

Naalya Food 6th May 2025

Bulletin

Rotary
Kampala - Naalya



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Inside This Issue

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05

RC Kampala - Naalya Retreats to
Chart 2025 - 2026 Goals



20

OutToLunch: A blueprint for
politicians building churches

RC KAMPALA - NAALYA



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EDITOR'S NOTE



Dear Reader,

This month, we are highlighting youth services. As Rotarians we must be involved in Youth Service, developing the next generation of leaders. Believing in the power of young people to create positive change in the world is one of Rotary's core values.

We began this month with our Club Retreat in Entebbe over the weekend, where we had fruitful deliberations.

Also, this month, we will hold a joint Installation with the our Rotaract Club of Kampala Naalya and RC Naalya States. The event will take place on May 27, 2025 at Ndere Cultural Centre.

Our Speaker this Tuesday is **Pastor Martin Ssempe**. The topic of discussion will be; *Bruised but not broken: finding hope and healing in family storms*. Please Join us.

I wish you a happy new month.

Keno Lillian - Bulletin Officer

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RI President's Message

STEPHANIE A. URCHICK
PRESIDENT ROTARY
INTERNATIONAL

MAY 2025

No matter how long we've been with Rotary, we all benefit from the energy and fresh perspectives of our young leaders. It is my privilege to place this month's presidential message in the capable hands of one young leader, **Vitor Joventino**. In his column, Vitor reminds us how teamwork and inclusivity can spark transformative change. As you read his message, I encourage you to reflect on its insights, share in his excitement, and embrace new opportunities to learn. — Stephanie Urchick

I remember the exact moment when I realized the power of Rotary's youth programs. It was a Saturday morning in Australia during my year as a Rotary Youth Exchange student. I stood among a group of young leaders at a Rotary Youth Leadership Awards event. The organizers challenged us to stand on a large tarp spread across the floor and, without stepping off, find a way to fold it in half.

At first, the task seemed simple. But as we moved, strategized, and adjusted, the reality set in — it required teamwork, agility, and constant communication.

Rotaractors and Rotarians guided us, but no one dictated how to succeed. The decisions were ours to make. And then something remarkable happened.



Rtn Stephanie Urchick
RI President
2024 - 2025

“
...youth leadership
isn't just Rotary's
future, it's Rotary's
present.”

Without being instructed, we collectively decided that no one would be left behind as our space on the tarp shrank.

One of our teammates was a person who uses a wheelchair, giving us an opportunity to adapt, ensuring that he was fully part of the experience. We shifted, lifted the tarp, and reconfigured our positions, using our time to think, plan, and act as a team. In the end, we successfully completed the challenge together.

As we celebrated our success, one participant said, “Society works the same way — challenges will come, but instead of leaving people behind, we must find ways to

include everyone.” It was such a profound thought for someone so young, yet it perfectly captured the essence of our experience.

Interact empowers young people to create service projects with real and lasting impact. Youth Exchange builds global citizens who return home with broader perspectives and stronger leadership skills. RYLA develops young leaders equipped to inspire and mobilize others. All of this is *The Magic of Rotary*, emerging through the actions of youth. These programs are the heart of Rotary's ability to grow and adapt in a changing world.

But the success of these programs depends on more than young leaders — it requires Rotary members who believe in their potential. I encourage you to sponsor an Interact club, host an exchange student, and support a RYLA participant. Your involvement does more than sustain these programs; it multiplies their impact and ensures that young leaders are not just beneficiaries of Rotary but active contributors.

To those already supporting youth programs, thank you. Your mentorship and commitment make all the difference. And to those considering getting involved, now is the time! Because youth leadership isn't just Rotary's future, it's Rotary's present.

VITOR JOVENTINO
*Rotaract Club of Penápolis,
Brazil*

President's Message

RTN SYLVIA JAGWE OWACHI
Magical President 2024-2025



Dear Rotarians and Friends,

Welcome to the new month of May!! We closed the month of April with a fun fellowship (Movie Night) where we watched the movie Conclave. It was very interesting and appropriate given what is happening in the Catholic Church at the moment. We hope the deliberation in this Conclave will be successful and we get a new Pope as soon as possible.

