

Naalya Food Bulletin

6th January, 2026

Rotary
Kampala - Naalya



UNITE
FOR
GOOD

Issue 25 | RY 2025-26



Representatives of RC Naalya celebrated Christmas at the Missionaries of the Poor, Bethlehem Home, Busega

RC KAMPALA - NAALYA



SCAN TO LEARN MORE

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RelaDental

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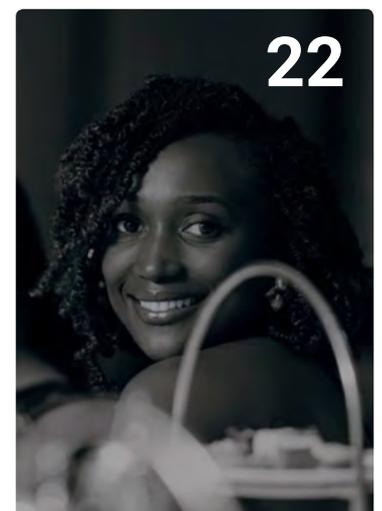
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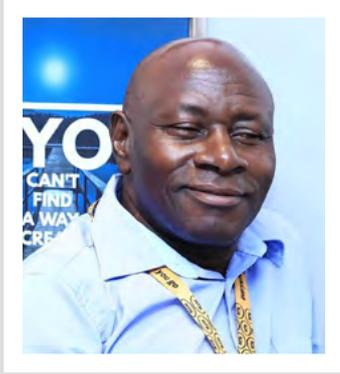


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Chef's Note

Dear Fellow Rotarians and Rotaractors,

As we welcome January 2026, we find ourselves at a convergence of significant moments. This month marks not only the beginning of a new calendar year but also the midpoint of our Rotary year - a natural checkpoint for reflection and renewed action. That we dedicate January to Vocational Service makes this alignment even more meaningful.

In a nation where over 75% of the population is under 30 and youth unemployment remains acute, vocational education transcends being merely a theme; it is a practical lifeline. Rotary has always recognized that the dignity of work and the power of skills can transform communities. When we equip young people with market-relevant capabilities, we offer them more than jobs; we provide pathways to self-reliance, integrity, and participation in community and national development.

Our clubs across Uganda have pioneered this work admirably over the years - consistently demonstrating that vocational service means action, not mere rhetoric.

Each Rotarian - whether accountant, engineer, teacher, farmer, social worker or entrepreneur - possesses skills that can uplift others. Vocational service asks us to share that expertise through mentorship, training, and modeling ethical leadership in our daily work. This is how we build Uganda's economic spine, one skilled youth at a time.

Let January 2026 be our pivot point. Let us harness our professional talents for service, deepen the fellowship that binds us, complete our commitments with vigour, and chart an ambitious course for the months ahead. This is the Rotary spirit in its most authentic form: building resilient futures through skills, integrity, and unwavering dedication to Service Above Self.

As a club, we have demonstrated over the years that we have a heart for the welfare of young people. At the end of last year, Rotary International approved our Mental Health Support for Adolescents in Ghetto Communities (MSAG), Uganda's first Rotary International mental health Global Grant, which we are now set to implement in partnership with KCCA and Butabika National Mental Referral Hospital. The real work now starts but in collaboration

with our partners and the communities, there is no limit to what we can achieve.

This mid-point of the Rotary Year is the perfect moment to review our annual targets with clarity and courage. Finishing what we started isn't about reports; it's about keeping the promises we made to the communities we serve.

Fellowship remains our engine through all of this. The relationships we nurture - the shared laughter, the joint community projects, the mentoring conversations - these sustain our work when challenges arise. As we get set to resume regular meetings after the festive season, let's be more intentional.

Looking forward, January invites us to set clear, measurable milestones for the year ahead. These milestones become beacons guiding our path as we aspire for a better life and a better country.

The year turns. The work continues. Let us move forward together.

Happy New Year!

