

Naalya Food 13th January, 2026 Bulletin

Rotary  | **UNITE
FOR
GOOD**
Kampala - Naalya

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CP Francis Lakor - Newly Appointed Assistant Governor

RC KAMPALA - NAALYA



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Chef's Note

Dear Rotarians and friends,

We have now officially crossed the midpoint of our Rotary year; how time flies! The festive celebrations are behind us, and January presents a sobering reminder: we have exactly six months to transform our boldest resolutions into a legacy of impact.

This March, the Women in Rotary Concert takes center stage at the Ndere Centre in Ntinda.

This event is far more than entertainment; it is our signature fundraising engine and a powerful statement on celebrating the women who make Rotary great in service.

We now need every member fully engaged. Our target is clear. A sellout. This requires aggressive ticket sales. The success of this concert will fuel our service projects for the next twelve months and amplify our voice on

women's leadership in Rotary and beyond.

In addition, the moment we have awaited for years has arrived. Implementation of our Global Grant for the Mental Health project in Acholi Quarters, Banda, Nakawa Division begins next month!

This project represents the essence of 'Service Above Self' - for the benefit of thousands of residents displaced by conflict.

This intervention is a sustainable infusion of dignity and opportunity for a community that has waited long enough.

All hands on deck, this promises to be a landmark project not only for our Club and Uganda, but also for the entire African Zone and even beyond.

Also, we pause to celebrate the appointment of our Charter President,

Dr Francis Lakor, as Assistant Governor. This honor reflects not just individual dedication but the strength, credibility, and leadership culture we have built together since our charter about 15 years ago.

When one of our own leads at the district level, the entire club rises. We shall rally behind this achievement and use it to reinvigorate our collective commitment.

In this second half, let the meter of membership engagement go up. As we are all well aware, Rotary doesn't run on goodwill alone; it runs on action.

The community is watching, and our legacy is being written.

The targets are set. The path is clear. Let us make these next six months a masterclass in Rotary in action.

Rtn. Peter Nyanzi
Bulletin Officer



More Than Job Training

RI PRESIDENT'S MESSAGE
By Rtn. Francesco Arezzo

JANUARY 2026

In a garage outside Salinas, California, young people who are learning to restore classic cars are doing more than developing a skill; they are reclaiming their futures. This training program provides mentorship and, for some, a path away from gang involvement toward meaningful employment. Graduates leave with certifications, practical experience, and hope.

This is what Rotary's Vocational Service Month celebrates each January; the power of bringing together people with unique skills to do good in the world. It reminds us that integrity isn't just about our actions matching our words. Integrity is in everything we do.

The California automotive program has been such a success because it was built on integrity. Members of the Rotary Club of Carmel-by-the-Sea didn't assume they knew what the community needed. They listened. They learned there was a shortage of skilled mechanics as well as a large number of young people lacking job

training. They recognized that technical skills alone wouldn't be enough, so they partnered with Rancho Cielo, a nonprofit offering counselling and support services alongside vocational training.

That is The Four-Way Test in action. Those four simple questions help us not judge others but guide us toward genuine, effective service.

Consider our commitment to ending polio. For nearly 40 years, we have promised the world's children we will eliminate this disease. Despite obstacles, we persist, and today we are closer to defeating the virus. Keeping this promise is the very definition of integrity.

The same integrity must drive our vocational service. With 1.2 billion young people in emerging economies reaching working age in the next decade and only 420 million jobs projected, we face a critical gap. Communities long excluded from economic opportunities need our support. But support doesn't mean imposing our will. It means listening to local needs, building

partnerships, and designing projects that communities can sustain themselves.

You have knowledge that can transform lives. Whatever your profession, your expertise combined with Rotary's values creates lasting change. The question isn't whether you have something to offer, it's how you'll use your skills to serve.

This January, I encourage you to ask how your club can address vocational needs in your community. What skills do your members have that could change someone's life? How can your networks open doors for young people? What partnerships can create sustainable jobs?

Let integrity guide you. Let The Four-Way Test light your path. And let the young people in California and the multitudes worldwide who need job skills remind you why vocational service matters.

Let us celebrate putting our professional skills to work for humanity with integrity at the heart of everything we do.

Vocational Service: The Heart of Rotary in Action

DG'S MESSAGE

By Geoffrey Martin Kitakule



JANUARY 2026

Vocational Service is one of the Five Avenues of Service in Rotary, and it reflects a simple but powerful idea: our professions are a pathway to serve society. For Rotarians, work is not only a means of livelihood but also an opportunity to uphold integrity, share expertise, and contribute meaningfully to the general community development.

Through Vocational Service, Rotarians practice the highest ethical standards in their professional lives. Rotary's Four-Way Test; asking whether actions are truthful, fair, beneficial, and conducive to goodwill, guides our decision-making across all occupations.

By living these values, as Rotarians we build trust in our workplaces and set examples of professionalism that extend far beyond our Rotary meetings.

One of the most visible expressions of Vocational Service is the sharing of skills and knowledge. Rotarians in Uganda come from diverse fields such as medicine, education, engineering, business, law, agriculture, and

the arts. Through vocational talks, mentoring programs, and career guidance sessions, we have helped students and young professionals make informed career choices and develop confidence. Many Rotary clubs have organized career days, especially for youth from underserved communities.

