

Naalya Food Bulletin

4th November, 2025

Rotary
Kampala - Naalya



UNITE
FOR
GOOD

Issue 18 | RY 2025-26



RC Naalya Outreach St Mbaaga Kiwatule Pri. School

RC KAMPALA - NAALYA



SCAN TO LEARN MORE

In This Issue

16

November is TRF Month:
Why it Matters!

17

Safeguarding Legacy
Through Family Protection



RelaDental
Smile for Miles

Experience Our Best Quality Dental Care



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



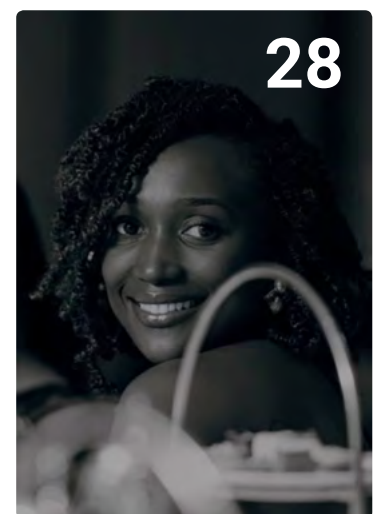
For More Information

+256785834461

Menu

Tap any title to jump to page

- 4** Chef's Note
- 5** Let us give with Gratitude
- RI President Arezzo
- 6** The Power of Our Giving as
Rotarians - DG Kitakule
- 7** President Charles
Owekmeno's Message
- 8** Language of Leadership:
Understanding Communication
- 10** Lighting the Path to Excellence:
RC Kampala Naalya
Inspires St. Mbaaga PS
- 14** Ripples of hope, Gift
of clean water
- 17** November is TRF Month:
Here's Why it Matters!
- 18** Safeguarding Legacy
Through Family Protection
- 20** Deepening community
empowerment through
partnering
- 21** The Foundation that
keeps Rotary strong
- 23** How Buddo's UGX 14b
could be put to better use
- 25** Last Week's fellowship
- 26** Object of Rotary
- 27** Family Matters
- 28** You're Becoming
- 30** Fun Facts



Publisher:

CHUNZI Technologies
RELIABLE DESIGNS FOR YOU!
WhatsApp us on +256 766 014 115

Chef's Note



Fellow Rotarians and friends,

What a dynamic month October has been! As we draw the curtains on our focus on Economic and Community Development, the air is thick with the tangible results of our collective action. We have witnessed, once again, that true development is not a handout, but a hand up—an investment in the inherent potential of our people.

▶ **This truth was never more evident than during our outreach to St. Mbaaga Primary School. There, we did not just deliver items; we delivered opportunity.**

We weren't just delivering resources; we were planting seeds of hope, igniting potential, and empowering a future generation. That is the very essence of community empowerment.

We saw it in the eager eyes of young scholars receiving new educational materials, in the relieved smiles of teachers gaining valuable resources, and in the very walls of a learning environment made brighter and more conducive. This project is a microcosm

of our mission: empowering a community to build a stronger, more self-sufficient future. It is grassroots change, Rotary-style, and you made it happen.

▶ **But as we close this chapter, we open another of profound significance: November is Rotary Foundation Month.**

It is time to pivot our gaze from our local successes to our global footprint. The smiles we brought to St. Mbaaga, the livelihoods we have fostered in the Acholi Quarters community — this is the very essence of



Let us ensure that this Foundation Month is a powerful catalyst for a future filled with even greater service, hope, and impact.”

Rotary, amplified a million-fold across the globe through the power of The Rotary Foundation.

Think of the Foundation not as a distant entity, but as the lifeblood of our work. It is the engine that transforms our collective contributions into polio vaccines for a child in Pakistan, into clean water

for a village in Arua, and into peace fellowships for the next generation of global leaders. Every dollar we donate is leveraged, managed, and directed with precision to where it can do the most good. The Foundation is our shared legacy in action, ensuring that the Rotary wheel turns

not just in St Mbaaga, but in every corner of the world.

This November, let us recommit to being 'People of Action' with our wallets as well as our time. Let us dig deep and ensure our club is not just a participant, but a champion of the Foundation's mission. Whether it's aspiring to become a PHF, or giving \$200 this Rotary year, every act of giving creates a ripple.

▶ **The faces of the children at St. Mbaaga are a powerful reminder of why we do what we do. Let that image fuel our generosity this November. Let us ensure that the hope we foster locally is mirrored in communities worldwide, all powered by our unwavering support for The Rotary Foundation.**

Let us not let this momentum fade. Let the energy from our local service fuel our commitment to our global mission. Recommit to The Rotary Foundation. Give, participate, and advocate. Let us ensure that this Foundation Month is a powerful catalyst for a future filled with even greater service, hope, and impact.

YOURS IN ROTARY,
Rtn. Peter Nyanzi
Bulletin Officer

#Leadership

LET US GIVE WITH GRATITUDE

RI President's Message - Rtn. Francesco Arezzo

NOVEMBER 2025

This November, as we celebrate The Rotary Foundation, I invite you to consider not only what we give but also why we give. The Foundation is more than a fund for projects. It is the beating heart of our promise that service, rooted in trust and friendship, can create lasting change.

Our Action Plan calls us to increase our impact, and the Foundation is how we make this vision real. Since 1988, Rotary and our partners have immunized nearly three billion children against polio.

▶ **We have committed more than \$2.6 billion to this cause, and last year alone we directed \$146 million toward the final push for eradication.**

These numbers are significant, but the true impact is not in statistics — it is in the lives of children who will never again fear polio. It is in the hope restored to families and the peace built in communities once defined by disease.

But polio is only one story among many. Each year, Rotary Peace Centers train new generations of leaders who will transform conflict



into dialogue and division into understanding. In 2023-24, nearly 100 new fellows began their studies, continuing a legacy of more than 1,800 peacebuilders from over 140 countries. When we invest in them, we are planting seeds of peace that will bear fruit for decades to come.

The Foundation also touches lives through district and global grants - supporting projects large and small. A clean water well for a rural community, scholarships for young professionals, medical care in the wake of disaster — these are not temporary gestures, but steps toward

dignity, resilience, and opportunity. This is how Rotary service becomes lasting impact. And when natural disasters strike, our Foundation allows Rotary to act quickly with disaster response grants.

