

Naalya Food Bulletin

11th November, 2025

Rotary
Kampala - Naalya



UNITE
FOR
GOOD

Issue 19 | RY 2025-26



Abesage Nahabwe, DRR - District 9213

RC KAMPALA - NAALYA



SCAN TO LEARN MORE

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With or without lapels,
giving can change lives



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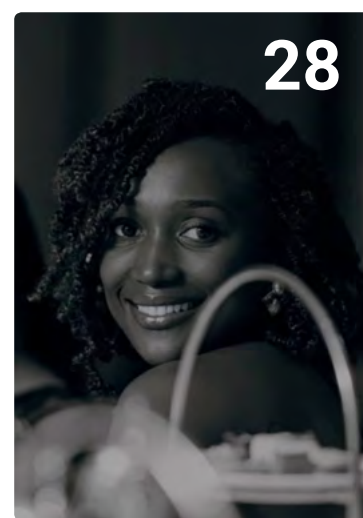
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Chef's Note



Fellow Rotarians, this week,

Let's talk about presence — not merely showing up, but the profound impact of our collective spirit. In Rotary, our clubs are the heartbeat of change, thriving only when we foster environments that scream belonging. Are we creating spaces where members feel essential, not optional? The answer must be an emphatic 'YES.' New blood fuels our mission, bringing fresh energy and perspectives, but retention is the true test of vitality.

▶ **A magnetic club isn't built on routine meetings alone. It demands meaningful service projects that ignite passion, genuine fellowship that forges lifelong bonds, and professional development opportunities that empower growth.**

By prioritizing inclusion, intentionality, and impact, we transform our clubs from mere gatherings into dynamic hubs of purpose. Complacency has no place here. The world desperately needs Rotary's unwavering force, and that starts with fully engaged members. So, let's audit our club cultures. Are we building bridges or barriers? Are we listening,

delegating, and celebrating every contribution? The message from the District is clear: let's make our clubs a place people clamor to join and fight to stay in.

This November, Rotary Foundation Month, continues to sharpen our focus on two intertwined imperatives: PolioPlus and Water, Sanitation, and Hygiene (WASH). On the global stage, we're tantalizingly close to eradicating polio, with Africa's last wild case in 2016, yet the threat lingers until it's gone forever. Every dollar to PolioPlus is a stitch in the tapestry of a polio-free world.

Join us for fellowship this Tuesday to hear more about this important topic.

But consider the synergy: Polio thrives in contaminated water, making WASH our invisible shield. Last week, we had an insightful presentation from a water engineer on the subject of safe water sources, storage and use. Of course through global grants, Rotarians

have delivered boreholes to Ugandan villages, latrines to schools, and hygiene education that restores dignity. These aren't abstract efforts; they're lifelines preventing disease, enabling education, and sparking economic growth. Clean water isn't a luxury—it's the foundation of health and hope.

Amid these priorities, a beacon of pride shines from our own backyard. Our own DDR Abesage Nahabwe has been elected to the Rotaract Africa Multi-District Information Organization (RA-MDIO) for 2026-2027 Rotary Year. This isn't just her victory; it's ours - a testament to the depth of leadership emerging from our District at the international level. Nahabwe's journey, rooted in commitment and service, amplifies our D9213's voice on the world stage. Let it inspire us: When we invest in people, Rotary reshapes humanity.

▶ **As IPDG Anne Nkutu has aptly argued, the time for passive membership is over. Let's be magnets for talent and engines of change.**

Let's commit to embody 'Service Above Self' in our fellowships. Be intentional and call someone this week. Let's act boldly by challenging outdated traditions, embrace modern formats, and make our clubs a center of action. Our presence must be inclusive, generous, and powerful. Together, we'll ensure Rotary not only meets for fellowships but also truly matters, for many generations to come.

