

Naalya Food Bulletin

11th February 2025



Issue 30 | 2025



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EDITOR'S NOTE



Dear Friends,

Thank you for devoting your time to read the Naalya Food Bulletin. Special thanks to Club members who have devoted time to write articles for the Bulletin. We appreciate you all.

In this edition we still focus on the month's theme: Peace and conflict prevention, let us commit to being proactive agents of peace in our immediate environments.

We believe creating peace in our communities can have a global effect. This issue carries among others, DG Anne Nkutu's message for the month of February 2025

Our speaker this Tuesday is Rtn Peter Simon Nyanzi and the topic of discussion is Humor, Love and Harmony: Communication insights that connect us all.

Please join us at Ndere Cultural centre, 7pm

Keno Lillian - Bulletin Officer

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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** or **tap on the buttons** below



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Peace starts with us...

FEBRUARY 2025

Rotary's Founder, Paul Harris is quoted to have stated that *"The way to war is a well-paved highway, and that the way to peace is still a wilderness...."* Nearly a century later, this statement holds true.

Peace across the world remains ever so fragile, with a new conflict emerging every other day. It appears as though disagreements can no longer be resolved peacefully. Unfortunately, as disheartening as this is, the constant barrage of news on conflicts is increasingly numbing us to their impact. And perhaps that is why we in Rotary have dedicated the month of February to Peace and Conflict Prevention. To remind ourselves of our individual and collective responsibility to promote peace.

During RI President Stephanie Urchick's visit last month, Rotary members in Uganda reaffirmed their commitment to peace. And I would like to heartily congratulate the different teams that successfully organized the Peace Symposium, the Peace Walk and the Africa Peace Concert, whose proceeds will support the Makerere University Rotary Peace Centre. But beyond these events, we need to challenge ourselves, what are we doing individually and at the club



DG Anne Nkutu
District Governor, D9213

“
Since wars begin
in the minds of
men, it is in the
minds of men
that the defences
of peace must be
constructed.”

level in terms of building peace actively?
A survey conducted on the range of service projects in D9213 showed that the peace and conflict prevention area of focus had the least number of projects benefitting from global grants. As a matter of fact, I have seen only four projects that directly address peace and conflict prevention, during my visits to over 110 clubs. Three out of these four are promoting legal, social, and rehabilitative services aimed at the re-integration of juvenile offenders, ex-prisoners and refugees into society. More recently, I commissioned a solar street lighting project being implemented by RC Mbalwa, that is aimed at averting growing crime in the club's neighborhood. But there is

so much more that we can do.

The preamble of the UNESCO Constitution reads: *"Since wars begin in the minds of men, it is in the minds of men that the defences of peace must be constructed."* This suggests that nurturing a culture of peace is key. Peace must be in the minds of men and women. The Rotary Foundation also prioritises peace leadership and education, particularly among the youth. And as clubs operating in a country with a young population, we should consider peace building initiatives for youth on constructive ways to prevent, manage, and transform conflict. And there are several ways of doing this, including through sport.

But like our vision statement implies, creating lasting change applies to us as well. Before we can offer peace to others, we must first cultivate it within ourselves. During my visits, I have encountered a few clubs grappling with internal conflict. I have, and continue to encourage all clubs to institute internal dispute resolution mechanisms to address conflicts whenever they arise; and to make use of the Rotarian mediators that have recently been trained. Before we can extend peace to others, we must first experience it within ourselves.

I wish you all a peaceful February.

President's Message

RTN SYLVIA JAGWE OWACHI
Club President 2024-2025



Dear Rotarians and Friends,

Our goals have been developed along the strategic priorities for Rotary i.e.

- Enhance Participant Engagement through Service participation, social activities, Leadership development, Training and attendance of District events and conference
- Increase our impact through giving to the Rotary Foundation and undertaking impactful projects using Global Grants.
- Expand our Reach by members sponsoring new members and growing membership, birthing a new Rotary club and sponsoring Rotaractors for the Rotary Youth Leadership Awards (RYLA).
- Increase our Ability to

adapt by enhancing our governance practices and online presence.

For our meeting last week we hosted Rotaractor Pius Kisuze who was sponsored by the club to attend the Rotary Young Leadership Awards (RYLA). Pius is

the President Elect / Incoming President for the year 2025/2026 of the Rotaract Club of Kampala Naalya. RYLA is a 3-day leadership programme aimed at empowering and nurturing the leadership potential of young individuals within our communities aged 18 to 30 years. From his presentation and

the personal experience shared there is no doubt that he did learn a lot and ready to implement the learning hence transforming his leadership skills.

When I meet people and they get to know that I'm a Rotarian, I'm often asked

the question what are the benefits of joining Rotary. There are many benefits ranging from making new connections and friendships, giving back to the community, fun and entertainment, business development, personal growth and development, continued learning travel opportunities and list goes on and on depending on what is important you as an individual.

February is not only dedicated to Peace and Conflict Prevention Resolution is also the month of Love. For our meeting this week our very own member **Rtn Peter Simon Nyanzi** will be delving into the topic of communication how to use Humor, Love and Harmony to connect. Looking forward to the insights and deliberations. Please feel free to join us and enjoy the rest of the Bulletin

Be Blessed!!

“
February is not only dedicated to Peace and Conflict Prevention but also the month of Love.



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Living the Rotary Vision: DG Anne urges Rotarians to unite for greater impact

BY RTN. SYLVIA NANKYA



DG Anne Nkutu



District Governor Anne Nkutu has called on Rotarians to embrace the vision of Rotary by uniting their efforts, skills, and resources to create lasting change in their communities and beyond.