▶ **Our Foundation is not about what we can do alone but what we can do together. Each contribution, no matter its size, joins with others to create a collective act of faith in humanity and in the future.**

The last mile of any great journey is always the hardest. We see

this in our final steps toward ending polio, in our work for peace, and in every project that seeks to lift people out of despair. Yet, every time we give, we declare that our work will continue regardless of the challenge.

▶ **This November, let us give with gratitude, with joy, and with hope. Through our Foundation, we Unite for Good, and in doing so, we leave behind not only projects but also a legacy of peace, trust, and 'Service Above Self.'**

The Power of Our Giving as Rotarians

BY DG GEOFFREY KITAKULE

NOVEMBER 2025

Fellow Rotarians, when we joined Rotary, we pledged to serve above self, and also to be people of action. One of the most powerful ways we live out that promise is by giving to The Rotary Foundation.

► **The Rotary Foundation (TRF) is the engine that drives Rotary's good work across the world. It turns our compassion into clean water, our generosity into education, and our service into lasting change in communities. For us here in Uganda, giving to the Foundation is more than charity, it is an investment in our people and our communities, so that they can have a bright future.**

Think about the many lives touched by Rotary projects in Uganda - children who can now drink safe water in Nakayonza; mothers receiving better healthcare in Namutumba; young ladies ravaged by the war in Northern Uganda gaining vocational skills in Gulu; and families building sustainable livelihoods because the mothers have been given baking skills. Many of these stories are made possible because Rotarians, like you and me, chose to give to



the Rotary Foundation.

Every contribution, no matter how small, multiplies in impact. That's why we are encouraging every Rotarian to give to the Foundation through our easy to use Give & Impact App (trf.rotaryd9213.org) Through global and district grants, our giving comes back to us many times over, empowering our clubs to undertake bigger, better and more sustainable projects. When we give, we position our clubs as leaders and partners in Rotary's global network of service.

Our giving also keeps the End Polio Now campaign alive, ensuring that Uganda and the world remain free from this devastating disease. Uganda has been polio-free for years, but a continued giving

ensures that surveillance, vaccination and emergency response remain strong.

Our giving funds the peace fellowship at Makerere University, disaster relief and humanitarian programs that make Rotary's name synonymous with hope and help.

But beyond the numbers and programs, giving to the Rotary Foundation is personal. It is a reflection of our gratitude, our commitment and our belief that service can change the world. It is how we turn our values into action and our dreams into impact.

► **So, fellow Rotarians; let us give, and give so generously, joyfully and consistently. Because, every time we give to The Rotary Foundation, we are lighting a candle of hope in someone's darkness. We are building a better Uganda. And, on 22nd November, let us get together for the TRF Dinner and celebrate our giving and the impact that we have to our communities. We shall be proving, once again, that when Rotarians come together, there is no limit to the good we can do in the world.**

AND, THAT INDEED, #ROTARYEYAMBA!

President's Message

RTN CHARLES OWEKMENO
Unite For Good President
2025-2026



Dear Rotarians,
Rotaractors, and Guests,

Happy new month and a fresh Rotary week of action! As we welcome November, I am filled with gratitude for the progress we have made together as Club.

Reflecting on October, I am proud to share that we concluded the month on a very positive note. We successfully carried out two impactful service project outreaches that brought hope and assistance to our community in Acholi Quarters and Kiwatule at St. Mbaga Tuzinde Primary School.

Additionally, we are pleased to report that 18 members registered for the District 9213 Conference 101. I want to express my heartfelt appreciation to

the Rolex Buddy Group, led by Chef Rtn Hadija, for their excellent execution throughout the month. I also want to commend our service project team, under the leadership of Director Rtn Brian Mayanja, for their teamwork in making these outreaches successful.

“
Your
presence and
participation
are vital as we
continue to
build a strong,
impactful
Rotary Club
of Kampala
Naalya Family.”

As we turn the page to November, our focus shifts towards supporting the Rotary Foundation, which is central to our mission of service and impact. The District Governor has encouraged all clubs and members to give at least \$200 USD to the Foundation. This contribution is vital in helping us achieve our goal of becoming an all-giving club. I believe that this is an attainable goal if we unite in purpose and generosity. Let us all embrace this call to give, knowing that our collective efforts can

create lasting change in our communities and beyond.

In addition to our service and fundraising efforts, I want to take a moment to celebrate all members who had birthdays, anniversaries, and other special occasions last month. To all 'November babies,' I extend my best wishes in advance, may this month bring you joy, health, and prosperity.

Finally, I am delighted to invite each of you to join us this Tuesday for our first fellowship meeting of November. Let's come together, and start the month on a high note. Your presence and participation are vital as we continue to build a strong, impactful Rotary Club of Kampala Naalya Family.

Wishing you a blessed, successful, and fulfilling month ahead.

YOURS IN SERVICE
ABOVE SELF,



TEAM TALK

Language of Leadership: Understanding Communication

BY AG FRANCIS LUBUULWA

When you think about what makes a great leader, you might picture confidence, vision, or charisma. Yet, at the heart of every great leader lies one timeless skill: **communication**. Leadership, whether in our families, workplaces, or Rotary clubs, begins and ends with how we connect with others.

Rotary's success over the past century is not only about service projects or global causes. It is also about people coming together across differences of profession, language, and culture to share ideas and act. That act of sharing is communication. When communication falters, even the most enthusiastic clubs lose energy. When it thrives, everything else including attendance, participation, etc. follows.

Many of us use the word 'communication' daily without pausing to consider what it truly means. According to Adler and Rodman (2003), communication is the process by which individuals share meaning through the

transmission of symbolic messages. Similarly, Shannon and Weaver's classic model (1949) defines effective communication as occurring when the intended meaning of the sender and the perceived meaning of the receiver are the same.

In simple terms, it is not about what you say, but what others understand and feel. In Rotary leadership,

this means that clarity is power. A president may speak passionately about membership growth or service impact. However, if the members interpret that as pressure instead of inspiration, the message has failed. True communication aligns understanding and intent.

“...effective communication as occurring when the intended meaning of the sender and the perceived meaning of the receiver are the same.”