In the Rotary calendar the month of May is dedicated to Youth Services. By nurturing youth, Rotarians can provide the skills young people need to succeed as future community leaders. Youth Programs include Interact, Rotaract and Rotary Youth Leadership Awards.

Interact is a club of young people ages 12 - 18 while Rotaract is a club for adults ages 18-30.

In both cases the youth come together to tackle the issues in their community. They decide how to organize and run their clubs and what projects and activities to carry out and initiatives to attract youth fast into Interact then into Rotaract. Rotary clubs serve as sponsors to Interact and Rotaract clubs.

Rotary Youth Leadership Awards (RYLA) is a leadership development

program run by Rotary. While participants can be any age, most events focus on secondary school students, university students, or young professionals. RYLA events are typically 3-10 days long

and include presentations, activities, and workshops that cover a variety of topics, including:

- Leadership fundamentals and ethics
- Communication skills
- Problem-solving and conflict management
- Community and global citizenship

Last weekend we took time off as club members for our annual club retreat. We spent time in Entebbe reviewing the status of our club and what has been achieved so far and also took time to review the plans for the new leadership for the upcoming Rotary year not forgetting the fun and bonding. I want to take this opportunity to thank who made time to attend.

In our meeting this week we will be hosting Pastor Martin Ssempe who will be speaking about finding healing in family storms. You are welcome to join us and enjoy our bulletin. Be Blessed.

“
We spent time in Entebbe reviewing the status of our club and what has been achieved so far and also took time to review the plans for the new leadership.”



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RC Kampala-Naalya Retreats to Chart 2025–2026 Goals



BY RTN SYLVIA NANKYA

Over the weekend, members of the Rotary Club of Kampala-Naalya converged in Entebbe for a strategic retreat focused on setting the agenda for Rotary Year 2025–2026.

The retreat brought together club leaders, both incoming and outgoing and members and was facilitated by **President Sylvia Jagwe, President-Elect Charles Owekmeno, and Incoming Assistant Governor Hope Tumwesigye.**

The sessions were structured to review the club's performance, assess growth opportunities, and align with Rotary International and District 9213 goals.

President Sylvia Jagwe expressed appreciation for the team's energy and unity as she laid out the club's achievements in the Magical Year.

During the year, the club was able to smash its goal of TRF giving during the first half of

the Rotary year. Records in Rotary Club Central show that we have so far achieved 15 of the 18 goals that were set at the beginning of the year and we are on track for a Citation from Rotary International.

"Our retreat shows the power of collaboration. We're planning not just for the next president but for the long-term impact of our club in the community," she said.

"Our planning is not just about one year—it's about sustaining a legacy of service, generosity, and leadership," she said.

President-Elect Charles, presented the club's outlook for the next year while directors presented goals in the areas of membership growth, Rotary Foundation giving, leadership development, Youth Services and impactful service projects.

Key highlights from the retreat include:

Membership Growth:

Targeting a 25% increase in membership and onboarding five new corporate members.

Service Projects: Plans to conduct two major medical camps, complete a Global grant for the mental health project, roll out a maternal health initiative, and strengthen youth engagement

through mentorship and RYLA.

TRF Giving: A commitment to raise \$15,000 for The Rotary Foundation, achieve 100% member participation, and recognize all givers. The club hopes to have more Paul Harris Fellows and Major Donors as a dedication to sustaining Rotary's global programs and empowering local impact through TRF grants.



Our planning is not just about one year—it's about sustaining a legacy of service, generosity, and leadership..."

Visibility and Innovation:

The club also committed to enhancing its digital presence, increasing public image activities, and streamlining operations through improved use of Rotary tools and platforms such as Rotary Club Central and a refreshed website. Our award-

winning bulletin will remain core to our PR initiatives.

Leadership and Learning:

Hosting learning and development sessions to nurture current and future leaders within the club.

Incoming AG Hope Tumwesigye commended the club for its forward-thinking and alignment with District 9213 priorities.

"RC Naalya continues to lead with clarity, structure, and purpose. The emphasis on TRF giving, partnerships, and youth is a blueprint for impact," she added.

RC Kampala Naalya Retreat - Saturday



RC Kampala Naalya Retreat - Sunday



MAY IS YOUTH SERVICE MONTH



ROTARY BELIEVES IN DEVELOPING THE NEXT GENERATION OF LEADERS. OUR PROGRAMS HELP YOUNGER LEADERS BUILD LEADERSHIP SKILLS, EXPAND EDUCATION AND LEARN THE VALUE OF SERVICE.