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 Naalyakos and the entire Rotary Family,

Happy New Year 2026!

I hope you and your loved ones are feeling refreshed and rejuvenated after the festive celebrations.

On behalf of the Board and the entire Rotary Club of Kampala Naalya, I warmly wish you a prosperous and impactful New Year.

As we step into 2026, let us carry forward the energy and momentum to 'serve

above self' with renewed passion and dedication. Together, we can achieve great things and make a lasting difference in our communities.

“
Club activities will resume on January 13th with a Club Assembly, where we will align our goals and plans for an impactful year ahead.”

This year is brimming with exciting opportunities! I invite everyone to actively participate in the preparations for the upcoming Women in Rotary event scheduled for March 7th at Ndere Center.

We will also be organizing the induction of new members in March, and we are gearing up for an outreach visit to Akwang Hill School, which will be an excellent chance to extend our service and impact.

Additionally, we are in the final stages of developing a new strategic plan to guide our Club over the next three years. Your input and support would be invaluable in shaping our shared vision and ensuring our continued success.

Please mark your calendars: club activities will resume on January 13th with a Club Assembly, where we will align our goals and plans for an impactful year ahead.

Here's to a remarkable 2026 filled with service, fellowship, and positive change. Wishing you a fantastic Rotary journey this year!

WARM REGARDS,



TEAM TALK

From Festive Moments to Purposeful Momentum

BY AG FRANCIS LUBUULWA

There is something quietly comforting about this time of the year. The festive season has just eased away, leaving behind warm memories, shared meals, relaxed conversations, moments of laughter, and the rare gift of unhurried time. At the same time, the Rotary Year is still finding its feet. Goals have been set, committees formed, and calendars drawn up, yet everything feels human again. Not rushed, not heavy, just real.

It is in this space between celebration and routine, that Rotary gently taps us on the shoulder and asks us to **check our pulse**. The season just passed reminded us of what truly matters. It reminded us that community is not built in boardrooms alone, but around tables.

That service feels lighter when it is shared. That generosity flows most naturally when hearts are open, not when calendars demand it. Many of us reconnected with family, with friends, and perhaps even with ourselves. And now, as meetings

resume and the year unfolds, the question quietly presents itself to all of us: How do we carry that spirit forward without losing it to busyness?

As Rotarians, we understand something important. Impact is rarely created by grand moments alone. It is built through consistency.

It is sustained through showing up even when the excitement fades. It is grounded in staying committed when no one is clapping, and through choosing purpose over comfort. This stage of the Rotary Year can be deceptively challenging. The energy of the year's start has softened. The urgency of deadlines feels distant. It is easy to tell

ourselves there is still plenty of time. Yet, this is precisely when small decisions matter most. Not dramatic course corrections, but gentle recommitments.

Recommitments made quietly; recommitments rooted in intention rather than pressure. Keeping a pulse on our goals does not mean turning Rotary into a checklist or measuring every interaction by outputs. It means staying awake to what we promised ourselves and our communities. It means asking honest, reflective questions, not to judge, but to guide:

- Are our projects still responding to real needs?
- Are our members still feeling engaged and valued?
- Are we nurturing the same sense of belonging that the festive season naturally creates?

For clubs, this might take the shape of simple conversations perhaps during fellowship where members openly reflect on what is working and what needs care.

For leaders, it may mean creating space for listening,

“ Keeping a pulse on our goals means staying awake to what we promised ourselves and our communities.”





encouragement, and course correction without blame. And for individual Rotarians, it might mean something very personal: choosing to remain present, pay the dues, to follow through, to support one another even when life becomes demanding.

One of the gifts of this moment in the Rotary calendar is that it is still full of possibility. Nothing is too far gone to improve.

A project can be strengthened. A committee can be supported. A member who feels disconnected can still be drawn back into the warmth of fellowship.

The festive season

“ Let us remember that meaningful service does not come from urgency alone, but from care, clarity.”

showed us the power of togetherness. The start of the year gave us direction. Now Rotary asks us to blend the two to allow warmth to fuel purpose, and reflection to sharpen action.

