

Naalya Food Bulletin

26th August, 2025

Rotary
Kampala - Naalya



UNITE
FOR
GOOD

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RC KAMPALA - NAALYA



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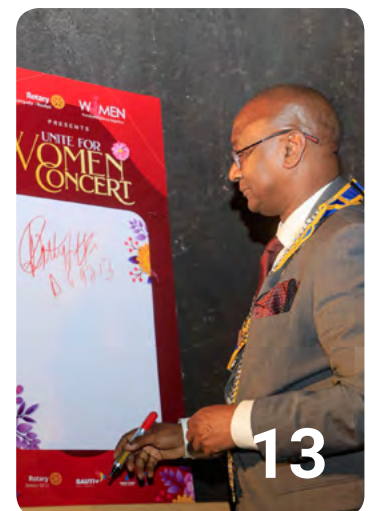
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Editor's Note



Dear Rotarians and Friends,

This week, we stand at a unique juncture in the Rotary calendar. We close the book on August, a month dedicated to Membership and New Club Development, and turn the page to September, a month focused on Basic Education and Literacy.

This transition is more than a simple change of theme; it's a powerful reminder of how one area of service naturally flows into another, creating a ripple effect of uniting for good in our communities and around the world.

Throughout August, this Bulletin has published many 'call to action articles' in relation to the theme. We have been challenged to look inward at our club's health and outward at the opportunities for growth. We did celebrate the vibrant energy that new members bring, culminating in the induction of six new Rotarians as well as Sauti+Media as our corporate

partner. We also read many articles that made us appreciate the importance of nurturing our existing members, ensuring our clubs are welcoming, engaging spaces where everyone feels valued and can contribute their unique talents. Without this strong foundation of membership, our ability to serve would be limited.

Now, as we enter September, we shift our focus to one

of Rotary's core areas of service: Basic Education and Literacy. This is a cause that resonates deeply with the heart of Rotary. We understand that education is not a luxury; it is a fundamental human right and a powerful tool for empowerment for both the current generation and posterity.

As DG Geoffrey Martin Kitakule

told us during his official visit last Tuesday, the hands-on service we provide, the funds we raise, and the partnerships we forge are all powered by the dedication of our members. Our collective ability to serve is directly proportional to our strength in numbers and the diversity of skills and

experiences within our ranks.

So, as we embrace the opportunities of this new month, let's together carry forward the energy and momentum from our membership drive. Let's channel our passion for service into inspirational articles about education and literacy.

► **In this bulletin, Rotarian Flavia Serugo has written an article about the evolution of Women in Rotary, an initiative of the Rotary Club of Kampala Naalya, which has now taken its place on the District's calendar.**

When we join hands to implement such impactful initiatives, it strengthens our ability to build a world where every child, especially vulnerable girls, get an opportunity remain in school. May we all contribute to ensure that this bulletin makes this a September of impactful action and lasting change.

Enjoy!

Rtn. Peter Nyanzi
Bulletin Officer

“
...let's together carry forward the energy and momentum from our membership drive. Let's channel our passion for service into inspirational articles about education and literacy.”

Message from D9213 Governor, Geoffrey Martin Kitakule

GROWING TOGETHER - THERE'S ALWAYS ROOM FOR ONE MORE AT OUR TABLE

BY DG GEOFFREY KITAKULE

Dear Rotarians and Rotaractors, thank you for a wonderful start of the Rotary year. Your energy and determination in July have set a wonderful pace for the year. Thank you to the Public Image team for the excellent campaign of #RotaryEyamba. We continue to show case impact stories to show that indeed Rotary cares and helps. I would like now to talk about something that is vital to the future of our clubs and our mission: **membership growth.**

Rotary began with just four individuals and an idea—to come together in friendship and service. From those humble beginnings, we've grown into a global force 'Uniting for Good.' But at every level—whether global or local—**Rotary's strength lies in its people.** And that's why we must be intentional and passionate about **inviting new people into this family.**

When we increase our membership:

- We gain **more hands to serve**, more ideas to innovate, and more voices to advocate for change. The task ahead of us is huge.
- We bring in **diverse experiences and talents** that enrich our projects and strengthen our community ties.



- We ensure that the spirit of Rotary continues—not just for this year, but for generations to come.

Potential members are everywhere. They are:

- **Young professionals** looking for purpose
- **Retirees** eager to give back
- **Teachers, doctors, entrepreneurs, lawyers, farmers, artisans**—people who care, people with a heart and sometimes, they're simply waiting to be asked.

Let's not just wait for people to come to us. Let's **go to them.** Let's share what Rotary means; what Rotary does; and most importantly—**what Rotary could become with them involved.** Membership is not about filling seats—it's about

building relationships. A personal invitation, a story shared, a life changed—these are what grow our clubs. **Let's each commit to bringing in just one new member this year. Imagine what we could accomplish if every Rotarian did that.**

▶ **We are not growing Rotary for numbers—we're growing it for impact. The more we grow, the more lives we touch, the more problems we solve, the more hope we spread. We need to create clubs that also fit within work life and other aspects of social life.**

I am happy to say that in addition to clubs like that of Emergency Medicine, Rugby and Environment, we are also creating corporate clubs. We have a corporate club in DFCU Bank called Blue Hearts and we are starting a Rotary Club of Mapeera with Centenary Bank. Let's open our doors, open our hearts, and remind our communities that Rotary is not just an organization—it's a movement. And it's a movement worth joining.