We do not communicate in a vacuum. Each of us carries the language, habits, and unspoken rules of our families and cultures into every conversation. What one person calls “being direct,” another might hear as “being harsh.” A quiet pause to think in one culture might feel like disinterest in another. Edward Hall's

(1976) theory on high- and low-context cultures helps us understand this better. In high-context cultures (common across Africa and Asia), meaning is often conveyed through tone, facial expression, and shared understanding, not just words. In low-context cultures (typical of Western societies), messages are expected to be explicit and direct.

▶ **Rotary brings these worlds together. In our clubs, we find business executives, educators, faith leaders, civil servants, etc. Each Rotarian is shaped by different experiences and expectations. For a leader therefore, awareness of these differences is not optional; it is essential.**

Miscommunication often hides not in what was said, but in what was heard through the filter of personal and cultural experience. That is why the most successful Rotary leaders are also great listeners and observers. They read the room, sense emotions, and adapt their language to build bridges of understanding. Even with empathy and awareness, effective communication must still be deliberate.



Cutlip and Center (1952) outlined the 7Cs of Effective Communication: timeless principles that every Rotary leader can apply:

1. **Clarity** – Be clear about your message and purpose. In club meetings, say why something matters.
 2. **Conciseness** – Avoid unnecessary detail. Long speeches tire members; clear points inspire action.
 3. **Completeness** – Ensure members have all the information needed to act – dates, roles, and context.
 4. **Correctness** – Check facts and tone. Accuracy earns trust.
 5. **Concreteness** – Use real examples and data. It grounds ideas in reality.
 6. **Consideration** – Think about how others will receive your message; be sensitive to differences.
 7. **Courtesy** – Respect others' time and perspectives. Courtesy creates goodwill, and goodwill sustains fellowship.
- These are not just theoretical ideas. They are practical habits that define whether our communication builds relationships or breaks

them. Every president's WhatsApp message, every club announcement, every thank-you note reflects these seven pillars. Rotary was founded on fellowship: "the meeting of minds and hearts." Paul Harris and the early Rotarians understood that service begins with understanding. Our Four-Way Test, recited every week, is itself a communication guide: "Is it the Truth? Is it Fair to all concerned? Will it build Goodwill and Better Friendships? Will it be Beneficial to all concerned?"

“

Every president's WhatsApp message, every club announcement, every thank-you note reflects these seven pillars.”

Each of these questions revolves around how we communicate. Truth, fairness, goodwill, and benefit all flow from words and actions that reflect integrity and empathy. In today's Rotary, where messages travel

faster than ever through WhatsApp groups, club bulletins, and social media, leaders have an even greater responsibility to communicate wisely. Words can inspire or divide; tone can include or exclude. Our communication must therefore always aim to unite and uplift.

▶ **Before we can speak to inspire others, we must first understand how people hear, see, and feel what we say. Communication is not about eloquence; it is about connection. It is about translating Rotary's vision into language that stirs hearts, unites members, and transforms communities. As Rotarians and as leaders, let us strive not just to speak, but to be understood, trusted, and felt.**

References

- Adler, R. B., & Rodman, G. (2003). *Understanding Human Communication* (8th ed.). Oxford University Press.
- Shannon, C. E., & Weaver, W. (1949). *The Mathematical Theory of Communication*. University of Illinois Press.
- Hall, E. T. (1976). *Beyond Culture*. Anchor Books.
- Cutlip, S. M., & Center, A. H. (1952). *Effective Public Relations*. Prentice-Hall.

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



Lighting the Path to Excellence: RC Kampala Naalya Inspires St Mbaaga

In the true spirit of **Service Above Self**, the Rotary Club of Kampala Naalya, in partnership with Rotary E-Club Victoria, the Rotaract Club of Kampala Naalya, and Sprout Impact, has once again proven that Rotary's power lies not in words but in action.

At St. Mbaaga Tuzinde Kiwatule Primary School, the team carried out a life-changing educational and wellness outreach that transformed classrooms, homes, and hearts. What began as a simple act of giving evolved into a movement of hope, empowerment, and community transformation.

Education Empowered: Over 500 Learners Impacted

Rotary Naalya provided updated, curriculum-aligned textbooks to serve over 500 pupils, ensuring that every learner has access to the tools they need to dream and achieve. No more sharing of single textbooks among several students. No more theoretical-only science lessons. Rotary turned that challenge into opportunity because every child deserves a fair chance to learn.

During the event, PAG Sophie Bamwoyerako, the District Champion for Basic Education and Literacy, inspired learners with her powerful message:



Rotarians join PLE candidates of St Mbaaga Kiwatule to cut the cake ahead of their final exams

▶ **"When we invest in education, we're not just filling classrooms, we're shaping the next generation of leaders."**

Her words captured the essence of the day's mission to empower minds and uplift futures.

Clean Water for Classrooms and Homes

Recognizing that learning thrives only in healthy environments, the outreach extended beyond books.

The club donated more than 50 water filters to the school and another 50 to parents, ensuring access to safe and clean drinking water both at school and at home.

Rtn Theopista Fokukora led Sprout Impact in a hands-on training

session on the effective use and maintenance of the water purifiers. This initiative will protect hundreds of learners and families from waterborne diseases, strengthening the community's overall well-being.

Celebrating Learners, Inspiring Dreams

In a heartwarming session, Rotarians celebrated more than 50 Primary Seven candidates, presenting them with success cards and sharing motivational talks that uplifted spirits and renewed confidence.

The inspirational talks were delivered by PP Godfrey Okello Omoding, Rtn Miriam Nabunya, Rtn Barbra Ninsiima, Rtn Joachim Buwembo, Jackline Mutimba, Rtn Hadijah Nankanja, the Chief

Guest IPDG Anne Nkutu, and PAG Sophie Bamwoyerako, who served as the chief motivational speakers.

Rotarians stood before the pupils not as guests but as mentors, reminding each child that their dreams are valid, their efforts matter, and their future is worth fighting for. The atmosphere was filled with joy, laughter, and renewed determination, a moment that truly captured the spirit of Rotary in Action.

Adding to the celebration, President Charles Owekmeno, together with Vice President PAG Herbert Oloka and Rotaract Club President Pius Kisuze, led the symbolic handover of the water filters and books to the school and the community. They also shared a special moment with the students, cutting and serving a celebratory cake in honor of the candidates' milestone.

