

Naalya Food Bulletin

16th September, 2025

Rotary
Kampala - Naalya



UNITE
FOR
GOOD

Issue 11 | RY 2025-26



RC KAMPALA - NAALYA



SCAN TO LEARN MORE

In This Issue

17

District 9214 honors
TRF Major Donors

20

What to know before
starting a side hustle



RelaDental
Smile for Miles

Experience Our Best Quality Dental Care



Dental Consultation, Tooth extraction, root canal treatment, scaling and polishing, filing and cementing, orthodontic treatment/braces, teeth whitening, fracture management, crown and bridge work, dental surgery, dental implants, cosmetic surgery



For More Information

+256785834461

Menu

Tap any title to jump to page

- 4** Editor's Note
- 5** Message from RI President
- 6** Message from D9213 Governor, Geoffrey Kitakule
- 8** President Charles Owekmeno's Message
- 9** Goodwill: The Secret to strong, lasting Clubs
- 11** Magical Year, Magical Leader
- 15** Rotary has taught me servant leadership
- 17** Pictorial: D9214 honors TRF Major Donors
- 18** Speak out for children with disabilities
- 20** Side hustles: What formal employees should know before starting
- 22** Last Week's fellowship
- 24** Family Matters
- 25** Tell others how you feel
- 26** Fun Facts



Publisher:

CHUNZI Technologies
RELIABLE DESIGNS FOR YOU!
WhatsApp No. +256 766 014 115

Editor's Note



Dear Rotarians, and friends,

As we're all aware, September marks a special time for Rotarians worldwide, as we dedicate this month to Basic Education and Literacy, one of Rotary's seven areas of focus. As we delve into the third week of this crucial theme, it's a perfect moment to reflect on the profound impact of literacy and to renew our commitment to ensuring everyone has the opportunity to learn.

Literacy is more than just reading and writing. It's the key that unlocks potential, empowering individuals to break the cycle of poverty, improve their health and incomes, and participate fully in society. It's the foundation upon which all other forms of education are built. In a world increasingly shaped by information, the inability to read and understand can be a crippling disadvantage, isolating people and limiting their access to opportunities.

Think of a deaf child in a poor community receiving her first textbook, a single mother learning to read so she can help her children with their homework, or an adult gaining the skills to write a CV for a job. These aren't just small steps; they are life-changing leaps. They represent the moment when a person moves from

a position of vulnerability to one of empowerment.

For decades, Rotary has been at the forefront of this global effort. We've worked tirelessly to remove the barriers that prevent children and adults from getting an education, thus changing countless lives.

However, the work is far from over. Millions of children are out of school, and countless adults lack basic reading and writing skills. The challenges are complex, ranging from a lack of resources and trained educators to social and economic barriers.

This is where our call to action comes in. As Rotarians, we have a unique ability to make a difference. We are not just a collection of clubs; we are a global network of leaders and doers. So, what can you do, right now, in the final week of our literacy month and beyond?

First, educate yourself. Learn about the education and literacy challenges in your local community and the world. Understanding the problem is the first step toward solving it. Second, engage. Volunteer at a local school, mentor a

student, or read to children. Your time is one of your most

valuable assets. Third, as Rotarian Godfrey Okello-Omoding states in his column in this Bulletin, be an advocate. Use your voice to raise awareness and support for literacy initiatives. Finally, contribute. Your Club's projects on literacy and basic education need your support, whether through donations, volunteering, or simply spreading the word.

“
Your Club's projects on literacy and basic education need your support, whether through donations, volunteering, or simply spreading the word.”

▶ **Together, let's make this month more than just a theme. Let's make it a movement. Let's continue to be the force that turns the pages of possibility for everyone, everywhere. Let's champion the right to read, the right to learn, and the right to a better life. The future is written, but it's up to us to make sure everyone has a chance to read it.**

Rtn. Peter Nyanzi
Bulletin Officer

Message from Rotary International President

BY FRANCESCO AREZZO
PRESIDENT, ROTARY
INTERNATIONAL

PEACE THROUGH EDUCATION

When I stepped into the role of Rotary International President, the moment came swiftly and unexpectedly. It got me thinking how the world can change in an instant, and how Rotary has the power to be a steady force for good in that change. This month - Rotary's Basic Education and Literacy Month - we have a clear call to action: to strengthen the foundation of learning in every community we serve.

Millions of people worldwide remain unable to read. Millions of children lack access to basic education. And yet, we know the solution: sustainable, inclusive, and equitable education, especially for girls and marginalized youths. Literacy is more than the ability to read and write. It is the key to human dignity, economic mobility, and peace. Every book opened, every classroom supported, and every teacher trained becomes a building block of peace.

This year, our message is 'Unite for Good.' "Unite" speaks to the strength we find in each other. When



we unite our talents and resources — not only among our Clubs but across partners, organizations, and communities — we expand our reach. And when we do so consistently over time, we create lasting change. Rotary service cannot be measured only in annual goals.

Our work in education must extend beyond a single year. Literacy projects take time to take root, grow, and bear fruit. Now is the time to think boldly and creatively. New types of clubs can help us engage educators, students, and advocates in new ways.

Let us use this month to welcome new members with

a passion for education and empower existing ones to lead service projects that reflect local needs. Whether you're building libraries, distributing textbooks, or mentoring students, your actions matter. Education is also peacebuilding. Every scholarship we provide, every early childhood program we support, every adult literacy class we fund is an act of peace. And Rotary has been building peace in this way for more than a century. Let us not forget that the fight for literacy is not only about access, it's about equity. It is about ensuring that every learner, regardless of background,

has the opportunity to reach their full potential. And it is about standing together — across borders, languages, and generations — to say that education is a right, not a privilege.

▶ Let's Unite for Good by committing to literacy that lasts. Let's dream of a world where every child learns to read. And then, as people of action, let's work together to make that dream a reality.