**LET'S GROW TOGETHER,
SERVE TOGETHER,
'UNITE FOR GOOD' AND
BUILD A ROTARY THAT'S
STRONGER THAN EVER.**

#ROTARYEYAMBA

President's Message

RTN CHARLES OWEKMENO
Club President 2025-2026



Dear Rotarian Family,

Welcome back from what was truly a memorable week, during which we had the honour of hosting our Dear District 9213 Governor, Geoffrey Martin Kitakule.

We received valuable guidance and feedback from him on key areas to focus on how to elevate our Club. He emphasized the importance of aggressively growing our membership, expanding our Women in Rotary event, and focusing on securing global grants.

These goals are achievable if we unite and work as a team. We also extend our gratitude to the District

Governor for officially unveiling our Women in Rotary concert, scheduled for March 7th, 2026, at KatiKati Grounds in Lugogo. I would like to warmly welcome our new members to the Club. I encourage everyone to give them a warm reception and support them as they embark on their Rotary journey.

A special thank you to the Kimando Buddy Group for leading club fellowships exceptionally well through the month. We look forward to continued success with the Katogo Buddy Group in September.

Finally, I invite you all to join us this Tuesday, August 26, 2025 as we celebrate our new members, featuring band music in collaboration with the Rotaract Club of Kampala North, the Musical Rotary Club of Naalya, the Rotary Club of Bukoto, the Rotary Club of Kyadondo Rugby, and the Rotaract Club of Kampala Naalya.

Wishing you a great Rotary week!

I wish you all a joyful, productive, and inspiring Rotary week.

YOURS IN SERVICE
ABOVE SELF.



TEAM TALK

Tips for navigating organizational 'politics'

BY AG FRANCIS LUBUULWA

Over my 13 years as co-founder of Rocket Products Ltd, I've lived and learned through the realities of company 'politics'—within our leadership, with our Board, and across complex B2B relationships. From long bidding processes to tight delivery expectations, what has held us steady is professionalism, integrity, reliability, and the focus on building rapport and enduring relationships.

Rotary isn't exempt. Politics, woven into every organisation, must be understood and managed if we are to deliver impact and fulfil Rotary's mission.

Politics is everywhere

Broadly speaking, 'organizational politics' is defined as "the use of power and influence strategies to achieve personal or organisational objectives." At its best, politics helps build consensus and direction; at its worst, it breeds manipulation and division. From Rocket's boardroom to Rotary's meetings, politics persists—but so can integrity. We can't eliminate politics, but with good systems, trust, and emotionally intelligent leadership, we can navigate it—and even use it to strengthen our mission.

In Rotary, we see this in power imbalances, sense of entitlement, uneven adherence to club bylaws, and inter-club influence—dynamics that, if unchecked, can undermine our mission.

What experts advise

1. Use emotional Intelligence as a buffer: A recent study found that emotional intelligence (EI) plays a crucial mediating role in how individuals navigate organisational politics - helping them respond better and maintain positive behavioural dynamics (Bhatia et al., 2025).

2. Use fairness to reduce political tension
Foundational research on

organisational justice, notably by Greenberg (1987), underscores how fair processes - procedural justice, build trust, reduce suspicion, and foster better performance across the board.

3. Trust and group emotional intelligence
Group-level emotional intelligence strengthens resilience against power struggles, promotes collaboration as well as balanced influence (Druskat & Wolff, 2001).

How can Rotary Clubs apply the above tips?

1. Strengthen governance with clear club bylaws





2. Develop and regularly revisit your bylaws—not just as tradition, but as structural guardrails that guide fair and consistent decision-making.

3. Cultivate fairness and inclusivity within Rotary clubs

4. Ensure that leadership roles and recognition reflect contributions—not hierarchy. Rotate responsibilities, welcome diverse voices, and guard against monopolising influence.

5. Fellowship isn't an extra; it's necessary. Trust cultivated through social bonding softens disagreements when they arise.

6. Train leadership in self-awareness, active listening, empathy, and

conflict resolution. These skills enable healthy navigation of politics rather than intolerance or retreat.

7. When political tension arises, refocus on

why Rotary exists—serving communities. The need for clean water, education, or healthcare should outshine internal squabbles within our clubs.

Call to action

Let's drop the illusion that Rotary is politics-free; instead, let's choose to engage with intention. By reinforcing fairness,

building relationships, and cultivating leadership with emotional intelligence, we ensure that even the 'politics' becomes a tool for inclusion, collaboration, and service.

If we can navigate politics in the

marketplace with integrity, surely we can do it within our clubs, for the sake of goodwill and better friendships as well as long-term impact in our communities.

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

“
We can't eliminate politics, but with good systems, trust, and emotionally intelligent leadership, we can navigate it—and even use it to strengthen our mission..”

#Leadership

Rooted, Retained, Rising: Rotary's Winning Membership Formula



BY RTN PAUL NAMPALA

While global Rotary membership trends continue to show signs of decline, District 9213 and Zone 22 have carved out a distinctive route of impressive growth, stability, and promise.

But rather than relying solely on the creation of new clubs, District 9213 has embraced a more sustainable model - deepening member engagement and fostering retention within existing clubs. This approach reflects not just tactical precision, but a values-driven commitment to the spirit of Rotary.

