

Naalya Food Bulletin

25th March 2025

Rotary
Kampala - Naalya



Issue 36 | 2025



Inside This Issue

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Rotary Leaders at the
Inter-District Summit



Amalgamate sacco to provide
patient capital to women

EDITOR'S NOTE



Dear Reader,

As we move forward into April, let's continue to work towards providing basic needs to those who lack them and help prevent the spread of diseases.

Our guest speaker last week, PE Charles Owekmeno took us through one of our crucial areas of focus-Water, Sanitation and Hygiene – WASH. We can take action to ensure clean water for those who need our help in the communities.

This issue carries take-aways from that presentation and highlights from the Inter - district Summit in Nairobi among others.

I also take this opportunity to remind you about some of the upcoming events - the **100th District Conference** from 10th – 13th April 2025 and the **Rotary International Convention - Calgary** – June 21 -25, 2025

Have you registered?
Join us for Fellowship this Tuesday at Ndere Cultural Centre as we celebrate the story of our Club.

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



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President's Message

RTN SYLVIA JAGWE OWACHI
Club President 2024-2025



Dear Rotarians and Friends,

The month of March is dedicated to Water, Sanitation and Hygiene (WASH). In our meeting last week, our **President Elect Rtn Charles Owekmeno** gave us an educative talk under WASH themed Every Drop Matters.

He took us through what WASH is, why it is a serious public health issue, the costs of not having it in place and why it should be everyone's business. In Uganda it is estimated that 38 million people lack reliable access to clean, safe drinking water and 41% lack access to safely managed sanitation services making us vulnerable to epidemics. WASH therefore is not only a rural area problem but it is still an urban area issue as well.

Rotary's areas of focus include

- Maternal and Child health

- Water, Sanitation and Hygiene
- Disease Prevention and Treatment
- Peace Building and Conflict Resolution
- Environment,
- Basic education and Literacy
- Community Economic Development

Under WASH Rotarians can participate by driving awareness or collaborate with agencies and government to undertake projects under WASH. Several projects have been undertaken by clubs funded by members, or through fundraising and others funded by global grants from the Rotary Foundation.

Our club in partnership with the Rotary Club of Kampala undertook the construction of rock catchment reservoirs in Akwang village, an area with a rocky topography and limited access to water. Here more

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Under WASH, Rotarians can participate by driving awareness or collaborate with agencies and government to undertake projects under WASH.”

than 1,500 residents shared one borehole and an open well with domestic animals; a problem that needed an urgent and multifaceted solution to provide safe water and protect the community from diseases.

Given the statistics there is still more to be done and I implore clubs to continue undertaking impactful projects.

This week also marks the end of the March and given that the club was chartered in on 12th March 2012, the fun fellowship will be dedicated to our club history since charter. You are welcome to join us as we reflect on the 13-year journey of our club.

Be Blessed!!



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Rotary Leaders Strategize for Growth and Impact at Inter-District Summit in Nairobi



BY RTN SYLVIA NANKYA

Rotary leaders from across East Africa convened in Nairobi over the weekend for the 2nd Inter-District Leaders' Summit, bringing together current and incoming District Governors (DGs) and District Rotaract Representatives (DRRs) from Rotary Districts 9212, 9213, and 9214.

The summit, officially opened on Friday, March 21, 2025, attracted over

200 participants, including influential Rotary leaders, as they discuss strategies for strengthening Rotary's impact and sustainability in the region.

One of the key highlights of the summit is Rotary International's push for membership growth in Africa, with a target of 18,000 new members before 2026. This expansion is necessary to qualify for the creation of an additional Rotary Zone on the continent—a decision made every eight years. Leaders emphasized the need for a new disruption to accelerate membership growth and engagement.

“

During the discussions on bigger, better, and bolder projects, PDG Eric Kimani emphasized the importance of monitoring and evaluation (M&E) in Rotary initiatives.”

Addressing the summit, Rotary International Director Nominee Emmanuel Katongole challenged Rotarians to take responsibility for Rotary's growth. He reminded attendees that every member has a duty to bring in new members, ensuring the long-term sustainability of the organization.

