

Naalya Food Bulletin

18th February 2025

Rotary
Kampala - Naalya



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120 Years of Service



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Seeking a life
of Peace

RC KAMPALA - NAALYA



SCAN TO LEARN MORE

EDITOR'S NOTE



Dear Friends,

I am delighted to announce that the Women In Rotary event is around the corner, March 8, 2024 have you secured your ticket?

This remarkable event reflects the dedication and collaborative efforts of members in advancing Rotary's mission.

Save the date and join us as we Celebrate Women and their role in Rotary.

I also encourage you all, with content that you would want to be carried in the weekly Bulletin to always submit it to the Editorial team by Friday.

To members who have consistently sent in articles, thank you.

Enjoy this issue and have a peaceful week

Keno Lillian - Bulletin Officer

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Feedback

We'd love to hear from you about any of our stories this year 2025. Contact the Bulletin Officer: **+256 782 601 009** or Email **rcklanalyafoodbulletin@gmail.com** or **tap on the buttons** below



Tap to send us a What's Up!



Tap to visit the Club Website



President's Message

RTN SYLVIA JAGWE OWACHI
Club President 2024-2025



Dear Rotarians and Friends,

In Rotary the month of February is dedicated to Peace and Conflict Prevention Resolution. Peace across the World and around us remains so fragile with quite a number of ongoing conflicts and new ones emerging.

One major cause of conflict is poor communication. For our meeting last week our very own member Rtn Peter Simon Nyanzi gave us tips on communication how to use Humor, Love and Harmony to connect.

I must say it was quite interesting to be reminded of several tips of good communication such as Always remember the greatest pronoun, "it", Always mind the message in whatever you do or say,

when to use the disarm technique and the inquiry technique, the importance of mastering your emotions and minding your body language and when upset to use more "I" than "You" statements. These may seem easy to do however when not put into practice may be a trigger to conflict.

“

**...our club
will be
hosting the
10th edition of
the Women in
Rotary event
on Women's
day 8th March
2025”**

This weekend the district organized a retreat for the Magical Presidents in Jinja. It was a weekend well spent sharing experiences and bonding with other Presidents. We also celebrated our successes and reminded ourselves of what needs to be

achieved in the remaining 4 months especially around the goals.

The District Governor in her closing remarks shared lessons learnt from her guerilla tracking experience equating them to the

presidency journey such as building a support team, understanding each is running their own race and has their own strength, the importance of perseverance and resilience whilst remaining focused on the end goal of finishing the journey.

There are quite a number of upcoming events and I wish to remind you that our club will be hosting the 10th edition of the Women in Rotary event on Women's day 8th March 2025. We will engage in an insightful panel discussion on Accelerating Action: Empowering Women in Communities and award outstanding Rotarians. Please plan to be there. For our meeting this week we will host Advocate Sheila Birungi who will take us through Myths Facts and Truths about writing your will. Looking forward to the insights and deliberations.

Please feel free to join us and enjoy the rest of the Bulletin.

Be Blessed!!



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Environmental Advocate Sheikh Abdul Aziz Al Nuaimi to Speak at 9213 District Conference

BY RTN SYLVIA NANKYA

Sheikh Abdul Aziz Al Nuaimi, popularly known as The Green Sheikh, will deliver the keynote address at its upcoming District Conference in Jinja.

The Keynote address scheduled for **Thursday, April 10, 2025**, will highlight Rotary's legacy of service in Africa while focusing on sustainable development and environmental stewardship.

Sheikh Al Nuaimi is a prominent environmental advocate and a member of the Ajman royal family in the United Arab Emirates. He serves as the Environmental Advisor to the Ajman government and has been recognized globally for his efforts in promoting sustainable practices and environmental conservation.

Educated in Chemical and Petroleum Engineering, Sheikh

Abdul Aziz furthered his studies with a Master's in Environmental Management and a PhD in Clean Production and Industrial Ecosystems. He has dedicated over 25 years to collaborating on issues related to humanity, global peace, cooperation, and environmental stewardship.

His philosophy is deeply rooted in the teachings of Islam, emphasizing that humans are stewards of the Earth and accountable for its care. He aims to inspire individuals across all demographics to unite in protecting natural resources and preserving the planet for future generations.

Beyond his advisory role, the Green Sheikh is a transformational leader and global campaigner, recognized worldwide for his high social and environmental impact activities. He has inspired individuals and

organizations worldwide to adopt environmentally responsible practices.

The Rotary District 9213 Conference will feature a diverse program, including networking opportunities, interactive discussions, and workshops aimed at addressing critical societal challenges.