The evidence is compelling. Over the past few years, District 9213 has reported zero club terminations, thus

achieving an unprecedented 100% club retention rate. This metric alone speaks volumes. It signals not just organizational health, but also an internal culture of belonging, purpose, and continued service. In an era where many members globally exit within their first one to three years, District 9213 has demonstrated that thoughtful engagement, mentorship, and collaboration yield enduring results.

Retention is more than just a number; it is the lifeblood of club vibrancy. When retention is strong, clubs can shift their energy from survival to significance - devoting resources to impactful service projects and community engagement, rather than scrambling to stem attrition. Moreover, clubs that retain members naturally become beacons of attraction. Potential Rotarians are drawn, not merely to programmes, but to the energy, company, and purpose they observe.

This virtuous cycle, in part, explains our District's growth from 4,571 Rotarians in July 2024 to over 5,150 today.

As we rally under the theme 'Unite for Good,' the District Membership Committee (DMC) remains steadfast in a twin strategy—strengthening retention while amplifying Rotary's appeal to prospective

members. With over 140 clubs in our fold, this effort is not just about numbers, but about meaningful presence. The DMC also envisions growth through new club development, taking Rotary into deserving communities that have yet to experience its transformative potential.

Threaded through all these initiatives is the singular belief that membership engagement is the catalyst through which Rotary manifests. It is in the laughter at fellowship gatherings, the shared toil of service, the mentoring moments between seasoned Rotarians and passionate newcomers.

From retention to attraction, engagement is the quiet force driving our momentum—as we build a club experience that promotes unity for impactful public and global good.

Rtn Nampala is Chair, District Membership Committee 2023 – 2026; Chair, New Club Development 2022 – 2026; and Assistant Governor (Kampala Area 17, 2025/2026)

[THIS ARTICLE WAS FIRST PRODUCED IN THE AUGUST ISSUE OF WAVE MAGAZINE]

DG Kitakule visits Naalya, inducts seven new members

BY PETER NYANZI

Barely a month after becoming the 9213 District Governor, Rotarian Geoffrey Martin Kitakule has made his maiden visit to the Rotary Club of Kampala Naalya at a colourful three-in-one event held at Ndere Centre in near Kisaasi.

The visibly excited DG, who described himself as being in “a good mood” because his team Arsenal had walloped Man. U the previous weekend, met the Board, attended the club fellowship, inducted new members into Rotary and also officially launched the reloaded Women in Rotary initiative.

“The reason I’m excited is that I have very good friends here,” he said. “And those friends are very strong women of character,” he added, picking out predecessor DG Anne Nkutu and District PIME Chairperson Flavia Serugo who worked with him in the private sector for a number of years.

Six new Rotarians were added on the club’s roll. They are: Rtn Majanga Nichodemus, Rtn Edgar Gonza Ategeka, who upgraded from Rotaract, Ms Marjorie Mugenyi, Rtn Florence Bamwine aka ‘Floba,’ Rtn Charles Emma Ofwono, and Rtn Fred Ahimbisibwe. Also on board as a corporate member, is

Sauti Plus Media Hub, who will help to spearhead the Women in Rotary Concert.

Also in attendance was the District Governor-Elect, Gerald Obal from Gulu, District Executive Secretary Kyambadde Kaziro and Rotaract Transitions Advisor Emmanuel Lukeera, among other officials.

Dozens of Presidents and Rotarians from various clubs across the district also attended.

Kitakule, who kept his audience roaring in laughter throughout, described IDG Anne Nkutu (whose mother club is Naalya), as his



“mentor” who introduced him to the workings of the District.

He amused members when he said he grew up with Anne in Buseesa, a small town that has produced three District Governors – himself, Anne and PDG Tusubira.

“I’m excited that this Club has been at the forefront of empowering women, not just in words, but actually giving us the women in leadership,” he said, adding that Naalya’s women remind him of a

famous song by Shaggy – Strength of a Woman.

► **He saluted Naalya for birthing the Women in Rotary, which has lifted the status of women across the District to the extent that 55% of its members are women.**

However, he challenged the club members not to rest on their laurels but to keep elevating their signature

project, the Women in Rotary initiative, to new levels, so as to add more members to the club.

“You can’t have just 54 members. We can grow bigger because we need more hands on the deck,” he said, adding that the club has so much potential, which is not being exploited. “That potential needs to start exporting the power outside Naalya, and my challenge to you is, how are you going to make the celebration of women bolder, bigger, better?”

Kitakule, who described Club President Charles Owekmeno as a “determined young man,” pledged all his support to the Club during his governorship.

“**I’ll come back here to celebrate your achievements - your growth in numbers, your projects, and we shall support you to attain global grants,” he said amidst loud applause.**

He warned Naalya club members that they have a small challenge of being “the reverend’s child” who is expected to be on his best behavior at all times. “The moment you produce a Governor, the expectations are different,” he cautioned, adding that as a club they must always act in ways “that make Governor Anne proud.”

“**That my team Arsenal won should be a sign of good things to come to the Rotary Club of Kampala Naalya. Let everyone join you, the winning team, so as to have the best Rotary year ever,” he said, amidst laughter and cheers.**



RC Kampala Naalya Gets 7 New Members



WOMEN IN ROTARY RELOADED



BY RTN FLAVIA SERUGO

In October 2015, District Governor Bob Waggwa Nsibirwa came to the Rotary Club of Kampala Naalya for his official visit. I was the President of the Club at the time.