As we journey through this month, let us resist the temptation to drift too far from our goals, even as we give ourselves permission to breathe.

Let us hold one another gently accountable. Let us remember that meaningful service does not come from urgency alone, but from care, clarity, and commitment sustained over time.

It's because Rotary impact is rarely loud. It is built quietly - week by week, meeting



by meeting, conversation by conversation.

And when warmth meets purpose, and reflection meets action, we do more than keep goals alive - we give them meaning. That, at its core, remains the enduring spirit of Rotary International.

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



Uganda's First Mental Health Global Grant Approved

BY PROJECTS DIRECTORATE TEAM

SPEARHEADED BY THE ROTARY CLUB OF KAMPALA NAALYA AND PARTNERS – KCCA AND BUTABIKA NATIONAL MENTAL REFERRAL HOSPITAL, THE MENTAL HEALTH SUPPORT FOR ADOLESCENTS IN GHETTO COMMUNITIES (MSAG) PROJECT IS UGANDA'S FIRST ROTARY INTERNATIONAL MENTAL HEALTH GLOBAL GRANT, MARKING A PIONEERING MILESTONE IN COLLECTIVE RESPONSIBILITY FOR MENTAL HEALTH CARE AND SUPPORT IN UNDERSERVED URBAN COMMUNITIES. THE PROJECT ADDRESSES DIFFERENT ROTARY AREAS OF FOCUS - DIRECTLY BRIDGING HEALTH, EDUCATION, AND GOVERNANCE IN THE SEVERELY UNDERSERVED COMMUNITY IN ACHOLI QUARTERS IN NAKAWA DIVISION IN KAMPALA CITY.

While many projects begin with funding driven by urgency, this project took a different path, beginning with listening and careful observation, allowing lived experiences to shape the journey from ideation to action.

In 2019, as the world braced for uncertainty during the COVID-19 pandemic, communities in Uganda's urban informal settlements were experiencing a deeper crisis

characterised by heightened social and economic stress. Adolescents were disproportionately affected due to disrupted education and social isolation, which interfered with critical stages of their emotional and social development.

These pressures intensified mental health challenges among young people that remained largely undetected and unaddressed.

What followed was a four-year journey shaped by evidence, trust, co-creation, and institutional collaboration. This journey culminated in 2025 with Rotary International's approval of Uganda's first-ever Mental Health Global Grant. In this article, we tell the story of how that milestone was reached and why it matters now more than ever.

The Spark: Evidence Shaping Action



The foundation of this project was laid deliberately and scientifically. During the post-COVID-19 period in 2021, Past President Dr. John Mugisa conducted a study on the uptake of public health practices for the prevention of COVID-19 among urban slum dwellers in Uganda, in partnership with the University of Sussex, UK, and Uganda Reach the Aged Association (URAA).

“This project took a different path, beginning with listening and careful observation.”

While this study did not fully capture the scale or complexity of the challenge, it raised critical concerns regarding the impact of COVID-19 on the mental health of young people.

The study revealed that deprived children, including those who remained at home without access to school, experienced limited access to scholastic materials and social isolation, leading to high levels of emotional distress.

During the COVID-19 and post-COVID-19 periods, mental health data at Butabika National Referral Mental Hospital consistently showed a high prevalence of anxiety and depression among young people from

surrounding communities seeking care at the facility.

These findings were unsettling but clarifying. Mental health challenges were not isolated incidents affecting young people; they were systemic drivers of school dropout, substance use, exposure to violence, and long-term social and economic exclusion.

Adolescents were not failing; existing systems were failing to respond adequately to their needs.

Given the nature of the socioeconomic conditions in deprived urban slums, the data made it clear that externally imposed solutions were unlikely to succeed. Sustainable impact would require interventions co-created and designed with communities, institutions, and young people themselves. This insight became the moral anchor and strategic

compass of the project.