Past District Governor (PDG) Bimal Kantaria (D9212) reinforced the importance of diversity in Rotary clubs, stating, *“Conflict is part of life and is everywhere. Rotary clubs are a reflection of the society around us. A good club should have a mix of different age groups, including young people.”*

Similarly, Past DRR Kennedy Gaya, who recently transitioned to Rotary, highlighted the value of Rotaractors, saying, *“What Rotaractors bring is energy that can break a barrier.”*

During the discussions on bigger, better, and bolder projects, PDG Eric Kimani emphasized the importance of monitoring and evaluation (M&E) in Rotary initiatives. He cautioned, *“Do not talk about sustainability without applying monitoring and evaluation. If you can't measure the results of your project and verifiably demonstrate your impact, then you are talking about nothing.”*

This call for accountability aligns with ongoing service initiatives such as the Rotary Club of Kisii Central's work supporting prison mothers, WASH

programs, and menstrual hygiene education. These projects exemplify Rotary's commitment to service without expecting anything in return, leading with compassion, and inspiring communities.

Throughout the summit, leaders reinforced the Rotary motto, "Service Above Self." This philosophy underscores the need for members to prioritize community needs

over personal gain, using their skills, resources, and time to uplift others—especially the most vulnerable.

With re-zoning on the horizon and membership expansion a top priority, Rotary leaders at the Inter-District Leaders' Summit are focused on strategic action to ensure Rotary's continued growth and impact across Africa. The discussions will continue over the weekend, setting the stage for a more vibrant and influential Rotary presence in the region.



Celebrating

THE STORY OF OUR CLUB

13

 **March 25, 2025 7pm**

 **Ndere Cultural Centre**

Take-aways from last week's fellowship

Every Drop Matters! Why WASH should be everyone's Business?



BY RTN CHARLES
OWEKMENO
PUBLIC HEALTH SPECIALIST

Water!



"If there is magic on this planet, it is contained in water." - Loren Eiseley

Presentation Outline

1. Understanding WASH.
2. Why WASH is a big public health issue.
3. Hidden Costs of WASH.
4. Why WASH should be everybody's business

Understanding WASH Water:

- Clean and Safe Water.
- Water for Drinking.
- Water for Bathing.
- Water for domestic chores

Sanitation:

- Decent toilets/latrine
- Appropriate waste management

Hygiene:

- Hand-Washing
- Body hygiene
- Home cleanliness

Why WASH is a serious Public Health Issues.

1. Estimated 38 million people, lack reliable access to clean, safe drinking water.
2. In 2025, an estimated 41.2% of Ugandans lack access to safely managed sanitation services.
3. **Spread of Disease:** Lack of access to clean water, proper sanitation, and good hygiene practices leads to the spread of waterborne diseases such

as cholera, dysentery, and typhoid fever.

4. Child Mortality: Diarrheal diseases are among the leading causes of death in children under five years old.

The Hidden Costs of WASH

- Productive time lost especially for girls and women.
- Mental health stress.
- School performance affected, especially for girls.
- Economic burden on treating water-borne and hygiene related diseases.
- Creates inequality - widening gap between rural and urban.

Why WASH should be everyone's business:

WASH as a Human right Issue: Recognizing WASH as a fundamental human rights and must be protected for all and by all.

Vulnerability to epidemics



and pandemics: Uganda has increasingly become vulnerable to epidemics (Cholera, Ebola).

Education Impact: Schools with poor WASH have high dropout rates and poor performance, especially among girls.

Why WASH should be everyone's business:

Risk on Food items: Poor sanitation and hygiene is likely to result into food contamination and poisoning.

Source of violence at home and against women: The intolerable risk of harassment and violence women face due to inadequate WASH facilities

WASH Needs: **Urban Areas:**

- Most towns in Uganda are operating on onsite sanitation
- Waste collection and treatment capacity is very limited.
- Water Supply is so unreliable making most people to resolve to unclean sources.
- Most towns lack public sanitation facilities with menstrual facilities.
- Urban slums lack basic sanitation facilities.