This year's theme, "Over a Century of Rotary Service in Africa," promises to honor Rotary's enduring legacy while spotlighting innovative approaches to community development and environmental conservation.

Participants are encouraged to register via discon.rotaryd9213.org to secure their place at this landmark event.

REGISTRATION SUMMARY

809 Fully Paid Delegates	136 Partially Paid Delegates	715 Zero Payment Delegates
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FULLY PAID DELEGATES

727 Rotarians (358M / 369F)	70 Rotaractors (29M / 41F)	12 Guests (2M / 10F)
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PARTIALLY PAID DELEGATES

80 Rotarians	56 Rotaractors	0 Guests
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You are reminded!

ONLY 10 DAYS LEFT to the end of the Discon 100 Regular/ Mid term Registration

After 28th February, DISCON rates will go up by 50\$ for Rotarians and Rotaractors. Rotarians will then pay 300\$ and Rotaractors 200\$

BUT, why pay more when you can pay less now?

Simply tap on the link below and pay when the midterm / regular DISCON 100 offer still lasts.



CLICK HERE TO PAY!



Regular registration window closes on February 28th, 2025.

Rates:

- Rotarians & Guests: **\$250**
- Rotaractors & Guests: **\$150**

#100ThDISCON
(Official Hashtag)

RI president-elect speaks about the power of Rotary's members

BY ETELKA LEHOCZKY

Rotary International President-elect **Mário César Martins de Camargo** asked members to Unite for Good by embracing growth, service, and connection as he outlined a plan to expand "the best-qualified team of volunteers on the planet."

"Rotary's greatest asset is not our history, our projects, or even our unmatched global reach. It is our members," de Camargo said at the organization's International Assembly in Orlando, Florida, USA, on 10 February.

He noted praise from one of Rotary's partners about "the extraordinary dedication" of Rotary members. "That recognition from an outsider deepened my understanding: Rotary's greatest gift to the world is its people."

De Camargo, a member of the Rotary Club of Santo André, São Paulo, Brazil, emphasized the importance of seeking out new perspectives and strengthening Rotary's service to communities around the globe. He outlined three "essential pillars" for growth: innovation, continuity, and partnership.



Innovating while also building a consistent legacy

Noting how quickly the world changes, de Camargo urged members to innovate.

"Technology, social expectations, and economic conditions evolve constantly, and Rotary must evolve with them," he said. "Innovation is how we adapt to this changing world."

One important way to do this, de Camargo said, is by embracing and promoting a variety of club models. Satellite clubs, cause-based clubs, enterprise clubs, and passport clubs offer people different ways to experience Rotary.

Noting that his wife helped charter a satellite club with nearly 50 members, he said, "Future Rotary members are out there. We must meet them where they are."

De Camargo also emphasized the importance of leadership continuity and said he observed its benefits during his extensive travels in the past 18 months. Districts thrive, he said, when governors build on their predecessors' efforts, ensuring that programs and strategies continue without interruption.

He cited an effort to build wells in Nigeria, an initiative in Pakistan that helped people affected by devastating floods to find a better future, and a Rotary grant-funded program in India where children get lifesaving care.

"Continuity is not about uniformity; it's about alignment," de Camargo said. "When district leaders work together, envisioning Rotary beyond their 'governor year,' they set the stage for long-term success."

The Power of Partnership

Rotary members working alone can achieve great things, de Camargo said, but collaborating with others makes it possible to change the world.

He noted that Rotary's historic effort against polio has been undertaken with partners such as the Gates Foundation, the World Health Organization, and UNICEF. Without these partners, de Camargo said, Rotary couldn't have had the same impact.

He suggested exploring other kinds of partnerships to attract members and revitalize clubs.

Partnering with business associations, professional organizations, and academic institutions can help Rotary attract members while embracing diversity in professions and perspectives, he said. *"By reaching out to professionals who share our values of service and engagement, we can expand Rotary's capacity to do good in the world."*

Ultimately, de Camargo said, all of Rotary's achievements and growth depend on members. By focusing on attracting and retaining them, Rotary can renew its strength as well as its ability to create

change in communities for years to come.

"In a world often divided, Rotary stands as a beacon of unity and hope," de Camargo said. "Our projects bring together people of all races, religions, genders, ideologies, and economic backgrounds, uniting us in a shared purpose: to do good in the world. ... Let's build a Rotary that unites for good and ensures a brighter future for all."



Rotary



RI Assembly - Orlando, Florida





Rotary's Legacy of Peace: 120 Years of Service and a Future of Possibilities

As Rotary celebrates its 120th anniversary and marks February as Peacebuilding and Conflict Prevention Month, we reflect on its enduring commitment to fostering peace worldwide.