The Power of Partnership

The success of this outreach was powered by unity, the kind that amplifies every good deed. Through collaboration between Rotary, Rotaract, and Sprout Impact, resources were mobilized, expertise was shared, and compassion became contagious. We acknowledge

AG Hope Tumwesigye, President of Rotary E-Club Victoria, Vickman Proscovia Nanyunja, together with her secretary, Eunice Ainemugisha, for their support in making this initiative a resounding success.

Together, these partners showed that partnerships rooted in purpose can ignite transformation far beyond what any single entity could achieve alone.

Sustaining the Impact

This outreach is not a one-off gesture. It is part of Rotary Naalya's sustained relationship with St. Mbaga Tuzinde Kiwatule Primary School.

► **The school's Headteacher, Ms. Among Rosemary, expressed heartfelt gratitude to the Rotary Club of Kampala Naalya for their continued support. She**

commended the club for its commitment to improving learning conditions and fostering community development.

In addition, the initiative will provide special lunch for the candidates and staff on the two

days of the Primary Leaving Examinations, along with dietary support for regular school meals, ensuring that learners are nourished and motivated as they take on this crucial milestone.

Follow-up visits and mentorship programs will ensure that the resources provided are fully integrated into classroom learning and that every child continues to benefit from this investment in their future.

The Rotary Spirit Lives On

What happened at St. Mbaga Tuzinde was not just charity. It was change in motion. It was Rotary Naalya standing tall as a beacon of service, proving that compassion and collaboration can light even the darkest corners.

This is how Rotary moves the world forward, one school, one child, one act of kindness at a time.

Join the Movement

The Rotary Club of Kampala Naalya invites partners, organizations, and changemakers to collaborate in creating lasting impact across communities. When we work together, education improves, health flourishes, and hope multiplies. Let us keep lighting the path to excellence together.



“What happened at St. Mbaga Tuzinde was not just charity. It was change in motion.”



RC Kla Naalya at St. Mbaaga

Pictorial



Distribution of Water Purifiers

Pictorial



Ripples of hope, Gift of clean water



BY RTN THEO FOKUKORA

In a world where a glass of clean water can mean the difference between illness and vitality, SPOUTS IMPACT has once again turned compassion into action.

▶ Through an extraordinary gesture of generosity, the organization has donated 50 regular Purifaaya water filters to vulnerable households and 10 Purifaaya XL filters to vital community institutions - a school, a health centre, a church, and other public gatherings - ensuring that clean water flows where it is most needed to St Mbaaga Primary School and the neighbourhood.

Each Purifaaya regular filter, valued at UGX100,000, and every XL model, priced at UGX 350,000, has been offered entirely free of charge, affirming SPOUTS IMPACT's powerful belief that clean water

is a right, not a luxury. This act of giving goes beyond donation; it is a declaration of dignity for every family, child, and patient who can now drink, cook, and live without fear of contamination.

The initiative was carried out in partnership with the Rotary Club of Kampala Naalya, whose unwavering spirit of service ensured that these life-changing filters reached the most deserving

corners of the community. Together, these two forces have ignited a ripple effect of transformation, proving that when compassion meets collaboration, the impact is nothing short of extraordinary.

At the distribution sites, joy filled the air. Mothers spoke of relief from the endless worry of waterborne diseases. Teachers smiled at the thought of their pupils sipping clean water



at school. Health workers expressed gratitude for a safer environment for patients. What might seem like a simple filter has, in truth, become a vessel of hope; a silent guardian of health, dignity, and life itself.

The Purifaaya filters, proudly made in Uganda, embody innovation that flows from the heart of the

community to its most remote edges. They are a symbol of what happens when purpose-driven

organizations like SPOUTS IMPACT and partners such as Rotary Club of Kampala Naalya dare to see beyond statistics i.e. to the human stories behind every drop of water.

► **This initiative reminds us all that**

“
SPOUTS IMPACT and Rotary Club of Kampala Naalya have made every drop count—one filter, one household, one transformed life at a time.”

clean water is more than a basic need. It is the foundation of progress, the heartbeat of well-being, and the quiet promise of a better tomorrow.

Through this partnership, SPOUTS IMPACT and Rotary Club of Kampala Naalya have made every drop count—one filter, one household, one transformed life at a time.



Rotary 
District 9213

Rotaract 
District 9213

TRE 2025 DINNER

**SATURDAY
22ND NOV**

**KABIRA
COUNTRY CLUB**

**TIME:
3:00PM**

FEE:

200K

**#UniteForGood
#RotaryEyamba #Give&Impact**

<https://rotaryd9213.org> 
Rotary District 9213     

November is TRF Month; Here's Why it Matters!



BY RTN SYLVIA NANKYA

Every November, Rotary International invites us to pause, reflect, and celebrate The Rotary Foundation (TRF), the very heartbeat of our service. It's a reminder that through our collective giving, we make hope real and transform communities around the world.

▶ **The Rotary Foundation turns our compassion into impact. Every contribution from Rotarians fuels life-changing work, bringing clean water to villages, educating children, fighting disease, supporting mothers and babies, and building peace.**

Your gifts support two key funds:

The Annual Fund, which powers Rotary's global and local grants, enabling clubs like ours to carry out meaningful projects and The Endowment Fund, an investment in Rotary's future, where only the earnings are spent, ensuring sustainability for generations to come.

If Rotary is to continue

teaching children to read, building wells, feeding the hungry, caring for the sick, and sheltering the poor, then each of us must play a part. Let's make it our mission to give, Every Rotarian, Every Year. Celebrating Our Champions of Giving

This month, we proudly celebrate members of the Rotary Club of Kampala-Naalya who have gone the extra mile in supporting The Rotary Foundation. Special recognition to our newest Paul Harris Fellows: Rtn. Pamela Kawaddwa, Rtn Dorcas Karungi Mwanje and Rtn. Charles Owekmeno, our dear President

We also celebrate those who are close to achieving this prestigious milestone, notably Rtn Joachim Buwembo. Your generosity exemplifies the spirit of Rotary and inspires us all to keep giving.

To those who have already contributed this Rotary year, thank you! Your giving brings hope where it's needed most. For those who are yet to give, this is your moment. Every dollar counts. Every contribution brings us closer to our dream of being recognized as an All-Giving Club, a club where every member

supports the Foundation that drives Rotary's magic.