He challenged us to have a project that would make our club stand out. "What do you want to be known for as the Rotary Club of Kampala Naalya"? He challenged us.

What followed was a serious scratching of our heads for an idea. Eventually, we zeroed in on Women in Rotary as a public image initiative, whose objective was to highlight the important role played by women in Rotary.

Over the last ten years, what started as a humble 'high tea' in honour of women's service in Rotary first held at then Mackinnon Suites has slowly evolved to a glitzy corporate event held at posh hotels in Kampala City.

Indeed, the event has

attracted affluent and inspirational keynote speakers over the years including; PDG Geeta Manek, Dr. Peter Kimbowa, Mr. Robert Kabushenga, CEO Proscovia Nabbanja, Carol Musyoka, HRH Sylvia Nagginda, Hon Rebecca Kadaga, Mr Kamulegeya, CEO - Anne Jjuuko, Ms Olive Lumonya and our very own Past District Governor 2024/2025 Anne Nkutu.

Every year, the event has defined fashion through our theme dress codes; ranging from floral, all white with fascinators, contemporary African, sequins, pastel, to black and gold, etc.

The event has celebrated women that have made an impact in our communities through their leadership, innovation and service. Besides the fine dining, we have also been able to amplify Rotary in the corporate world and made collaborations with partners to fund the event in order to create awareness of Rotary's community service projects.

▶ **As a direct result, the event has enhanced the visibility of women in leadership**



DG Geoffrey Kitakule signs on the poster for the Women in Rotary Concert during his official visit to the Rotary Club of Kampala Naalya.

and helped to change the negative perception that Rotary was a 'men's organisation.' The event has also opened up opportunities to create platforms that elevate and empower Women in Rotary and vulnerable communities across the country.

However, whereas we have been able to reach out to more than 300 high-end delegates, there is a segment that we serve but which has been left out in the Women in Rotary celebrations. These include the "Futures" - the youth who are the mass segment at the bottom of the pyramid. Well, if we were to include them, the cost alone would be prohibitive.

Indeed, the event setup was becoming monotonous and needed a revamp.

At both Club and District level, Rotary has always presented us with new leaders every year who have helped us to continue with the advancement of Rotary's mission through innovation and increasing our ability to adapt to the changing times.

► This year, under our youthful Club President Charles Owekmeno, the Women in Rotary Celebration is being reloaded by taking it to the grassroots with the 1st edition of the Unite for Women Concert.

The Club is adding a touch of professionalism by partnering with our newly inducted corporate partner, Sauti+ Media Group, to manage



Rtn. Charles Owekmeno, the President of the Rotary Club of Kampala Naalya, signs on the Women in Rotary Concert poster during the official launch on August 19.

the event, scheduled for 7th March, 2026 at Kati Kati Restaurant grounds from 8.00 am- 12.00am. The full day event will have a series of activities including:

- Mentorship sessions for girls and women.
- Celebration and Recognition of outstanding women in Rotary. e.g. Charter Presidents, Female Past and Present, Presidents. Top givers to the Rotary Foundation, Rotary Women CEOs Club, Past District Governors, etc
- Exhibition of women's businesses and an opportunity to turn side hustles to big business.
- Celebrating women's talents and innovations:
- Lots of entertainment and fun from your favourite local artistes, Rotary and Rotaract entertainers,

Live band, etc. Food and drinks vendors will be available too. (A detailed program to follow).

On August 19, 2025, District 9213 Governor Geoffrey Martin Kitakule officially launched and endorsed the event as a District celebration of all women in the Family of Rotary going forward. So SAVE THE DATE!

All proceeds from the event will go towards setting up skilling centres for teenage mothers across Kamuli District.

► Though the Unite for Women Concert is being hosted by the Rotary Kampala Naalya, it is open to Partners and Rotary Clubs that are interested in being a part as we together 'Unite for Good' to transform our vulnerable girls and women in our communities.



Small Acts, Big Impact: *How service through Scrabble changed me*



BY ELIZABETH NAGASHA

Someone said service is about doing what you can, where you are, with what you have. And honestly, I used to think impact meant big budgets, grand projects, and massive turnouts - the kind that makes headlines. However, Rotary (and life) has been teaching me a quieter truth: some of the most lasting change starts small.

Take my journey with sports, for example, as a Scrabble coach and tournament director. What began as a simple pastime became a tool for youth development in my hands. Through localized Scrabble tournaments, I have seen young people light up with confidence. Some had never travelled beyond their neighborhood, but a tournament got them into new spaces - meeting new friends, and thinking bigger. For others, it was more than just a game but a safe space to build vocabulary, sharpen thinking skills, and discover leadership potential.

One of my favorite moments was watching this young girl go from crying to me after her first loss, to confidently breaking down her own mistakes just five games later. She wasn't crying anymore. She was analysing her moves and planning out her strategy for the next game. That shift was a giant leap in her self-belief. You could see it in how she approached the subsequent games with fresh determination.

It reminded me that impact is not always measured in millions raised or stadiums filled. Sometimes, it is one child who learns a new word, one teenager who learns to believe in herself, or one community that discovers the joy of coming together for something as simple as a game.