She made the remarks during her official visit to the Rotary Club of Bujuuko Kireka on Thursday, and to the Rotary Club of Nakasero Central on Wednesday.

DG Anne emphasized the importance of living the Rotary vision, which states: "Together, we see a world where people unite and take action to create lasting change."

She noted that while forming clubs and joining Rotary is essential, members must also appreciate and actively work towards this vision.

"We can do so much together—that's the reason we come together. Otherwise, each of us would sit back and do small things as individuals," she said. She encouraged members to volunteer their time, talent, and treasure—commonly referred to as the "Three T's"—to help their clubs grow and achieve their mission.

The Power of The Rotary Foundation

Highlighting the impact of The Rotary Foundation (TRF), DG Anne reminded Rotarians of its humble beginnings in 1917 when Arch Klumph established it with just \$26.50.

“

The Foundation is open to all clubs - whether they are 100 years old or newly chartered - as long as they have systems that guarantee stewardship,” she explained.

Today, the Foundation has grown into a \$2 billion fund that supports global humanitarian projects.

Uganda alone benefits from up to \$4 million annually from the Foundation to implement transformative projects.

She noted that the most impactful initiatives within Rotary are those funded through the Foundation, with the smallest possible grant amounting to \$30,000.

"The Foundation is open to all clubs—whether they are 100 years old or newly chartered—as long as they have systems that guarantee stewardship," she explained.

DG Anne assured members that contributions to the Foundation ensure Rotary's continued ability to fund projects for years to come.



Call to Action: Strengthening Financial Contributions

Addressing Rotary's financial commitments, DG Anne revealed that District 9213 had set a target of raising \$700,000 for The Rotary Foundation this year. So far, contributions from 1,008 Rotarians have reached \$511,000. She urged the remaining 4,000 Rotarians in the district to step up and give, noting that even the smallest contributions make a significant difference.

"It is possible. But it's only possible if we all give something. We know that the ocean will never fill up without that small drop," she encouraged.

With continued collective efforts, DG Anne expressed confidence that District 9213 would surpass its fundraising target, ensuring

sustainable support for impactful community projects.

About The Rotary Foundation

The Rotary Foundation transforms donations into service projects that change lives both locally and globally. It funds initiatives in areas such as disease prevention, maternal and child health, water and sanitation, peacebuilding, basic education, and economic development.

Rotarians worldwide are encouraged to support the Foundation to sustain Rotary's mission of creating positive, lasting change in communities across the world.



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Mercy Kainobwaho
RC Bukoto

2020



Hannifer Musoke
RC Muyenga

2020



Jennifer Byokusheka - RC
Kampala South

2020



Dr. Christine Nalwadda Luutu -
RC Kololo

2020



Ann Namwanje Musoke
-RC Bweyogerere
Namboole

2020



Susan Ssamula -
RC Namasuba

2021



Catherine Barasa
Asekenye -
RC Sonde

2021



Jolly Okot
RC Gulu

2021



Blessing Owomugisha - RAC
Kampala South

2021



Royce Gloria -
Androa
RC Arua

2021



Irene Luweesi -
RC Nsangi

2021



Angela Ssemukutu -
RC Muyenga
Breeze

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REMINDER & SPECIAL INVITATION -
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**#AccelerateAction
#WomenInRotary2025**

UNITE FOR GOOD



Rotary President-elect Mário César Martins de Camargo revealed the 2025-2026 presidential message, Unite for Good, today:

"Rotary members are #PeopleOfAction. We don't wait for change to happen; we make it happen. And what do people of action do? We unite for good."

MY FIRST **RYLA** EXPERIENCE: *Passion, Action, and Reaction*

BY RCT PIUS MARK KISUZE

The Rotary Youth Leadership Awards (RYLA) is more than just a program—it's a life-changing experience that empowers young leaders through practical leadership training, community engagement, and personal growth opportunities. As the president elect of the Kampala Naalya Rotaract Club and a young entrepreneur, I was eager to dive in and redefine my identity as a leader, and RYLA delivered on every front.

A Perfect Start to the Year

The timing of RYLA couldn't have been better. Held from January 10th to 12th, the camp set the tone for the entire year. I entered the camp with excitement and high energy, ready to conquer the year ahead. The memories of those three days are still vivid in my mind—the challenges, the triumphs, and the camaraderie all contributed to an unforgettable start.

How I Joined RYLA

My journey began in 2024 when a fellow Rotaractor shared their inspiring



“

RYLA not only sharpened my leadership abilities but also opened my eyes to new possibilities...”

RYLA experience, igniting my curiosity. When President Sylvia posted the advertisement in our WhatsApp group, I was the first to express interest. With the Rotary Club of Kampala Naalya graciously sponsoring my participation, I seized this opportunity to enhance my leadership skills and build new connections.

Key Experiences and Takeaways **Transformative Challenges**

One of the most memorable parts of RYLA was the forest challenge. During a team-building exercise, we were blindfolded and led through a rope trail in the forest. Navigating muddy tunnels and narrow spaces taught me the essence of adaptability and resilience. I even found a creative way to catch glimpses of the path ahead, a small but significant moment that underscored the importance of forward-thinking in leadership.

Winning as a Team

Another highlight was the talent show—a true testament to teamwork and trust. Our team, under the name “Cream dela

Cream,” defied expectations. Despite competing against teams that appeared more aggressive and louder, we played to each member’s strengths and won the talent show. This experience reinforced the idea that success comes not from individual prowess but from collective effort and mutual trust.