“By acting with integrity, sharing skills generously, and using professions as instruments to Unite for Good, we Rotarians demonstrate that true service is a way of life.”

Through Vocational Service we play a vital role in community development. As Rotarians we often use our professional expertise to address local needs; doctors support Rotary Family Health days and medical camps, engineers advise on water and sanitation projects, accountants provide financial literacy training, and entrepreneurs

mentor small business owners. These initiatives do more than offer short-term assistance; they empower individuals with skills and knowledge that create lasting change.

In our Rotary clubs we frequently host discussions on corporate social responsibility, workplace ethics, and sustainable business models. By encouraging fair practices and social accountability, we help build healthier economies and stronger communities. Through vocational service, members learn about each other's professions, creating opportunities for collaboration. This exchange of ideas often sparks innovative service projects and partnerships that blend professional expertise

with humanitarian goals.

In today's rapidly changing world, emerging challenges such as unemployment, skills gaps, and technological disruption demand practical solutions.

As Rotarians we are uniquely positioned to respond by aligning our professional capabilities with community needs. Programs focused on entrepreneurship, digital skills, and vocational training help prepare people; especially the youth for meaningful employment and self-reliance.

Ultimately, Vocational Service reminds us that service does not begin and end with projects. It is embedded in everyday work. By acting with integrity, sharing skills generously, and using professions as instruments to Unite for Good, we Rotarians demonstrate that true service is a way of life. Through Vocational Service, we prove that when professionals commit to ethical standards and community service, they can create positive, sustainable change.

I encourage all of us Rotarians this month to recognize those individuals and organizations that demonstrate outstanding vocational integrity and service.

#ROTARYEYAMBA

President's Message

.....
RTN CHARLES OWEKMENO
Unite For Good President
2025-2026



**Dear Rotarians, Rotaractors,
and Guests,**

Happy New Year once again to you all! I also warmly welcome everyone back from the festive break.

I am excited about the opportunity to work with you all during the final months of the Rotary year 2025/2026, which runs from January to June 2026.

As District Governor Geoffrey Kitakule emphasized to the presidents last weekend, we must all accelerate our efforts - "Ride or Die" - to achieve our goals.

We have made significant progress; however, more effort is needed to complete our goals on time.

Particular focus should be placed on further growing our membership and increasing our contributions to the Rotary Foundation.

We are expecting the Rotary International dues invoice very soon.

I urge members who have not yet completed their dues to do so immediately, ensuring our Treasurer is well-positioned to settle the invoice promptly.

I am pleased to announce that we will resume

fellowship this week. Our first gathering in 2026 will take place tomorrow, Tuesday, 13th January 2026, starting at 7:00 pm. This will be a club assembly held entirely virtually. Please be ready to join promptly.

To those who have lost loved ones or have sick relatives, we pray for strength and a speedy recovery respectively. For those who lost their jobs last year, we pray that new opportunities come your way in this new year.

I look forward to connecting with you all tomorrow as we continue to enjoy a great Rotary experience in the new year.

WARM REGARDS,



TEAM TALK

Reflection + Gentle Action = Refined Momentum

BY AG FRANCIS LUBUULWA

One of the quiet gifts of this season is space: the kind that allows us to think clearly, breathe a little deeper, and notice what we might have missed while everything was moving fast.

The festivities have settled. The calendar is less crowded. And in this calm, we are offered something precious: the chance to reflect honestly.

Not dramatically. Not with pressure or self-judgment. Just enough to ask ourselves a simple but powerful question: How are we really doing?

“A reflective club asks not, “What else should we do?” but “How can we do this better?”

In Rotary, reflection is never meant to be passive. It is not about looking back with regret or nostalgia. It is about learning softly, intentionally and allowing those lessons to shape what comes next.

Reflection is how we honour our efforts and improve our impact. At this point in the Rotary year, reflection becomes especially meaningful.

Enough time has passed for patterns to emerge. We can sense what is working well, what feels heavy, and what may need to shift. This does not mean our plans were flawed. On the contrary, it shows that we are paying attention.

Growth often begins with awareness.

For clubs, this is an ideal moment to pause and gently revisit earlier decisions. Not to overhaul everything, but to fine-tune them.

- Are our projects still aligned with the real needs they set out to address?
- Are meetings energising members, or simply filling diaries?
- Are responsibilities shared, or carried by the same few people?

Sometimes, the most meaningful progress does not come from adding new initiatives, but from refining what already exists and simplifying processes, improving communication, or realigning expectations.

A reflective club asks not, “What else should we do?” but “How can we do this better?” For leaders, this stage of the year invites a different posture. Less urgency. More presence.

Reflection may take the form of listening more closely and creating space for honest feedback, encouraging quieter voices, and recognising effort even when outcomes are still forming.





It may also mean acknowledging fatigue, adjusting pace, or offering support where it is needed most.

Leadership now is less about pushing forward, and more about steadying the team so that momentum is sustained not forced.

“
Reflection
only becomes
powerful
when it leads
somewhere.”

quiet centre of all service. Reflection here can be

deeply personal:

- Am I still finding joy in my service?
- Am I growing, learning, and being stretched in healthy ways?
- Am I contributing in ways that feel meaningful and sustainable?

we show up. All of it is valid. Reflection only becomes powerful when it leads somewhere.