Together, we can change lives, starting with the power of education.

TOGETHER, WE UNITE FOR GOOD!

Message from D9213 Governor, Geoffrey Martin Kitakule

BY DG GEOFFREY KITAKULE

JOURNEY TO FULL ACCESS TO BASIC EDUCATION, LITERACY STILL LONG

Education is the cornerstone of development, a pathway through which individuals and communities rise above poverty and create sustainable futures.

In Uganda, significant progress has been made in expanding access to education, especially through initiatives such as Universal Primary Education (UPE).

Yet, challenges remain, making it clear that our continued support for basic education and literacy is both urgent and necessary. Statistics remind us of the task before us; 36% of Ugandans are still illiterate.

While enrollment rates are high, many children do not complete primary school. Some leave early due to poverty, child labor, lack of access to proper menstrual hygiene or early marriage. Others attend school but struggle with poor learning outcomes—too often sitting in overcrowded or no classrooms at all; lacking textbooks, pencils, exercise books or being taught by overstretched teachers. According to recent reports, literacy and numeracy levels among Ugandan learners remain below the desired standards, threatening the nation's aspirations for growth and progress.

Rotarians in Uganda have witnessed these realities firsthand. Across our communities, we meet children eager to learn but held back



by limited resources. We encounter adults who long to read, write, and count but have never been given the chance.

Literacy is more than the ability to decode or read words on a page—it is the ability to access opportunities, participate in civic life, and support families with dignity. Without it, cycles of poverty, unemployment, and inequality persist. This inequality is worsened when one talks about digital literacy in a world that is becoming so digital. A survey presented at the “Building the Future of Fair and Inclusive Digital Work in Uganda,” workshop in 2024, highlighted Uganda’s low ICT literacy and skills, showing that a lack of knowledge or digital skills prevents 75% of Ugandans from accessing the internet. An illiterate population is not an empowered population. This is why Rotary continues to place basic education and literacy at the heart of our service.

Ugandan Rotary clubs have built classrooms, equipped schools with books and learning materials, provided scholarships to vulnerable children, and organized adult literacy programs. These initiatives change lives: a book in a child’s hands sparks imagination; a girl who stays in school delays early marriage; an adult who learns to read opens new opportunities for work and self-reliance.

▶ **Yet, our work must go further. We need to champion teacher training, strengthen partnerships with Government and Civil Society, and explore innovative solutions like digital learning to bridge the ‘digital divide.’ We must ensure that education is inclusive - reaching the rural child, the girl child, the refugee, and the adult learner alike.**

As Rotarians, we are uniquely positioned to make a lasting difference. Through our networks, resources, and commitment to service, we can help build a Uganda where every child can read with understanding and every adult can write their own future. Supporting basic education and literacy is not charity; it is an investment in peace, progress, and prosperity for our nation. Let us therefore renew our commitment to this vital cause.

TOGETHER, ‘UNITED FOR GOOD,’ WE CAN LIGHT THE LAMP OF KNOWLEDGE IN EVERY CORNER OF UGANDA, ENSURING THAT NO CHILD OR ADULT IS LEFT BEHIND.

#ROTARYEYAMBA



**WEEKLY
SCHEDULE**

MON 15 - SUN
21 SEPT 2025

DISTRICT GOVERNOR

**GEOFFREY MARTIN
KITAKULE**

SEPT - WEEK XII

15 >> **A Celebration of Givers - Recognition of MD's**
6:00pm - Hotel Africana

16 >> **DG's Official Visit to RC Kanyanya**
7:00pm - Green Fields Gardens Kampala

17 >> **DG's Visit to RC Nakasero Central**
6:00pm - Kati Kati Restaurant

18 >> **DG's Official Visit to RC Seeta**
7:00pm - Ridar Hotel Seeta

19 >> **DG's Official Visit to RC Kampala 7 Hills**
7:00pm - Mosa Courts Suites Plot 12, Nile Avenue.

20 >> **Flag Off - West Nile Surgical Camp**
8:00am - Ministry of Health
Rotaract Kampala North Musical Service Project
8:00am - Malwa UMEA Primary School, Mityana District

21 >> **DG's Official Visit to RC Kampala Sunshine**
5:00pm - Forest Cottages, Naguru

President's Message

RTN CHARLES OWEKMENO
Club President 2025-2026



Dear Family of Rotary,

Welcome back from yet another inspiring week of Rotary action and service. It is truly encouraging to see the dedication and commitment displayed by each of you in advancing our Club's mission and making a positive impact in our community.

I want to extend my heartfelt appreciation to all members of RC Kampala Naalya who represented our club diligently in various Rotary events and fellowship activities over the past week. Your active participation not only showcases our club's vibrancy but also helps us strengthen our Rotary network and influence. I encourage everyone to make ambassadorial visits as much as possible to raise our flag high.

Furthermore, I wish to applaud our service projects, the Family of Rotary, Membership, and The Rotary Foundation teams for their outstanding

performance during the first quarter of this Rotary year. Your dedication and teamwork have set a strong foundation for continued success, and I am confident that we will surpass our goals with continued effort and commitment.

Last week's fellowship was quite insightful, and

I commend all who attended. The discussions highlighted the urgent need for us as Rotarians to prioritize planning for emergencies and disaster response. It is vital that we prepare ourselves and our communities to effectively handle such situations. I am especially proud of our

PDG Anne Nkutu, who is a champion of the partnership with Old Mutual. This collaboration has resulted in a tailored and affordable insurance package designed specifically for Rotarians and their loved ones. As the PDG Anne Nkutu's club, we shall lead the way in promoting and championing this valuable product, ensuring that more members are protected and

benefit from this initiative.