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.'**



**WEEKLY
SCHEDULE**



MON 10 - SUN
16 NOV 2025

DISTRICT GOVERNOR

**GEOFFREY MARTIN
KITAKULE**

NOV WEEK XX

10 >>

DG's Official Visit to RC Jinja

6:00pm - Jinja Club

11 >>

DG's Official Visit to RC Iganga

6:00pm - Ntinda valley Resort Hotel

12 >>

DG's Official Visit to RC Jinja Metro

6:00pm - Ci' Sand Suites, Spire Road

13 >>

DG's Official Visit to RC Source of the Nile

6:00pm - Ci' Sand Suites, Spire Road

14 >>

Buganda Kingdom Partnership Symposium

7:00am - Four Points By Sheraton

DG's Official Visit to RC Njeru

6:00pm - Nile Hotel Jinja

15 >>

Family of Rotary | Rota A Kids Meet & Greet

10:00am - Buckley High School | Iganga

DG's Official Visit to RC Jinja City

4:00pm - Speke Courts - Kakindu

16 >>

Installation and Fellowship at Kings College Buddo

3:00pm - Kings College Buddo

President's Message

RTN CHARLES OWEKMENO

Unite For Good President
2025-2026



Dear Rotary Family,

I am delighted to welcome you to another week of Rotary action.

Sincere appreciation to everyone who participated in our last fellowship, which provided valuable insights into how we can make a difference at both the individual and community levels to ensure that safe and clean water is accessible to all.

“...we will recognize best givers and most-giving Buddy Groups at the end of the month.”

As a club, we take pride in having started The Rotary Foundation month, with generous contributions from several members.

Special thanks to CP Francis Lakor, Rtn Joachim Buwembo, PP Herbert Oloka, PP Sylvia Nankya, and others who have contributed to the Rotary Foundation. As announced last week, we will recognize best givers and most-giving Buddy Groups at the end of the month.

Looking ahead, I invite you all to our upcoming fellowship on Tuesday,

11th November 2025.

The focus of discussions during the fellowship will be on giving to The Rotary Foundation, and we will be honored to host the District 9213 Polio Lead as our guest speaker. Let us mobilize the Rotary fraternity and guests widely to participate and make this event a success.

Wishing you and your loved ones a productive and impactful week of Rotary service.

YOURS IN SERVICE
ABOVE SELF,



TEAM TALK

Language of Leadership: Communication to inspire action

BY AG FRANCIS LUBUULWA

Last week, we explored the foundations of communication: what it is, how culture shapes it, and why leaders must understand its essence before they speak. This week, we move from understanding communication to using it. Specifically, using it to communicate vision and purpose in ways that inspire others to act.

Every Rotary year begins with a vision. A newly installed club president stands at the podium, theme pin gleaming, and speaks passionately about what the year ahead would look like. But often, somewhere between the installation ceremony and the end of the first quarter, that bright vision fades into a list of activities and administrative updates. Why does this happen? Because while many leaders can state a vision, fewer can communicate it in a way that becomes shared, lived, and owned by every member.

Leadership scholars James Kouzes and Barry Posner (2017) describe vision as “an ideal and unique image of the future for the common good.” It is not a slogan, but

a picture of what could be a future so compelling that people want to help create it. In Rotary, vision gives direction to service, meaning to fellowship, and continuity to leadership transitions. A clear vision transforms scattered activities into a coherent story. When members understand why they meet, who they serve, and what change they seek, the club gains energy and unity. Without vision, even hardworking clubs risk becoming busy without being impactful. Yet, vision alone is not enough. It must be communicated repeatedly, clearly, and with passion until it moves from the president’s head into the club’s heart. Turning vision into shared ownership involves three deliberate stages: articulating, aligning, and amplifying:

1. Articulating The Vision

The first responsibility of a leader is to make the invisible visible. Simon Sinek (2009) reminds us that people don’t buy what you do; they buy **why** you do it. A Rotary club that says, “We want to increase membership,” is describing an activity. One that says, “We want to build a movement of changemakers who care for our community,” is describing purpose. The president’s

message, speeches, and weekly communication should echo this purpose.