As we move through this month, let us treat reflection not as an end, but as a bridge that carries us forward with clarity, humility, and renewed intention.

A simple but powerful leadership practice this month could be asking: What does my team need from me right now?

There is no single right answer. But asking the questions matters. Sometimes reflection leads to renewed enthusiasm.

When reflection is paired with gentle action, momentum is not lost. It is refined!

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

And then there is the individual Rotarian: the

Sometimes it leads to rest. Sometimes it leads to a small change in how

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Dr. Francis Lakor Appointed Assistant Governor

BY EDITORIAL DESK

CHARTER PRESIDENT OF KAMPALA-NAALYA TO LEAD THREE CLUBS IN 2026-27 ROTARY YEAR.

The Rotary Club of Kampala-Naalya is celebrating wonderful news. Their Charter President, Dr. Francis Lakor, has been appointed as Assistant Governor for Kampala Area 2.

The appointment was made by District 9213 Governor-Elect Gerald Obai and will take effect during the 2026-27 Rotary year.

In a formal appointment letter dated December 27, 2025, Governor Obai praised Dr. Lakor's long service to Rotary. "I am pleased to appoint you based on your dedication and willingness to offer your skills to the Rotary ideals of Service Above Self," Obai wrote. "I am counting on you to execute the roles and responsibilities to the best of your ability."

Dr. Lakor will provide leadership and support to three clubs: the Rotary Club of Bukoto, Rotary Club of Kampala Platinum, and the E-Club of

only for leadership but for mentorship and purposeful support to the clubs under my care. I pledge to serve with integrity and respect for the diversity of ideas that strengthen our Rotary family."

These words show the kind of leader Dr. Lakor has always been - someone who thinks first about serving others rather than about personal glory.

**“I am deeply honored by the confidence placed in me.”
- Dr Lakor**

By classification, Dr Lakor is

one of Uganda's most distinguished medical professionals, and the founder of Rela Dental Clinic, based in Naalya.

A Journey of Service

Dr. Lakor's Rotary story began in the late 1990s when he joined the Rotary Club of Kampala. His commitment to Rotary's mission was clear from the start. In 2012, he was given a special assignment: to charter a new club – the Rotary Club of Kampala Naalya.

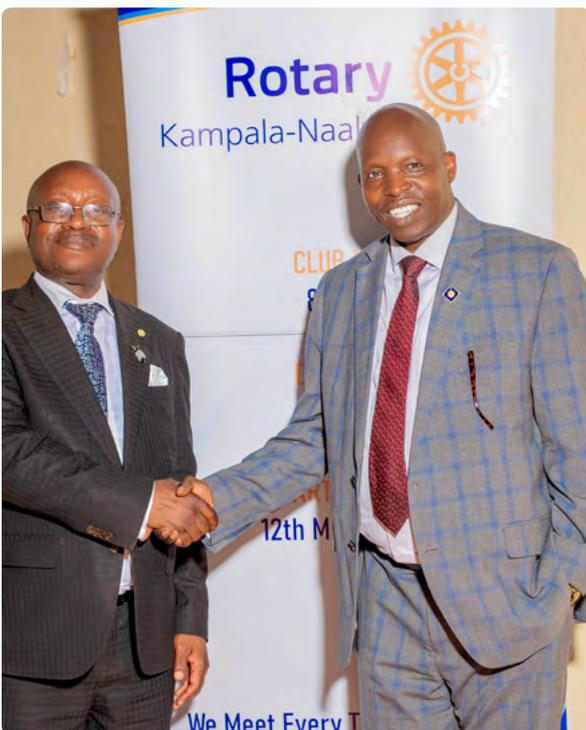
He accepted this challenge and successfully founded the new Club, where he has served as Charter President

Naguru. This is an important responsibility that recognizes his many years of faithful service to the Rotary movement.

A Humble Acceptance

Dr. Lakor accepted this new role with his usual humility. "I am deeply honored by the confidence placed in me," he wrote back in his acceptance letter.

"I recognize that this role calls not



CP Lakor (R) with PDG Sebalu

and in other roles, including mentoring new Presidents.

His journey from member to club founder to Assistant Governor shows how dedication and service can open doors for greater impact. It is a story that should inspire all Rotarians.

Role of the AG

Many people may wonder what an Assistant Governor actually does. Think of the Assistant Governor as a bridge between the District Governor and the clubs. While the District Governor provides the big vision, the Assistant Governor works directly with clubs to make that vision a reality.

Dr. Lakor's main duties will include visiting his assigned clubs regularly to check on their health and progress, helping club presidents set goals and plan for success, solving problems that clubs face, preparing for official visits from the District Governor, and monitoring membership growth and service projects.

In simple terms, the Assistant Governor is there to help clubs become stronger and more effective in their service to communities.

It is hands-on work that requires patience, wisdom, and a genuine love for Rotary.

Members celebrate

News of the appointment brought joy to the Kampala-Naalya family. Club members quickly shared their happiness and pride.



CP Lakor hands over a gift to the DG Kitakule when he visited the RC Kampala Naalya on August 19

Club President Charles Owekmeno said, "Congratulations CP Francis. You deserve this and more."