In Rotary, we sometimes get caught up in the "big picture," which is great of

course, but let's not forget the small steps that lead us there. A shared skill; a few hours of mentorship; or even a fun event can create a tremendous impact that you might never fully see.

► **My challenge to us: Look at what's in your hands. Maybe it's public speaking, photography, baking, cycling, or, like me, Scrabble. Whatever it is, use it. Offer it. Serve with it. You never know whose life you will quietly change. Because sometimes, the smallest acts make the biggest impact.**

RTR NAGASHA IS A MEMBER OF THE ROTARACT CLUB OF KAMPALA NAALYA



RC Kyadondo Rugby: Rethinking Rotary's membership model



BY RTN ROBERT JURUA

It's Saturday evening, and the sun is setting in a very beautiful scenery with the rays elegantly reflected on the windows at Sai Pali Institute of Technology on Entebbe Road, the venue for the 2025 Plascon Rugby 7s Circuit 3. The place is teeming with throng of Rugby players representing more than ten teams (both men and women), coaching stuff, partners and sponsors alike and excited fans. There I sat, mesmerized at just how impactful Rugby, as an interest sport, can influence Rotary membership, if put into full perspective and given a thorough look.

Newly chartered, the Rotary Club of Kyadondo Rugby, nestled in the heart of Kampala at the Kyadondo Rugby Grounds, Lugogo, Uganda's vibrant sports scene, is poised to revolutionize its membership model. By embracing innovative strategies, the club members believe they

can expand its reach beyond the Rugby field and attract a diverse range of members.

A vibrant membership is actually what drives a Rotary club given its activities, service projects etc. Yet, many Rotary clubs face several challenges, as many senior Rotarians did testify when they were mentoring us into how to deal with membership recruitment, retention and expansion. It then dawned on me that we have a very clear-cut way on how to deal with such a challenge: revolutionize the model and let go of the old and embrace the new, as Moses of the Bible told the people in Deuteronomy 1:6-7: "Break camp and move" - literally meaning it's time to be disruptive of the old and do something new.

As a collection of 5 different Rugby Clubs

at the Kyadondo Rugby Grounds, the Rotary Club of Kyadondo Rugby's core values of sportsmanship, teamwork, and community, align perfectly with Rotary's mission. By leveraging Rugby as a professional sport, the club can solicit membership from a broader audience, including athletes, coaches, and sports enthusiasts. This approach not only fosters a sense of community but also promotes the values of fair play, respect, and integrity that both Rotary and rugby embody.

Taking challenges in stride is no easy feat and we are aware that we shall have to put in the effort to pull off our intended goal. We intend to establish new membership structures to attract a broader range of members by exploring innovative model





including but not limited to virtual membership in which we shall offer online membership options for individuals who cannot attend physical meetings - allowing them to participate in discussions, contribute to projects, and stay updated on club activities. Then there's the Rugby-Themed Membership in which we shall develop membership packages that cater to Rugby enthusiasts, including exclusive access to matches, training sessions, and networking opportunities with players and coaches while we emphasize impact and purpose to appeal to professionals seeking meaningful engagement.

Many of such focus areas shall not necessarily divert from the usual Rotary focus areas as they shall still include community outreach

with the intention to develop initiatives that promote Rugby and sportsmanship in local communities, fostering social responsibility and community engagement; implementing programs that support youth development through Rugby, providing opportunities for young people to learn valuable life skills. We shall also ensure sports development by collaborating with local sports organizations to promote sports development, provide resources, and support athletes in achieving their full potential.

The crux is to use Rugby in Rotary to tap into the ever-growing number in the fraternity who just might not have been introduced to the notion of Rotary and yet present a beautiful idea that speaks to their passion and who knows, the blessing in Rotary they shall experience.

Conclusion

By adopting innovative membership structures and emphasizing its impact and purpose, the Rotary Club of Kyadondo Rugby can increase its membership and make a meaningful difference in the community. By leveraging the power of Rugby and sportsmanship, the club hopes to attract a diverse range of members and promote a culture of service, integrity, and respect. As the club continues to grow and evolve, its commitment to community service and sports development will remain at the forefront, inspiring a new generation of leaders and change-makers.

RTN JURUA IS THE
TREASURER AND PRESIDENT
ELECT OF THE ROTARY CLUB
OF KYADDONDO- RUGBY



ELDER'S EYE

Faithful membership is what drives Rotary

BY PP GODFREY
OKELLO OMODING

August, with its theme; **Membership and New Club Development**, is coming to an end. It has rolled on with calls for recruitment of members and growth, and new club development. Though this is the last week of the month, the spirit of recruitment and growth never ends. The theme was just a reminder and an emphasis of the importance of membership. Indeed, there has been tremendous responses. In our Club, for instance, the District Governor on his visit last week, inducted six new members. As a Club, we rejoice over this. Not as achieving one of our key performance indicators but as a welcome addition of skills and competences into our stock.

Inductions, too, have been happening in other Clubs so far visited by the District Governor. For sure, this will continue throughout the Rotary year. One could be made to believe that this is part of the package of "rituals" the District Governor has to perform during his

official visits to Clubs. Well, it is a good thing to have historical visits. The challenge that follows is the faithfulness of the members recruited and those already members.