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Rotary



Incoming DG Geoffrey Kitakule's Homecoming





Life Transitional Cycle



BY **IPP GODFREY OKELLO OMODING**
Club Training Facilitator

Yes, the month of May is here- **the Youth Service Month**. Rotary is one organization that knows the importance of transition in life cycle. To hold your future, get hold of the youth. Engage them and make use of them productively. The youth stage of everything is a stage of action. Even generating hydro power, you go for the youthful stage of a river. It is a design of nature that youth

is stage of energy. So, this month, let us exhibit energy.

The youth stage is normally short, and yet is very important for maturing leaders. This stage requires dedication. Very often at the family level, when a person is at this stage, character building is extremely important. It is shaping and sharpening stage. Therefore, it is an important life transitional cycle stage.

As in growth, youth stage in rotary is a transitional stage where a lot of preparation and adjustments are needed. Very importantly instilling values, skills and appreciating voluntary service. Voluntary service to be undertaken, there must be volunteers. We can all be shaped to do voluntary work but not

necessarily be volunteers. For the kind of rotary volunteers, where you pay to be one and serve, it requires some additions. Rotary recognises this. So, it an opportunity this month to re-emphasise the importance and the roles of the youth service.



Minding of the youth service in the challenging times is a test of re-energizing, re-strategizing and building. It is only when the wind blows that you can tell the direction it is coming from and the direction is facing..”

Rotary as an organisation, in its legislation, has continued to make conducive conditions for the youth. Such conscious and futurity decisions in the fast-changing world ensure the future of rotary. The mind here is, as you hold today, create a future and don't leave it to chance. It guarantees the survival

and sustenance of an organisation.

Minding of the youth service in the challenging times is a test of re-energizing, re-strategizing and building. It is only when the wind blows that you can tell

the direction it is coming from and the direction is facing. It is in such moments, for instance, that the strength of a tree is tested and the far it can be stretched. Similarly, the Clubs are put to test this month on what their youth service is consist or composed of? During this month, the Clubs ought to gauge their involvement in the transitional plans of themselves in terms of growth. Demographic figures are in favour of the youth. You either have the youth or prepare for a slow mortification.

Youth service comes with challenges including attracting the youth members into Clubs. Youth being people at the transitional stage of their lives, they have several

challenges and demands. They are weighed down by these challenges, yet their involvement is based on willingness. The youth to balance this with others demands is what one may call, 'where the tyre meets the ground'. Often not easy.

Rotarians, this month as we reflect on the youth service, let us do self-examination on the breadth and depth of our engagement in it. Asking ourselves, "what can we do?" what is curtailing us? What support do we need to unfold new energy? Where is our support in youth service? Is it even difficult to give moral, mobilization, and guidance support? These are some of questions we ought to examine.

There is a lot, as Clubs, we can do to recreate youth service where it seems to be in slumber. When we put our heads, hearts and hands (H³) together, there is a spirit of magic of rotary in the midst. Something useful can come out. Let us challenge ourselves with new ideas and ways. Let us infuse new energies and take pride in youth service.



JOINT INSTALLATION



CHARLES OWEKMENO,
PE RC KAMPALA-NAALYA



STELLA AMUGE OKWADI,
PE RC NAALYA STATES



MARK PIUS KISUZE,
PE RAC KAMPALA-NAALYA

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Rsvp

PE Charles Owekmemo **+256 774 222696** PE Stella Okwadi **+256 772 430419**
PE Mark Pius Kisuze **+256 788 065632**

In the spirit of "Unite for Good," the Rotary Club of Kampala - Naalya, Rotary Club of Naalya States, and Rotaract Club of Kampala-Naalya will, for the first time, hold a Joint Installation of their presidents!

Join us for this historic celebration of leadership and unity on 27th May at 5 PM at Ndere Cultural Centre.

Entrance is free

Let us Unite For Good!




Rotary

Kampala-Naalya





BRUISED BUT NOT BROKEN: FINDING HOPE AND HEALING IN FAMILY STORMS


Pastor Martin Ssempea


 May 6, 2025 7pm

 Ndere Cultural Centre

 @RotaryNaalya

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 RotaryKampala_Naalya

 Rotary Club of Kampala Naalya



Feeling the storm in your family?