The Long Road: Co-Creating Solutions

The evidence demanded action. After analysing the data and diverse community contexts, PP Mugisa engaged Butabika National Referral Mental Hospital with a view to initiating an adolescent mental health project and exploring collaboration, aimed at bridging clinical expertise with community-based delivery.

Initial discussions between the Rotary Club of Kampala Naalya and Butabika Hospital evolved into structured engagements, followed by consultations involving local communities and the wider Kampala Capital City Authority (KCCA), Nakawa Division leadership.

These conversations led to a shared understanding that addressing adolescent

mental health required a coordinated, system-strengthening approach rather than isolated interventions.

From 2021 onward, the Rotary Club of Kampala Naalya made deliberate and sustained efforts, laying the foundations necessary to ensure the project's success. Working alongside KCCA, Butabika National Referral Mental Hospital, and various stakeholders, including educators, health workers, community leaders, parents, and adolescents, the club embarked on a project co-design process to ensure that solutions were contextually relevant, locally owned, and sustainable.

“Adolescents were not failing; existing systems were failing to respond adequately to their needs.”

This process was guided by critical questions: What were the triggers of mental health challenges among adolescents in ghetto communities? How do adolescents experience mental distress? How do schools and communities



Young people wait to be served at our Mental Health Camp in Acholi Quarters in October last year.

respond, and if not, why? How do referral systems between communities and health facilities work to support adolescents in need of care? What would a mental health system look like if adolescents trusted it?

The answers shaped a pragmatic, integrated delivery model that includes the establishment of youth-friendly community mental health spaces, school-based psychosocial clubs, trained teachers and village health teams, peer educators, integrated outreach camps, and formal referral pathways to increase adolescent access to mental health services at Butabika National Referral Mental Hospital. This provided a robust framework and functional system grounded in evidence and lived realities.

After developing the project through a rigorous co-design process, it underwent multiple layers of review and concurrence to ensure alignment and accountability. It was first presented to Butabika National Referral Mental Hospital for clinical validation, followed by consultations with KCCA and local leadership to secure institutional support.

The project was then reviewed and endorsed by the District 9213 Global Grant Committee, ensuring compliance with Rotary's governance structures and funding mechanisms, before receiving final approval from the Rotary International Global Grant Team, thereby confirming readiness for implementation under Rotary International's globally recognised framework.

From Concept to Community Action: Collective Responsibility

The project entered the public sphere during the National Mental Health Day Commemoration Camp held in October 2025, hosted by the Rotary Club of Kampala Naalya in collaboration with KCCA and Butabika National Referral Mental Hospital. The event was supported by strong Rotary collaboration, including the Rotary Club of Bukoto, the Rotary Club of Kampala Seven Hills, and the Rotary Club of Kyadondo Rugby, and was further strengthened by contributions from local service providers and community partners.

This event provided an opportunity to introduce and pilot the project in the targeted community of Banda 1, Acholi Quarters, in Nakawa Division, marking a turning point. Mental health shifted from being a private or stigmatised concern to an openly acknowledged and actively discussed issue, with community members taking ownership and providing support. This demonstrated a transition from concept and individual effort to collective responsibility.

For the first time, adolescents and families accessed comprehensive mental health counselling alongside general medical care, psychosocial support, and referral services within their own community. Years of research, planning, and partnership building were translated into visible, accessible, and compassionate action.



What Mental Health Project Will Change

Between 2026 and 2027, the project will reach 600 adolescents aged 12 – 17, resident in Acholi Quarters in Kampala. It will establish an Adolescent-Friendly Mental Health Centre, train teachers, village health teams, and peer educators. In addition, it will conduct integrated community and school outreach camps and strengthen referral systems for adolescents to Butabika National Referral Mental Hospital to ensure timely access to specialised care, improve continuity of treatment, and bridge community-based support with clinical services.