WASH Needs:

Rural Areas:

- 14,000 villages lack access to safe water.
- Safe Water sources drying up during dry seasons (Climate Change)
- Open Defecation is so common.
- Almost 40% of the schools lack basic water and sanitation services, and 65% lack basic hygiene and solid waste management

Opportunities for Rotarians and Retractors to Engage

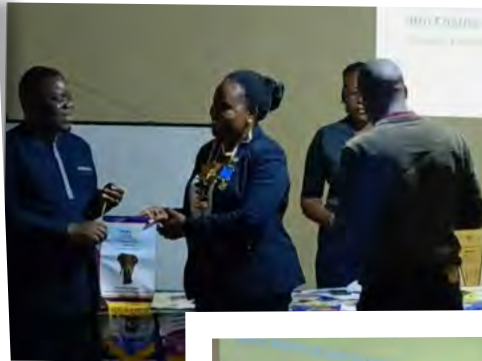
- Rotarians and Retractors can drive awareness Creation
- Collaborations with CSOs and government agencies.
- Service projects can be designed towards WASH
- Apply for WASH related projects from the Rotary Foundation.

THANK YOU!



"Thousands have lived without love, not one without water." -
W.H. Auden

Last week's fellowship





Stepping Up Actions for Water and Sanitation Improvements

BY IPP GODFREY OKELLO
OMODING
Club Training Facilitator

Rotarians, as we come to the end of this month of March, whose theme is; **Water, Sanitation and Hygiene (WASH)**, it should end with a call for stepping up actions. It is a known fact that water is a basic need for life and good sanitation improves living. It is not debatable that access to WASH promotes health and equitable socio-economic development. And to have healthy and productive communities, there must be access to WASH.

The importance of safe water and soap, coupled with the awareness and practice of hygienic practices are very important in combating diseases and epidemic. Not long ago, with COVID-19, people washed their hands with soap as a preventive measure.

“As the month of March comes to an end, it should end with Clubs counting themselves in the roll call of WASH engagements.”



It is known that inadequate WASH comes with negative health effects. Its impacts on the household incomes are severe due to down times and medical costs. Women are disproportionately impacted being usually the primary caretakers. Further, WASH has a bearing on the promotion of nutrition. Inadequate and safe WASH availability increases the impact and

severity of undernutrition. Reports put it that about 50% of all malnutrition is associated with repeated diarrhoea or intestinal nematode as a result of unsafe water, inadequate sanitation or insufficient hygiene. These are common cases in our hospitals' Nutrition Units.

Additionally, WASH supports education and gender equality. Access to WASH promotes progress on eliminating poverty, equitable quality education, gender equality and decent work and economic growth. Women and girls get more marginalised with lack of WASH. They are locked into a cycle of poverty, routine chores and wider cultural, social and economic predicaments. Stepping up actions in WASH contributes to the achievement of education and gender equality. Promoting hygiene education at school has a role in bettering health outcomes and hygienic behaviour for all children. Moreover, these are important in contributing towards achieving United Nations Sustainable Development Goals.



Today, knowing and having all these facts, why are we yet to step up actions? Yes, there are known, approved and tested solutions for increasing and improving access to WASH. Besides, the world is increasingly netted; bringing in and even increasing the choices from available solutions. There are both hard and soft solutions, costly and less costly. There are near reach and far reach solutions and easily adaptable. Some of these solutions require merely advice while others require strengthening of public administration and enforcement, dissemination of knowledge and information. These are with us, and only require good will and determination. Nobody solves a public problem without determination, especially ignoring the opportunity costs that come with leadership decisions. With WASH interventions, any little difference made saves people's lives and costs.

Water as a resource runs out like any other resource. Rarely do you get a perfect substitute for water. Time for stepping up actions should have been long past with the experiences of increasing volumes of water reducing. Droughts patterns changing and accompanied with very intensive heat. Floods, landslides, and erratic rainfall seasons no longer news but seemingly getting to form part of the pattern of living in some areas. All these zero to heavy social and economic costs to people affected and public resources.

A mission to step up actions in WASH is a mission for all, beginning with each individual's actions. Check what you are doing. Is it impacting on WASH improvement? Are there solutions you can provide? Today's mission is of collective efforts, ranging from individual actions to institutional actions, local community to national and

global community. For Rotarians, you are well placed through your organisation and clubs to continue to do exceedingly many good things in WASH. Through network of your partners and abundant skills and knowledge you are advantaged, solutions for stepping up actions are embedded within. What is left is defining the frontiers of engagement.