Certainly, you have come across some of the descriptions about what Rotarians are: Rotarians of all seasons (ROAS); Rotarians of Company (ROC); Rotarians of Service (ROSE); Rotarians of Public (ROP); Rotarians Acting to be Seen (RATS), Rotarians of Action (ROA), Rotarians of Functions (ROF); Rotarians in Name Only (RINO), Rotarians of Lapels (ROL), Rotarians of non-Action (RON), and several others. Whereas these are the prevailing descriptions of Rotarians, and you

may add yours. Ask yourself which one truly describes me?

As the month ends, the challenge of nurturing faithful Rotations would remain. To begin with, who is a faithful Rotarian?

▶ To answer this question, the measure of faithfulness begins with how one acts in private in whatever

“
How prepared is a Club to instill and uphold the core values of Rotary?

How prepared is a member to uphold Rotary values?



space. Do you really understand and believe in the values of Rotary?

From an enclosure, you can mirror yourself. And ask; do I look or behave like what a Rotarian should be? Whatever you exhibit without being conscious of what others think or say about you can tell what you are. How you act in private without a fellow Rotarian watching you or saying anything to you is what is your true self.

In a drive for increasing membership and growth and new club development, what gets lost are the value systems. How prepared is a Club to instill and uphold the core values of Rotary? How prepared is a member to uphold Rotary values? Whenever compromises emerge, just know that the

lanes of deterioration are constructed. This does not come as a wish but just crumple. It must be watched out. Fundamentally, the society today seems to be driven more by people who are self-centred than those who truly care for others. The philosophy of 'Service Above Self' becomes more of a mirage to many.

Rotarians; living and practicing the values and ideals of Rotary is what sustains and retains members. Concerns are always expressed on retention of members. Over the past few weeks, a lot of talks have been given on retention of members. Where are the talks about core values? Possibly, the excuse is that there is recitation of norms at every meeting and fellowship. The fact that these norms are said every time could have become ritualistic. Their underlining meaning



When a member is nourished with an organization's values, it minimizes strange tendencies and divergences. Attention ought to be taken to manage unwrapped factors that bring members to join Rotary through instilling and enhancing values.

Not forgetting that the nucleus of Rotary's growth and development is its faithful members. Recruitment and growth ought to be bed-rocked on value systems. Only then can we truly have the rhythmic chimes of 'United for Good.'

Rtn Godfrey Okello-Omoding is an Economic Development Expert, and a Past President of the Rotary Club of Kampala Naalya.

is merely assumed. There is a need to have a twist of focus from mere talks to value systems. You cannot talk of retaining a person who is incompatible with your values.

CORE VALUES





#OutToLunch

Hoima Stadium: Blueprint for infrastructure development

BY RTN. DENIS JJUUKO



Ugandans have been thronging the Mandela National Stadium at Namboole where Uganda is hosting the African Nations Championship (CHAN), alongside their Pamoja partners Kenya and Tanzania. CHAN is the precursor to Africa Nations Cup (Afcon), which will take place in 2027.

Now over the decades, hosting Afcon has always been largely the privilege of West and North African countries. This is the first time that East Africa will be hosting the soccer extravaganza. To do so, there was a need for stadiums and other infrastructure that meet the continental or even international

standards. Namboole has been upgraded hence the ongoing Chan tournament.

But what is also catching many people's fancy off the refurbished Namboole pitch is something taking place some 210km away in the oil-rich district of Hoima. When Uganda was awarded the co-hosting rights of Afcon, many people wondered where the matches would be played. Only Namboole had a chance of meeting the stringent CAF requirements albeit with some major modifications.

“With a budget of US\$129m and constructing a 20,000-seater stadium, they have shown that a project can be worked on as scheduled.”

New stadiums had to be built. Ugandans laughed hard and memes started flying on social media. Not because they are unpatriotic as some people quickly label those with divergent views. They had seen a

project too many that couldn't get done on time.

They saw Uganda spending many decades constructing the 21km Northern Bypass and by the time it was completed, some cheeky people had started calling it a Bypass.

They had heard endless stories about many infrastructure projects. The Jinja-Kampala Expressway, the Mpigi-Kampala Expressway and even seemingly easy-to-do little projects like Kyaliwajjala-Matugga Road do take forever to be done. They had become skeptical given the years it has taken Lubowa Specialized Hospital to get the building beyond the foundation. Airport terminal buildings? Another day please. They expected Hoima City Stadium to follow a similar path.

Perhaps, because this involves some continental body in the Confederation



of African Football (CAF), the organisers of Afcon, the government finally awarded a contract to somebody who seems to know what they are doing - SUMMA, a Turkish outfit that has made itself a reputation for building stadiums in Africa and handing them over in time.

What they have done since construction commenced in Hoima City in September 2024 is sort of a miracle by Ugandan standards. With a budget of US\$129m and constructing a 20,000-seater stadium, they have shown that a project can be worked on as scheduled. And I say this well knowing that they haven't completed the job. But given the progress that they have made so far, there is no doubt that they would complete the job on schedule.

The Hoima City Stadium contractor is perhaps new in Uganda and hasn't caught the usual bug. They have not blamed the rains like most contractors do.

They have not said they can't get materials because of the wars in the Palestine and Ukraine. They haven't blamed forex fluctuations.

They haven't blamed the invisible 'powers from above.' They haven't claimed local politicians are against the project. They have said nothing about witchcraft.

They have not said Ugandans are lazy, don't want to work and report for work while clutching sachets of illicit beverages. They have not said they can't work at night due to power outages. They have not said there is no budget or some release from the Ministry of Finance delayed.