From its early days advocating for international understanding to its modern-day peace initiatives, Rotary has remained a steadfast force for good.

The Rotary Action Group for Peace (RAGFP) stands as a testament to this legacy, uniting Rotarians in the pursuit of a more peaceful world.

A Journey Through Peace Milestones

Rotary has played a critical role in global peace efforts. Some key milestones include:

- **1917** – Rotary International President Arch C. Klumph proposed an endowment fund, which became The Rotary Foundation, dedicated to humanitarian service and peace.
- **1921** – Rotary officially incorporated the promotion of peace into its mission at the Edinburgh Convention.
- **1940** – Rotary's principles shaped the framework for the Universal Declaration of Human Rights at its Havana Convention.
- **1942** – Rotary clubs convened in London to discuss post-war education and reconstruction, laying the groundwork for UNESCO.
- **1945** – Rotary participated in the United Nations charter conference, providing 11 official observers.
- **1985** – The launch of PolioPlus, Rotary's largest global initiative, significantly advanced health security and peace.
- **1992** – The world's first Rotary Peace City was established in Wagga Wagga, Australia.
- **1999** – The Rotary Peace Centers program was developed to educate leaders in peace and conflict resolution.
- **2002** – The first class of Rotary Peace Fellows began their studies.
- **2012-2015** – Rotary hosted multiple Peace Symposia and established key partnerships for global peace efforts.
- **2017** – Rotary International partnered with the Institute for Economics and Peace, emphasizing positive peace.



- **2018** – Rotary Peace Fellow alumni surpassed 1,000, working in over 100 countries.

Milestones from 2019 to 2025

The years following 2018 have seen even greater strides in peacebuilding:

- **2019** – Rotary launched the Positive Peace Activator Program, training peacebuilders globally.
- **2020** – The Rotary Peace Fellowship expanded to include an additional certificate program in Makerere University, Uganda.
- **2021** – Rotary announced the seventh Peace Center at Bahçeşehir University in Turkey.
- **2023** – Rotary’s partnership with the United Nations marked 75 years, reinforcing global collaboration for peace.
- **2024** – Rotary surpassed 1,600 Peace Fellows, with alumni impacting over 130 countries.
- **2025** – The Rotary Action Group for Peace continues expanding its reach, connecting peacebuilders in over 100 countries.



The Future of Peacebuilding in Rotary

As we look forward, Rotary’s role in peacebuilding will only grow stronger. With new initiatives, expanded partnerships, and innovative programs, Rotary remains dedicated to its mission of creating a more just and peaceful world.

The Rotary Action Group for Peace invites all Rotarians and peacebuilders to engage in this journey—whether by supporting Peace Fellowships, participating in peace projects, or simply fostering goodwill in their communities.

As we celebrate 120 years of Rotary, let us reaffirm our commitment to peace and service. Together, we can continue making a difference for generations to come.

The 7 Secrets of Harmonious Communication



BY RTN PETER SIMON NYANZI

Last week, I was asked to speak to our fellowship on the topic, 'Humor, Love and Harmony - Communication Insights that Connect us all' as part of Rotary's February theme of 'Peacebuilding and Conflict Resolution.'

As we all know, Rotary International has been credited for being one of the biggest contributors to global peace over the decades. I told my audience that a loving, peaceful and harmonious world results from peaceful and harmonious communities. Harmonious and peaceful communities don't just happen; they are a consequence of harmonious and peaceful

personal relationships.

True love and peace start in homes and in individual hearts! For that reason, mastering the science and art of personal communication in human relationship is critical to ensuring a peaceful world where harmony thrives. I love the key term 'harmony,' which refers to a state of being in which different or diverse elements or individuals coexist peacefully, interacting in a cohesive and mutually beneficial way, thus resulting in a state where the whole is more effective or better than the individual parts.'

In music, harmony exists when individual sounds, musical instruments and voices blend together to create a pleasing melody, which is better than the individual instruments or sounds. In a social context, harmony exists when different characters or groups interact with understanding, respect,

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In music, harmony exists when individual sounds, musical instruments and voices blend together to create a pleasing melody...

and cooperation in a way that enables them to resolve or avoid conflict so as to achieve common goals.

Proper interaction through communication is therefore critical to ensuring a loving, peaceful and harmonious

state of being for mutual benefit. Communication is the mortar that holds the brickwork of human relationships together - family, work, community, national, up to global level. It's the most important contributor to a peaceful and harmonious world.