Simplicity is strength. When the vision can be summarized in a single sentence that members can repeat, it begins to take root.

2. Aligning the vision

Once expressed, the leader must connect that vision to individual motivations. A doctor, teacher, a business owner, and a journalist may all be in the same club, but they each find meaning differently. The best communicators listen deeply and link the club’s goals to members’ personal aspirations. For example, a president who wants to focus on literacy might invite the teacher to lead school engagement, the businessperson to support resource mobilization, and a female doctor to mentor young girls. When members see themselves in the vision, they embrace it as their own.

3. Amplifying The Vision

Vision must echo beyond speeches. It must be seen, heard, and felt. Every meeting agenda, service project, social media post, and fellowship can reinforce the same narrative. Kouzes and Posner emphasize

“

Turning vision into shared ownership involves three deliberate stages: articulating, aligning, and amplifying.”

that “leaders are repeaters” repetition builds belief. Some clubs practice “Vision Minutes,” where each week a member shares a story of how the club’s vision came alive that month. Others include the year’s purpose line on banners, newsletters, and WhatsApp groups. When members constantly encounter the same message, they internalize it as part of their identity. They are able to tell the vision as a story.

▶ **Steve Denning (2011) calls storytelling “the secret language of leadership.” Facts may inform, but stories inspire. Stories connect emotion to logic, and memory to meaning.**

In Rotary, storytelling is our strongest communication tool. When a president talks about a family that now has clean water rather than a borehole constructed in Akwang, listeners feel the difference. When members hear how a scholastic material drive changed one child’s life at St. Mbaaga, they are moved to support the next project. Leaders who use stories transform vision from a statement into an experience. Every Rotarian

becomes both an audience and a messenger — retelling that story wherever they go. As we saw in Part 1, culture profoundly shapes communication. In a diverse Rotary club, people interpret words and symbols differently. A leader from a formal background may present vision through documents and data; another may prefer dialogue and personal conversation. Both approaches have value but what matters is inclusivity.

A vision communicated across cultures must balance clarity with empathy.

“

Leaders should use language that invites everyone in: replacing “my plan” with “our journey,” or “the president’s targets” with “our collective goals.”

Leaders should use language that invites everyone in: replacing “my plan” with “our journey,” or “the president’s targets” with “our collective goals.” This linguistic shift turns hierarchy into partnership.

Below are some practical ways to communicate vision in our Rotary clubs:

1. Launch with a story, not a statement.
2. Visualize the vision using imagery, banners, or short videos.
3. Translate vision into monthly or quarterly themes.
4. Celebrate alignment by recognizing members who live the vision.
5. Keep communication

two-way by inviting feedback and new ideas. Looking ahead to the next part of our series of “The Language of Leadership,” we’ll explore a less visible, yet equally powerful form of communication: Listening and Emotional Intelligence: The Silent Strength of Leadership. We will examine how great leaders build trust not by speaking more, but by listening better. A Rotary club without shared purpose is a meeting; a club with shared purpose is a movement. When leaders communicate vision with clarity and conviction, they give members not just a reason to serve, but a reason to belong.

▶ **The task of communication is not to command, but to connect. And when we connect around purpose, we multiply Rotary’s power to do good in the world.**

References

- Kouzes, J. M., & Posner, B. Z. (2017). *The Leadership Challenge*. Wiley.
- Denning, S. (2011). *The Leader’s Guide to Storytelling*. Jossey-Bass.
- Sinek, S. (2009). *Start with Why*. Penguin Random House.

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



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     

#CoverStory

DRR Nahabwe is Rotaract Africa VP - Elect

District 9213 is celebrating after Abesage Nahabwe, the District Rotaract Representative (DRR) for District 9213, was elected as the Vice President-Elect of the Rotaract Africa Multi-District Information Organization (RA-MDIO) for the 2026-2027 Rotary Year.