Looking ahead, this week we will focus on the immense opportunities available under Rotary's Basic Education and Literacy area of focus. We are privileged to welcome PAG Sophie Bamwoyeraki, who will share valuable insights into how we can harness our efforts to promote literacy and education in our communities. I encourage everyone to attend the fellowship, participate actively, and invite friends, colleagues, and loved ones to join us in this meaningful discussion. Together, we can make a lasting impact on the lives of many through our collective efforts in this sector.

As we embark on another week of service and fellowship, I wish you all a productive, fulfilling, and impactful Rotary week. Let us continue to serve with passion, uphold the values of Rotary, and make a difference in the lives of those we serve.

YOURS IN SERVICE
ABOVE SELF.

“This week we will focus on the immense opportunities available under Rotary's Basic Education and Literacy area of focus.”



TEAM TALK

Goodwill: The secret to strong, lasting Clubs

BY **AG FRANCIS LUBUULWA**

This is the 3rd article about goodwill and friendship. It's a broad topic that is practical. Rotary's founders never set out to create the world's largest service organisation. What they did was simple but profound: Paul Harris and his three friends built a circle of friendship and goodwill in Chicago, USA. That goodwill, got nurtured over time and became the foundation of Rotary. It is a reminder that goodwill and friendship are not just by-products of Rotary; they are the very glue that holds clubs together and makes them thrive for generations.

Historical foundations of goodwill and friendship

In 1905, Rotary began with four men meeting regularly, not to launch projects or fundraise, but to build fellowship across professional and social divides. At the time, city life was lonely and transactional. What made the Rotary experiment unique was that it offered friendship with integrity at its core. That spirit is what carried Rotary through world wars,

depressions, and decades of change. It is the same spirit that can help our clubs in Uganda not only survive, but also flourish.

Why goodwill matters for our Clubs

While there are clubs in Uganda that are over 40 years old, we also have many that are still young, just chartered and/or in-information. Many of our Rotary Clubs in Uganda are still finding their rhythm and identity. Without strong bonds of trust and friendship, clubs risk becoming transactional and focused

only on dues, attendance, or projects.

But when goodwill is at the heart of a club, it becomes resilient. It weathers leadership changes, financial challenges, and even the natural disagreements that come with diverse membership. Goodwill is the safety net that allows members to feel seen, valued, and respected.

But how does goodwill practically strengthen clubs?

- **Retention and Growth:** Members stay in Rotary not because of the projects alone, but because of the friendships and sense of belonging they find in their Club.

“Goodwill is the safety net that allows members to feel seen, valued, and respected.”



- **Conflict resolution:** In every club, differences will arise. A culture of goodwill ensures that disagreements are handled fairly and with respect, avoiding divisions.

- **Member support:** When goodwill is present, members rally around each other in both celebration and crisis. This builds loyalty that lasts for years.

- **Leadership development:** Clubs with a friendly, supportive culture encourage members to step up into leadership roles without fear of being judged harshly.

The Four-Way Test as a compass

The third question of the

Four-Way Test - "Will it build goodwill and better friendships?" - is not rhetorical. It is a daily compass for Rotarians. Every decision we make as leaders, every comment in a meeting, every email or WhatsApp message should be weighed against this standard. When

we choose words and actions that strengthen friendships, we are simultaneously building stronger clubs.

A Call to Action

As Rotarians in Uganda, let us recommit to intentionally practice goodwill and friendship. Let every week

be marked by a small act of kindness: a phone call to check on a fellow member, a congratulatory

message, or showing up at a colleague's event. These small acts multiply into an unshakable culture of trust and belonging. Friendship is not just a Rotary ideal; it is a Rotary strategy. It is what will keep our clubs thriving 10, 20, or even 50 years from now.

▶ **In the words of Paul Harris: "Friendship was the foundational rock on which Rotary was built, and tolerance is the element which holds it together." If we carry this spirit into our clubs and into the wider society, we will not only build goodwill, but also ensure our clubs are strong, resilient, and impactful for generations to come.**

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

“

Friendship is not just a Rotary ideal; it is a Rotary strategy. It is what will keep our clubs thriving 10, 20, or even 50 years from now.”



Magical Year, Magical Leader

BY PETER NYANZI

There are two things that you won't miss - the Rotary pin on her chest and the smile on her face. Rotarian Sylvia Jjagwe Owachi goes with those two wherever she goes. Calm and collected, Sylvia exudes poise and composure in both speech and actions.

But like the proverbial goose that appears to move effortlessly on the surface of the water while underneath its feet are working like crazy, appearances can be deceptive in regard to Sylvia. Beneath the calm and behind the scenes, she's meticulously pulling the strings to ensure that her team delivers incredible results.

Rotarian Denis Juuko, himself a Past President of the Rotary Club of Kampala Naalya, has witnessed Sylvia's personal traits first hand, which he says have played a big part in making her an "outstanding leader."

"She has a very calm personality. Whatever the situation, she remains calm and I think that helps her register a lot of success," he says. "A captain amidst a storm is always reassuring and she embodies that, which I believe is key for her success both in Rotary and at her workplace."

Sylvia was a 'Magical President' of the Rotary Club of Kampala Naalya in 2024-2025 when the motto of the year was 'The Magic of Rotary.' The Rotary International Club Excellence Award, which the Club received, is a testament of her ability to deliver results. "That award means that we achieved most

of the goals we had set for that year," she says, with her characteristic smile.

Even from a distance, Sylvia's love for Rotary, her team and serving others are unmistakable. That love was instilled in her from a young age by one of the greatest Rotarians that Uganda had ever produced.

Rtn Sam Owori, a seasoned banker like herself, was a great inspiration. Owori was set to become the first Ugandan and the second African to head Rotary International before he died tragically in July 2017.