People who can be described as great leaders, lovers, neighbors, bosses, team players, have mastered these seven secrets of harmonious communication:

1. The Greatest Pronoun

I asked people to mention the most important pronoun in human relationships. The majority mentioned 'I' and 'we' as the most important pronouns in human relationships. Many countries, organisations, families, and relationships are struggling because everything is all about 'I.' "If it doesn't make me or us happy then I/we can't tolerate it!" Rather than 'I' and 'we,' I think the greatest pronoun is 'It' - the common goal; the vision; the marriage; the relationship; the work; the project; the assignment.

Leadership guru Simon Sinek wrote a book titled, '*Start with Why*,' which explores the importance of understanding your purpose and values. When you come to grips with the 'why' of Rotary or your company or your relationship,

it stops being a chore. You will start having fun. You won't care too much whether you're right or wrong; your focus would be set on the bigger vision, the assignment and how it must succeed at all costs.

2. Mind the Message

For everything we do or say (or don't do or say), there is a message we're sending out. So, we should be mindful of our intentions, how our messages are conceived (encoded), delivered, and how they might be interpreted/ decoded by the recipient and the consequences. What message are you putting across? If your words to a colleague are rude or discourteous, you're sending a powerful message. If you promise to send a reply but you 'forget,' you're

sending a message. So, it's always important that your words and actions match the messages that you're sending out.

3. The Disarm Technique

Many of the fights people have in relationships are down to not knowing the appropriate way to respond to criticism or what some

people call 'negativity/ toxicity.' It is only normal that people will criticize, insult, or even ridicule you. But like someone said, it's not what people do or say that matters; it's how you respond or react to it that matters. The more effective way to deal

with criticism or negativity is to take the wind out the person's sails by agreeing with them. The 'Law of Opposites' states that 'unlike

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In music,
harmony exists
when individual
sounds, musical
instruments and
voices blend
together to create a
pleasing melody...

poles attract.' It is sort of counter-intuitive. For example, if your boss barks at you saying the report you did is 'bogus,' the normal reaction would be to get angry.

However, a more agreeable response would literally disarm him. For example, you could say, "True, I also felt there was something amiss. I'm okay with hearing your suggestions for making it better."

In brief, arguing with a critic never works. It can only escalate into a fight.

4. EQ trumps IQ!

Emotional Quotient (EQ) is defined as the self-awareness and ability to manage your own emotions and to understand or appreciate the emotions of others in an effort to overcome challenges and defuse conflict in relationships. EQ is critical to building strong and mutually beneficial relationships. In every situation, acknowledge your emotions and appreciate the emotions of others. Say, "Please calm down." Everyone wants to feel cared for and appreciated. Why insist on provoking someone who is already visibly irritated? Someone once advised people never to make an important decision when extremely happy or angry.

5. I Comes Before You

Many of us were socialized to respond to uncomfortable situations with the accusatory 'You' - "You're an idiot," "You're wrong," "You never listen to me," etc. Naturally, 'You' statements will most likely elicit a defensive if not a vengeful response. For harmonious communication, 'I' statements are preferred to 'You' statements. So, instead of saying, "You're wrong," it is better to say, "I think I am being misunderstood." Instead of "You're a selfish and disrespectful man!" say, "I feel disrespected, frustrated, disappointed, hurt, etc." It always works wonders because no one can argue against how you feel.

6. The Inquiry Technique

Another useful tactic is to learn how to ask probing questions to enable the other person to open up. Ask, "Does my point make sense?" "You seem to be uncomfortable, did what I say upset you?" "Is there something I can do to make things easier for you?" "Am I being too hard on you?"

7. Learn a language called 'Bola'

'Bola' is short for 'body language.' Facial expressions, posture, gestures, tone of voice, can communicate subtle messages and decoding them can help you to determine how to communicate appropriately. Non-verbal cues like eye contact, smiling, touch, tears, can create a sense of rapport and understanding. Because much of 'Bola' is subconscious, it tends to be more genuine and revealing than our carefully chosen words. The best communicators are those that have mastered the art of communicating using *Bola* and reading it in other people.

To sum up, laughter/ fun, love and communication are the mortar that holds all human relationships together. Investing in learning to communicate effectively is the most important contributor to a peaceful and harmonious world.



Myths, Facts and the Truth about Writing your Will

Birungi T. Sheila
Advocate



Ndere Cultural Centre



February 18, 2025 7pm



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Rotary Club of Kampala Naalya

Rotary IT Fellowship and RAG-CED Launch *Second Cohort of Cybersecurity & AI Foundation Courses*



BY **Rtn SYLVIA NANKYA**

The Rotary IT Fellowship and the Rotary Action Group on Community Economic Development (RAG-CED) have announced the second cohort of their Cybersecurity and Artificial Intelligence (AI) Foundation Courses, set to begin on March 3, 2025.