▶ **Rotary District 9213 Governor Geoffrey Kitakule expressed profound pride in the development, stating, "I'm excited to share this news. Abesage's leadership and passion inspire young Africans to serve with purpose and pride. This achievement speaks volumes about the quality of leadership development in our District."**

The RA-MDIO Council of Country Representatives (CRs) picked Nahabwe for the role in the lead-up to the annual Rotaract Africa Summit (RAS), which is set to take place in Cotonou, Benin, later this



Abesage Nahabwe, DRR - District 9213

“The role requires working directly alongside the incoming President, absorbing institutional knowledge, and supporting the execution of the MDIO's core objectives.”

month. Her home club, the Rotaract Club of Nangabo, also shared their excitement, affirming their pride in their member's elevation to continental leadership.

Nahabwe will officially take office on July 1, 2026, serving a critical year as Vice President. The RA-MDIO,

established in October 2020, is an international non-profit, non-governmental organization coordinating over 17,000 Rotaractors across 20 Districts spanning 40 African countries (Zone 22).

The Vice President-Elect role is essential for leadership continuity and strategic planning. It requires working directly alongside the incoming President, absorbing institutional knowledge, and

supporting the execution of the MDIO's core objectives: fostering international cooperation, enhancing leadership development, and facilitating the exchange of best practices across the vast network.

▶ **The VP acts as the principal deputy, focusing on internal alignment and programmatic oversight, ensuring a seamless transition when she ascends to the position of MDIO President in the following year**



Abesage (4th right) with colleagues from Kenya and Tanzania for the Rotaract Earth Initiative (REI) project themed “Sowing Seeds of Change.”

(2027-2028).

Abesage’s election is a tremendous win for District 9213, confirming its status as a major incubator of global Rotaract talent. Her proven experience as DRR for 2025/2026—the highest Rotaract office at the district level and a highly prioritized prerequisite for the MDIO executive—provides her with a deep understanding of grassroots challenges and successes.

By having a representative at the top MDIO executive level, both District 9213

and D9214 secure a strong voice in continental strategy, ensuring that the unique needs and successes of East African Rotaractors are integrated into Africa-wide initiatives focused on project sustainability, grants, and public image.

This placement will undoubtedly fuel further growth and inter-district collaboration for all Rotaractors in Uganda.

Abesage’s Rotaract journey began in May 2019 when she was inducted into the Rotaract Club of Nangabo. Since then, she has grown through the ranks, serving

in several leadership roles at the club level including Public Image Chair, Treasurer, Vice President, President, and Club Trainer. Beyond her club, she has been instrumental at the district level, serving as Deputy District Trainer, Assistant District Rotaract Representative (ADRR), and Dean of ADRRs.

▶ **Her dedication and impact were recognized when she was awarded as the Outstanding District Official during her term. An ICT professional, Abesage’s leadership style is grounded in service, responsibility, and the empowerment of others.**

“...she has been instrumental at the district level, serving as Deputy District Trainer, Assistant District Rotaract Representative (ADRR), and Dean of ADRRs.”

TRF: THE ENDURING ENGINE OF OUR SERVICE

If you've ever wondered how the RC Kampala Naalya connects to the profound global change that Rotary has been championing for decades, the answer is simple: The Rotary Foundation (TRF). It is not merely a charity; it is the strategic engine that transforms our collective goodwill into sustainable, worldwide impact. It is the infrastructure that ensures that our service endures.

The Foundation's origin story is a powerful testament to Rotary's foresight. It began in 1917 with a bold proposal from then-President Arch C. Klumph for an endowment "for the purpose of doing good in the world." The initial contribution was a modest \$26.50. From that humble seed has grown a global powerhouse.