The sad news in particular and Rotary generally received wide coverage in the media and made her think seriously about becoming a Rotarian too. Around the same time, she had been appointed to a new position and was keen to build her network. Then she met the then District Governor Ken Mugisha who nudged her to join Rotary. She heeded the call. In December, barely four months after Owori's death, Sylvia was inducted her into Rotary by none other than DG Mugisha.

That presented an opportunity to reconnect with her OG, Rotarian Evelyn Nassuna, who was then a member of the Rotary Club of Kampala Naalya. Apart from the warm welcome from members, the Club was quite convenient, given that Ndere Centre was close to her home in Naalya. Immediately, she became part of the various leadership teams where she did her magic.



Sylvia's induction on December 6th, 2017

President Nominee Designate

A few years after joining the club, Sylvia received a call from Rotarian Herbert Oloka one afternoon. "He called to advise me that the Club assembly had nominated me in absentia and asked whether I was willing to serve as the President," she says. "That demonstrated the members' trust and confidence in me. So, I said 'yes.'"

Immediately, she embarked on an arduous journey of learning about Rotary and how to lead, in preparation for her tenure. Of course, she was already a top boss outside Rotary but she knew that leading volunteers was going to be a completely different ball game.

Immediately, she purposed to complete the Rotary Institute Undergraduate and Graduate classes and several other courses on Rotary's online portal called MyRotary, which boosted her Rotary knowledge and helped to impart volunteer leadership skills in her.

"Unlike traditional leadership roles, where authority is often built into the position,

volunteer leadership is rooted entirely on service and a shared purpose,” says Sylvia.

▶ **“Leading volunteers taught me about servant leadership. It wasn’t about telling people what to do; it was about serving them and leading by example.”**

Sylvia looks back with appreciation for what was achieved during her tenure. She was president in the same year that Rtn Ann Nkuutu served as the Governor for District 9213, which officially made Kampala Naalya ‘The Governors Club.’ Additionally, the Naalya Food Bulletin, the Club’s publication, received an award at the District Conference. To add some icing on the cake, the process of chartering the Rotary Club of Kyadondo Rugby, was concluded during her tenure. But that was not all.

“In addition, the Club gave the highest amount ever to the Rotary Foundation, surpassing our target. We had the first Major Donors in our Club and several new Paul Harris Fellows, while others went a level up,” she adds.

In May, Sylvia handed over the chain to Rotarian Charles Owekmeno. Asked what advice she would give to a new President, Sylvia stresses the importance of having proper people-management skills so

as to accommodate the diverse preferences in his/her team and of figuring out how to tap into their various skills and interests. “Recognizing effort is another key part of the role. A simple ‘Thank you,’ a personal message or public acknowledgment often meant more than I had anticipated. Volunteers thrive on appreciation and feeling valued, and I learned how far encouragement can go in building morale and momentum. Members will become more forthcoming and involved when they are appreciated,” she adds.

Rotarian Juuko says Sylvia’s commitment to her Club speaks volumes.

“A few years ago, she changed residence from Naalya to Muyenga and I got a bit scared thinking she might decide to shift to a club nearer to her home. However, she didn’t do that and regardless of the distance she covers from her workplace in the city centre to Ndere in Kisaasi and then back across town to Muyenga, she continues to be a valued member of the Club,” he says.

Sylvia stresses the importance of the president learning how to handle people - focusing on the big picture rather than dwelling on the trivial issues. “The role involves a lot of persuasion, influencing, collaboration and fostering an environment where everyone feels empowered to contribute

something big or small. There’s no need to sweat the small stuff if someone doesn’t turn up because someone else will. Focus on collectively achieving the Club goals,” she says.

Admittedly, Rotarian Sylvia is grateful for the tremendous transformation, not only in her eight-year journey in Rotary, but also for the many lives that Rotary has impacted in communities across the country. She urges as many people as possible to join Rotary given the many benefits, especially the opportunity to help others and to grow in one’s personal life and career.

“To have an exciting journey [in Rotary], one has to give more of themselves, more of their time and resources,” she notes. “Rotary gives you an opportunity to serve, endless leadership development opportunities, learning from different vocations from the different guest speakers or by visiting other clubs.”

▶ **Going forward, Sylvia is committed to continue growing, giving sacrificially and being open to opportunities to serve others. Only time will tell how and at what level she will do her leadership magic next.**

THANK YOU, ROTARIAN SYLVIA,
FOR LOVING AND SERVING;
WE CELEBRATE YOU!



A Tribute to Magical President Sylvia

I feel privileged to have served as Bulletin Officer under the guidance of PP Sylvia Jagwe Owachi. Her support and mentorship empowered me to grow as a Rotarian and contribute meaningfully to our club's success.

IPP Sylvia's unwavering energy and dedication were infectious. She constantly reminded us of the standard we were striving for, a truly award-winning Bulletin, and her drive inspired me every step of the way. It was no surprise that, at the last District Conference, our Bulletin earned the recognition.

Beyond the Bulletin, her leadership touched every aspect of our club. From engaging members, reminding them of their obligations, to driving initiatives in member recruitment and contributions to The Rotary Foundation, her personal touch was evident in every effort.

Thank you, IPP Sylvia, for your vision, guidance, and the enduring mark you've left on our Club, and for serving as the District Governor's President!

~ Lillian Keno



PP Sylvia turned skepticism into applause

When Sylvia's name was floated as President Nominee, I had mixed feelings. First, her demanding job often kept her away from fellowship; most of her induction cohort had vanished like morning mist, and her nomination decision was even made in absentia.

But wow, did she prove us wrong. Sylvia came charging in like she'd just discovered a hidden stash of espresso. With self-drive that could power the club generator, she breezed through the Rotary Leadership Institute, sharpening her skills and soaking up knowledge like a sponge at a car wash. Whatever it was, Sylvia's 'off switch' was clearly broken and by the time she received the chain, she was ready to steer the club.