The training program is designed to equip learners with critical industry skills in cybersecurity and AI, offering structured learning at three levels: Foundation, Core, and Advanced.

The Foundation Level, which is currently open for enrollment, provides essential knowledge and hands-on experience in both fields, preparing participants for higher levels of expertise.

Course Details

1. Cybersecurity Foundation Course

Duration: 25 hours

Fee: USD 100

Topics: Network security, cryptography, cyber threats, and defense strategies

Hands-on Project: Securing a Small Network

2. AI Foundation Course

Duration: 25 hours

Fee: USD 100

Topics: Python for AI, machine learning, neural networks, and AI ethics

Hands-on Project: Building a Simple AI Model

The courses are offered at a charitable subsidized price through the Microfinance Empowerment Foundation, making high-quality technology education accessible to more learners.

How to Register

Interested participants can sign up through the official registration link. More details are available at www.itrotaryfellowship.org.

A Call to Rotary Clubs

The District 9213 Secretariat has encouraged all Rotary and Rotaract Clubs to have

at least one member actively engaged in a Rotary Fellowship and a Rotary Action Group as part of the district's Membership Engagement Strategy.

For further inquiries, contact:

PDG Rosetti Nabbumba –
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Rtn Rakesh Babuji
(President, Rotary IT Fellowship) –
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Rtn Gomathy Manickam
(Secretary, Rotary IT Fellowship) –
secretary@itrotaryfellowship.org

This initiative presents an opportunity for professionals, students, and technology enthusiasts to gain expertise in two of the most in-demand fields globally—Cybersecurity and AI—while fostering Rotary's mission of lifelong learning and community development.



Seeking life of Peace

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

Desire of everyone is life of peace. Obstacles are encountered in life by everyone. Only that the weights differ. But every obstacle comes with its graduation scale. How one uses the scale to build his/her resilience is the challenge. Some use it as an opportunity to season themselves for growth or develop new insights into the realities of life.

It is very easy to think that people who seek peace are those in war zones or bear refugee status wherever they are. Unknowingly, many people seek peace at different levels, in different status and in different circumstances. Where there are no mechanisms or where

mechanisms and systems are inadequate to help people build mindset that overcome obstacles and enable peace to



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**As Rotarians,
let seeking
peace begin
with us having
peace and
appreciating its
pricey value.”**

be nurtured, nourished and flourish, many people remain seeking life of peace. It can be in homes, communities, clubs, work places or in relationships.

Creating conditions that give justice to everyone and for rightfully

being appreciated and accepted is very essential. At all times, by human nature, differences will be there. Hence, conflicts

are part and parcel of these differences. People cannot always be uniform in everything. If it was so, then humanity loses its beauty. The beauty of nature is that there should be differences to draw choices from and have appreciation. Perhaps, the world would be a boring place without varieties of shades of differences. Instead, these differences should be used for the betterment of the world. Because of the human beings' exploitative tendencies and fighting to have it all have turned these differences into points of generating conflicts.

You don't need to be an expert of peace to start advocating and instilling peace. All of us, in one way or another, are enablers and facilitators of peace. Having peace has no formula to follow but it bears ingredients. Right at the individual level, there are ingredients that breed and sustain peace. Likewise at community, country and global levels, there are ingredients.

Every setback in seeking



for peace has roots in not recognizing and adhering to ingredients of peace. Peace is not in a vacuum. There are anchors for it. For instance, Rotary as an organization has created and continue to create anchors for peace building. The Peace Centres are some of the anchors of peace rotary has established. These institutions enable the highlighting of the differences, and instilling knowledge and skills on how to handle and appreciate the differences. So, as a Rotarian, when you are called upon to contribute to supporting these Peace Centres, do so very willingly.

It is a challenge to turn around differences in us and live with them in harmony. With a will, it is possible to use differences to score victories that benefit all parties. Some conflicts seem complex yet all parties involved in it know that peace is good. If only they can realize that they can save their losses as fast as they start conflicts.

Protocols, conventions, laws, policies and regulations are

in place through which people seek peace. However, these need to touch the hearts of parties involved in peace seeking. Seeking for peace goes with a touched heart. Stony hearts evade peace. It goes with you asking yourself, what does it feel to be a peace advocate, hero?

Rotarians, let seeking peace begin with us having peace and appreciating its pricey value. Let us use the information we have got from rotary on peace and conflicts for the betterment of ourselves, our families, our communities, our country, and our human race. Let us appreciate our differences and live in harmony with each other.