This growth was supercharged in 1947 following the passing of our founder, Paul Harris. Rotarians channeled their grief into purpose by establishing the Foundation's first major program: Fellowships for Advanced Study. This single act laid the groundwork for a legacy of building sustainable solutions to the world's most pressing challenges.

Unmatched Impact, Efficiency

What makes TRF uniquely effective is its direct connection to our vast network of 1.4 million members across more than 200 countries. This is not a distant bureaucracy; it is us, organized for greater good.

The model is designed for both global reach and local empowerment, resting on two core strengths:

1. Fiscal Responsibility:

TRF operates with remarkable transparency. An extraordinary 91% of every dollar donated goes directly to program activities and grants, not administrative overheads. This benchmark of

excellence in the non-profit world has earned it 12 consecutive four-star ratings from Charity Navigator, an organization that rates charity organisations.

2. The Power of Partnership:

Your donation is a powerful catalyst, its impact multiplied through strategic alliances. Nowhere is this clearer than in our fight against polio. For every \$1 Rotary commits, the Bill & Melinda Gates Foundation contributes \$2. This collaborative force, alongside governments and global health bodies, has brought us to the brink of a historic victory - reducing polio cases by 99.9% since 1985.





▶ **The Foundation's work is channeled strategically through our seven Areas of Focus, ensuring that every project meets rigorous standards of sustainability and long-term impact. Our contributions power transformative change across multiple fronts:**

- **PolioPlus and Beyond:** As the spearhead of the Global Polio Eradication Initiative (GPEI), Rotary has contributed over \$2.6 billion. The 'plus' in PolioPlus extends our impact, often providing integrated health services like Vitamin A drops that have prevented over 1.25 million childhood deaths.
- **Empowering Peace:** The Rotary Peace Centers, such as the one here at Makerere University, are a direct, long-term investment in a more peaceful world, cultivating the next generation of peacemakers and humanitarian leaders through prestigious fellowships.
- **Local Leverage (Annual Fund-SHARE):** The Foundation's grant model is engineered to amplify our club's

work. Contributions to the Annual Fund are strategically managed, with 50% returned to Districts as Designated Funds (DDF).

This DDF is the lifeblood for local and global projects, ensuring a gift to the TRF is also an investment in our club's future service capacity.

• **Sustainable Development:**

Whether it's a clean water project that prevents disease, a maternal and child health initiative that saves lives, or an economic development program empowering women in Honduras, TRF grants focus on solving systemic issues through education, infrastructure, and local knowledge.

Our shared responsibility

TRF is the ultimate expression of "Service Above Self." It is the vehicle through which we secure our legacy. As we approach its second century of service, the needs have evolved, but the urgency remains. Total Polio eradication is within our grasp, but

the final push is critical. New challenges in climate resilience, peacebuilding, and equity demand our sustained commitment.



TRF is the ultimate expression of "Service Above Self." It is the vehicle through which we secure our legacy."

The **Every Rotarian, Every Year (EREY)** initiative is the necessary fuel for this incredible engine. Whether through a one-time gift, sustained annual giving, or a planned legacy that endows future generations

of Rotarians, our contribution joins a chain of compassion that began over a century ago.

▶ **May we all commit to honour Arch Klumph's vision and the faith of every Rotarian who came before us over the decades. May we ensure the next chapter is written with even greater impact. Let's dig deep and give generously. Because when we invest in TRF, we are not just giving—we are building a better world, one carefully invested dollar, one transformed life, at a time.**

TRF Heroes of the Week



PAG Flavia Serugo



PP Godfrey Okello Omoding



CP Francis Lakor



PAG Herbert Oloka



Rtn. Joachim Buwembo



Call for WASH proposals after MoU with Davis & Shirtliff

In a groundbreaking move to advance Rotary's Water, Sanitation, and Hygiene (WASH) goals, Rotary District 9213 has signed a Memorandum of Understanding (MoU) with Davis & Shirtliff Uganda. This strategic partnership promises to transform access to clean water and renewable energy in Uganda's underserved communities.