Rotarian Matthias Mulumba added a touching comment: "For a man so rich at heart, wasn't this overdue?"

Other members, including Past President Godfrey Okello-Omoding and Rotarian Ahimbisibwe, sent their best wishes for a successful term of service.

Dr. Lakor responded warmly to his club family: "Thank you so very much, my Naalya family. I love you all. May God bless us as we enter the new year with new energy to serve above self."

This exchange shows the strong bonds that exist within the Kampala-Naalya family - bonds built through shared service and fellowship since 2012.

Looking ahead

As Dr. Lakor prepares to take on his new responsibilities,

his appointment carries important meaning. It shows that the Rotary Club of Kampala-Naalya continues to produce leaders who can serve at higher levels. It also shows that dedicated service does not go unnoticed.

For the clubs under his care - Bukoto, Kampala Platinum, and E-Club of Naguru - Dr. Lakor's appointment brings an experienced and caring leader who understands both the challenges and the joys of club life.

The Naalya Food Bulletin warmly congratulates Dr. Francis Lakor on this well-deserved appointment.

We look forward to seeing the positive impact he will have on Kampala Area 2 during the 2026-27 Rotary year.

His story reminds us all that in Rotary, regardless of how busy a Rotarian, true leadership means committing to lift others up and putting 'Service Above Self.'

“
The Naalya Food Bulletin warmly congratulates Dr. Francis Lakor on this well-deserved appointment.”



RI President to Visit Uganda in Historic Tour **President to recognize Major Donors, meet key partners in D9213**

BY EDITORIAL DESK

Uganda is set to welcome one of the most prestigious visitors in the world of humanitarian service next month. Francesco Arezzo, President of Rotary International, will visit the country from February 19-22, 2026, in what promises to be a landmark moment for community service organizations across East Africa.

The announcement, made by Rtn Kaziro Kyambadde, the District Executive Secretary, has sparked excitement among members of the volunteer organization throughout the region.

“This visit is a great honor,” Kyambadde said, noting that it offers a unique chance to demonstrate the positive impact local volunteers have made in their communities.

Francesco Arezzo is a businessman and orthodontist from Ragusa, Italy, who took on the leadership of Rotary International in July 2025. Rotary International is a global network of 1.4 million volunteers dedicated to tackling pressing humanitarian challenges, from eradicating diseases to providing clean water and improving education.

Since assuming office, President Arezzo has traveled extensively to meet with volunteers worldwide, encouraging them to work together despite differences. His leadership focuses on unity and collaboration—bringing people together to create meaningful change in communities that need it most.

Before becoming president, Arezzo spent over 30 years as an active Rotary member, including serving as a regional leader for Sicily and Malta. His international tour has already taken him to Asia, Southern Africa, and North America, where he has witnessed firsthand the life-changing projects that local volunteers implement.

What to expect

President Arezzo’s four-day visit will feature meetings with various groups committed to community development. He will engage with local Rotary volunteers, young professionals in the organization’s youth program, corporate partners, and people who have directly benefited from community projects.

The visit will showcase the wide-ranging work being done across Uganda and Tanzania, including health initiatives for mothers and children, education programs, clean water projects, and economic empowerment efforts.

These activities reflect the organization’s commitment to addressing critical needs



RI President Arezzos with wife Anna Maria

in East African communities.

Two experienced former DGs, Kenneth Wycliffe Mugisha and Rossetti Nabbumba, have been appointed to coordinate the visit, ensuring smooth operations and meaningful engagements throughout the president's stay.

Kyambadde has encouraged all Rotarians and Rotaractors to actively participate in making the visit successful. He emphasized the importance of showcasing the strong spirit of service that characterizes Uganda's volunteer community. Members have been asked to support planned activities, help

identify potential major contributors to humanitarian projects, and strengthen partnerships between Uganda and Tanzania.

"Let us prepare to give President Arezzo a warm, inspiring, and memorable East African welcome," Kyambadde urged, highlighting the collaborative spirit that defines the region's volunteer culture.

“
Let us prepare to give President Arezzo a warm, inspiring, and memorable East African welcome.”

Why This Visit Matters

This presidential visit comes at a significant time for humanitarian work in East Africa. Rotary has made substantial progress in areas such as disease prevention,

youth empowerment, and community health. The visit will not only celebrate these achievements but also inspire new initiatives that could benefit communities for years to come.

For Uganda, the visit is an opportunity to share successful models of community development and learn from global best practices.

As February approaches, Ugandan Rotarians are preparing enthusiastically to demonstrate that when people unite for good causes, remarkable things become possible. Further details about specific events and how community members can participate will be announced in the coming weeks.



MAK VC Prof. Barnabas Nawangwe (R) receives PRIP Stephanie Urchick when she visited the Makerere Peace Centre last year



Women in Rotary: Give to Gain

A celebration of service, sisterhood, and community impact

On Saturday, March 7th, 2026, the Rotary family in Uganda will gather for something special. Districts 9213 and 9214, together with the Rotary Club of Kampala Naalya, invite you to the Women in Rotary Celebrations at Ndere Cultural Centre. This event marks the 11th year of honoring women who serve through Rotary.

The celebration comes just before International Women’s Day and carries a powerful message: “Give to Gain.” This theme reminds us that when we give—our time, skills, money, or support—we don’t lose anything.