**Keep lifting up
human spirits that
seeks peace. May we
communicate peace,
meditate peace,
connect with peace
and contribute peace.**



RC Kampala Naalya's Impact on the Bandera School Program



BY RTN FATHILA NANOZI

At Bandera Farmers Network International, we continue to be deeply grateful for the unwavering support of the Rotary Club of Kampala Naalya towards our Bandera School Program.

Through the generosity of its members, the club has played a crucial role in ensuring that children in both primary and secondary school have access to education.

The impact of this support goes beyond just paying school fees it is giving hope to vulnerable children, many of whom had

dropped out due to financial hardships.

Thanks to the Rotary Club of Kampala Naalya, these students now have a chance to build a brighter future through education.

The Need for Continued Support

While we celebrate these achievements, there is still a great need for more contributions to sustain and expand the program. Many children remain in need of sponsorship, and we invite Rotarians and well-wishers to join in making a lasting difference.

- **UGX 50,000** per term supports a child in primary school.
- **UGX 150,000** per term supports a child in secondary school.

Additionally, we have students in Senior Four and Primary Seven who will require registration fees for their final exams, and we will communicate these details in due course.

Join Us in Transforming Lives



With continued contributions, we can ensure that more children stay in school, complete their education, and gain the skills they need to break the cycle of poverty. Every donation, no matter the amount, makes a real difference. We extend our deepest appreciation to the Rotary Club of Kampala Naalya and its members for their incredible generosity and commitment to education.

Together, we are changing lives, one student at a time!

RC Naalya's Impact on the Bandera School Program





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Fun Facts

Why Call It a “*Storm in a Teacup*”?

As a child, did you ever create a big fuss around the house, involving every family member to help find your missing new toy, only to remember later that you’d left it in your toy box?

That’s a classic example of a “*storm in a teacup*” moment. It’s the situation where you make a big fuss over something minor or trivial. It’s when you blow something out of proportion, literally like a massive storm in a tiny teacup.

According to the Oxford English Dictionary, the term “*storm in a teacup*” has been around since the 1800s, where it was first used in 1838. While

the 1800s might not sound so far back, the idea of the idiom dates way back to 52 BC, where a Roman orator called Cicero had a similar saying, which is “stirring up waves in a ladle.”

Over the years, British authors enjoyed using that term, especially in the Victorian era, and that could be due to its dramatic and exaggerated nature--particularly when you picture an actual storm in a tiny teacup.

As the phrase crossed the Atlantic Ocean to America, it transformed into “*tempest in a teapot*,” perhaps to make it sound better when the first and last words both start with a “t.” However, the phrase kept its meaning; only the storm is situated in a larger container now!

Now, whenever you encounter someone who is blowing things out of proportion, such as a friend making a big deal out of a celebrity tweet or Facebook post, or when a colleague makes a fuss about an office drama, you can always remember “*storm in a teacup*” or “*making a mountain out of a molehill*,” which is another phrase that can be used to explain blowing things out of proportion.

Both phrases remind us to stay calm and put things in their correct perspective.



#OutToLunch

With America freezing aid, Uganda should quickly utilize Shs 14.6 trillion in unused loans

BY RTN. DENIS JJUUKO



It is 10.00am somewhere in Abidjan or Washington. The boardroom is well set up. The temperature is on point, to use Kampala language, and with the press of a button, the microphones become red hot and the giant screen is switched on. In the room, are several government officials from Uganda.

They are meeting executives from the African Development Bank or the World Bank to convince them to lend money to Uganda to implement its various development projects that will improve people's livelihoods and catapult the country to some level

of middle-income status. The Uganda delegation did their homework as exhibited in the colorful spreadsheets, graphs and photos in the presentation. Using persuasive language, the

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According to the Auditor General's report, Uganda's unused loans have jumped 12.95% as of June 2024 to a monstrous Shs14.6 trillion.

Uganda delegation is making an impassioned plea to the lenders to advance the money as soon as possible or else millions of people will become poorer than they are today.

The executives from the lending institutions nod their heads. The Uganda delegation has been impressive. It doesn't surprise

them though. These are some of Uganda's brightest minds. They know their stuff. They are passionate about their country. The only thing missing is money. You know, some people say

money is not everything, it is the only thing! If the money is advanced, the country would indeed consolidate the gains made already over the last few years.

At the end of the question-and-answer session, the lending executives propose a break followed by a breakout session for themselves. The Uganda delegation can wait a bit in the executive lounge as they take in the executive views of the city and catch up with their families and work emails back home.

Within a few minutes, the lenders have made a decision and have called the Uganda delegation back to the boardroom. The Uganda delegation is a bit anxious but they know the loans will be advanced. The lender is also in business, they will be earning interest. The problem is usually on interest rate, loan period and payment terms. Small issues that could be easily agreed upon.