Every president knows that being a Governor's President isn't exactly

a walk in the Rotary Park. The expectations are sky-high, and everyone secretly measures you like a perfectly balanced cocktail: "Hmm, are they up to standard?" Yet, Sylvia danced through the pressure with grace and a grin. She ticked boxes we didn't even know existed and made sure our club shone as a true Governor's Club.

My dear namesake, you turned skepticism into applause and showed us that quiet beginnings can lead to show-stopping performances. Thank you for proving that leadership isn't about the loudest start, but the brightest finish.

~ Sylvia Nankya



Rotary has taught me servant leadership

IMMEDIATE PAST PRESIDENT **SYLVIA JAGWE OWACHI** WAS A 'MAGICAL PRESIDENT' OF THE ROTARY CLUB OF KAMPALA NAALYA (2024-2025). SHE SPOKE TO **PETER NYANZI** ABOUT THAT EXPERIENCE AND HER ROTARY JOURNEY IN GENERAL.

Q: How and when did your Rotary journey begin officially?

In July 2017 a family friend, Rtn Sam Owori, who was a seasoned banker and Rotarian and who had inspired me when I was growing up, passed on.

By the time of his death, he was the Rotary International President Elect so there was a lot of information in the press about Rotary and the good work it does. Additionally, that that year I had transitioned to a new job and was looking for new connections and new networks. During my work engagements, I met Past District Governor Ken Mugisha who encouraged me to join Rotary. I heeded to that call. I was inducted into the Rotary Club of Kampala Naalya on 6th December 2017 by Past District Governor Ken Mugisha.

Q: What were your first roles after being inducted into Rotary?

Upon joining, I served on the Service Projects Committee and also served on the Rotary Foundation Committee. Also, I was part of the Women in Rotary dinner, an annual fundraiser organized by the Rotary Club of Kampala Naalya.

Q: How did you end up as a member of the RC



of Kampala-Naalya?

When I decided to join Rotary, I had reconnected with an old schoolmate, Evelyn Nassuna, who was then a member of the Rotary Club of Kampala Naalya. I did visit a few other clubs; however, I zeroed in on the Rotary Club of Kampala Naalya. On my first visit I was warmly welcomed and felt really at home. In addition, my home was in Naalya at the time, which made the fellowship venue convenient.

Q: How did you become the Club President?

I was nominated by the members of the Club. I recall Past President Herbert Oloka called me to advise me that the club assembly had nominated me in absentia and asked whether I was willing to serve. This demonstrated the members' trust and confidence in me. So, I said 'yes.'

Q: What difference did the one year you spent as Club President make on your personal perspective in regard to leadership?

Leading volunteers is different and a uniquely rewarding and humbling experience. Unlike traditional leadership roles, where authority is often built into the position, volunteer leadership is rooted entirely on service and a shared purpose. Volunteers choose to give their time, energy, and resources; not for compensation, but for a cause they believe in. Leading volunteers taught me about servant leadership. It wasn't about telling people what to do; it was about serving others and leading by example.

Q: Briefly, what would you point at as the key highlights of your tenure as Club President?

I had the opportunity to serve as President of the Rotary Club of Kampala Naalya in the 'Magical Year' (2024 – 2025) - the year where our very own member, Rtn Ann Nkuutu, served as the Governor for District 9213. That made our club "The Governors Club," and me, the 'Governor's President.'

The 'Magical Year' was truly magical and our club received a Rotary International Club Excellence Award, meaning we achieved most of the goals we set had for that year. We also received an award at the District Conference that year for our weekly bulletin and had a very successful Women in Rotary 10th Edition event. We grew in membership, had several member engagements

with a good number of members participating, increased our engagements with our Rotaractors and sponsored a new club charter, the Rotary Club of Kyadondo Rugby.

In addition, the Club gave the highest amount ever to the Rotary Foundation, surpassing our target. We had the first Major Donors in our Club and several new Paul Harris Fellows while others went a level up.

Q: What struck you the most about the role of the Club President in Rotary?

The role of Club President requires one to recognize that each member is different. Like I said earlier, volunteers are motivated by purpose and each one is driven, motivated and kept engaged differently. It's also important as President to accommodate the diverse preferences and ensure that the Club activities vary to try and speak to each one.

In addition, members have varied skill sets and interests and are more engaged if these are utilized adequately within the Club. I therefore ensured that I allocate roles and responsibilities to many members so that there is engagement and where possible those skills and interests are tapped into. Recognizing effort is another key part of the role. A simple "Thank you," a personal message, or public acknowledgment often meant more than I anticipated. Volunteers thrive on appreciation and feeling valued, and I learned how far encouragement can go in building morale and momentum. Members will become more forthcoming and involved when they are appreciated.

I really enjoyed the year of service, which I must add, did come with a lot of learning and new connections.



Q: Which particular experiences were beyond what you had anticipated?

Everything we did as a club was through the members' efforts, right from the day I was installed. The key activities in the year for example the District Governors Visit, the Service Projects, Women in Rotary event as well as the selection of speakers and fun fellowships, were all done by members. I must say I received a lot of support from the Charter President, Past Presidents, the Board and Officers that served with me, the Buddy chefs, and all members of the Club. Whenever we had a task, I always made sure that I showed up first and within no time many other members would have turned up and collectively we achieved whatever we set out to do, way beyond my expectations.

Q: If you're asked to speak to a group of new Club Presidents, what would you tell them?

The one year goes by really fast so enjoy every bit of it and serve unreservedly. I would encourage them to prepare early. Personally, I purposed to complete the Rotary Institute Undergraduate and Graduate classes and courses on MyRotary, which I found very useful in improving my Rotary knowledge and volunteer leadership skills. I would also remind them that the journey involves a lot of persuasion, influencing, collaboration and fostering an environment where everyone feels empowered to contribute something big or small. There's no need to sweat the small stuff if someone doesn't turn up because someone else will. Focus on collectively achieving the Club goals.