Instead, we gain stronger communities and deeper connections.

Why This Matters

Since 1989, when women first joined Rotary clubs worldwide, they have brought fresh ideas and energy to community service. In Uganda, women Rotarians lead projects that touch lives every day. From health programs to education initiatives, their work shows that when women lead, everyone benefits.

District WIR Coordinator PAG Flavia Serugo explains it simply: “This celebration isn’t just about looking back.



DG Geoffrey M. Kitakule unveils the WIR logo at Ndere Centre in August 2025

It’s about creating pathways for more voices to shape Rotary’s future in Uganda.”

What to Expect

The full-day program offers four main activities:

Unite for Women Concert: Music, dance, and art performances celebrating women’s contributions to service. Clubs are welcome to present skits, songs, or other talents that showcase Rotary’s work.

Women Projects Exhibition: See real projects that are changing lives. The exhibition features the Rotary Eyamba

campaign (Eyamba means “Rotary Helps” in Luganda), which has delivered food to cancer patients, provided free legal aid, and organized medical camps. You’ll also see women-led businesses and community projects. **Sisterhood Spaces:** Led by PDG Anne Nkuutu and PAG Susan Ssamula, these are special sessions where women can talk freely, share experiences, and learn from each other.

Whether you’re new to Rotary or have years of experience, these conversations build lasting friendships.

Awards Ceremony:

Recognition for outstanding women Rotarians, clubs, and male allies who champion women's leadership. These "shining stars" prove that dedication transforms communities.

Seven Ways to Give

The event encourages giving in seven ways: time, resources, mentorship, recognition, opportunities, visibility, and fun. Each form of giving strengthens Rotary's work and creates positive change that spreads throughout communities.

Uganda's Leadership

Uganda holds a special place in African Rotary. It hosts the continent's only Rotary Peace Center at Makerere University.

Women Rotarians here have championed menstrual health education, started savings groups in remote areas, and supported countless families. Their impact is visible across the nation.

Join Us

This celebration welcomes all Rotarians, Rotaractors, and friends of Rotary. Your presence matters. By attending, you support a more inclusive and empowered future for service.

Registration and Information

Register now at: <https://forms.gle/6WvC6SCd9S2DZbFbA>
For questions, contact:

- General information: PAG Flavia Serugo (0772120208)
- Concert: Rtn Pamela Kawaddwa (0774794144)
- Registration: Rtn Brian Mayanja (0782363645)
- Sisterhood Spaces: PDG Anne Nkuutu (0752659142)

Date: Saturday, March 7th, 2026
Venue: Ndere Cultural Centre, Kampala

When women thrive in Rotary, communities rise. This celebration proves that giving leads to gaining—stronger networks, better projects, and transformed lives.

Come unite for good. Let's show that in Rotary, every contribution counts and every voice matters.



Women Rotarians from the Rotary Club of Kampala Naalya pose for a photo at the pioneer Women in Rotary Awards Gala in 2016.



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#Impact

MENTAL HEALTH

Mental Health Infrastructure

BY RTN JACKIE MUTIMBA

Every new year arrives with noise. Be better. Be stronger. Get your life together.

We are told that January is a reset button - clean, sharp, full of promise. But for many people, the new year doesn't feel new at all. It feels like fatigue carried forward. The same stress. The same heaviness. The same unanswered questions.

And when mental health struggles don't magically disappear on January 1, the quiet conclusion follows: I must have failed. But that conclusion is wrong. The issue is not a lack of effort. The issue is how we have been taught to think about mental health.

The Problem with Resolution Culture

New Year's resolutions are built on one central idea: willpower. If you want it badly enough, you'll make it happen. If you don't succeed, you simply

didn't try hard enough. This framing might work for short-term habits. It completely breaks down when applied to mental health.

Mental health is not sustained by motivation. It is shaped by the conditions we live in - our environments, our relationships, our workloads, our boundaries, and our access to support.

When we reduce wellbeing to personal discipline, we ignore the systems quietly working against it. Burnout is not laziness. Depression is not a mindset problem. Anxiety is not a gratitude deficit.

These are not moral failures. They are signals.

Mental Health as Infrastructure

Infrastructure is what allows things to function consistently over time. Roads don't rely on motivation.

“Mental Health is shaped by the conditions we live in - our environments, our relationships, our workloads...”

Power grids don't depend on good intentions. Water systems don't work because people "try harder." Mental health deserves the same structural thinking.

At a personal level, mental health infrastructure

- includes:
- Clear boundaries
- Rest that is not earned but respected
- Emotional awareness and vocabulary
- Relationships that feel safe, not draining.

- At an organizational level, it looks like:
- Psychological safety
- Reasonable workloads
- Clear expectations





ELDER'S EYE

Our occupations are opportunities to serve society

BY RTN GODFREY OKELLO-OMODING

As a year begins, people have many plans and goals. To some people, to do voluntary work or be a volunteer is in plan. For Rotarians and Rotaractors, they are already assumed to be volunteers by being members of the biggest voluntary organizations in the world.

This month (January) is such a month that reveals whether a Rotarian is true volunteer. The theme of the month requires Rotarians to offer or participate in vocational services.

Vocational service calls for commitment, adaptability, passion and empathy. With these comes the application of skills, competence, and knowledge that one has or may acquire.

