi Robert, who took us through the topic; Redefining Rotary fellowships in today's busy schedules. He also shared his Rotary Journey, quite interesting.

I am delighted to share the good news of the Rotary Club of Kyadondo Rugby in formation being granted a Provisional Status.

Special thanks to PP Denis Jjuuko and team for supporting this journey, let us keep the impetus to see a fully operational Rotary Club.

I wish you all a blessed week.

Keno Lillian O

Bulletin Officer

Editorial Design by

Bruno Komurubuga WhatsApp: +256 706 909 576



Feedback

We'd love to hear from you about any of our stories this year 2024. Contact the Bulletin Officer: +256 782 601 009 or Email: rcklanalyafoodbulletin@gmail.com

Message from the President

GODFREY OKELLO-OMODING HCP

Dear Rotarians and Friends,

es, time is now nearing for me to exit from the scene as a president. Last week we had our last guest speaker, Dr. Robert Rutagi. Fortunately, Dr. Robert Rutagi was the district governor's representative who nurtured and midwifed the creation of our Club. I will take the remaining time of this month waving byes.

Therefore, the three weeks remaining are dedicated to leadership transfers and celebrations. We are ending the Rotary Year in high spirits, having recently won awards and eager to see our own take on the leadership of District 9213.

Just like life, there are ups and downs, hills and valleys, hot and cold, gains and losses, celebrations, shifts, but life must continue. For our Club too had some of those. But we are coming to the end with an uplifting warmth.

The warmth that collectively, as club members, we worked for and achieved. So, we are starting a new rotary year at a high peak. Our challenge now is to continue visibly flying higher and higher. We take it that our wings are mature and tested to keep propelling us to high heights. Our past will remain the lessons to keep refueling our will for onwards and upwards movements.

There are challenges the club president faces. Among them are; challenges of ensuring the mobilization of resources, organizing members and keeping cohesion. This practically requires mobilizing good will. The assumption that things will be straight since the Club is composed of willing members does not necessarily apply. There is a need to translate whatever good will into actions. There must be a spirit to move things, sometimes painfully.

True, members are the asset of the Club but this asset is fluid. It's fluid in a sense that it can easily turn into a liability. One realizes that there are few members to reach out who are ready to act. As a president, you run into a temptation of retorting to those few members who can get you things done at a cost of being seen to be favouring some members. This is the dilemma a president sometimes gets into, yet the time is going and you need an activity done.

Club weekly fellowships/
meetings are good from the
president's perspective for
binding members together.
Yet, at the same time, can be
psychological disturbing to
find out that there are more
visitors in a room than your
members. Well, as a president,
you momentarily down play
this, it leaves you at the end
asking questions or looking for

options. Nevertheless, I have to say our club fellowships' attendance has been good on average.

On the inception of presidency, I purposed to ensure that the weekly bulletin is published and widely circulated. This is because it is informative and creates visibility. I began by contacting two of the club members who are active journalists.

They agreed and I committed to support them. Indeed, the bulletin was back and finally we got an award as the best weekly bulletin. A lesson here is about deploying professions where their skills are best needed and utilized, and supporting their efforts.

From the lessons learned, I see a great Club. What remains is keeping the Club engaged in high trajectory. It is my hope that the created hope is sustained. I look forward to seeing more members very active. Through this way, the magic of club members will be visibly seen. And the magic of rotary will touch many people.

Be blessed.















rotarykampala_naalya



RotaryClubOfKampalaNaalya



RotaryNaalya



www.rotarykampalanaalya.org



Meet Rotaract Kampala Naalya PE

y name is Natalie Cynthia Namugga. I'd describe myself as a bubbly, jovial, adventurous person. In my free time, I love to adventure and see the world from a different point of view. I also love to read and write and make digital content.

As the incoming president for the magical year 2024-2025, my plan is to strengthen club membership. A thriving Rotaract club depends on active and engaged members. Develop a comprehensive membership plan that includes strategies for recruitment, retention, and engagement.

Additionally enhancing community service initiatives service is at the heart of Rotaract. In the magical year 2024-2025, I plan to execute impactful community service projects that address local needs and promote the Rotaract brand. Partner with local organizations, schools, and businesses to amplify your impact.

Last but not least, I plan to Foster Professional Development by supporting the personal and professional growth of my club members by organizing workshops, guest speaker events, and networking opportunities. Topics could include leadership skills, career planning, public speaking, and project management. Collaborate with Rotary clubs, local businesses, and industry experts to provide valuable insights and mentorship.





RelaDental

Smile for Miles



RELA Dental

is located on block 221, Naalya Housing Estate between Shelter Road and the North-South Close. The turn at Shelter Road is about 200 meters from the Kampala Northern Bypass along the Naalya-Namugongo Road.