You can make your gift today at www.rotary.org. Choose a one-time or recurring donation and select the cause that speaks to your heart or use the small donations platform <https://25by25.jjengo.com/trf/give> to join the millions of givers from across the world.

What Your Giving Can Do

Your contribution, no matter the size, changes lives: \$100 per year can: Provide three backpacks filled with school supplies, fund 50 malaria diagnostic tests and supply one biosand water filter and hygiene training for a family.

▶ **\$1,000 per year can, provide 14 HIV antiretroviral treatments to prevent mother-to-child transmission, support inclusive sports by providing a bicycle for youth with disabilities and und education programs against sexual assault and domestic abuse for young women.**

This November, let's celebrate The Rotary Foundation by giving from the heart and keep the flame of service burning bright in Naalya and fueling the work that makes Rotary's vision a reality, a world where people unite and take action to create lasting change.

PP Sylvia Nankya is the TRF Director at the Rotary Club of Kampala Naalya



Safeguarding Legacy Through Family Protection

BY RTN PETER NYANZI

Recently, the Rotary Club of Kampala Naalya invited Gerald Okwi, the Alternative Channels Manager at Old Mutual Insurance Company, for a talk on the topic, 'The Cost of Doing Nothing: Financial Risks We Often Ignore.'

▶ **In simple, relatable terms, Okwir unpacked how everyday oversights—like skipping routine health checks or delaying financial planning—can cascade into crises. "Visible expenses are budgeted for," he explained, "but it's the unseen shocks, from sudden illnesses to untimely losses, that shatter families."**

Drawing on real-world examples, Okwi illustrated how a single unprepared event can wipe out years of savings, leaving loved ones adrift in grief and debt. For Rotarians, who often juggle demanding careers and volunteer commitments, his message hit home: inaction isn't neutral—it's the most expensive choice we make.

Okwir highlighted the Group Family Protect product, which his company has developed for Rotarians, an annual cover that provides a financial safety net in the event of bereavement, ensuring loved ones aren't burdened by



Gerald Okwi - Alternative Channels Manager at Old Mutual Insurance

sudden expenses during their deepest grief.

In an email recently, Rtn. Peter Dhamuzungu, Vice District Executive Secretary for District 9213, urged Rotarians and Rotaractors to embrace the groundbreaking life insurance initiative crafted exclusively for Rotarians, Rotaractors, and their families in partnership with Old Mutual.

"In our shared commitment to care and preparedness,

I am pleased to invite you to take advantage of the Group Family Protect, an annual life cover developed in partnership with Old Mutual Insurance," he said.

This isn't just another policy; it's a tailored safety net for the Rotary family that embodies our ethos of proactive care. At its core, the plan delivers swift financial relief in the face of bereavement, sparing families the crushing weight of unexpected costs during their darkest hours.

▶ **What sets Group Family Protect apart is its thoughtful design for real life. For an annual premium as low as UGX 95,000—scaling up to UGX 250,000 based on coverage needs—it shields the policyholder, their spouse, up to four children, and even parents.**

“Every For Rotarians, who often juggle demanding careers and volunteer commitments, his message hit home: inaction isn't neutral—it's the most expensive choice we make.”

Immediate coverage kicks in for accidental death, while a modest three-month waiting period applies to natural causes, respecting the practicalities of insurance without undue delays.

Life insurance, stripped to its essence, is a solemn

promise: modest, regular contributions in exchange for a tax-free lump sum that steps in when you're no longer there to provide. It covers essentials—replacing lost income, clearing debts, funding education—so your spouse can heal without panic, and your children chase dreams uninterrupted.

No abstract lecture could convey this better than the harrowing yet hopeful story shared by our own Emmanuel Sanyu Safali, a dedicated Rotarian and insurance trainer.

Hero of preparedness

Safali told the Rotary Club of Kampala Naalya recently that just two months after renewing his health coverage, he endured a savage assault by armed attackers wielding iron bars. The aftermath? A hospital bill eclipsing UGX 30 million, a sum that could have bankrupted any family.

But his policy intervened like a steadfast friend,

covering costs and allowing focus on survival and recovery. "Insurance didn't just pay bills," he reflected; "it preserved my family's dignity and my ability to keep serving." In that moment, Safali didn't just survive—he exemplified why preparedness is the quiet hero of our stories.

In our unpredictable world, where economic tremors and health scares lurk, Old Mutual's Group Family Protect grants something invaluable: peace of mind.

“

The plan has a simple three-month waiting period for natural death, with no waiting period for accidental death.”

It frees us to lead projects with bold vision, mentor youth without reservation, and embrace 'Service Above Self' unburdened by 'what ifs.' Such foresight transforms potential despair into resilience.

For a modest annual premium, this plan acts as a shield, protecting your loved ones—your spouse, up to four children, and even your parents—from sudden financial burdens. It ensures that during life's

most challenging moments, your family has the stability to grieve without the added strain of financial hardship. The plan has a simple three-month waiting period for natural death, with no waiting period for accidental death.

► **Recognizing the cultural and emotional need for speed during a bereavement, the District has arranged for the cover to be accessed conveniently through the Rotary Uganda SACCO. The SACCO can facilitate faster compensation, ensuring families, especially those requiring immediate burial according to religious customs, are supported without delay.**

For registration and inquiries, please contact:

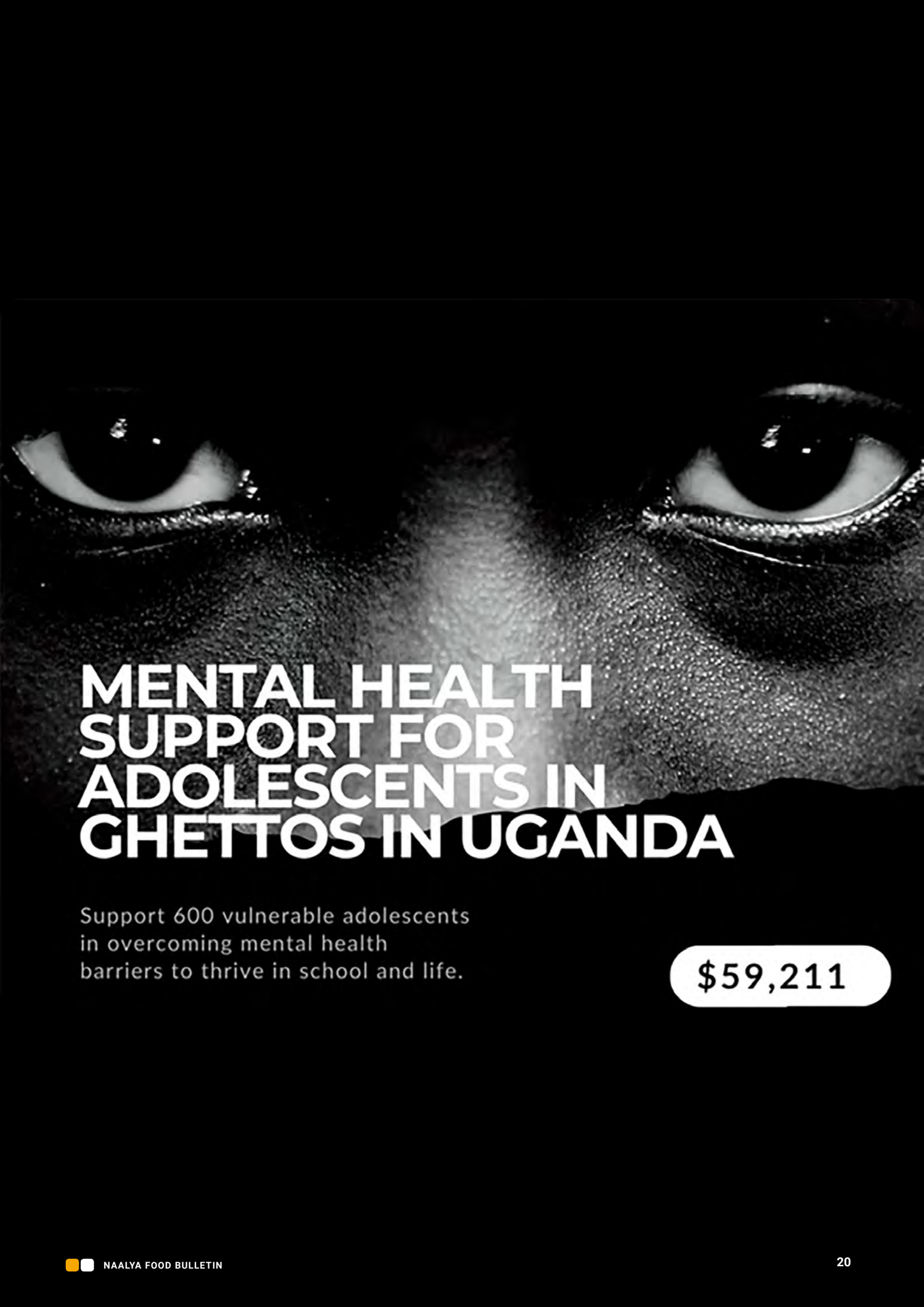
Derrick - 0778 331 862
Joan - 0702 514 698

Email: rotariansugandasacco@gmail.com

The writer is the manager at SPOUTS IMPACT



PDG Anne Nkutu (M) and officials from Old Mutual sign the MOU for the insurance product last year.

A high-contrast, black and white close-up of a person's eyes, looking directly at the camera. The skin is dark and textured, and the eyes are light-colored with dark pupils. The lighting is dramatic, highlighting the contours of the face and the intensity of the gaze.

MENTAL HEALTH SUPPORT FOR ADOLESCENTS IN GHETTOS IN UGANDA

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

\$59,211



ELDER'S EYE

The Foundation that keeps Rotary strong

BY RTN GODFREY
OKELLO-OMODING

We often hear people talking about 'roots.' Some people describe how rooted they are in something. For emphasis, they relate themselves to the roots of certain plants - giving an impression that they cannot be removed from what is anchoring them. Likewise, this month, Rotarians are reflecting on where their source of funding for services is anchored - the Rotary Foundation (TRF).

Like any structure, the strength of its foundation determines what it can hold. In housing construction, for instance, it is the foundation that determines the holding capacity of the house. The more floors you want, the stronger the foundation must be to withstand the weight.

Relatedly, the finance strength of TRF determines what depth, height and breadth of services Rotarians can take on. When TRF is financially firm and sound, more projects can be undertaken and great will be the coverage. This month, Rotarians have the opportunity to ask themselves the kind of foundation they want to have. It is a call for taking a deeper breath while asking several questions

on how to meet the human concerns and challenges.

Today, the world is faced with different challenges in different areas. For example, in basic education, access and equity are key challenges. Lack of access and quality are attributed to a number of problems such as insufficient resources, inadequate infrastructure and many other factors that affect education as a sector. These lead to learning inequities and high

dropout rates, hitting vulnerable communities particularly hard.

“

The hands that carry out development for the betterment of others are anointed.”

Similarly, in maternal and child health, there are challenges that cause deaths like severe bleeding and infections, and other barriers of access to quality care due to financial constraints, lack of resources, long distances

to facilities, and sheer lack of skilled health workers. Also, this extends to lack of vaccines and vaccination services.



Makerere Peace Center graduands explain their projects during their graduation last week. The Peace Center is funded by TRF

In economic and community development, the challenges include lack of opportunities, lack of funding and inadequacy of infrastructure. While for peace, it is a unique area whose challenges embrace the daily life sustenance and wellness. It concerns a number of issues such as wars, political instability, disputes, resistance to peacebuilding efforts, climate change and economic inequality. These are not in short supply in today's world.

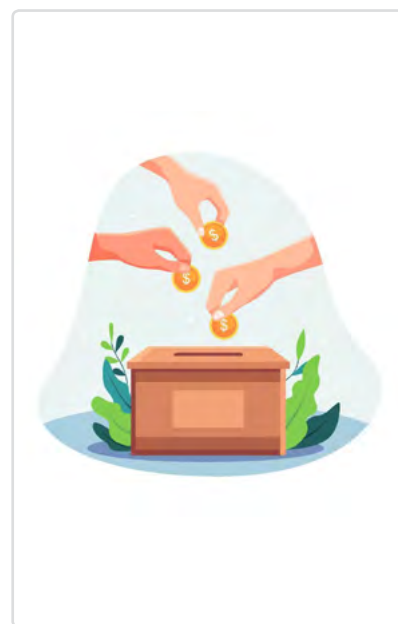
Given that these are some of the focus areas that TRF funds are directed to, clearly the demands are enormous. The concern is how to support those directly or indirectly affected; living for others. Rightly put by Arch Klumph, founder of TRF, "We should

“...we ought to stay inspired to give, stay connected to TRF, and keep gathering whatever funds we can for addressing shared concerns of our common humanity.”

not live for ourselves alone, but for the joy in doing good for others.”