With interest in participating in a particular vocational service, one adapts and acquires appropriate skills in the course of offering a service. However, discipline is important. It is a core aspect in vocational service.

Discipline, in abroad sense, is required by both the giver and the receiver of a

vocational service. They both ought to exhibit it. Anchored in discipline are ethics and integrity. The giver of vocational service must have certain value propositions.

This controls tendencies of taking advantage of the receiver. While the receiver too, on other hand, must value to what he/she is receiving.

Today's world, tends to be more driven by gains or profits. Increasingly, volunteering is becoming unpopular. This is deduced from common questions some

'volunteers' ask, "what I'm getting out of it or where can profit from?"

This month, you may as well check yourself as a Rotarian. Do you truly exhibit a spirit of offering voluntary services leave alone vocational services?

Whatever yard stick you use, it is up to you. But what is true is, you know yourself better.

Sometimes we use mirrors but still doubt the

“ Whatever yard stick you use, it is up to you. But what is true is, you know yourself better. **”**



District 9213 Governor Geoffrey Kitakule launches a borehole project implemented by Rotarians.



images they reflect to us. This is human nature that every volunteer must tackle, knowing that the truth remains standing whatever your wishes.

One of the disciplines for giving vocational service is not minding about the value of the time that you give others. But, instead appreciate the value of your time from the impact you cause in others' lives.

One opportunity that you open for one person may open the whole world for a family and even a community. Look at it this way: Take for instance our Club's mental health project.

The action of saving one boy or girl from drugs might save a family from sorrows and make a community safer. Members who come out to offer various vocational services in the mental

health project are indeed builders of communities.

Discipline is an enhancer of giving vocational services. We always revoke these words, "high ethical standards" in the 'Object of Rotary.' Upholding these words while rendering vocational services leave inedible marks among communities.

Today, there are massive needs among our communities that can be ameliorated through offering vocational services.

Rotarians, our call to action this month is to respond to the reawakening of the spirit of giving vocational services. Once this call is responded to, the challenges within our communities are further tackled and brought to the spotlight.

Knowing where to act reinforces direction of the needed energy.

“
Knowing where to act reinforces direction of the needed energy.”

As members of a Rotary Club, use this avenue to direct your individual vocational services.

Remember, giving vocation services is not limited. Just having a passion in something can get a lot done. Though as I said earlier this comes with discipline. The resultant reward is self-satisfaction.

This month also reminds us what we often recite in the Object of Rotary, "... **each Rotarian's occupation as an opportunity to serve society.**"

In our collective rallying theme of this Rotary year – 'Unite for Good' - how much would we achieve if what we recite is put to the test?

There is yet an opportunity this month to put this into action through various vocational services. It's a moment to bring out our spirit of 'Service Above Self.'



OUT TO LUNCH

Here's How to Be Successful in 2026

BY RTN DENIS JJUUKO

It was just the other day when many people were making resolutions for 2025. Days turned into weeks, then months and now a whole year. You blink, and it is a New Year. I hope that you managed to achieve the targets you set for 2025. If you didn't, well; you can still list them for 2026 and work on the issues that made you fail to achieve them.

Well, there are so many things that are happening in 2026. An election is upon us and it comes fast - starting on 15 January. I hope that your candidate wins and most importantly that they do what they are promising to do.

In the meantime, I thought of a few things that could be important in 2026. They could be business ideas or stuff that may make your life better one day.

Generators/inverters

As I was writing this, a close friend called me and she sounded desperate. The electricity had gone off in her area and she was worried about spending yet another night in

darkness. She had bought an inverter but because of a prolonged power shutdown in her residence area, her batteries were drained. She fears darkness. So, she thought I could be a plug for a standby generator for a night. We made frantic phone calls but many people with generators for hire had closed for the night.

Anyway, it reminded me of a visit I made a few months ago to a friend's home. I found people installing a generator. My friend had rightly predicted that the transition from one electricity distributor to another wouldn't be that smooth and had envisaged the return to darkness.

I had thought that he was panicking. He wasn't. The new distributor has told us that electricity would stabilize in a few years. So, in 2026, either get a standby generator for your home or business or start dealing in them.

Water harvesting

When electricity fails, the guys at Katosi and Gaba inform us that they can't pump water from Lake Victoria. This means that

the taps soon run dry. When we were younger, we used to ask ourselves a silly question. What would we rather have? Running water or electricity? We thought we had left those days more than 20 years ago. And it seems the question wasn't even silly after all. So, what would you rather have in 2026? Water or electricity? Well, in 2026, either get a water tank for rain harvesting or start selling them.



Car parts

The smart guys at the Ministry of Works and Transport have declared a mandatory vehicle inspection at the owner's cost. Not a bad thing if it would make our roads safer. But if you live in some of these parts of Kampala, most likely your car won't pass the test. If it does, it will not be in a good shape a few days later. Some of the roads in Kampala

“ So, in 2026, either get a standby generator for your home or business or start dealing in them.”

have the biggest potholes ever seen in the world.

If you drive a car that was once owned by somebody in Asia or Europe or north America, be prepared for a new suspension every few weeks. You may also have to budget for bumpers in 2026.