District Governor Geoffrey Kitakule expressed his enthusiasm, stating, "This collaboration will improve lives by delivering solar-powered water systems and supporting our WASH initiatives."

Davis & Shirtliff, a leading provider of water and energy solutions across 11 African countries, brings decades of expertise through its 'Improving Lives' ESG program. Having successfully completed over 60 projects with Rotarians in Kenya, the company is now extending its impact to Uganda.

Rotary District 9213, encompassing Uganda and

Tanzania, leverages its extensive network of clubs and volunteers to identify needs, mobilize resources, and ensure community-driven implementation.

“Key initiatives include installing solar-powered water pumps, water treatment systems, and irrigation setups to enhance food security.”

The MoU emphasizes sustainable solutions, with a special focus on schools, health centers, and small-scale irrigation. Key initiatives include installing solar-powered water pumps, water treatment systems, and irrigation

setups to enhance food security. By prioritizing solar



DG Kitakule launches a borehole in West Nile recently.

energy, the partnership addresses challenges like unreliable grid power, making projects resilient and environmentally friendly.

► **Under the agreement, Davis & Shirliff would supply technical expertise, high-quality equipment such as solar panels and purification systems, and training for local technicians. They are also to offer cost-sharing support, covering up to 50% of project expenses.**

Rotary and Rotaract clubs, in turn, would submit project proposals, lead the community engagement exercises, handle fundraising, and coordinate on-the-ground execution. This 50:50 cost-sharing model ensures affordability while fostering ownership.

What makes this partnership a game-changer? It mitigates common pitfalls

in development projects, such as poor maintenance or inappropriate technology.

By combining Rotary's grassroots networks with Davis & Shirliff's engineering prowess, the WASH initiatives will be designed for longevity.

Most importantly, solar pumping and treatment systems would boost health outcomes and increase school attendance especially for girls.

“

The one-year MoU, with options for renewal, aligns perfectly with Rotary's global WASH objectives and Uganda's sustainable development goals.”

In rural areas, reliable water sources can cut water-borne disease rates, while irrigation supports agriculture, empowering families economically and boosting food security.

For Rotary clubs eager to get involved, the

next steps are pretty straightforward. Clubs have been invited to submit project concepts immediately, focusing on pilot sites like one school, one clinic, a community

borehole, and an irrigation demo in the first 3-6 months. It should include a short implementation plan outlining project sites, timelines, budgets, and KPIs, as well as project-specific agreements with beneficiary communities clarifying roles.

They should also commit to organize training workshops with Davis & Shirliff technicians and project leads, and create a monitoring framework for ongoing evaluation.

The one-year MoU, with options for renewal, aligns perfectly with Rotary's global WASH objectives and Uganda's sustainable development goals. It's more than infrastructure—it's about building resilient communities.

► **DG Kitakule noted: “Let's collaborate to create lasting change.” Clubs were also advised to partner up, and help turn vision into reality. Together, we can refresh lives with clean water and illuminate Uganda with power, one community at a time.**



ROTARY DISTRICT 9213 – DAVIS & SHIRTLIFF PARTNERSHIP

Please Send

**Water & Solar Energy
Project Concepts to:**

mkure@dayliff.com

cc

ugenquiries@dayliff.com

richardkalungi41@gmail.com

wwwmarionjster@gmail.com

accramnsubuga@gmail.com

#UniteForGood
#RotaryEyamba #Give&Impact

<https://rotaryd9213.org>

Rotary District 9213



Practical strategies for attracting, retaining members

In today's fast-paced world, especially in the wake of the global pandemic, many organizations—including Rotary—face challenges with membership retention and engagement. It's heartening, therefore, to see District 9213 taking proactive steps to address these issues. Recently, the district outlined a raft of practical strategies aimed at attracting new members while ensuring existing ones remain deeply committed.