Insightful Discussions

RYLA wasn’t just about fun and challenges; it was also a forum for thought-provoking discussions. One of the sessions focused on the potential of Artificial Intelligence (AI) in transforming our country. The discussion was eye-opening, revealing countless opportunities if we harness these resources wisely. In fact, just last week, my friends and I found ourselves brainstorming ideas on revolutionizing the education system—using AI not only as a supportive tool but also as a means of assessing student performance.

Personal Transformation and Future Aspirations

I can honestly say that I am not the same person who walked into RYLA. Being in an

environment where I had few close friends, the camp provided a chance to redefine myself as a leader. As a young entrepreneur, I now feel even more prepared to lead various ventures, armed with new skills and a broadened perspective on leadership.

Celebrating the Experience

Of course, it wasn’t all about intense challenges and insightful discussions. RYLA also celebrated youth, energy, and the joy of togetherness. From a vibrant campfire with entertainment that was on point to moments of sheer fun and laughter, every activity added to the rich tapestry of my RYLA experience.

Acknowledgments

I extend my deepest gratitude to the organizers for bringing together such a transformative program and for securing a lineup of speakers



who addressed pressing questions relevant to our generation. A special thanks also goes to the sponsoring Rotary Clubs for their unwavering support.

Final Thoughts

The RYLA experience has been a defining moment in my leadership journey. It not only sharpened my leadership abilities but also opened my eyes to new possibilities—whether it’s through innovative discussions about AI or the simple yet profound lessons learned during a muddy forest challenge. For any young leader eager to start the year with purpose and passion, RYLA is an opportunity not to be missed.

Here’s to embracing challenges, fostering teamwork, and transforming our potential into action!





Rotary Foundation Raises Over US\$1.4 Million on Giving Tuesday

BY RTN SYLVIA NANKYA

The Rotary Foundation has once again demonstrated the power of global generosity, raising more than US\$1.4 million on Giving Tuesday, 3 December 2024, thanks to the dedication of its leaders and donors worldwide.

The annual fundraising drive, which encourages Rotarians and supporters to contribute towards life-changing projects, received overwhelming participation from clubs across different regions. The funds will help sustain Rotary's mission of Doing Good in the World through humanitarian efforts, education, and peacebuilding initiatives.

In recognition of outstanding contributions, the

Foundation has highlighted clubs that excelled in fundraising and donor engagement:

Top Fundraising Clubs:

- Rotary Club of Taipei Nankong, Taiwan
- Rotary Club of Edjeba, Delta State, Nigeria
- Rotary Club of Tainan Dream Age, Taiwan

Top Donor Participation Clubs:

- Rotary Club of East Nassau, New Providence, Bahamas
- Rotary Club of Highlands, North Carolina, USA
- Rotary Club of Vizag Diamonds, Andhra Pradesh, India

Top Online Giving Clubs:

- Rotary Club of East Nassau, New Providence, Bahamas
- Rotary Club of Asuka, Nara, Japan
- Rotary Club of Central Cayman Islands, Cayman Islands

The Foundation expressed deep gratitude to all who contributed, reinforcing



Rotary's commitment to creating lasting change in communities worldwide.

"Thanks to the generosity of our members and supporters, we can continue making a difference where it is needed most," the Foundation stated.

About Giving Tuesday

Giving Tuesday, a global movement for generosity, takes place annually on the Tuesday following Thanksgiving. It inspires individuals and organizations to give back to causes that make an impact, aligning perfectly with Rotary's vision of service above self.

Rotary International Zone 22 reaffirms Commitment to Peace and Service in Africa



Rotary International Zone 22 (Africa) has reiterated its commitment to peace and conflict prevention as a core mission for Rotarians and Rotaractors across the continent. In a message addressed to members, Rotary International Director (RID) 2024-2026, Daniel Tanase, emphasized the significance of Rotary's role in fostering peaceful communities and bridging divides through service and collaboration.

Reflecting on his recent experiences at Makerere University, Tanase underscored Rotary's power to unite people through education, vocational service, and community outreach. He urged members to integrate peacebuilding into their service projects, emphasizing that peace is not just an ideal but a necessity for sustainable development.

"I encourage you all to keep peace at the heart of your work. We understand that peace is not just a distant hope; it is a necessity that we must actively work toward in our local communities and beyond," Tanase stated.

Recognizing the hardships faced by nations experiencing conflict, he called on Rotarians to leverage their networks, commitment to service, and

shared values to promote dialogue and understanding. "It may not be a quick journey, but it is a journey that we can walk together," he noted.

Tanase also highlighted the importance of growth within Rotary, reminding members that January was Vocational Service Month—a time to reflect on how professional expertise can be applied for the greater good. "Each Rotarian has the potential to make an immense impact. I encourage you to bring your unique talents into your clubs and service projects," he said.

As Rotary looks to the future, Tanase extended best wishes to District Governors-Elect who will soon gather for the International Assembly, as well as to all incoming club

and district leaders. He expressed confidence in their ability to take Rotary's mission to new heights and strengthen its influence across Africa.

Rotary Zone 22 encompasses 20 districts and clubs across the African continent, forming part of a global network of 1.4 million community leaders dedicated to humanitarian service, peace promotion, and goodwill advancement.