Our Services

Conservative and Rehabilitative Dental Treatment

- · Restorative (Filling)
- Root canal Treatment
- Crowns and Bridges
- Orthodontic Treatment/BracesDentures (for clients with missing teeth)
- Periodontal Treatment (scaling and polishing or Cleaning)
- · Gum Shields and Mouth Guards
- Teeth whitening
- Dental implants
- Tooth Extraction

Maxillofacial (The Face, Mouth and Surrounding Areas

- ORIF (Fixing broken jaws)
- Reconstruction surgery
- Facelifting

Contact 0782859914 / 0785834461 or visit reladental.com for details Insurance

services are available

Deputy Speaker Advises Men to Entrust Women with Their Money

he Deputy Speaker of the
Parliament of Uganda Rt Hon
Thomas Tayebwa has advised
men to entrust their money with their
wives, as a way of promoting peace and
prosperity.

"Men are tempted more when they have money while women are tempted more when they don't have it," Tayebwa said. He advised that Men should focus on making the money but leave issues of expenditures to the women.

Tayebwa was speaking at the Installation of Rtn Marion Muyobo as President of the Rotary Club of Kampala Central at Hotel Africana on Wednesday. He is a member of the same club.

With approval from the wife, Anita, Tayebwa pledged to contribute \$35,000 to The Rotary Foundation next Rotary Year. He has already contributed \$25k and ranked a Major Donor -level II.

He believes that there is relief in giving and Rotary has defined the purpose of giving. He added; "We work in a very stressful environment and find solace in Rotary."

During the same function, Past District Governor Emmanuel Katongole also pledged 10m shillings to the club's projects.



Pictorial - Last Week's Fellowship



Our Visitors:

- RC Kasangati
- RC Bweyogerere central
- RC Najjeera
- RC Kampala Daybreak
- RCT Cape Munyonyo
- Provisional Rotary Club of Kyadondo rugby
- Rct Tank Hill City

Thank you for visiting



Ideas on how the corrupt can protect their loot.



BY DENIS JUUKO

here is probably a high-ranking government official on every flight that departs from Entebbe going for some meeting, family holiday or benchmarking expedition somewhere in a country they consider developed.

On arrival at the airport of their destination especially where there is no protocol official waiting for them on the tarmac, they follow every single rule, queuing up like everyone else to clear through immigration, customs and grab a taxi to their hotel.

The trip from the airport to the hotel mesmerizes them, openly admiring how the country is so beautiful and organized. They engage the taxi driver in small talk about the country and the city.

On arrival at the hotel, they realize that they don't have to stock up on bottled water, the tap water is safe for human consumption without first boiling it. In the bar for some drinks, they see a young woman jogging at midnight alone.

They see another walking in the street not worried of anyone giving them a scorpion kick so they can violently steal their smartphone. They have tried since their arrival to count potholes in the city and it ended up as an exercise in futility because they couldn't find one.

They shake their head and wonder how the country made it. In that moment, they promise to do something on their return to make Uganda better.

For a few days, they note everything.

On arrival at Entebbe, whatever they have learnt seem to evaporate from their head. They jump the queue at the airport. Jump into their **SUVs and abuse every** traffic rule in the book. At the next conference in Kampala, once they see journalists with cameras, they complain about the mafia, about corruption and talk about mindset. They forget that actually they occupy the offices where they can make a difference.

They know that at their office desk, there is a heap of papers that need their signature but they have been too lazy to attend to them. Some have been there for months. In the meantime, suppliers are collapsing because they have not been paid for services and goods delivered.

They are happy to work in a building with a leaking roof, a compound that isn't being slashed and floor tiles



that are bouncing and need re-fixing.

Instead of working on these small things, their mind is on buying an apartment in the well-run country of their last visit. Yet that country is well run by their counterparts they just visited. The technocrats in the well run country aren't special or even smarter than the Ugandans. Some even attended the same universities. They are just diligent. The law works as well. The price of being corrupt if caught is high so everyone tries their best to do their job.

Some of the things that make these so-called developed countries are not even hard to do or too costly to implement for any government. For example, how much would it cost to identify a tree species that can be planted along Ugandan roads to make them a little beautiful? With Uganda's climate, many of these trees wouldn't even need watering. They

can survive on their own. With all the stones we have everywhere, why is paving a road or walkway such a hard thing? You can cut the stone and shape it and a walkway is fixed for a century.

Many technocrats have built hotels everywhere to tap into conferences and events. They can charge a premium if they made sure the country works. The country won't attract international conferences when they see trending videos of thugs on boda bodas waylaying anyone with a bag in broad daylight in the middle of Kampala. They will wonder what will happen to them at night.

The organizers would not bring a conference here unless they are sure that if any delegates had a medical emergency, they would be properly taken care of. If Nairobi is our referral hospital, then they will take the conference to Nairobi. The government technocrat who built a "fancy" hotel will not make money.

Foreign investors won't build their factories here and the local businessmen are too poor to do so as well. Many young people won't have sustainable jobs. Apartments in Najjeera and Kyanja will remain empty or occupied by slay queens or six-packed boys who can't consistently meet their rent obligations. Some may even offer to pay in kind.