As the month of March comes to an end, it should end with Clubs counting themselves in the roll call of WASH engagements. At least, if your Club has not considered any WASH activity, pick one now. Don't hold back. Let the Magic of Rotary flow.



VIRTUAL CLUB OFFICERS LEARNING SEMINAR COLS 2025



Sat. 29th March 2025

TIME: 08:00 AM

**Attendees: All Club
Officers Elect**

**Note: Prior Registration
is required**

Rotary District 9213

Rotary District 9213 Gears Up for Leadership Transition with Club Officers Learning Seminar (COLS 2025)

BY RTN SYLVIA NANKYA

As the Rotary year draws to a close, clubs worldwide are preparing for a seamless leadership transition, a defining moment that ensures the continuity of service and impact in communities.

In Rotary District 9213, this process is being reinforced through the upcoming Virtual Club Officers Learning Seminar (COLS 2025), scheduled for Saturday, 29th March 2025, at 8:00 AM via Zoom.

The seminar serves as a cornerstone event in the Rotary leadership calendar, designed to equip Club Officers-Elect with the skills, knowledge, and confidence to lead effectively in the 2025-26 Rotary year. Under the theme inspired by John C. Maxwell's words—"A leader is one who knows the way, goes the way, and shows the way"—the training will emphasize leadership development, strategic planning, and aligning club goals with

Rotary's broader mission.

Why COLS Matters in Rotary's Leadership Cycle

Every year, Rotary clubs undergo a structured leadership transition, ensuring fresh perspectives while maintaining the momentum of ongoing projects. COLS plays a critical role in preparing incoming leaders, offering them guidance on governance, service project management, membership engagement, and public image strategies.

Over the years, the seminar has grown into an indispensable learning platform, fostering collaboration among club leaders across District 9213. Past participants have credited COLS for equipping them with the practical tools needed to manage club affairs effectively, navigate challenges, and lead with vision.

"This seminar is more than just training—it is a bridge

that connects outgoing and incoming leaders, ensuring that the spirit of service continues uninterrupted," remarked a past club president.

Registration and Participation

Participation in COLS 2025 is mandatory for all Club Officers-Elect, and advance registration is required. Interested leaders can secure their spot by registering through the official link:

[**CLICK TO REGISTER**](#)

With Rotary's commitment to developing leaders who inspire action and create lasting change, COLS 2025 is expected to set the stage for another impactful Rotary year.

**For further details, contact
the Rotary District 9213
Secretariat.**

Grants Seminar





HOUSE OF FRIENDSHIP OFFICIAL OPENING

**09 / APRIL
2025
AT 05:00PM**

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Rotary Opens Applications for 2026 Programs of Scale Grant

BY RTN SYLVIA NANKYA

Rotary International has officially launched the application process for the 2026 Programs of Scale grant, offering a US\$2 million award to support evidence-based programs ready for large-scale implementation over three to five years.

Rotary clubs, Rotaract clubs, and districts with impactful initiatives are encouraged to apply. The first step in the application process is to submit a concept note by 1 August 2025.

This year's competition includes updated materials outlining the selection process and the requirement for applicants to secure at least US\$500,000 in cash contributions from external partners.

What Makes a Program Eligible?

The Programs of Scale grant is designed to support initiatives that:

- Are built for sustainability, aligning with local, regional, or national government efforts.
- Promote learning, demonstrating how interventions create long-term positive change.
- Represent Rotary, with members actively engaged as volunteers, advocates, and policy influencers.
- Attract external investment, leveraging partnerships to enhance impact.

Since its launch in 2021, the Programs of Scale grant has funded four large-scale initiatives, each addressing critical global health and development challenges.

2024: Partners for Water Access and Better Harvests in India

A five-year program benefiting 60,000 rural farmers across four Indian states. It promotes sustainable agriculture through drip irrigation, layered cropping, and fruit tree cultivation. Rainwater harvesting systems, including check dams and retention ponds, are expected to increase groundwater availability by 40%, enhancing food security.

2023: United to End Cervical Cancer in Egypt

A four-year initiative aiming to reduce cervical cancer cases in the greater Cairo region by raising awareness and promoting prevention strategies. The program's data will inform Egypt's national strategy for eliminating one of the most preventable cancers.