Anyway, in the boardroom, the lenders agree to advance the loan. Terms have been easily agreed upon and with consultation back in Kampala, the agreement will be signed within a few weeks. Indeed, the loan agreement is signed and the lenders advance the money.

All is good for Uganda, right? Not really. And that is where as an ordinary Ugandan you should get concerned. According to the Auditor General's report, Uganda's unused loans have jumped 12.95% as of June 2024 to a monstrous Shs14.6 trillion. Yep, Shs14.6 trillion or nearly US\$4 billion. In the last six years up to June 2024, Uganda has been spending a cool Shs78.2b annually on such loans. That is some Shs469 billion on unused loans.

Yet many infrastructural projects such as roads are stalled because, we are constantly reminded, that there is no money. Projects that would have been completed on time take years because there

is no money yet we have Shs14.6 trillion in some bank vaults waiting for us to collect and pay off contractors.

Suppliers to the Uganda

government have had their assets sold by commercial banks because we have failed to pay their invoices. Their workers have become unemployed. Kids' education has been affected. The suppliers can't be paid but Shs14.6 trillion of loans is not being utilized.

If projects are not ready, why do we go and beg for these loans? At least if we don't

get the loans we are not ready to utilize, we would save Shs78.2b annually, which we would use to work on our projects debt free. How can a poor country be enriching the lenders?

Imagine a businessman who goes and borrows money from a commercial bank and then leaves it there while paying annually to have the money on their account and not utilizing it. And



then that businessman wouldn't stop there, he would still go to another lender in another city and borrow

and leaves the money on account unutilized. Imagine what would happen to that businessman over the years.

Imagine if the Uganda government was a businessman, they would have collapsed already, assets sold on auction and the businessman dead of heart attack or somewhere in intensive care. Even though the Uganda government isn't a typical businessman and can survive for years by borrowing money they don't utilize, it will still affect it and more so the citizens.

With the Americans freezing their aid, it is time the Government of Uganda utilized the Shs14.6 trillion to spur economic growth.

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

“

Even though the Uganda government isn't a typical businessman and can survive for years by borrowing money they don't utilize, it will still affect it and more so the citizens.

...for PP Denis Jjuuko

When the sun sets and shadows fall,
And silence wraps its gentle shawl,
Know that love endures beyond the veil,
In every whisper of the wind's soft trail.

Her voice may no longer grace your ear,
Yet her laughter echoes, bright and clear,
In memories tender, warm, and true,
A part of her still lives in you.

Through every tear that softly streams,
And every night of restless dreams,
May you find comfort in her light,
Guiding you through the darkest night.

Though words can scarcely ease the pain,
Or bring her back to you again,
Hold tight to the love she gave, so grand,
It stays forever, hand in hand.

May peace find you as days unfold,
With her stories in your heart retold,
For love like hers can never die—
It watches over, beyond the sky.

**With love from RC
Kampala-Naalya**

Message from members

Sorry PP Dennis... May mom's soul rest in peace
~ *Matia*

Sad. May her Soul RIP.
~ *Maggie*

So sorry PP Denis. May

mummy's soul rest in peace
~ *Stephanie Gacukuzi*

Ooh DennisSo sorry about the loss of your dear Mum
~ *Sylvia Jagwe Owachi*

Oh Bambi. Nga kitalo nnyo
~ *Francis Lubuulwa*

Ooh diya big bro.. so sorry about the loss.. May mukadde's soul rest in peace.. awaiting details ~ *Pamela Kawaddwa*

Ohhhh dia, it's very unfortunate, Kitalo nyooo PP Denis. Mukama abaagumye. May her soul RIP
~ *Jackie Mutimba*

Ooh so sad indeed PP Denis. Our sincere condolences. May she RIP
~ *CP Francis*

Sad. My sincere sympathies PP Denis ~ *Keno Lillian*

Oh pole sana bro Denis Jjuuko. May you find Comfort in the Lord ~ *JP Kadima*

Sorry about your loss PP Denis, may the lord comfort you and your family throughout this trying time and may mama's soul rest in eternal peace
~ *Faith Namboozo*

Oh..banage nga kitalo.nyo.Denis Jjuuko. ~ *Flavia Serugo*

So sorry PP Denis for the loss of your mum. RIP ~ *Charles Owekmeno*

Kitalo nyo.May her soul Rest in Peace ~ *Liz Wamalwa*

My condolences Denis. May her soul rest in peace ~ *Grace Mutungi*

Bambi Denis Jjuuko nga kitalo banange ~ *Julie Nabwire*

Sorry Brother Denis. My thoughts and prayers are with you ~ *Brian Mayanja*

Oh sorry PP Denis. Nga kitalo



**In Memory of a
loving Mother Macrina
Nakuya Nkonge**

nyo Bambi. MHSRIP ~ *Dorcas Karungi*

Oh dear. Sincere condolences.
~ *Rita Aciro*

So sorry about the sad news. May the Good Lord keep you strong. Rest in peace mama
~ *Peter Nyanzi*