Launch of the Africa Peace Concert in January 2025

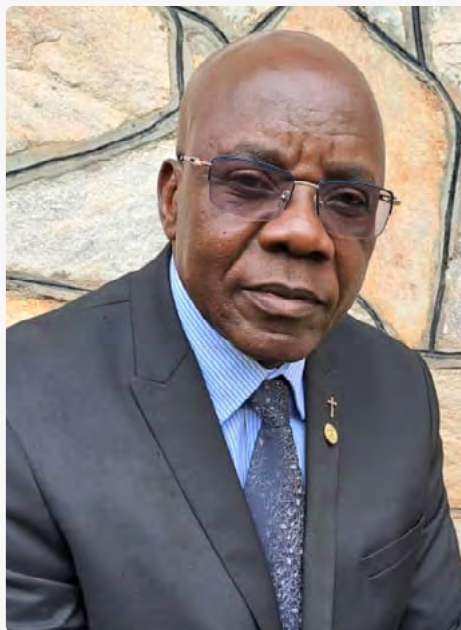


Being in Conflict and with Conflict

BY **IPP GODFREY OKELLO**
OMODING
Club Training Facilitator

In the late 1980s up to early 1990s, my village went through a hell of war. In the history of the village, this was “hell” on earth! People died. Livelihoods totally destroyed. People were herded to camps, and the few lucky ones with relatives elsewhere relocated. Both genders were subjected to extreme agony, call it persecution. Rape was a weapon of humiliation.

Thanks to the human spirit of resilience that people have been able to reconstruct themselves and their livelihoods. Even though basic. Having been through this conflict, today people are living with the conflict. Talking about it with those who went through it, you glaringly see pain in their eyes. The conflict is yet to be erased in their



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As of September 2024, there are over 1.74 million refugees and asylum seekers, making Uganda the African country with the largest refugee population.”

minds. Probably, the turnover of generations may erase it.

Having witnessed and gone through such a terrifying conflict, I find myself too living with the conflict. Every time I see, read and listen to injustices inflicted on people, what my village went through just flashes back. Certainly, there are many people, communities, families and

individuals going through silent pains having gone through conflicts. They continue to live with the conflicts mentally.

Absence of the “hot phase” of conflicts doesn’t mean absence of conflicts in people. You can remove them or they can run away from the theatre of a conflict but they continue to live with the conflict. Refugees go through this. It affects the older ones more. They feel painful loss of self-esteem, livelihood, social connections and ancestry belonging.

This month, as we reflect on the theme, “*Peace and Conflict Prevention*”, let us try to understand and appreciate the pains of those in conflicts and those living with conflicts. Uganda is a country that has all these two categories of people abundantly. For instance, there are quite a number of refugees in the country. As of September 2024, there were over 1.74 million refugees and asylum seekers, making Uganda the African country with the largest refugee population. The



composition of this population always has more women and children. This comes with enormous pressure on social facilities and services of the host communities. To the refugees themselves, the economic survival and belonging remain challenging.

The numbers of people and communities in conflicts may be large but it is not a scare to the human spirit to offer support. Fortunately, where human spirits gather for a cause, no load is difficult to lift. The spirits of Rotarians are such an enduring force. They do not only seek to turn bad situations to better but put in action something. An action purposed for doing good never dies, it gets renewed every time. The universe too has defined it that way.

There are opportunities in Rotary to bring back hope to people in conflicts and with conflicts. These opportunities range from basic advocacy to actual stopping conflicts. Each of these opportunities, Rotarians can make their contribution right from an

individual level to a group level. Conflicts will continue to exist so long as human beings continue to exist. This is so, because there are always differences in human beings. Some differences arise from egos, opinions, perceptions, perspectives, preference and even choices.

As Rotarians, may we use the magic of rotary to chill conflicts surrounding us at the bud. Let us breed a culture that promotes love in diversity rather than just talking about diversity. Let us promote human liberties and tolerance for better co-existence. Let our hearts desire peaceful co-existence. Let our eyes see peace as the essentiality of living.



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03	RC BWEYOGERERE NAMBOOLE \$ 25,720	08	RC KAMPALA DAYBREAK \$ 18,189
04	RC KAMPALA \$ 23,636	09	RC NTINDA \$ 12,906
05	RC KIRA \$ 22,204	10	RC KAMPALA NAALIYA \$ 11,552



Halleluiah! Africans can now become Africa's Donors



BY RTN JOACHIM BUWEMBO

Every language must be having a saying about blessings in disguise or a silver lining in every dark cloud. In mine it is wordy – about a fellow who drags you from sweet sleep to go on some mission and in the morning, you become eternally grateful to him. The English also say that whenever one door closes, others open, but many people waste time hopelessly staring at the closed door and fail to notice the many that have opened as a result.

I shudder to imagine that fellow Africans are going to waste time lamenting at US President Donald

Trump's turning off the aid taps. The man, or his buddy Elon Musk, has even gone ahead and shown how a huge chunk of their aid was not about aid but billions being spent on a spy racket that was even better funded than the legendary CIA. So suppose Africans stop staring at the closed aid door through teary eyes, what open doors will they see?

Before listing some of the opportunities, we need to acknowledge that it is going to be painful at first. But a lot of good comes from justifiable pain, and anyway if you cannot feel pain then you are dead, aren't you! For example child birth is a very painful process, so

we men are told, but imagine the joy that comes from it! A medical injection is painful and surgery even more painful after the anesthesia wears off. The romantically inclined know the pain of being ditched, and the gratitude that comes with the realization that it is what made the entrance of a truly worthy partner possible.