2022: Together for Healthy Families in Nigeria

A maternal and neonatal health program working to reduce mortality rates by improving healthcare quality and access. The project partners with Rotary districts in Germany and

Nigeria, medical associations, and government health ministries to provide education, training, and improved maternal care services.

2021: Partners for a Malaria-Free Zambia

A malaria elimination program targeting 1.2 million people in ten districts across two Zambian provinces. The initiative directly supports the Zambian National Malaria Elimination Centre (NMEC) strategy, focusing on malaria prevention, diagnosis, and treatment, especially for pregnant women and children under five.

Clubs and districts interested in applying for the 2026 Programs of Scale grant can learn more about the application process, eligibility criteria, and past recipients by visiting Rotary International's website. The deadline for concept note submissions is 1 August 2025.

This grant presents a significant opportunity for Rotary members to scale up high-impact projects and drive lasting change in communities worldwide.





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Atacama Consulting is a leading Environmental and Social Consultancy firm with its headquarters in Kampala, Uganda, East Africa, that was established in 2005. Over the years, the firm has successfully conducted a number of consultancy assignments by leveraging its rich pool of technical resources and those of its strategic partners.

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Fun Facts

How did “spill the beans” become a phrase?

When you hear someone say, “Don’t spill the beans,” you know it means, “Don’t reveal the secret!” But how did this odd phrase creep into our language?

While we have already traced its roots back to ancient voting practices—where black or white beans stood for “yes” or “no” in hidden ballot jars—the journey that brought it into everyday English is filled with quiet charm and mystery.

Imagine a small Greek town centuries ago. Citizens would place beans in a jar to cast their votes in secret. A white bean might mean

a positive vote, while a dark bean could mean a negative one. If someone knocked over the jar, the beans would scatter. All the hidden choices were out in the open. Everyone’s opinion was there, laid bare on the ground. Thus, a person accidentally “spilt the beans” and spoiled the surprise.

Over time, this image gained traction. It leapt across cultures, crossed oceans, and slipped into everyday English as a way to say, “You’ve given the game away!”

By the early 1900s, people in the United States and beyond began using it to describe letting secrets slip. It didn’t matter that we no longer used beans for voting. The phrase had a life of its own.

There’s a cosy delight in old idioms like this. They carry hints of hidden histories. They stand as reminders that common words, simple as they seem, often hide extraordinary backstories. If “spill the beans” can come from ancient ballots, what else might be lurking behind everyday words? Consider “deadline.” Today

it means a final due date, but once it referred to a line you did not dare cross in prison yards. Or think about “red tape,” once actual ribbons of red cloth used to bind official documents.

Looking at language this way makes us see English as a huge, colourful patchwork quilt. Each square—each phrase—has a story. Sometimes the story involves farmers, sailors, or merchants. Sometimes it’s a tale of mischief, misunderstanding, or a funny accident. In every case, we find that words are not dry. They have warm histories, laced with drama, misadventure, and chance. They shift as they travel from place to place, from mouth to mouth, generation after generation.

So next time you hear “spill the beans,” pause for a moment. Picture those ancient jars and tiny white kernels of truth. Words, after all, have their own secret lives.

#OutToLunch

Amalgamate sacco's to provide women with patient capital

BY RTN. DENIS JJUUKO



On 8 March, Uganda marked yet another Women's day. Several activities were carried out. High profile people gave lofty speeches once again. Promises were made. As is always the case in Uganda, group photos were taken. Meals I believe were served. And of course, some dancing. Reminders must have been made of what has been achieved and how grateful the women should be.

But the majority of Ugandan women probably didn't even notice the day. They were too busy eking a living or trying to survive to even notice. Women emancipation is still a pipe dream for many.

“... lenders have observed over many years that female borrowers usually pay back more than the male ones.”

There have been a lot of emphasis for women empowerment and some milestones have been achieved. Still, more needs to be done. One key area that can transform women's

fortunes is formal education. Averagely, the more educated one is, the higher the chances of better incomes whether as a salaried person or through entrepreneurship.

There is usually some talk on education or the lack of it where many people

point to one successful entrepreneur without formal education and present it as standard for wealth creation. Those outliers will always exist. Even among those with high formal education qualifications, outliers exist. But the majority of people without

formal education don't earn better than those with formal education. Many studies have been done on this by institutions like the World Bank.