▶ **To fulfill this, the root system of TRF should be strong and deep, able to withstand the blows of the wind of global challenges in its areas of focus. The call today for Rotarians is to build on the seed of TRF of \$26.50 planted in 1917. This was very pivotal, setting in motion a funding mechanism for making the world better.**

Rotarians, one of our concerns this month ought to be how to further strengthen the roots for meeting the needs of others. Remembering that each type of root system is designed to



address specific needs and operate in a specific environment. Collectively, we are rallied by TRF. In turn, we ought to stay inspired to give, stay connected to TRF, and keep gathering whatever funds we can for addressing shared concerns of our common humanity. In our unity, we can do a lot – 'Unite for Good.'



#OutToLunch

How Buddo's UGX14b could be put to better use

BY RTN. DENIS JJUUKO



Old students and well-wishers of Kings College Buddo recently raised an impressive UGX 888 million as part of the fundraising campaign to build a UGX14 billion chapel at their hilly campus west of Kampala according to newspaper reports. The proposed 3,000-seat chapel will replace the one built in 1921 and expanded in 1959 - to cater for the 2,600-student population.

The figures mentioned are impressive and the school's alumni and well-wishers of who is who in Uganda and elsewhere, after all, they have been at a school for the elite since its founding nearly 120 years ago. But the figures also speak about the stagnation

of Uganda's development. Outside the slanted canopy at the school's entrance is a sea of poverty,

one can easily view downwards from the hilltops on which the school is built. That people sat and fundraised for a UGX14 billion chapel speaks volumes about priorities.

Would an elite school in Europe, where Christianity originated from, spend that kind of money on a chapel today? Perhaps,

but I highly doubt. They would most likely maintain the existing church given its heritage and historical significance and use the money on something else. But we are in Africa, where religion is a non-negotiable for many stakeholders. I somewhat understand why they want a new chapel.

“
If the school invested UGX14b in a 15-year Treasury Bond at the current interest rates and discounts, they would be able to get at least 14% in net returns.”

▶ **However, with the same amount of money, what would Kings College Buddo do? (By the way I'm aware that the school prefers to spell their name incorrectly as Budo.) The money is enough to create an endowment fund that would make it the rival of many schools in Africa. The endowment fund would still enable building of the chapel, albeit a not a too-fancy one, but still meets the purpose.**

How would this be achieved? If the school invested UGX14b in a 15-year Treasury Bond at the current interest rates and discounts, they would be able to get at least 14% in net returns and probably a 10-15% discount when investing. However, because discounts are not always guaranteed, we shall only use the interest. At 14% net of taxes, the school would

be able to earn UGX 1.96b annually. If they re-invest this money and all the coupon payments for another two years, they would be able to earn more than UGX6 billion, which they would now splash on a chapel.

▶ **I believe a chapel of UGX 6b would still cater for Buddo's needs. It would be fancy to a great extent and furnished with beautiful pews, stained glass and powerful public address systems.**

The UGX 1.96b interest income annually would mean that they don't necessarily have to fundraise again for their projects. However, well-wishers could still be able to donate as they see fit. There is a difference between holding fundraising dinners all the time and people approaching you to donate. When they want a fancy dormitory or multipurpose hall, they would still be able to build one or two using their endowment profits. By the way, wouldn't a multipurpose hall or arena

serve as a chapel? Since one can see a lot of poverty from the Buddo hilltops, the school would be able to offer fully paid scholarships to kids from the community who are bright but can't afford the school's fees. And in cases where such students aren't admitted to university on government sponsorships, the school's endowment fund would still cater for their tuition. Actually, this would eventually build a network of future donors who would be able to further enrich the school's endowment fund.

“Better pay would attract the brightest students back into the classrooms as was the case many years ago.”

Most of Uganda's elite schools that were started during the colonial days have remained very small. They have focused on exclusivity in the era of inclusivity where they could have been able to admit more bright students had they had the required infrastructure. But to do anything including the ugly gate canopies that now adorn their entrances, they turn to the same old fundraising methods instead of creating

endowment funds. With an endowment fund, they would be able to expand and build extra campuses or purchase more land for expansion. Private schools using borrowed money from commercial banks have been able to expand. Without fundraising, government aided elite schools without marketing expenses can only afford a pickup truck for the headteacher. They know the old students wouldn't fundraise for the pickup, so they buy that and beg for any other thing.

The endowment fund could also enable schools to pay their teachers and non-teaching staff better and free them from the moonlighting that many of them engage in. Better pay would attract the brightest students back into the classrooms as was the case many years ago. Better teachers would lead to better learning outcomes for the learners.

▶ **Endowment funds could build chapels and make learning in government aided schools more sustainable**

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



Last week's fun fellowship

#Kimeeza - Pictorial



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.

FAMILY MATTERS



BY PASTOR RONNIE MUTEBI

TRUE COMMITMENT

1 CORINTHIANS 13:7 (NLT): "LOVE NEVER GIVES UP, NEVER LOSES FAITH, IS ALWAYS HOPEFUL, AND ENDURES THROUGH EVERY CIRCUMSTANCE."

It's in the nature of every human being to love and be loved. In any relationship, and most especially in marriage, love was never designed to be a reward for good behaviour.

Some people believe love should be reserved for only when their spouses act in ways that please them. They 'love' merely in response to kindness or good deeds. However, such an attitude makes a relationship transactional.

Imagine for a moment if God loved us only when we behaved well. Where would we stand if His affection depended on our good deeds? "God demonstrated His love for us in without tagging it on how good we are in our behaviors, while we were still sinners - lost in our ways of life, His love reached out to us before we ever deserved it, and it continues to sustain us even when we fall short.

Love by God's standard, gives without expectation, forgives without keeping a record, and believes and hopes even when everything seems difficult.