The cutting of foreign aid

can possibly best be compared to kicking off an addiction. Imagine a junkie suddenly being taken into rehab! Even death from sudden withdrawal or by suicide is possible if the process is not well managed. But there is a good old saying that the best way to kick a habit is by replacing it with another habit. And that is what Africans need to do about aid dependency – find an alternative to depend on, and that alternative is us Africans ourselves.

Let us look at the options available to a country we in 9213 know best – Uganda.

1. Health is one sector which receives a lot of aid in form of medical supplies. But as the old saying goes, prevention is better than cure. If he who was buying your medicines stops, common-sense requires you to reduce chances of your people falling sick. The Ebola threats and the Covid-19 outbreak taught/ proved to us that we are capable of preventing disease transmission. And in the process of adhering to the famous SOPs, we tremendously enhanced health because all the

“

Summary of options:

1. Health
2. Education
3. Infrastructure
4. Agriculture
5. Planning
6. Budget Support

sanitation-related diseases were almost wiped out at the time. And anyway, there is no alternative to disease preventing habits, especially when you cannot afford the medicine. The time to increase our search for cures for disease is now.

2. Education is possibly the costliest item of any average household in Uganda. It is hard to comprehend because we in fact have an oversupply of people who have acquired the knowledge that needs to be passed on to the young ones. Why then is it so costly to the extent that most parents are stressed at the time of schools reopening? The best memories most people who attended school a few decades ago have are learning from student teachers on teaching practice. Yet these people were not earning a penny at the time they were making lasting impressions on the learners. In any case, teachers' salaries do not constitute the biggest item on a school's budget. In fact, the most expensive private schools are recently being exposed for the miserable wages paid to their teachers. So, children can be even better taught without raising the remuneration bill and do not have to be worse taught by reducing the school fees charges. What is required is the education sector managers to exercise their policy making and planning brains.

3. Infrastructure especially roads, dams and sometimes even buildings are a

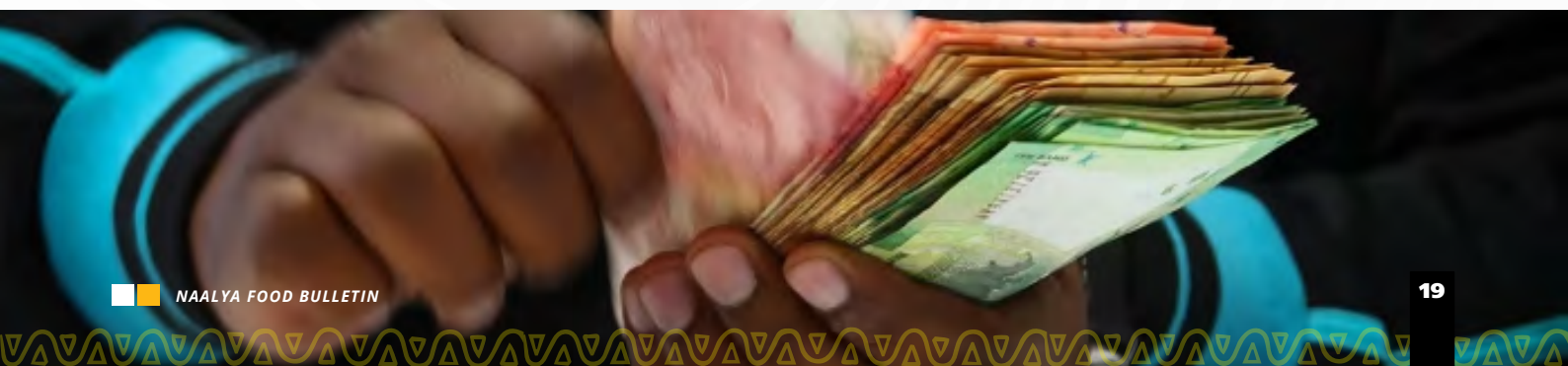
huge cost and debt driver. Yet construction materials are found in the country, belonging to the government whether under private or public land. For roads, even the tar (bitumen) no longer needs to be imported, as it is the cheapest outcome/ component of oil drilling. If it is equipment that is not available, it can be bought and if it is engineering skills that are lacking despite a century of training since Makerere opened as a technical institute in 1922, then they should be acquired elsewhere.

4. Agriculture being the biggest employer and in which the country has the highest comparative advantage should not be allowed to fail, for that means setting the entire economy up to fail. The sad reality is that (commercial) agriculture was thriving better half a century ago. It was a major source of industrial input and indigenous knowledge was blending well with foreign acquired skills. There is enough knowledge for the sector to become more productive and better paying to the majority of our people who would constitute a bigger market to support industrial growth. With every child expected to be in school, one wonders what genius it would take to ensure that each child can eat an egg or drink a cup of milk daily, instead of seeing thousands dropping out due to lack of lunch money!

5. Planning should be at the base of all economic programs. As the saying goes, "failing to prepare is preparing to fail". People have been acquiring degrees in economic planning since before independence. Is it then time some courses got scrapped for lack of evidence of their being taught? Should nations that cannot plan and think for themselves even have a right to continue existing?

6. Budget support is another big item from external donors/lenders. But what is budget support and how is it accounted for if not for supporting failure to plan? In any case when budget support from outside is not available, should governments budget to spend more than what they can raise? Much of the Macro Economics Africa has been practicing is what is passed down from the donors. So when the donors don't donate, why continue with the prescription they no longer support?

As donor support starts drying out, Africa should do well to look at the Asian countries that decided to chart their own course, to learn how they did it. But in whose favour had Africans thought external planners plan in the first place?