If you live in a neighborhood with a paved roads and potholes aren't your problem, well, still budget for some body parts. However much you rivet your car, guys

will still pluck off stuff in traffic jam or they will scale your fence and "undress" your car. So, in 2026, plan for car spare parts or start dealing in them.

Coffee and gold

Coffee and gold are most likely going to continue being top forex earners for Uganda in 2026. You may have to look for ways to get involved in the value chain. Gold, though, has expensive 'school fees,' so invest with care. Coffee - some call it the 'green gold' - is easier. Entry fees are not so exorbitant and many people have knowledge of how to

grow it, trade it or drink it.

If growing it is where you want to start, think of some bit of irrigation. Changes in climate are real but also water in Uganda is easily available in many parts where coffee is grown.

A few feet underground, and there is reliable water all year long. In 2026, find a way to deal in coffee, remember "it doesn't lie" or even gold if you have the 'school fees.'

My editor says I have reached my word limit for this article. Let me sign off by wishing you a happy new year. You have been an awesome reader in 2025. Keep it up in 2026!

“
...invest with care. Coffee - some call it the 'green gold' - is easier.”

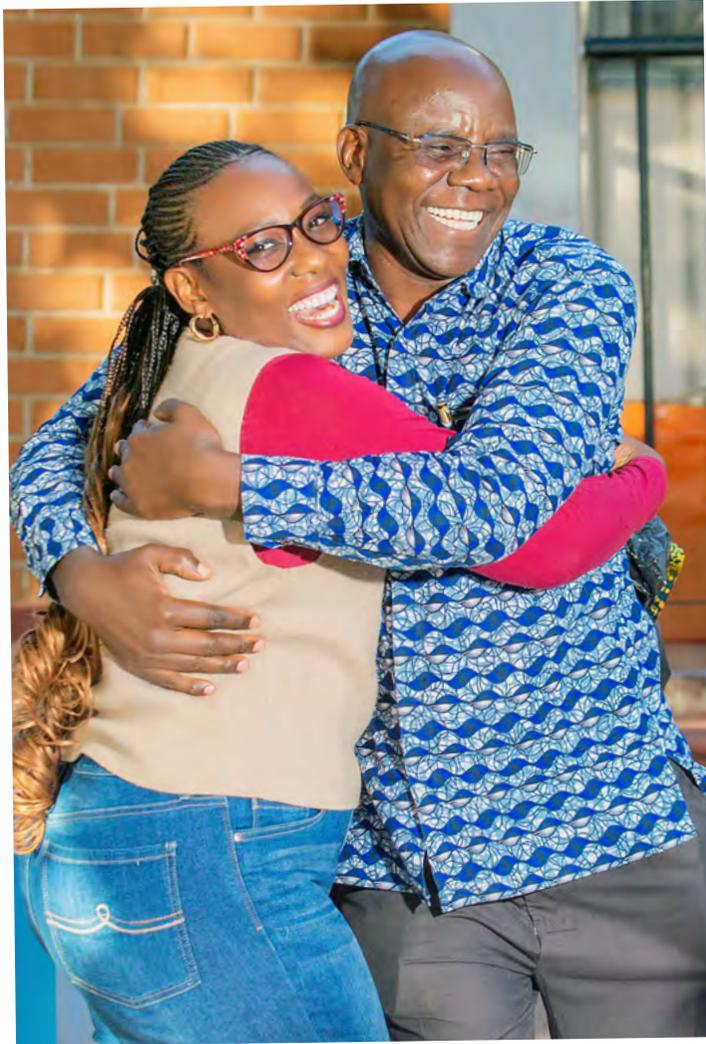


A UEDCL engineer tries to restore electricity supply

Naalya Friend of the Year Party



Naalya Friend of the Year Party



Naalya Friend of the Year Party





FAMILY MATTERS

The Foundation of a Godly Marriage

BY PR. RONNIE MUTEBI

1 CORINTHIANS 13:8 (NIV): "LOVE NEVER FAILS. BUT WHERE THERE ARE PROPHECIES, THEY WILL CEASE; WHERE THERE ARE TONGUES, THEY WILL BE STILLED; WHERE THERE IS KNOWLEDGE, IT WILL PASS AWAY."

One of the greatest challenges in many marriages today lies not in the storms that come later, but in the foundation upon which the marriage was built. Many couples struggle because of how the relationship began.

parenthood syndrome is the order of the day.

A number of people step into marriage with a list of expectations that is often shaped by selfish needs and selfish desires without purpose. Their focus leans heavily on what they hope to receive rather than on what they are prepared to give.

strain and stress.

God's design for marriage is rooted in understanding His love. This love (agape), gives before it demands. It is not transactional.

“
God's design for marriage is rooted in understanding His love. This love (agape), gives before it demands. It is not transactional.”

It should be known that healthy expectations exist, a marriage that is built on self-centered desires is destined to face unnecessary

Take Home: Let the foundation of your marriage be giving, not taking. Let love express itself in service, patience, humility and sacrifice. This is the pattern we are called to imitate.

HAPPY NEW YOU!

Cohabiting is one of the most common relationship whereby people fall prey because of selfish desires whose results force many into what would be a "marriage" yet it's entirely circumstantial, say for an unexpected or unplanned pregnancy.