Q: You visited different Clubs and interacted with District officials closely.

What are your most important takeaways about the impact of Rotary in society?

Rotary has had impact from the level of fundraising and giving to The Rotary Foundation, which has enabled the achievement of different activities such as elimination of Polio, establishing of the Mengo Blood Bank, construction of the Cancer Treatment Centre at Nsambya Hospital and setting up the Rotary Peace Centre at Makerere University, among many others. The impact is also felt from the many service projects undertaken by different Rotary clubs across the country.

Q: If you're asked to speak to a group of new Rotarians, what would you tell them, if they are to have an exciting journey in Rotary?

There are many reasons why one would join Rotary. However, to have an exciting journey, one has to give more of themselves, more of their time and resources. Rotary gives you an opportunity to serve, endless leadership development opportunities, learning from different vocations from the different guest speakers or by visiting other clubs. It also gives one an opportunity to travel and experience different cities and cultures and endless networking opportunities, business development opportunities, speaking opportunities and above all, opportunities to make new friendships and have fun.

Q: As a person who is now familiar with the inner workings of Rotary, what in your view, can be done to make Rotary more impactful for our communities in Uganda?

We can do more by sharing more of the stories, continue to mobilize more people to join Rotary, and increase partnerships so as to continue undertaking impactful projects within the communities we serve.

District 9214 honors TRF Major Donors

Last week, District 9214 honoured Rotary's Major Donors at a dinner held at Casino Royale. One of the major highlights of the event was that of RIDE Emmanuel Katongole moving a notch higher in his giving by contributing another **\$250,000** to The Rotary Foundation, reaching the level of the Arch Klumph Society (AKS) Chair Circle Level. ***Below are some of the pictures from the event.***





ELDER'S EYE

Speak out for children with disabilities

BY RTN GODFREY
OKELLO-OMODING

'DISABILITY IS NOT INABILITY' IS A COMMON SAYING AMONG PERSONS WITH DISABILITIES AS THEY STRUGGLE TO SQUEEZE THEMSELVES INTO SPACES. YES, THEY DO STRUGGLE! AND THEIR STRUGGLE IS NEVER ENDING. IT EVEN EMANATES FROM THOSE YOU DON'T EXPECT - FAMILY MEMBERS INCLUDING THEIR OWN PARENTS.

There are conventions, protocols, statutes, declarations, policies and bye-laws - right from international level, national level to community level on persons with disabilities in general and, in particular, in basic education for children with disabilities.

The UN Convention clearly pronounces the rights of persons with disabilities; giving nations a framework for framing Rights of Persons with Disabilities. The Rights of the Child in UN Convention further deepens and enhances the rights of children with disabilities in basic education. It states that basic education

“...more important is the availability of opportunities for these children to attain basic education and literacy. This is a call to all people.”

is a fundamental human right that, “entails access to quality, inclusive education in their home communities, with the necessary individual adjustments, support, and rehabilitation services to facilitate their learning and development on an equal basis with other children.”

Uganda, as a member of UN, has ratified these UN Conventions. Further, in the country's Constitution,

it's stated that all persons have a right to education. It's even enforced with an Act of Persons with Disability (2006) and national policy on inclusive education, among others. In spite of these statutes, policies and regulations being in place, voices that advance the cause of children with disabilities are still relatively low; with silence in some aspects, with little action in others and even nothing at all in some areas. May be there are few people contributing voices to be heard hence the low “noise” and actions.

Just stop to think about it; who is speaking for the 1.4 million - 2.8 million disabled children who need to be heard in the country? This is 5.8% to 16% of the child population (data vary according to different sources). The Uganda National Disability Survey of 2018 puts the number of children at around 1.4 million living with a disability. Whatever the number, these are souls yearning for actions that can change their lives for better.

Just as you may appreciate that even the numbers of the children with disability are conflicting, with different sources recording different numbers. Why? Simply because the signals from society are of stigmatization, affecting the reporting of numbers. Some parents and communities have a



tendency not to report and record children with disabilities. Worrying of the right numbers is an issue for planning and designing interventions. However, even more important is the availability of opportunities for these children to attain basic education and literacy. This is a call to all people.

Rotarians, this call is extremely urgent. As you reflect on this month theme, remember to add your voices and actions for the children with disabilities. These children, unlike their counterparts, in any situation they face double tragedy - the one the rest of the children face and the one they already bear. For some of them, their needs are more specialized,

right from the teaching and learning materials to the teachers, infrastructure, environment, attention and what they use. Therefore, there is a limit to which the supposed education inclusiveness can go in some disability cases.

Also, as you add your voice for the plight of these children with disabilities wherever you are, take a moment to uplift those

taking care of the basic education of these children. The parents, families, caretakers, communities and teachers - they all need your support. It's in such times that one's humanity is tested. Day and night, parents, caretakers and teachers handling the children with disabilities

are in action helping them.



▶ **Doing their best to see to it that the children get the best. They are “specialized” models. Just as we chorus in this Rotary year ‘Unite for Good,’ let us add to the chorus ‘Unite for Good to realize that disability is not Inability.’**





#OutToLunch

Side hustles: What formal employees should know before starting

BY RTN. DENIS JJUUKO



On Friday 29 last month, I was invited to speak to the staff of Uganda Registration Services Bureau (URSB) on the subject of side hustles for corporates at their end of month Fireplace session. The Fireplace is an internal meeting where guest speakers discuss various topics every last Friday of the month. Below is an abridged version of my presentation. I believe others could find one interesting thing or two.