Our corrupt lot need to think of a time they won't be in government and make sure the country works for everyone. That way they will protect their loot and most importantly create a generation that won't have to be corrupt to live a good life. That way their grandchildren would retain what they have stolen today.

The writer is a communication and visibility consultant.

E: djjuuko@gmail.com

Bandera, Kamuli Outreach Mission

n Saturday June 8, 2024 a team from RC Kampala Naalya headed to Kamuli district for an outreach program, mainly to donate items and fundraise for New Hope Charity School.

This is part of the Bandera school program. As Part of the Program, RC Kampala Naalya already supports two teenage mothers in secondary school.

The program has now been expanded to cater for young children as well, after realizing that many of them are not accessing education.

Team Leader **Rtn Fathila Nannozi** is optimistic that having more partners on board will make a greater impact.



Family Matters



BY **PASTOR RONNIE MUTEBI**

evelation 1:6(KJV):
And hath made us
kings and priests
unto God and his Father;
to him be glory and
dominion for ever and
ever. Amen.

LEADERSHIP IS NOT POSITIONS

God designed us to operate from within to carry effect from without. Our leadership style carries authority from the state of our hearts. When you understand this, you can even lead from the back.

Unfortunately, many people are fixated on titles and positions. They assume that one must be in the limelight, appear as an influencer, media personality or Youtuber to be an authority.

That is not so. There are people who are featured on various kinds of media but they are not functioning in the kingly mindset. They are famous but not great to cause any effect; popular but not authoritative.

A king does not necessarily need to be at the front to command authority. That is called positional leadership.

If all you are is a positional in leadership, you will have limited influence over people because positions can only do so much to command authority and attractions.

A leader without a title is better than a title without the ability to lead.

Today, I urge you to rise to the call of leadership in where you carry authority, not because you are titled but because you are kingly.

Take Home: Rise to the call of leadership in whatever scope of assignment entrusted to you, not because you are titled but because of the kingly mindset.







Theme: Unleashing Africa's Potential; Rotaract leading the way

REGISTRATION

14th - 17th November 2024

Las Vegas Garden Hotel Kazibwe Road, Bunga, Kampala

Early Bird Registration 1st Feb -31st July 2024

Late Registration 1st Aug -14th October 2024

Note: Fees don't include accommodation

ACCOMMODATION

Shared Accomodation 3 Nights

Non Shared Accompdation 3 Nights



PAY THROUGH REGISTRATION LINK

Glamorous-Memorable - Historical

#RAS24UG

Contact us at: e-mail: rasuganda24@gmail.com















PK's Corner: A Trip To My Inner Self

BY PAMELA KAWADDWA

rom the earth, I've covered a thousand miles. My busy schedule I've left behind. To have a word with my soul. My soul never lies. We

need this meeting urgently. A trip to my inner self. The region where I was derived

Like a flower blooming amidst the snow, my soul, I search for you. For we need a conversation.

Don't you see? My conscience, please speak to me!

Here, I've canvassed my soul again My thoughts, actions, sense, and brain

And all the inhabitants of my heart To know the cause of my gain and regret.

In the depths of my being, I embark on a quest to find the essence of my soul.

Through introspection and contemplation, I delve into the intricate layers of my

existence. Seeking answers to the questions that linger within, I navigate the labyrinth of my thoughts and emotions.

Speak my soul so I can learn. I am listening. Whisper to my inner existence.

This isn't a time to question me. With each step, I unravel the complexity of my identity, peeling away the masks I wear and exposing the raw truth beneath.

With the smells of earth around me, one wants to breathe so deep. In the solitude of self-discovery, I confront my fears and vulnerabilities.

In this voyage of selfexploration, I find

solace and enlightenment, as I come to understand that the answers I seek lie within the depths of my own soul.

A trip to my inner self A region where I dwell.

Till again



Advertising Space

RC Kampala-Naalya Installation Magazine

of Rafa Rossian	and the same of th
Quarter Page	250,000
Half Page	500,000
Full Page	1,000,000

Call 0778120939 FOr Details

ROLEX BUDDY GROUP IN CHARGE



Arnold Ntege



Dennis Osikol



Efrance Nakitto



Evelyn Mulinda



Francis Lubuulwa



Hadijah Nankanja



Laetitia Kiyingi



Sheila Kawamara Mishambi



Stephanie Gacukuzi



Stephen Kakonge



Sylvia Jagwe Owachi



Barbara Ninsiima



Ronnie Mutebi



Brian Mayanja

WOULD YOU LIKE TO JOIN OUR CLUB?

GET IN TOUCH WITH OUR MEMBERSHIP DIRECTOR FOR GUIDANCE AND MENTORSHIP

SEND AN EMAIL TO RCKAMPALANAALYA@GMAIL.COM OR CALL 0778120939

THE ROTARY CLUB OF KAMPALA NAALYA MEETS EVERY TUESDAY AT 7-8PM