Equally important, the project will generate evidence, learning, and operational models that can be adapted and scaled across Uganda and other African countries and beyond. The most meaningful outcomes, however, will be a sustainable, community-owned mental health support system where adolescents, families, schools, and local health structures are empowered to identify, respond to, and manage mental health challenges - reducing stigma, improving well-being, and creating lasting capacity within the community to care for its young people.

Justification for Rotary International Global Grant Approval



club in championing adolescent mental health by supporting this project. By investing in evidence-driven, community-owned mental health systems, we can empower young people to overcome stigma, access timely care, and build resilience, benefiting not only adolescents in Uganda but also serving as a model for underserved communities worldwide.

Together, we can transform mental health from a hidden challenge into a shared global priority, ensuring that every adolescent has the support, guidance, and care needed to thrive.

Over the years, Rotary has demonstrated that collective action enables the delivery of impactful projects, ranging from health and education to water and sanitation, that have improved lives and strengthened communities around the world.

How to Commit Funds and Offer Support

To [commit funds through TRF](#) under Global Grant Number 2570450, or to explore partnership and collaboration opportunities, please contact the project coordination team at the Rotary Club of Kampala Naalya. The project team listed below will provide guidance on TRF contribution processes, partnership structures, and reporting frameworks.

Primary Contact:

Dr. John Mugisa
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 Tel: +256-772-413147

Rtn. Brian Mayanja
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 Tel: +256-782-363645

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“Service Above Self, when it matters most.”

Rotary International’s Global Grant approval process is rigorous by design. The Mental Health Support for Adolescents in Ghetto Communities (MSAG) project was approved because it is evidence-driven, system-strengthening, youth-centred, and deeply embedded within both community and institutional structures.

The project addresses different Rotary International areas of focus. It directly bridges health, education, and governance while maintaining clear accountability, measurable outcomes, and strong potential for replication in similar deprived urban slums in Uganda and other countries.

This is Uganda’s first Rotary International mental health Global Grant, marking a pioneering milestone in collective responsibility for mental health care and showcasing a replicable, evidence-driven model for supporting adolescent mental health in underserved urban communities.

Global Grant Details and Partnerships

Global Grant Number: **2570450**
 Primary Host Club: Rotary Club of Kampala Naalya
 International Partner Club: Rotary Club of Carlsbad Hi-Noon, USA
 Collaborating Clubs: Rotary Club of Bukoto, Rotary Club of Kampala Seven Hills

This partnership strengthens global learning, resource mobilisation, and the pathway for scaling this methodology beyond Uganda into other

developing country contexts.