In August 1972, Idi Amin launched his so-called economic war, which led to the expulsion of Asians. In the months that

followed, Uganda experienced unprecedented inflation. With the economy in free fall, many workers realized that their salaries were no longer sufficient.

“Bars, salons, and restaurants require a lot of time when starting, which you may not have as you have to concentrate on your job as well.”

At Makerere University, the country's premier higher institution of learning, professors took to driving taxis to supplement their income. One professor, until recently a minister in President Museveni's government, was the taxi driver, while his colleague, an education professor, was the 'turn boy' or conductor. Others became teachers in secondary schools. Their wives turned the garages of their residences into unofficial canteens.

Idi Amin's economic war led to the birth of side

hustles in Uganda, where employees do something outside their official jobs to supplement their incomes.

▶ **The importance of side hustles was further cemented in the 1990s when the Structural Adjustment Programme led to thousands of people being retrenched and losing their jobs in Government Ministries, Departments and Agencies. Recent mergers of government agencies (rationalization as they call it) and closure of funding organizations like USAID continue to make employees think of life beyond their air-conditioned offices.**

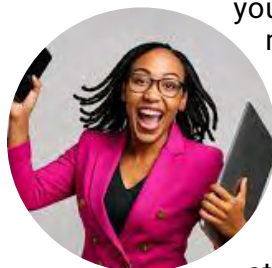
So, if you are thinking of starting a side hustle, what key things should you consider? Here are a few points to ponder.

1. Time: Side hustles for



people doing 8am-5pm jobs should not be too time-consuming. Get a hustle like buying and selling land, flipping houses, buying and selling cars, bonds and unit trusts (if you can call them side hustles), or even supplies. Bars, salons, and restaurants require a lot of time when starting, which you may not have as you have to concentrate on your job as well. Also, workers in such sectors are unreliable. You don't know which day they will not turn up. Or when they will sell a crate of beer and replace it, creating an impression that there are no customers. Still, you don't want to stay awake in a **kafunda** so that a few men not eager to get home can finish their beer and leave to enable you close the day's operations.

2. Cash payments: Avoid side businesses where most of the payments are made in cash. You don't know when the workers will disappear with your money. Most side hustles are small and may not have systems to protect revenues especially in the beginning. Side businesses where people pay in the bank are better. That way, you can protect your revenue. I know there are mobile money payment codes these days but there are still a few issues with



them to be fully embraced.

3. Small is beautiful:

All business plans show profitability at one stage. Also, however much research you do, there will always be stuff you will only learn when doing the business. Start small and allow yourself to learn the trade. Don't throw all your life savings in a business at the beginning. Don't borrow to start. If you are to borrow, maybe from family members. Start with your savings or pool money with others.

4. Six months rule:

Before you quit your job to fully concentrate on the side hustle, make a standing order for your bank to send 100% of your salary to an investment account or unit trusts or bonds. Don't touch this money. Now, see if you can rely on the side hustle for six months. Pay all business and personal expenses from the business. That way you will know if the business is profitable or if you have been subsidizing it with your salary. That way, you will avoid looking for a job a few months of leaving one.

5. Do what others are doing:

Your side hustle doesn't have to be innovative or ground breaking. Do what others are doing. See a sector you can invest in, where you can easily raise start-up capital and get going. But run it better than others. Ground breaking ideas can then be

implemented when you have money you can afford to lose or can raise the required capital from angel investors.

6. Cashflow is the lifeblood of your hustle:

Look for businesses which have good cashflows. Planting trees that mature after 20 years should be for people investing for retirement. But doing something that brings in money regularly helps keep the business operational without necessarily relying on the salary or salary loans.

▶ **Do people need to do typical side hustles? Should everyone do business? There is no clear answer.**

One just needs to find a model that works for them. Apart from some telecoms and banks, many businesses in Uganda that publicly publish their returns show net profitability of around 10%-15% annually. This means that an employee who invests in treasury bonds or unit trusts is likely to earn the same percentage without any hustle of running after the ever-elusive customers. It can also be a strategy of accumulating capital to venture into capital intensive side hustles that don't require a lot of time like real estate.

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

Last week's fellowship



ROCKET

AFRICA'S CORPORATE GIFTS CO.



**ALL YOUR BESPOKE MERCHANDISE
NEEDS IN ONE PLACE**

Affordable Prices and So Much More!

uganda@rocketafrica.com
www.rocketafrica.com
TANZANIA | UGANDA | KENYA | RWANDA | SYCHELLES

 +256 783 202014 / +256 700 869474

FAMILY MATTERS



BY PASTOR RONNIE
MUTEBI

PRAYER IN YOUR HOME

JOSHUA 24:15 (NKJV):
“...BUT AS FOR ME AND
MY HOUSE, WE WILL
SERVE THE LORD.”

Every home has a spiritual atmosphere. You can feel it the moment you walk through the door. Some homes have a heavy, tense atmosphere, perhaps from constant harsh words or

mistrust. Other homes feel peaceful and welcoming.

So, what is the atmosphere of your home like? There must be an atmosphere that defines your home. One of the most powerful things that defines a home's atmosphere is prayer. When you establish a strong foundation of prayer in your home, you create a spiritual shield that protects against negative influences.

When a home is saturated in prayer, even arguments and disagreements lose their power. The energy that comes with a dispute is dispelled, replaced by the peace that prayer brings. Prayer also has a powerful effect on children. In a home with a strong altar of prayer, there are certain things children simply won't do, certain habits they

won't pick up, and certain friends they won't bring home. The atmosphere of prayer can tame even the wildest urges in a child.

As a family, make it a habit to always keep prayer

in your house. Speak positive over everything and to every situation. When you do this, your home will radiate with positivity and possibility.

Take Home:
As a family,
learn to soak
and immerse
your home in

prayer. Make a habit of speaking positively to everything in your home - the television set, the doors, the beds, the kitchenware, the lights—everything. Whenever anyone walks in, they will always feel and know that yours is not an ordinary home.