Oh dear nga kitalo nnyo PP Denis may her soul rest in peace. ~ *Evelyn Mulinda*

So sorry about your loss PP ~ *Julie Kisekka*

Oh! So sorry PP Denis to learn of the sad news. May Mum's soul rest in peace ~ *Dr John Mugisa*

So sorry PP Denis for the loss of your dear Mum. May you and family find solace in the Lord. MHSRIEP. ~ *Laetitia Kiyingi*

So sorry PP Denis, May maama Rest with angels ~ *Betty Namono*

Sorry PP Denis May the Mum's soul rest in Peace. ~ *Juliet Nabunnya*

Kitalo nyoo. Mukama akugumye. And may her soul rest in peace ~ *Barbra Ninsiima*



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Family Matters



BY PASTOR RONNIE MUTEBI

One of the greatest kings of Israel affirms in one of his letters in Psalm 34:4 I sought the Lord, and he heard me, and delivered me from all my fears.

LIVE ABOVE FEAR

The dictionary defines fear as an unpleasant emotion caused by

the threat of danger, pain, or harm. There are people who literally live in perpetual fear. They are afraid of accidents, sudden illnesses, the safety of their children, the security of their jobs, or the stability of their relationships.

The moment they receive a phone call, their first thought is, "What has gone wrong now?" They live in a constant expectation of bad news.

This is not how life should be, your brain is wired to transmit signals that build and maintain your thought faculty.

This is one of the primary reasons why people live in fear. King David said, "I sought the Lord, and He delivered me from all my fears."

When a person lives in fear, it is because they have not learned how to connect with their divine nature like

they ought to. Notice the language used: "all." Spending time in fear hinders productivity and progress, but God will give you boldness in the face of anything, no matter how bad the report may seem.

Even in the midst of the toughest circumstances, people will marvel at your strength because you have cultivated a life of continually maintaining a positive mindset in the face of tragedy.

Take Home: When a person lives in fear, it is because they have not learned how to connect to the divine as they ought to. When you truly understand God, that feeling of God being present with you ministers peace and boldness.





*Congratulations Rtn Theo Fokukora
upon reaching this milestone!*



Happy 10th Marriage Anniversary
Rtn. Francis Oscar Lubuulwa

~~~~~

## *Last week's fellowship*



## *Magical Presidents' Retreat - Jinja*



## Rotary Youth Leadership Awards (RYLA)



A day-long session of the Rotary Youth Leadership Awards was held on Monday, February 17<sup>th</sup>, for youths aged 12 to 18. The session held at Akaama Resort in Kira targeted interactors from schools around Kampala, Wakiso and Mukono.

*It was sponsored by the Rotary Club of Bweyogerere Namboole*

## Visit to RC Kasubi



## Visit to RC Kirinya Bukasa



## Visit to RC Bweyogerere Central



## Visit to RC Kiwenda



## Visit to RC Bugoloobi



## Visit to Kasangati



DISTRICT  
GOVERNOR  
**ANNE NKUTU**

## WEEKLY SCHEDULE

MON 17 FEB - SAT 22 FEB 2025

Monday  
**17TH FEB**

### Opening Ceremony of Interact RYLA

Akaama Resort  
9.00a.m.

Wednesday  
**19TH FEB**

### DG's Courtesy Visit to the Provisional RC Kampala Platinum

Four Points by Sheraton  
6.00p.m.

Thursday  
**20TH FEB**

### Commissioning of new school block by RC Bweyogerere Namboole

Kiwale Primary School (COU), Nkokonjeru  
1.00p.m.

Fri - Sat  
**21ST FEB**

### District Team Learning Seminar

Source of the Nile Hotel, Jinja

Saturday  
**22ND FEB**

### Bweyogerere-Namboole Charter Night Celebration

Centre of Excellence, Kira  
5:00p.m.



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## SAVE THE DATE

### *Healing in a Divided World* PRESIDENTIAL PEACE CONFERENCE

*Istanbul, Turkey • 20-22 February 2025*

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# ROLEX BUDDY GROUP IN CHARGE



Elizabeth N. Kasaija

---



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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MEMBERSHIP DIRECTOR WILL REACH OUT



**Tap to submit your details**



OUR CLUB MEETS EVERY TUESDAY AT 7-8PM

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