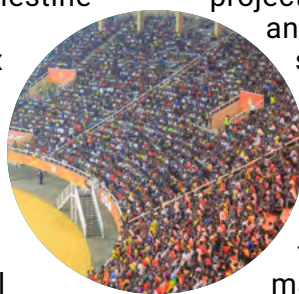
They have not appeared at any Parliamentary committee to beg for this or that. Nobody has seen a letter from them asking the President for this or the other. They have simply gone on with the assignment.

They have shown that Rome can be built in one

day if we focus on it. That government infrastructural projects can be started and worked on as scheduled. And since we love benchmarking, the SUMMA project manager, once has finished their assignment, maybe should go on a workshop spree, teaching our contractors and their supervisors that projects today shouldn't take as much time as building St Peter's Basilica or the Notre Dame.

And it isn't difficult to complete projects on time. If you see an official whose desk is full of report files, don't make him the project manager. If he can't read the reports on his desk on time, how would he manage a project that needs to be delivered on time? If money isn't available, then don't embark on commissioning the project. And please hire a competent contractor. Hoima City Stadium is providing us with a blueprint that the others should emulate.

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



If you see an official whose desk is full of report files, don't make him the project manager. If he can't read the reports on his desk on time, how would he manage a project that needs to be delivered on time?"

Paul Harris Fellow Owekmeno



Big applause for our President **Charles Owekmeno**, who is now officially a Paul Harris Fellow! You've added yet another feather to your hap of Rotary excellence - a proof that you have turned service into a lifestyle.

The TRF Directorate is proud of you, Mr. President! Keep shining, keep serving, and don't forget the higher you climb, the louder we'll cheer (hence the more tea we'll expect from at kimeeza).

Sylvia Nankya

TRF Director



Last week's fellowship



Rotary 
Kampala Naalya

Aug. 23rd

Happy
Anniversary



May your day be filled
with love and joy.
Matt. 19.6

RTN JOHN PAUL & JASPER
KADIIMA

www.RotaryKampalaNaalya.org

Hi, My Baby Girl...



BY PAMELA KAWADDWA

Hi, My Baby Girl Okay, I know you must be rolling your eyes because I'm calling you 'Baby Girl'... but in my eyes, you will always be my Baby Girl!

I can't believe you are finalizing with Grade 8. It feels like yesterday when we dropped you off to that foreign school in Kenya. Tell you what? We were all terrified and scared of leaving you behind. I felt like a part of me was being ripped out of me! But we had to pull off the brave faces. Definitely, you little sis and cousins cried, papa sucked it in as a man, and myself; I just looked

through the window as we drove away, asking the wind to blow my tears away.

However, looking back, it was all worth it, my New Moon. You must be smiling at the interpretation of your name... oh yeah! Your name means new beginnings, new chapter, new moon.. meaning that you can't dwell on the past. You always have to look out to new beginnings.

Okay! Back to you and the school. Baby Girl, you took me by surprise when you decided to take on football! My heart felt a bit sick. I was worried for you, for the injuries, the blood sheds, and all the pain that I thought came with playing football.. only to look at the sparkle in your eyes when you talk about football!.. girl ooh girl, your eyes brighten up! You love that sport. So, I trust you to follow your heart and your desires.

Now, back to books! How can I express how proud we are of you, our sweetheart? From term 1, you took the bull by its horns!! You thrived... The lowest mark was in Kiwashili and French.. scoring them at C.. that wasn't bad given the new language, new school, new country, different culture, away from home etc. You just nailed it to the head. Coming to Term 2, with all the sickness you bore as you did the exams, in and out of hospital! Doing exams for less

than an hour, my baby; you returned home with excellent marks. Only two C+! I'm so damn proud of you for braving the storms of life and always raising to the top no matter what... You excelled with majority A+ and B+! I smiled as I looked at your results through the school's digital app. I couldn't imagine how you handled that while you were battling sickness.

The times we tried calling you, and all you could say was;

“Guys, don't worry about me, I'm gonna be okay. .. I am thinking that that's the first born syndrome in you trying to be strong no matter what.

This shouldn't be the norm though mama.. It's okay to cry, it's okay to be vulnerable, it's okay to be sad, it's okay not to have it all together! It's all okay love! Even myself, I cry when it's too overwhelming. So, I want you to know that it's okay not to be okay and you owe nobody a straight face, you owe nobody a strong you! At the end of the day, it's all about you, love. so, you first, then Mum, Dad, Nissi etc, will follow....

Nevertheless, as I sit in my corner, sipping my usual wine that you always laugh at, I can't help but be proud of the

lady you are evolving into. At 13 years of life, you just keep making me proud. I love how you know who you are, how confident you are, and how you haven't forgotten the firm foundation in your life - God above all. Tell you what, I smiled recently when your shopping list back to school included a Bible study journal... uhmmm...I was like, okay, at least she hasn't diverted from the Lord's ways. Because as I have always told you, where Mama, Papa, your sister, cousins etc, aren't, God is always there. He sticks closer than your parents or siblings. So, I'm glad you didn't leave Him in the study room at home..