Households, communities and governments must ensure that girls stay in school for as long as possible. The minimum education should be completion of secondary education. Educated girls will value education and therefore will ensure their children go to school too. They will most likely not give birth to 10 kids they can't look after. They will not easily think that the only pathway to success is marriage. And they won't look at bride price as the route to their own success as parents. That way they will avoid becoming grandmothers at age 35.

Formal education should be complimented with regular refresher courses on emerging issues. Today,



everyone is talking about artificial intelligence and how it is disrupting everything. How can ordinary women get basics on artificial intelligence that is relevant to the work they do? Is there artificial intelligence that is relevant to a market vendor? Let them know about it.

Digital training is necessary from time to time. Look at WhatsApp and its potential to connect millions and provide access to markets at almost no cost. Women leaders at the lowest level can be empowered to pass on skills to their people on what is working and how they can use emerging technologies for their own good. But so are a plethora of other applications that can enable people connect, promote their enterprises, seek for work or workers.

There has always been a lot of talk on access to capital for women in entrepreneurship or to pay for needs such as school fees for their children. Some programs exist in

that regard but sometimes the conditions are never favourable. High interest rates and short loan periods making it hard for women to borrow money to grow their enterprises or pay for their needs. Many women don't own land which is the most common asset they can offer as collateral to banks and other lenders.



Many women have had to rely on their own collective savings or saccos which lend at rates even higher than commercial banks though without the burden of collateral and paperwork. And lenders have observed over many years that female borrowers usually pay back more than male ones. A case, therefore, exists for a more long-term fund for women to access patient capital at low interest rates with less paperwork.

Alternatively, how can many of the thousands of women saccos be amalgamated into a fund that has the organizational and operational capacity to provide fellow women

patient capital? The Bank of Uganda and the government can guarantee the members protection of their money by providing oversight and insurance, similar to what they do with commercial banks or depositors' money.

The money raised by these saccos could be invested and the returns used to create an endowment fund that lends patient capital to millions of women. Women empowerment would move from being part of beautiful speeches and footnotes of studies into something 'tangible' that can truly transform the lives of the majority of women.

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



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#Rotary25

Family Matters



BY PASTOR RONNIE MUTEBI

Proverbs 5:23(MSG);
Death is the reward of
an undisciplined life;
your foolish
decisions trap
you in a dead
end.

THE COST OF INDISCIPLINE

It takes discipline to discipline or to be disciplined, however some people wonder why everything they touch seems to fail. Businesses collapse, relationships break, and opportunities slip through

their fingers. They blame circumstances, bad luck, or even spiritual attacks, but often, the root cause is a lack of discipline.

Discipline is the bridge between dreams and success. When you refuse to follow principles of diligence, integrity, and consistency, you totally set yourself on a path of slow decay, disappointment and self destruction.

A lack of discipline in financial management leads to debt and more so a seasoned beggar. A lack of discipline in health choices leads to sickness.

“

If you find that things around you keep dying, ask yourself: Am I committed to excellence, or do I settle for mediocrity?”

There's a medical research that food can either be poison or medicine depending on how it's used. A lack of discipline in faith or religious beliefs leads to some kind of stagnation.

The ancient scrolls of wisdom warns that an undisciplined life leads to death—not always physical

death, but the death of potential, opportunities, relationships, and prosperity.

If you find that things around you keep dying, ask yourself: Am I committed to excellence, or do I settle for mediocrity? Do I follow through on plans and tasks, or do I give up too soon? Am I consistent and giving in time to studying, or do I allow distractions to take over?

Inconsistency and carelessness create dead ends. But God has designed us to a life of wisdom and order. He is a God of principles, and when we align ourselves with these principles and ways, we walk in life, success not death.

Take Home:
Discipline is the bridge between dreams and success. When you refuse to follow principles of diligence, integrity, and consistency, you close yourself in to failure and misery.

A moment too beautiful to pass

BY PAMELA KAWADDWA

A leaf falls softly from the tree,
Drifting gently to the ground below,
Its journey ends, but it's free,
To dance and play with the wind's flow.