Rotaractors Creating Lasting Impact in Kalerwe



BY RTN HADIJAH NANKANJA

After a brief hiatus from the club due to health challenges, career commitments and life happenings, I am slowly gaining my ground one step at a time. When my President called asking who could be available for the Induction ceremony of our Rotaractors, I answered. I warmly welcomed a new cohort of Rotaractors into the fold, reaffirming our collective mission of service and youth leadership to the Rotaract Club of Kampala Naalya.

Our youngsters also known as the “Chefs” are impacting communities in the true spirit of service above self. During

the induction ceremony, I pledged to donate books to their flagship project Suubi mu Kalamu, for four to eight year old pupils and indeed delivered.

A day was set by past president Azikuru Christine Baako and we met with school management to deliver the books. One of the most pressing challenges faced by Kalerwe Parents School a beacon of Education in the Kalerwe slum area with over 250 pupils has been drainage. During the rainy season, floods made learning nearly impossible.

The “Chefs” have completed construction of standard wall fence, which diverted water to the main drainage system, preventing flooding and ensuring a safer environment for pupils. In return the school management installed a secure gate and to tell you the truth, Ms. Christine thought we had the wrong address! The excitement was tangible and she could hardly believe her eyes! This is what true impact looks like. Rotaractors are not just

volunteers; they are changemakers, building sustainable solutions for communities in need.

In closing, practical support to address real challenges truly builds resilience in our communities. The School Head Teacher shared an inspiring lesson: by learning to control water during a downpour, closing all openings and reopening them just a few minutes after the rain stops. Staff members have turned a challenge into a manageable routine.

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Our youngsters also known as the “Chefs” are impacting communities in the true spirit of service above self.

This simple yet effective strategy embodies the adage, “when life throws you lemons, learn how to make lemonade.” It’s a testament to how creative, hands-on solutions empower communities to not only withstand adversity but to thrive in its aftermath.

Rotaractors creating lasting impact in Kalerwe





Fun Facts

Was “Saved by the Bell” Born in Boxing or Burials?

Have you ever found yourself in a sticky situation and then, just in the nick of time, something happens to save you?

You might say you were “saved by the bell.” This popular phrase is often used to describe a situation where someone escapes trouble or avoids an unwanted outcome at the last possible moment. But where did this expression come from, and what does it really mean?

The phrase “saved by the bell” has an interesting history. One popular theory suggests it originated from the world of boxing. In a boxing match, if a fighter is struggling and the round

ends, the ringing of the bell signals a temporary reprieve. The fighter is “saved” from further punishment, at least until the next round begins. This makes sense, as the bell literally saves the boxer from immediate danger.

Another theory, though more of an urban legend, is that the phrase comes from the 19th century when people were sometimes mistakenly buried alive. To prevent this horrifying mistake, a string was tied to the wrist of the person in the coffin, connected to a bell above ground. If the person woke up, they could ring the bell and be “saved.” While this story is intriguing, there’s little evidence to support it.

Regardless of its origins, “saved by the bell” has become a part of everyday language. It’s often used in schools when a student is about to be called on by the teacher, but the class ends just in time. Or perhaps during a meeting, when a difficult question is about to be asked, and the session concludes before it can be addressed.

In any case, being “saved by the bell” is a relief, offering a moment of escape when you need it most. So, the next time you find yourself narrowly avoiding trouble, you can thank the bell for its timely intervention!



Afrigo Band to Headline Cultural Fusion Night at Rotary District Conference in Jinja

Rotarians attending the upcoming District Conference in Jinja are in for a musical treat as the legendary Afrigo Band is set to perform on April 10, the second night of the conference. The night, organized by the Eastern Corridor Clubs, promises to be an unforgettable experience, blending culture, music, and the majestic beauty of the Nile.

With the theme “**The Feel of the Nile,**” the evening will celebrate the rich cultural heritage of Uganda and the region. The dress code, Cultural Fusion, encourages attendees to showcase their diverse backgrounds through creative and vibrant attire, reflecting the unity and diversity of Rotary.

Afrigo Band, Uganda’s longest-standing and most iconic musical group, will set the stage ablaze

with its timeless hits and electrifying performances. Known for their ability to transcend generations with their music, the band will create an atmosphere of joy, nostalgia, and celebration, ensuring Rotarians dance the night away.

As part of the District Conference’s social highlights, this evening will provide a perfect blend of entertainment and fellowship, reinforcing Rotary’s spirit of togetherness while celebrating Uganda’s musical and cultural heritage.

Rotarians and guests are encouraged to embrace the theme, dress the part, and prepare for an exhilarating night of rhythm, culture, and camaraderie by the Nile.

This is a night not to be missed!

The time to throw away an apple for a kiwi after a single bite is over

BY RTN. DENIS JJUUKO



We are living in a world where digital maps have become so essential. A tap on the app on your smartphone, like Google Maps, would tell you the route to use from one place to another, showing you the amount of time required per transport mode. When it comes to road transport by car, you will even see in real time whether there is traffic jam or not.

These apps are not without challenges. Sometimes they can take you through a back route or recommend roads that long closed depending on how the mapping was done. Nevertheless, these apps are really handy.

“
African economies will have to stop behaving like a rich man's child who eats an eighth of an apple before throwing it away to eat a kiwi.

However, even when the app or even people direct you to wherever you are going, if it is a government of Uganda facility such as a local government office, there is usually one significant indicator that you have arrived.

And it is the number of vehicles and equipment rotting in the compound. Some of these vehicles and road construction equipment look new or still in fairly good conditions where they may have needed some minor repairs.