Where We Are Now: The Moment That Matters

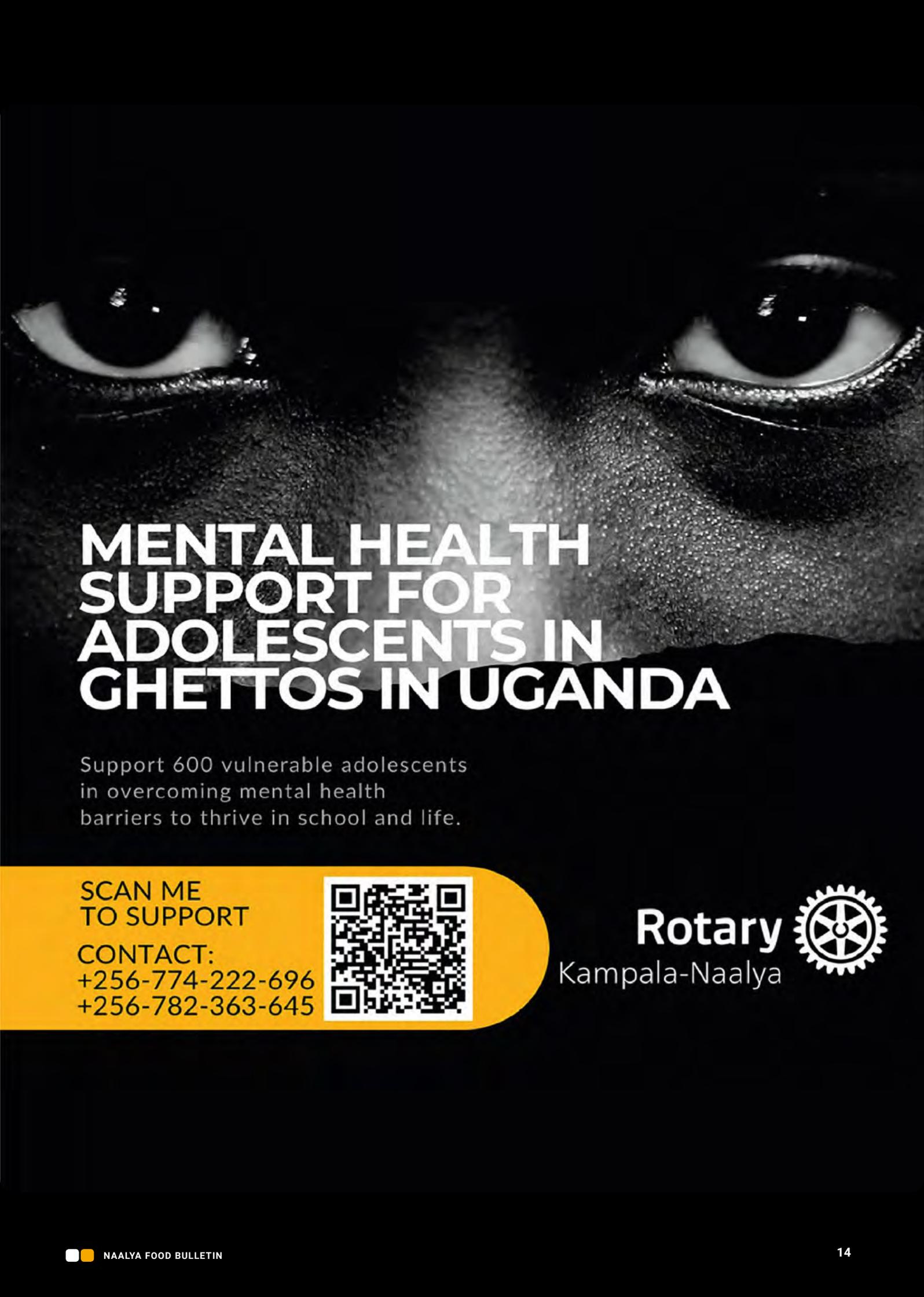
With Rotary International approval secured, the project has entered its mobilisation and funds consolidation phase. The Rotary Club of Kampala Naalya continues to call upon Rotarians and Friends of Rotary to support this landmark initiative by committing funds through the Rotary Global Grant Matching System.

Every contribution made through The Rotary Foundation strengthens not only the pilot in Uganda, but also a globally scalable model for adolescent mental health care in low-resource settings and underserved communities.

Silent Realities: Call to Action

Uganda’s first Mental Health Global Grant took four years to reach this point because mental health work demands depth, credibility, and trust rather than speed. The project marks the beginning of a new standard for community-based adolescent mental health programming.

This journey now calls for collective Rotary leadership action. The Rotary Club of Kampala Naalya calls upon the Rotary fraternity and the global community to join the



MENTAL HEALTH SUPPORT FOR ADOLESCENTS IN GHETTOS IN UGANDA

Support 600 vulnerable adolescents
in overcoming mental health
barriers to thrive in school and life.