It's time to heal, rebuild, and rise again! Join us for an unforgettable evening with Pastor Martin Ssempea as he dives into finding Hope and Healing in Family Storms

Date: Tuesday, May 6, 2025

Time: 7:00 PM

Venue: Ndere Cultural Centre

Let's talk healing. Let's talk hope. Let's talk family.

You don't want to miss this!

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Pastor Martin Ssempe's Profile

Pro-Family & Pan-African Social Activist | Pastor | HIV/AIDS Prevention Expert



Dr. Martin Ssempe is a Ugandan pro-family and Pan-African social activist with over 30 years of experience in public service, legal advocacy, and HIV/AIDS prevention. He is the founding pastor of **Makerere Community Church**, where he has mentored thousands of students through his influential **Prime Time at the Pool** rallies.

Education & Academic Honors

- **Bachelor of Social Science** (Political Science & Sociology) – Makerere University
- **Master of Science in Biblical Counseling** – Cairn University, Philadelphia
- **Honorary Doctorate in Public Service** – Cairn University, Philadelphia

Career & Impact

Dr. Ssempe is a well-known thought leader in African cultural advocacy, legal activism, and public health. He has dedicated his career to shaping Uganda's moral and social landscape, often engaging in global discussions on controversial subjects, including LGBTQ ideologies and traditional

family values.

As an **award-winning HIV/AIDS prevention expert**, he played a key role in championing Uganda's ABC Model (Abstinence, Be faithful, Condom use), significantly contributing to a decline in HIV prevalence, particularly among young people.

For over two decades, he has guided students at Makerere University, inspiring them to become global change-makers through his signature Prime Time student gatherings.

Advocacy & Legal Work

Dr. Ssempe has been a leading voice in Uganda's legal and social policy debates. He was instrumental in advocating for the **Anti-Homosexuality Bill (2023)**, which was signed into law by the Ugandan President. His firm stance on preserving Uganda's cultural, religious, and institutional values has made him a key figure in Africa's resistance to external ideological pressures.

He has spoken and debated with top global thinkers on LGBTQ identity issues for over 15 years. His book,

"Why Are You Geh? Africa's Resistance to Homosexuality," provides a detailed account of Uganda's struggle against external pressures to alter its social and moral fabric (2009–2024).

Personal Life & Interests

Dr. Ssempe is married to **Tracey Ssempe**, an American, and together they have five children. Beyond activism and ministry, he has a vibrant personality—having been the **East African Break dance Champion (1987)**. He remains passionate about 1980s love and reggae music, which he believes is the greatest music era. Dr. Ssempe is a very approachable light-hearted man, often having a mouthful of laughter mixed with light comedy. He is well-known for the most memorable funny interview on African TV, *'Why are you Gay?'* where he debated transgender Pepe Julian Onzeima.

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REST IN PEACE
MR RAJIV RUPARELIA

On behalf of Rotary in Africa, we offer our deepest condolences to the family of Dr Sudhir & Mrs Jyotsnaben Ruparelia on the passing of your beloved son Rajiv Ruparelia.

We remember him for the positive impact he made during his lifetime and the Rotary spirit he embodied.
May his legacy continue to inspire us



Rtn. Emmanuel Katongole
Rotary International Director Elect

Rtn. Geeta Manek
Past Rotary Foundation Trustee





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Fun Facts

Why Do We Call Nobles "Blue Bloods"?

The phrase "*blue blood*" might sound like something out of a fantasy novel, but it actually has a fascinating history rooted in social class and status.

When someone is described as having "*blue blood*," it means they come from a noble or aristocratic family. But why blue, and why blood?

The term "*blue blood*" comes from the Spanish

phrase "*sangre azul*." It was used to describe the noble families of Spain who claimed to have pure, aristocratic lineage.

These families often had fair skin, and their veins appeared blue beneath the surface. This visible blueness of their veins was seen as a sign of their noble heritage, distinguishing them from those who worked outdoors and had tanned skin.

The idea of blue blood as a marker of nobility spread across Europe and eventually made its way to English-speaking countries. In England and America, the phrase took on a similar meaning, referring to people of high social standing or those belonging to old, established families.