It talks a lot about wastage. If we can't repair or maintain

vehicles and equipment, maybe they should be sold off before they are declared scrap so government can get some money back. Or if the project for which

some of the equipment is intended isn't ready to be implemented, there is no need to procure the equipment in the first place.

And it isn't just vehicles and road construction equipment only that these are the ones that welcome you to a government facility. If you enter the building, depending on what they do, there will be equipment being neglected. If it is a hospital, it could be some laboratory or theatre equipment. A computer that has been abandoned. Chairs that are repairable but being piled in a corner somewhere and providing 5-star residence to rodents.

Then meetings don't start on time or rescheduled without informing those who are supposed to participate. One drives hundreds of kilometers only to be informed on arrival that the meeting won't be taking place some times for flimsy reasons such as taking

children back to school. Time and money wasted, which means that something that was supposed to be done will have to wait. Sometimes the waiting takes years. If you have a non-political case in court, you know what I mean.

This *modus operandi* of some of government officials is going to face its limits. We have learned that the United States that funds a lot of government activities or those of NGOs that compliment government efforts has announced a review of its foreign aid for at least 90 days. It is not clear what will happen after or within 90 days but life may not be the same again especially for ordinary folks without the resources for example to buy lifesaving drugs. Three months is a long time when you need a pill a day to survive. It is not clear that Europe won't do the same.



The value chain of foreign aid in Africa is significant and affects almost everyone without access to the public till.

It is not only people who depend on the services offered through aid such as antiretroviral drugs that will suffer. Businesses will close. Hotels that survive on NGO workshops, Nasser Road printers that rely on NGO work, transporters taking staff to the field, consultants and researchers and lots more will face it rough. The value chain of foreign aid in Africa is significant and affects almost everyone without access to the public till.

African economies will have to stop behaving like a rich man's child who eats an eighth of an apple before throwing it away to eat a kiwi. They will have to understand that if they throw away the apple after a single bite, there will be no other fruit to eat. In fact there will be nothing else to eat.

It is time African governments realized, like a child who was throwing

away the apple for a kiwi, that their father was simply a beneficiary of some benevolent man and that man has decided to cut off the flow of funds. Going to school is no longer possible by chauffeured SUVs. It is time to join the rest of the kids to walk to school or beg to occupy the *kameeme* — space behind the driver in the vans that work as commuter taxis in Uganda.

Many people can't afford that adjustment but there is no choice. It is time we stopped the wastage, nipped corruption in the bud, developed and implemented policies that enable the private sector to thrive and wean ourselves of foreign aid.

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





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Family Matters



BY **PASTOR RONNIE MUTEBI**

Proverbs 22:29 (KJV): Seest thou a man diligent in his business? he shall stand before kings; he shall not stand before mean men.

A DILIGENT MINDSET

There are laws that govern life patterns. I have heard some people complain about the kind

of people around them. They claim that everyone they deal with seems to take advantage of them or rob them in one way or another.

This should not be so. The nature of the people around you often says a lot about your own character.

If a man is diligent, he stands before kings. This means that diligence attracts certain kinds of people into your sphere of influence and this will spread to all your dealings

However, if you fail to cultivate the mindset of diligence, you may find yourself surrounded by people of questionable character.

If you are wondering how to develop diligence, here is an important pointer: One of

the fundamental pillars of diligence is self-discipline. Learn to tame yourself and exercise self-control in key areas of your life, such as managing time, your appetite, relationships, attitude toward learning and knowledge, and even sleep.

When you live by the principles of diligence, even the nature of your inner circle will begin to change.

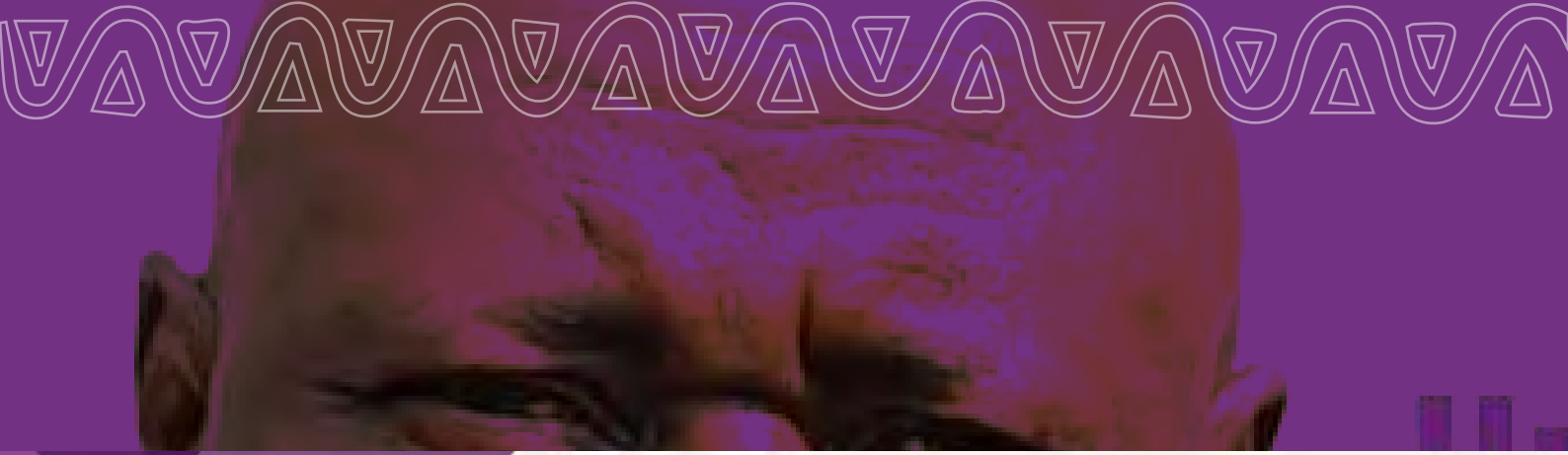
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When you live by the principles of diligence, even the nature of your inner circle will begin to change..