“

God's love reached out to us before we ever deserved it, and it continues to sustain us even when we fall short.”

This kind of love heals wounds, restores trust, and strengthens the bond between two hearts. It transforms the home into a hub of grace and peaceful habitation, where forgiveness reigns and peace abides.

This same principle must guide the covenant of our relationships and marriage, for such love is not about reward and punishment but about steadfast devotion and commitment.

Take Home: Love was never designed to be a reward for good behaviour. Love believes and hopes even when everything seems difficult.



You're Becoming

BY PAMELA
KAWADDWA

There will be mornings when you wake up heavy from carrying dreams that haven't yet bloomed.

You will stand in front of the mirror and search your reflection for the girl you used to be the one who believed easily, who trusted her heart before the world taught her fear

But hear me!
She is still in there—the brave one the wild one the one who refused to break even when breaking felt easier.

You have outgrown versions of yourself that once begged to be loved and now you are learning that love was never meant to be begged for



it was meant to be claimed from within.

Believing in yourself is not about being sure it's about being soft and still

showing up it is the quiet kind of courage that doesn't need to shout because it already knows.

You will fall and rise and fall again, and each time you will rise a little slower but a little stronger, too, and one day you will look back and realize—every moment you doubted yourself was just your strength waiting to be discovered!

So, breathe straighten your crown and whisper to your heart:
I'm not becoming
I am becoming.

Till again,

Phwyy

Rotary
Kampala-Naalya



Happy Birthday

2nd Nov

Rtn Pamela Kawaddwa

On your special day, we
just want to remind you
how deeply you are
loved—today and
always.



RotaryNaalya



rotarykampala_naalya



RotaryClubOfKampalaNaalya



www.RotaryKampalaNaalya.org

Modus Operandi

Of course, you've heard the phrase **modus operandi**, most likely from some 'Learned friend' seeking to make an impression. It is just Latin for "the way someone does stuff." That's right—two fancy words to describe your everyday habits.

The phrase first popped up in the dusty world of 17th-century law, when lawyers realized that saying "this guy keeps committing crimes the same dumb way" didn't sound very professional. So, they reached for their Latin dictionaries—because nothing says "I'm clever" quite like using a dead language. Thus, *modus operandi* was born: a term to describe the repeatable quirks of criminals who couldn't help themselves.

But the concept probably goes back even further. Imagine ancient Rome, where a thief named Marcus Operandi (purely coincidental, we're sure) kept sneaking into houses through the kitchen window, leaving muddy footprints and emptying the refrigerator. Before long, the guards caught on: "Ah, yes," said Centurion Gaius, "this has the distinct *modus*

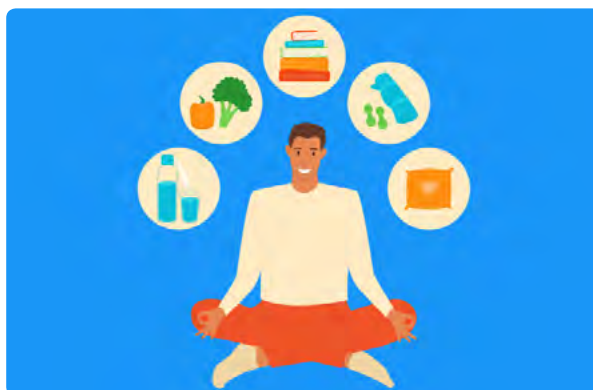
operandi of Marcus!

Fast-forward to today, and everyone—criminal or otherwise—has an M.O. Maybe your M.O. at meetings is nodding thoughtfully while secretly planning kimeeza moves. Maybe your M.O. in traffic is pretending not to see the flash lights of the oncoming motorist asking to allow her to pass.

▶ **Even companies and organizations have one. Rotary's fellowship M.O.? The norms.**

For detectives, spotting someone's M.O. is like finding the Wi-Fi password to a criminal's mind. It reveals not just what they did, but how they did it—and often, why. A burglar who always uses the same crowbar, or a scammer who always emails at 3 a.m., is leaving behind a behavioral fingerprint. Once investigators see that pattern, they can link multiple crimes together and mutter dramatically, "The idiot has done it again."

But in daily life, recognizing M.O.s can save you too. If



you realize your M.O. for "just checking your phone" leads to three hours of Tiktok videos, or that your M.O. for dieting involves "rewarding" yourself with cake, congratulations—you've cracked your own case.

So, the next time someone drops *modus operandi* into conversation, don't be intimidated. It's just Latin for "same circus, same clown." We all have our methods—our little trademarks that make us delightfully predictable.

▶ **Whether it's how you organize service projects, approach problem-solving, or "operate" the last slice of pizza, remember: your M.O. tells the world: this is how it's done.**

Jokes of the week

1. My favorite exercise is a cross between a lunge and a crunch. It's called lunch.
2. "My plants are thriving because I talk to them every day. My children? Not so much."
3. My therapist suggested I set boundaries with my phone. So now it has to knock before sending spam adverts.
4. Why don't skeletons fight each other? They don't have the guts!



Rotary 
Kampala-Naalya

TOPIC

ALTERNATIVE
SOURCES OF
WATER & SUPPLY
SYSTEMS IN A
RURAL SETTING



TUESDAY
4TH NOV



7:00 PM



NDERE CULTURAL
CENTRE



Mr Yawe
Paul Mathias



rotarykampala_naalya



RotaryNaalya



www.rotarykampalanaalya.org

ROCKET

AFRICA'S CORPORATE GIFTS CO.



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

Affordable Prices and So Much More!

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

+256 783 202014 / +256 700 869474

KITOOBERO BUDDY GROUP MEMBERS



Bobby Louis Ogwal



Charles Owekmeno



Sylvia Jagwe Owachi



Faith Nambozo



Flavia Serugo



Jackie Mutimba



John Mugisa



Julie Kisekka



Margaret Harriet Kugonza



Joy O Anena



Sylvia Nankya

WOULD YOU LIKE TO

JOIN OUR CLUB?

TAP THE BUTTON BELOW

FILL THE FORM AND OUR
MEMBERSHIP DIRECTOR WILL REACH OUT



Tap to submit your details



OUR CLUB MEETS EVERY TUESDAY AT 7-8PM

www.rotarykampalanaalya.org



Aluminium and Metal Fabrication



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