“

Speak positive over everything and to every situation. When you do this, your home will radiate with positivity and possibility.”

Tell others how you feel

BY PAMELA KAWADDWA

**Each day we wake
is such a gift;
No moment's guaranteed.
Tomorrow isn't promised,
But to fate, we must concede.**

We cannot know our futures,
How long or short our lives.
We simply do the best we can
Until the end arrives.

And in life, what's
most important,
In the scheme of every day,
Are the people who
stand by our side
As we venture on our way.

Those cherished, loyal,
patient souls,
Who takes us as we are,
Who look beyond
our foolishness,
Our frailties and our scars.

How often do we take the time
To lay our hearts down bare
And tell them how
we truly feel
And just how much we care?

Do we freely give
a compliment
And acknowledge
efforts made?
Or do our own quite
fragile egos
Make us feel far too afraid?

Have we tried to
overcome our pride
And forgive another's wrongs?

Or do we cling to
hurt and anger
And carry grudges
far too long?

Do we share our
blessings willingly
With those who are in need?
Or do we hoard our
own good fortune
Out of selfishness and greed?

It's the people all around us
Who make us who we are.
It is they who save
our erring souls
And fill our lonely hearts.

So, it's time we show
some gratitude
And not wait another day.
For before, we even know it,
Our chance may slip away.
It's past time to say 'I love you'

And forgive another's sins.
We must let ourselves
be vulnerable
By letting others in.

For one day, tomorrow
will not come;
We may not meet again.
For inevitably, for each of us,
It all comes to an end.

So go ahead and
say the words;
Make today a start.
Don't regret your silence;
Share the language
of your heart.

Till again,

Phwv



'Macho'

We all know a 'macho' man, don't we? The kind of guy who opens a bottle with the flick of a finger, and insists on carrying all the groceries in one hand and his twins and their mother in the other.

The ultimate root of the word is the Latin word *masculus*, which also means 'male' or 'masculine.' The English use of 'macho' came to describe a particular kind of exaggerated, aggressive, and often domineering masculinity - a concept often referred to as 'machismo.'

But where did this glorious word come from? Was it forged in the fires of Mount Olympus by the god of manliness? Was it the sound a Roman gladiator made when he bench-pressed a hippopotamus?

The word 'macho' comes from the Spanish and Portuguese word 'macho,' which simply means 'male' or 'male animal.'

The answer, my friends, is far more mundane, and frankly, a little sad.

It all started in a tiny Spanish village in the 16th century

with a simple farmer named Pedro. Pedro was, by all accounts, a lovely man. He was kind, he was generous, and he was absolutely, positively terrible at farming. He'd plant corn, and weeds would grow. He'd try to milk a cow, and it would kick the pail away.

One particularly frustrating afternoon, a wandering monk asked Pedro what his donkey's name was. Pedro, red-faced and covered in mud from a failed attempt to build a fence, threw his hands up and yelled, "That thing?! That worthless, stubborn, uncooperative animal is a disgrace! He is no donkey! He is a ma-cho!"

The monk, who was hard of hearing and a bit of a linguist, scribbled the word into his journal. "Ah, ma-cho," he wrote. "A term for a creature of great strength and virility, a symbol of brute force and stubborn will."

And so it was born. The word "macho," a term we now use to describe men who can pull cars with their teeth, was originally a grumpy Spanish farmer's insult for his useless donkey.

Over time, as the word traveled and evolved, people simply forgot the donkey part and started applying it to men who were similarly stubborn, forceful, and occasionally, good at carrying heavy things. The moral of the story? The next time you see a guy flexing in the mirror, just remember that somewhere, in the misty hills of Spain, a donkey is getting all the credit.



Jokes

For four days in a row, an elderly man appeared at the main gate of the White House and told the guard that he wanted to talk to President Biden. "Sir, Biden is no longer president and no longer resides here." The old man said, "Okay," and walked away.

On the fourth day, the guard visibly irritated, repeated the same thing. The old man simply smiled and said, "Yes, I understand. I just love hearing it."

"See you tomorrow then, Sir," the guard replied.



Rotary
Kampala-Naalya



Rotary
Kampala-Naalya



11th Sept



Happy Birthday

PAG Herbert Oloka

May your days ahead be filled
with love and joy



RotaryNaalya



rotarykampala_naalya



RotaryClubOfKampalaNaalya



www.RotaryKampalaNaalya.org



RotaryNaalya



rotarykampala_naalya



RotaryClubOfKampalaNaalya



www.RotaryKampalaNaalya.org

Rotary
Kampala-Naalya



**BASIC EDUCATION AND LITERACY:
Opportunities for
Rotarians**

PAG SOPHIE BAMWOYERAKI

**DISTRICT CHAMPION
BASIC EDUCATION & LITERACY**



**Tuesday September 16, 2025
Ndere Cultural Centre**

7 PM

KATOGO BUDDY GROUP IN CHARGE



Dr Francis Lakor



Enid Kabuunga



Fathila Nanozi



Betty Doreen Namono



Herbert Oloka



Theopista Fokukora



Keno Lillian



Joachim Buwembo



Pamela Kawaddwa



Johnson Akanyijuka



Nicodemus Majanga



Ruth Mugisha

WOULD YOU LIKE TO

JOIN OUR CLUB?

TAP THE BUTTON BELOW

FILL THE FORM AND OUR
MEMBERSHIP DIRECTOR WILL REACH OUT



Tap to submit your details



OUR CLUB MEETS EVERY TUESDAY AT 7-8PM

www.rotarykampalanaalya.org



Aluminium and Metal Fabrication



Najjera- Buwaate Rd, Kira
+256 75 811 1409 +256 740 863 399
vipventuresltd@gmail.com