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RC Naalya Visits Missionaries of the Poor

Pictorial



RC Naalya Visits Missionaries of the Poor

Pictorial



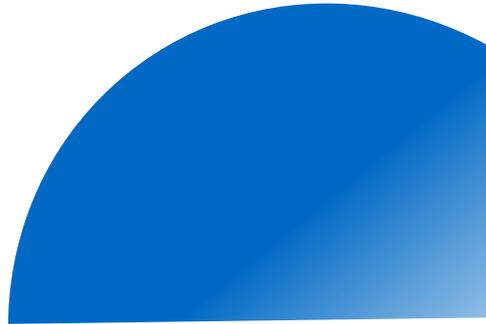
RC Naalya Visits Missionaries of the Poor

Pictorial



RC Naalya Visits Missionaries of the Poor

Pictorial





ELDER'S EYE

New Year resolutions should pivot on creating value

BY RTN GODFREY OKELLO-OMODING

There is a tendency to assume that the New Year comes with new things or changes things. It's not necessarily true. But it can just be a mind shift or probability occurrence.

However, a break in the calendar cycle gives us an opportunity to change habits. How you change habits for better is what matters in life. Change in the timeline can enable to erase the "bad" ways, and supposedly bring in a new way of thinking. This however does not come easy. It takes discipline.

A better New Year comes from taking time off to appreciate how the past one was. Sincere and honest reflection serves well. More often, people rush to making resolutions with the thinking that they can change them and their ways. Not always true. It instead becomes a predictive habit.

Yes, the New Year is here with us. Since you are live, life must continue. As it is the usual way of beginning the New Year; there are rays of greetings and good wishes. Good custom;

after all, it enhances relationships and spices a new start. For the New Year to bring a change or better fruits, the fundamentals of life must be looked at.

Some of these emerge from the fact that every time a wheel of time rolls, age is added. Very often, some people seem to ignore or forget this obvious fact. Yet, it ought to lead one to how to frame life each year. It extends too to the responsibilities one holds.

Therefore, planning for the New Year comes with asking questions covering a range of the fundamentals of life such as economic, wellbeing,

spiritual, social, health, cultural, environment (in a broad sense) and politics.

Appreciation of past times and what happened then is what pays a fortune in the New Year. Excitement about the New Year per se may not bring anticipated better things if habits remain the same. A change of the time cycle does not close pending challenges; practically it adds challenges. What really changes is the dimension of

challenges, which can be addressed or overcome with new habits.

The New Year timeline gives opportunity to evaluate habits, redraw habits or develop new ones. It gives potential to change ways of confronting circumstances and challenges. The truth is, people are what they are, not by change of the calendar cycle, but by setting purposeful life paths. The time demarcation is merely the setting mark.

There are different growths in the path of life. Everyone experiences physical growth regardless of quality because this is autonomous. But other growths including economic, financial,

“A better New Year comes from taking time off to appreciate how the past one was. Sincere and honest reflection serves well.”





social, health, intellectual, spiritual, social, etc, are not guaranteed. They must be sought, nurtured and nourished. The question in the New Year is, what to do we do to seek, nurture and nourish growth? Growth involves paths for creating value. The bother today to some people is seeking to live a better life without creating value.

Creating value guarantees and sustains life. So, the worthy resolutions for today should pivot on creating value.

For us as Rotarians, creating value can be through vocations. As we reflect on the theme of this month of January -

“
Let’s ensure polio contributions continue to come in, increase and deepen health camps and outreaches.”

Vocation Service - this can set creating value through a new habit. Let the New Year be for redrawing or beginning new habits that build relationships, start new developments, set new direction, rekindle and extend goodness.

Let this month be that junction month where appropriate directions of life and service to Rotary is redefined. Remember that this junction determines the remaining months.

The ‘Unite for Good’ motto began in July last year. Proudly, the course has be kept and trumpets of success started to be blown towards the end



of the first six months.

The success of the remaining six month must now be a solid resolution to be reawakened. The conviction is to finish a Rotary Year in high spirits. Where there was laxity, it’s now time to accelerate, hinging on the past six months’ experience and performances.

The best time to tell the story of ‘Unite for Good’ is this last lap of the next six months. As a Club, what is our story?

May the Almighty God fruitfully bless you all and your families throughout 2026.