Anyways, before you start screaming how I might be embarrassing you, I thought

I should just let you know how proud we're of you. I know I am the bad cop at home, conservative, and very strict, but at the same time, I am your biggest cheerleader! Always remember that you have it all in you to conquer this world in ways you want to! Let nobody ever tell you that you can't! Girl, YOU CAN! Just look within you, make up your mind, then move forward to achieve what you want, no apologies. It all starts with you.

► **Go shine, my baby!**
Grade 9 awaits
you, we too look
forward to having
you back in October.

Before I finally sign off, I want you to know that you

are more than enough! You are beautiful, in and out, you got the most pretty huge eyes I know of, beautiful smile, white aligned teeth! Your skin color is just amazing; my dark-skinned girl. Looking at you, I just see beauty all around. And may you never think less of yourself, or, let no son of Pharaoh or daughter of Eva ever tell you that you're less! You're who you're, and who you are is beautiful in my eyes and in the eyes of our Creator!

HUGS OUR NEW
MOON ALWAYS!

Your Mama...

Till again..

Phury





WEEKLY
SCHEDULE

MON 25 - SUN
31 AUG 2025

DISTRICT GOVERNOR
**GEOFFREY MARTIN
KITAKULE**

AUG - WEEK IX

- 25** >> **Engagement at Overseas-Pakistanis Global Foundation Africa - Eye Hospital**
9:00a.m - Ntinda
-
- 26** >> **DG's Official Visit to RC Buloba**
5:00pm - Joggies Recreation Centre
-
- 27** >> **DG's Official Visit to RC Kyambogo**
5:00pm - Sports View Hotel Kireka
-
- 28** >> **DG's Official Visit to RC Mahaba**
7:00pm - Inyamat Gardens, Kigoowa Kampala
-
- 29** >> **Engagement at Ministry of Health**
2:00pm
DG's Visit to RC Kampala Kawempe
6:00pm - Tick hotel Bombo Rd. Kampala
Friendship Exchange Fellowship - Uganda & Kenya
6:00pm - Ndere Cultural Centre Uganda
-
- 30** >> **District Learning: Governance & Ethics Learning Seminar**
8:00am - Virtual
Charter RC Kampala Blue Hearts
6:00pm - Cafe Blue King, Centenary Park
-
- 31** >> **Rotary Cancer Run**
6:00am
-

#Unite4good9213
#RotaryEyamba

<https://rotaryd9213.org>

Rotary District 9213

Fun Facts

Déjà vu

Let's start with the basics. 'Déjà vu' is French - who else could make confusion sound so sophisticated? It literally means 'already seen.' The phrase is a mashup of 'déjà' (already) and 'vu' (seen), which is the past participle of 'voir' (to see).

So, the next time you're at a convention and someone says, "I'm having déjà vu," you can impress them by replying, "Ah, yes, you're experiencing a classic case of 'déjà vu' (French for, 'I have seen this before')."

The term was first used in a psychological context by Émile Boirac, a French philosopher who, in the late 19th century, decided that the English language simply didn't have enough words to describe being weirded out by your own brain.

Long before Boirac gave it a name, people were already experiencing déjà

vu — though they probably just called it 'witchcraft.' Even Sir Walter Scott, in his 1815 novel **Guy Mannering**, described a character feeling an uncanny sense of familiarity in a new place. (Spoiler: It wasn't because he'd been there before. It was just his brain playing tricks on him. Classic brain.)

By the early 20th Century, scientists and philosophers were all over déjà vu, trying to figure out if it was a memory hiccup, a psychic vision, or just a sign you needed more sleep. The only thing they agreed on? It was definitely French.

Don't the French truly have a knack for making even the most mundane or bizarre things sound effortlessly sexy?



▶ So, the next time you walk into a posh hotel for the first time feel like you've been there before, don't panic. You're simply experiencing déjà vu—a French phrase that proves that even your brain likes to mess with you in style.

AND IF YOU FEEL LIKE YOU'VE READ THIS ARTICLE BEFORE... WELL, THAT'S JUST DÉJÀ VU. OR IS IT?

Jokes

1. A woman gets on a bus carrying her baby. The bus driver says: "Ugh, that's the ugliest baby I've ever seen!" The woman walks to the rear of the bus and sits down, fuming. She says to a man next to her: "The driver just insulted me!" The replies: "You go up there and tell him off. Go on; I'll hold your monkey for you."

2. Dennis asked the trainer at the new gym; "Can you teach me to do the splits?" He replied, "How flexible are you?" Dennis said, "Any day apart from Tuesdays."



Rotary
Kampala-Naalya



Rotaract
Kampala-Naalya



BAND NIGHT WITH THE MUSICALS



**TUESDAY
AUGUST
26, 2025**

7 P.M

**ARCHES
GARDENS,
KISAASI**

KIKOMANDO BUDDY GROUP IN CHARGE



Peter Simon Nyanzi



Anne Nkutu



Christine Amucu



Denis Jjuko



Dorcas Karungi Mwanje



Elizabeth Wamalwa



Godfrey Okello Omoding



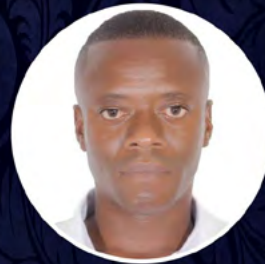
Julie Nabwire



Mathias Mulumba



Rita Aciro Lakor



Pastor Elias Namanya



Juliet Nabunnya

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OUR CLUB MEETS EVERY TUESDAY AT 7-8PM

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