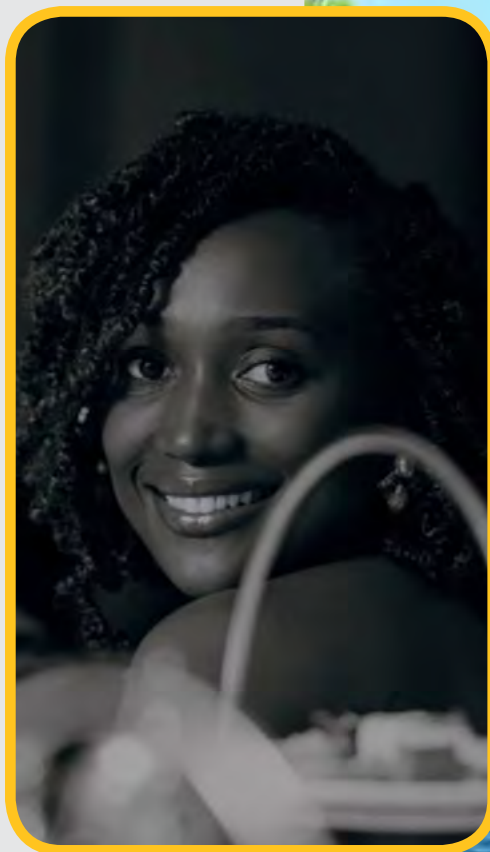
The sun shines down upon the earth,
Glistening on the dewy grass,
The world awakens with new birth,
A moment too beautiful to pass.

Birds sing their sweet melodies,
Echoing through the morning air,
Their harmonies, a symphony,
A song of hope beyond compare.

The world is full of wonder and awe,
Of beauty beyond what we can see,
If we take a moment to pause,
We'll find peace and tranquillity...

Pause, smell the roses.
Till again..

Phwy



Launch of Rotary Club of DFCU Bluehearts in Formation



D9213 Rotaract Festival



Ambassadorial Visits

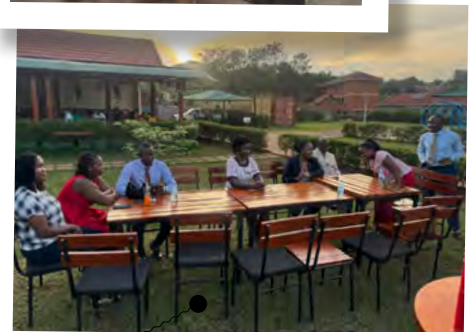
Rtn Hadijah Nankanja represented the club at the Run for the Nile 2025



Visit to Rotary Club of Makindye West Kampala



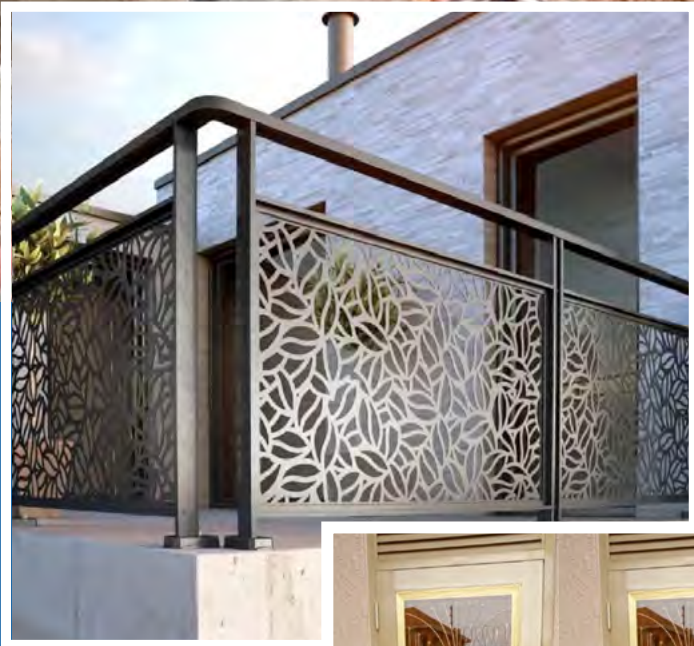
Rtn Juliet Nabunya visited RC Nansana Metro



We joined Rotaract Kampala Naalya for their meeting at Arches Gardens



Aluminium and Metal Fabrication



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Rotarian of the Month

*PP Flavia Serugo for leading the team in
organizing the Women in Rotary event*





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