Rotary 
District 9213
District 9214

Rotaract 
District 9213
District 9214

 **TAIPEI**
2026

**LAST
CALL**
TO THE
**END OF
EARLY BIRD**

ROTARY INTERNATIONAL CONVENTION

TAIPEI, TAIWAN

Registration fees:

26th June - 15th Dec 2025: **475** (Early Registration)

16th Dec 2025 - 31st Mar 2026: **\$575**

1st Apr - 17th June 2026: **\$675**

Register and pay in full by 15th December 2025 to secure the lowest registration price at <https://convention.rotary.org>

#Unite4good9213 #OneActAtATime
#RotaryEyamba
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<https://rotaryd9214.org> 



PK's CORNER

It's Okay!

BY PAMELA KAWADDWA

It's a new year - new calendars, new expectations, new goals. And for some people, the race started the moment January 1 hit!

**But hear this:
It is okay if you're not ready to run yet.**

It is okay to pause, to reflect, to redefine, and to dream again. It is okay to rest, even at the beginning of the year.

Sometimes wisdom says, "Before you run, sit. Before you sprint, stretch." Life isn't a one-size-fits-all race. The lanes are different.

The timelines are different. And you are not late - you're being prepared.

The Bible reminds us to, "run with endurance the race set before us." Your race. Not anyone else's. So yes, rest is allowed. Waiting can be worship. But when strength returns, when clarity comes, start.

Move with purpose. Move with faith. God isn't just at the finish line; He's walking with you. It's okay to rest. And when the time comes, rise... and run.

Till again,

Phwy

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.

Fun Facts

Buffet

If there's one thing Rotarians understand, it's the sacred art of the buffet. Whether it's a district conference, club installation, or fundraising gala, we've all stood in that line, plate in hand. But have you ever wondered how this glorious tradition of organized culinary chaos earned its name?

The story of "buffet" is more twisted than the queue at a DISCON.

Our tale begins in 13th-century France, where buffet (pronounced 'boo-FAY,' not 'BUFF-it' - yes, we see you) originally meant... a sideboard. That's right: fancy furniture. The aristocracy used these elegant cabinets to display their finest dishes and goblets while discussing philosophy and pretending they weren't obsessed with fried chicken.

But here's where it gets delicious. In Old French, **buffet** also meant 'a blow' or 'a slap,' from the verb **buffeter** (to strike).

So technically, when your fellow Rotarian playfully chides you for taking the last samosa, they're delivering a buffet at the buffet. Shakespeare himself couldn't have scripted it better.

The plot thickens in 16th-century Sweden, where dining was revolutionized. The Swedes laid out magnificent spreads of cold dishes for self-service.

The French, never the ones to let the Nordics claim culinary superiority, adopted the concept and rebranded it using their word for "fancy serving table": buffet.

By the 1800s, 'buffet' described the meal itself - a democratic feast where everyone heaps their own plates. It was Rotary before Rotary existed; diverse people gathering around shared sustenance, though Paul Harris added "Service Above Self" and thus significantly fewer fish fingers.

Today's buffet is the great equalizer. District governors, Assistant Governors, Club Presidents and new members alike shuffle through the same line, united in their pursuit of warm **tooke** and fancy stews and soups. It's the only place where a three-piece suit stands elbow-to-elbow with a polo t-shirt, both reaching for the last dinner roll with equal determination. If that's not fellowship, what is?

So buffet is useful? Absolutely! It's a linguistic Rotary wheel.

Next time you're coming to the end of the buffet line at a Rotary event, plate precariously loaded and walking delicately to avoid any mishaps, remember: you're not just eating.

You're participating in centuries of linguistic evolution, democratic dining, and the noble tradition of indulging like there is no tomorrow.

Jokes of the day

1. I asked my gym why they're so crowded in January. They said, "New Year's resolutions."

2. In December my bank

account complained, 'Give me a break!' In January it said, 'you're lost'...

3. Why do people buy many erasers in January? They write the wrong year on everything.



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*Happy
Birthday*
KING

5TH JANUARY 2026



*May your life be filled with purpose
and your heart with gratitude.*



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Grace Mutungi



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