Take Home:

Diligence attracts certain kinds of people into your sphere of influence. However, if you fail to cultivate a mindset of diligence, you may find yourself surrounded by people of questionable character.

IT TAKES DISCIPLINE TO BE DISCIPLINED.



Rotary
Kampala-Naalya



Humor, Love and Harmony: Communication Insights That Connect us All

Rtn Peter Simon Nyanzi
Communication Trainer

Ndere Cultural Centre

February 11, 2025 7 p.m.

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Last week's fellowship



Ocean Sounds

BY RTN PAMELA KAWADDWA

**Seated by the ocean shores, lights dime
Only listening to the sounds of the ocean
Nature calling out to humanity
Waves from the far east meeting the
western waves, and out of their hugs, a
beautiful sound comes out.**

A sound that reminds me of how sovereign
God is. How did he call to life such a
creation?

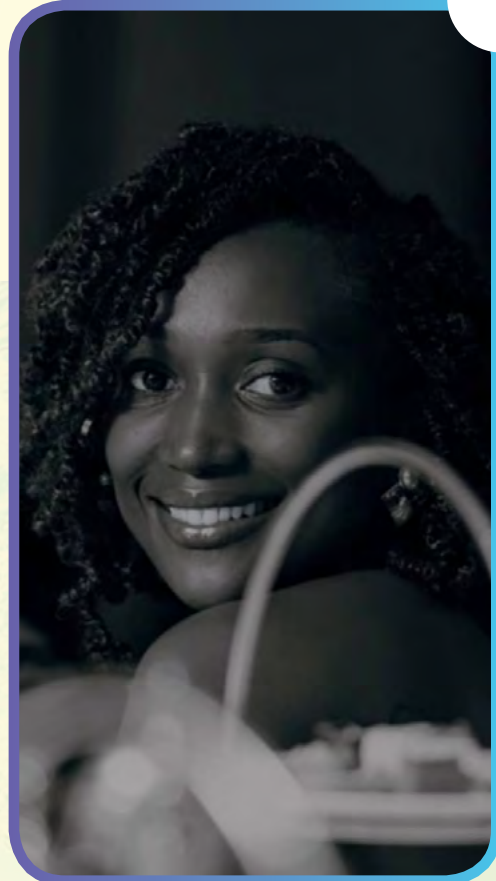
Sipping of my native cold cider beer,
smiling in the inside and thinking to myself,
"There is no greater life investment as
creating moments.

I sank into the present, pulling my busy
mind to calm, silencing all the noise from
the demanding world and deciding to soak
myself into this naturous moment as I
count my blessings one by one...

Such life moments are what I live for!

Till again,

Phwy





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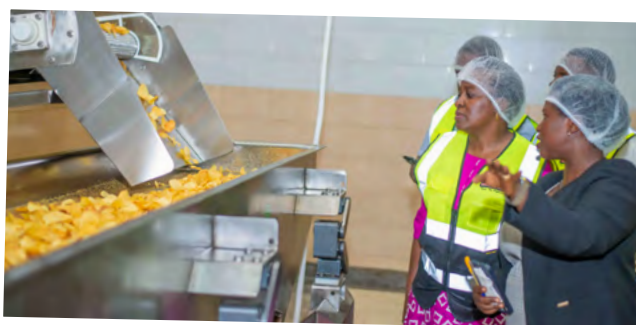
Visit to RC Wobulenzi



Visit to RC Bujuuko Kireka



Visit to Psalms Industries



Visit to RC Nakasero Central



Visit to RC Mbalwa





Rotary
 Club of Kirinya Bukasa





DISTRICT GOVERNOR'S VISIT

Governor Anne Nkutu


Wednesday
12th Feb. 2025


5:30 pm
EAT


REDSOX HOTEL
 KIRINYA BUKASA





Rotary
 Bweyogerere Central



DG'S OFFICIAL VISIT

Date:

14TH.FRI
FEB.2025

6:00PM

Venue:

UNIQUE HOTEL
 BWEYOGERERE



DRESSCODE IS BLACK & WHITE



DG's trail this week

Rotary

District 9213

DISTRICT
GOVERNOR
ANNE NKUTU

WEEKLY SCHEDULE

SUN 10 FEB - SAT 15 FEB 2025

10
FEB

DG's Official Visit to RC Kasangati

Kasangati Resort Center
6.30p.m.

12
FEB

DG's Official Visit to RC Kirinya Bukasa

RedSox Hotel
7.00p.m.

13
FEB

DG's Official Visit to RC Bugolobi

City Royal Hotel, Bugolobi
7.00p.m.

14
FEB

DG's Official Visit to RC Bweyogerere Central

Unique Hotel, Bweyogerere
6.00p.m.

15
FEB

Magic Presidents' Retreat

Jinja

Rotary District 9213



Assistant Governors' Retreat



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Dennis Osikol



Efrance Nakitto



Evelyn Mulinda



Francis Lubuulwa



Hadijah Nankanja



Stephen Kakonge



J.P. Kadima



Stephanie Gacukuzi



Brian Mayanja



Barbara Ninsiima

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