Recent research shows that the rate of circumstantial "marriages" is on the rise and more so among young adults. Also, the single



Rotarians Jimmy and Flavia with their son, James



PK's CORNER

Be yourself

BY PAMELA KAWADDWA

**Every year,
you stand at the
doorway of January
and promise to become
someone new.**

A newer version.
A better version.
A quieter version.
A louder one.
Another mask
carefully chosen
to survive the room you
think you're walking into.

But what if this year
you didn't add anything?
What if you chose honesty
over perfection,
even when honesty
feels unfinished?

What if you chose
truth over approval,
even when truth costs
you applause?
Return—
not to who you were last year,
but to who you were
before the noise.

Before comparison taught
you to measure your worth.
Before timelines convinced
you you were late.
Before opinions
became mirrors
and you forgot your own face.

Return to the version of you
that laughed freely,
that trusted deeply,
that believed without
needing proof.
Before the world

taught you doubt
and called it wisdom.
This year, don't exhaust
yourself reinventing.
Don't rebuild what
was never broken.
Don't abandon yourself
just to be accepted.

Let this be the year
you lay the masks down gently
and breathe.
Be soft.
Be real.
Be honest - even
when it's messy.
This year,
don't become someone else.
Be yourself.

Till again,

Phwyy

Object of Rotary

The Object of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster:

FIRST

The development of acquaintance as an opportunity for service;

SECOND

High ethical standards in business and professions; the recognition of the worthiness of all useful occupations; and the dignifying of each Rotarian's occupation as an opportunity to serve society;

THIRD

The application of the ideal of service in each Rotarian's personal, business and community life;

FOURTH

The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service



Rotary
Kampala-Naalya



*Happy
Birthday!*

PP SYLVIA NANKYA

Your hard work and
positive attitude are
truly valued.
Wishing you a day of
joy and a year of
success!



RotaryClubOfKampalaNaalya



RotaryNaalya



www.RotaryKampalaNaalya.org

Fun Facts

Bulletin

So, you've been staring at the top of our club newsletter and wondered: "Why do we call this a 'bulletin' when no one is getting shot at?"

As someone who finds etymology unreasonably exciting, I'm delighted to report that while the word sounds like the small projectile that comes out of a trigger-happy policeman's weapon, its history is much more... harmless.

Our journey begins in the bureaucratic heart of the Roman Empire. The Latin word *bullā* referred to a bubble. But also a knob, a boss on a door, and most importantly, a sealed document - a sort of official "pay-attention-or-else" document issued with a seal of wax bubbles.

Fast-forward to Italy, where the Romans' linguistic children couldn't resist making everything cuter and smaller. They took *bullā* and created *bulletino* - an "ultra-tiny documentlet." The diminutive suffix *-ino* makes it precious:

we've gone from the Pope's grand sealed decree to your raffle ticket for the village goat. A humbling journey, wouldn't you say?

The French borrowed this in the 16th century as *bulletin* - essentially a "cute little official note." It came to mean an official report, especially military dispatches sent to update generals on which way the battle was going (poorly, usually).



Here's where it gets delicious: During the Napoleonic Wars, Bonaparte's headquarters issued wildly optimistic bulletins about how splendidly everything was going at the frontline. They were so full of creative fiction that the French themselves started saying, "as false as a bulletin."

By the 1760s, English bureaucrats borrowed it, and a bulletin settled into its modern job: a brief official statement. It started as authenticated reports (very fancy), then gradually downgraded to church announcements, weather updates, and those monthly newsletters nobody reads until there's free pizza mentioned.

Here's the kicker: the word *bullet* (the metal kind) comes from the same root! Both stem from that original Latin *bullā*, meaning "bubble" or "round object." Yes, our club newsletter and a .45-caliber round share a common ancestor: a chubby, round, probably shiny thing.

So, next time you're reading our club updates, remember: you're not dodging high-speed projectiles. You're reading a tiny, round, bureaucratic bubble that the Italians diminutived into oblivion, the French politely adopted.

It's a word that started at the pinnacle of power, slid down a hill of diminishing importance, and landed on a community noticeboard next to a lost items poster.

Language, dear Rotarians, is gloriously ridiculous. Now, if you can please let me finish up this amazingly truthful bulletin in time.

Jokes of the day

A club member was fined \$5 for 'looking too happy' during the reading of the Treasurer's report. He stood up to protest, citing the Four-Way Test.

- "President, is it the Truth?" he asked. "No,

I'm actually miserable!"

- "Is it Fair?" "No, I've only got \$2 in my wallet!"
- The Sergeant-at-Arms replied: "Will it build Goodwill and Better Friendships? Probably not, but it will be Beneficial to our 'Plates of Gratitude' fund. Sit down."



KATOGO BUDDY GROUP IN CHARGE

OUR MEMBERS



Dr Lakor Francis



Enid Kabunga



Fathila Nanozi



Grace Mutungi



Herbert Oloka



Jimmy Mayanja



Joachim Buwembo



Johnson Akanyijuka



Lillian Keno



Ruth Mugisha



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WOULD YOU LIKE TO

JOIN OUR CLUB?

TAP THE BUTTON BELOW

FILL THE FORM AND OUR
MEMBERSHIP DIRECTOR WILL REACH OUT



OUR CLUB MEETS EVERY TUESDAY AT 7-8PM

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