Interestingly, the concept of *blue blood* has no scientific basis. All human

blood is red due to the presence of haemoglobin, which carries oxygen. The blue appearance of veins is simply an optical illusion caused by the way light penetrates the skin and reflects off the veins.

Despite its lack of scientific grounding, "*blue blood*" remains a popular expression. It is often used in literature, movies, and everyday conversation to describe someone with an aristocratic background or someone who acts as if they are superior to others.

So, the next time you hear someone referred to as having *blue blood*, you'll know it's all about their supposed noble lineage, not the actual colour of their veins!

#OutToLunch

A blueprint for *politicians* and *entrepreneurs* building churches

BY RTN. DENIS JJUUKO



When it comes to religion, many times politicians, billionaire entrepreneurs, the middle class and other classes agree. At least on building magnificent houses of God. Across Uganda, many people have contributed or even single handedly built these houses of God. Fancy to a fault, majestically standing on hills with spires that compete with those seen in Hollywood movies.

Many of these worship centres, particularly those single handedly built by one person or a family with their friends, are usually located in rural areas where the funders were born, walked barefoot to school before migrating to Kampala to find fortune and fame.

The floors are of Italian or Spanish marble, porcelain or at worst polished terrazzo. Stained glasses with the beautiful image

of the Virgin Mary complete the curvy life size windows. The pews are of the hardest wood. The world's best sound engineers come in to install the public address system. The house of God must be fancy.

Once construction is complete, they call in their Kampala friends for the grand opening. The clergy lines up at the foot of the building to welcome them. The parking lot is full of the most expensive SUVs.

The parishioners walk in every prayer day fearful of stepping on the floors, sometimes so shiny that they see their own body reflections. Their best clothes can't even be used to clean the pews. They can scratch them. For a moment,

the poor are in heaven before returning to their houses where floors are screeded with cow dung.

There is nothing wrong with people using their fortune and connections to build grand churches or mosques. It is their money; their appreciation of what God has helped them achieve. They no longer have some of these other problems so they can "give back" to God.

The problem is whether the grandeur church is what the community really needs. Shouldn't politicians, the rich and famous first do a needs assessment? Usually, besides the magnificent house of God stands a school with a

“

If you have Shs6 billion (nearly US\$2 million) like we heard of the Ssembabule church or the one in Mitooma, why not build a church of Shs2 billion, a school of Shs2 billion and a health centre of Shs2 billion?”



falling roof or whose walls are being held in place by crooked timber poles. Windows are just wide openings where mild steel frames would do.

Inside some of the classrooms, are anthills. Pupils sit on logs and like their homes, the cow dung is the main material used for floor screeding. Teachers look like they last had a decent meal on Christmas day.

The health centre is miles away and poorly equipped. The only hope for survival whenever they fall sick is through prayer in the church built for them by the only person who was lucky enough to survive the biting poverty. Yet the funders go to India or Kenya or Germany whenever they feel any discomfort. And are not afraid to give testimony that last time they fell sick, they traveled to Europe for better management and while there, they were thankful to God for their life hence the magnificent church building.

Yet the blueprint for an impactful church exists. In

most cases wherever the Catholics built a church, they built a school as well and almost everywhere they set up their regional headquarters (read a diocese), they built a functional hospital. They knew that you can't pastor the dead! They also knew that an educated population is good for them and their beliefs. Some people call it sustainability and perhaps that is why they have existed for millennia. You saw how they put on a show at Pope Francis' funeral.

Why can't politicians and billionaire businessmen do the same? If you have Shs6 billion (nearly US\$2 million) like we heard of the Ssembabule church or the one in Mitooma, why not build a church of Shs2 billion, a school of Shs2 billion and a healthy centre of Shs2 billion? You could also may be build all those with about 70% of the kitty and create an endowment fund with the remaining 30%. The annual interest from the fund could be used to operate the school and the hospital. If 30% of Shs6b is invested

say in a long-term treasury bond, it could give a net return of approximately Shs255m per a year or Shs21.3m per a month, enough to subsidize a rural school and health facility.

Alternatively, an income generating project could be established alongside the church building. A factory to add value for the parishioners. It could be a dairy plant or a coffee factory depending on the area. A scholarship for the needy bright students could be another alternative. That way people wouldn't have to meet their creator ahead of time.

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

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