These initiatives, shared through an email from Rotarian Peter Dhamuzungu, the Vice District Executive Secretary, and echoed in

a compelling presentation by Immediate Past District Governor (IPDG) Anne Nkutu, offer a roadmap for building Rotary clubs that feel like home. In this article, we'll explore these strategies in depth, drawing on their wisdom to inspire action across our district.

At the core of District 9213's approach is a simple yet profound truth: when members feel genuinely seen, truly heard, and sincerely valued, they are far more likely to stay engaged, step into leadership roles, and dedicate themselves wholeheartedly to our mission of service above self. As Dhamuzungu

aptly noted in his communication to Rotarians and Rotaractors, clubs must examine not only how they engage and treat their members but also how receptive they are to our initiatives.

► **Dhamuzungu's email distilled this into six actionable ways to attract, retain, and engage members, creating an environment where everyone thrives.**

First, invite every voice. From quiet newcomers to seasoned leaders, everyone has something valuable to share. In my



time as District Governor, I saw clubs flourish when they actively solicited input from all members during meetings and project planning. This could mean starting sessions with round-robin sharing or using anonymous suggestion boxes to encourage participation from introverted members. By doing so, we dismantle hierarchies and build trust, ensuring no one feels sidelined.

Second, **celebrate all contributions**, big or small. Every act of service counts, whether it's organizing a major community project or simply volunteering at a local event. Recognition doesn't have to be grand—a shout-out in the club bulletin, a certificate of appreciation, or even a heartfelt thank-you note can go a long way. Public acknowledgment not only boosts morale but also motivates others to contribute, creating a positive feedback loop of involvement.

Third, **share stories, not just statistics**. Instead of dry reports on metrics like attendance or funds raised, let members recount their 'Rotary moments'—those personal anecdotes that capture the joy and impact of our work.

Fourth, **design for inclusion**. Rethink timing, venues, and communication to welcome all. Clubs should consider flexible meeting schedules to accommodate working professionals, families, or those in rural areas.

Fifth, **connect beyond service**. Fellowship is the glue that holds Rotary together. Encourage activities like days out, home hospitalities, cultural celebrations, or spontaneous sports games. These informal bonds can turn acquaintances into lifelong

friends, making membership about more than just service—it's about community.

Finally, **lead with empathy**. Check in regularly, celebrate personal milestones like birthdays or anniversaries, and show up in times of need, such as during illness or loss. Empathetic leadership fosters loyalty; a simple visit to a member's home during a tough time could solidify their commitment to the club.

▶ **These strategies were powerfully reinforced by IPDG Anne Nkutu during her address to the Rotary Club of Nateete on the theme, "Building a Vibrant Club." She urged a shift toward being more member-focused, innovative, and socially engaging, emphasizing that vibrancy is the key to Rotary's long-term relevance and strength.**

According to *'The Amasiro Post,'* a publication of the Rotary Club of Kasubi, Nkutu defined a 'vibrant club' as one where every member is engaged, visible, innovative, and full of energy. To operationalize this, she introduced the V.I.B.R.A.N.T model—a clever acronym that serves as a blueprint for club success:

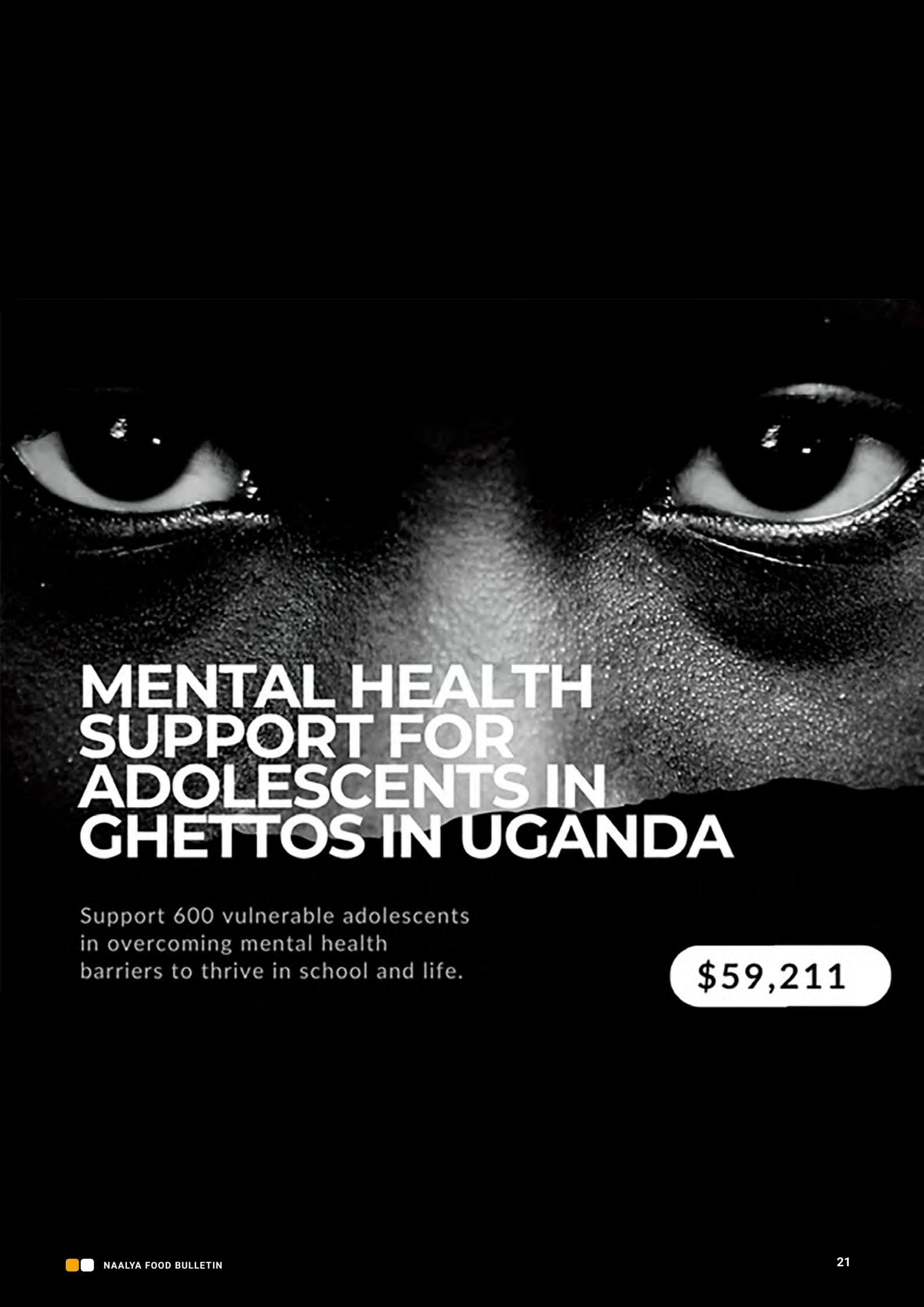
- **V for Visibility:** A club must be known for its impact, not just its existence. Showcase projects through social media, community events, and partnerships to draw attention and admiration.
- **I for Innovation:** New ideas keep clubs alive. Experiment with hybrid meetings, tech tools for collaboration, or novel fundraising approaches to stay fresh and appealing.
- **B for Bigger, Better,**

Bolder Projects: Focus on meaningful, visible initiatives that address pressing needs, like education, health, or environmental conservation in our region.

- **R for Recruitment:** Energetic clubs naturally attract new members. Word-of-mouth from satisfied Rotarians is our best tool—invite guests to experience the vibrancy firsthand.
- **A for Active Members:** Vibrancy cannot rest on a few shoulders. Distribute responsibilities to prevent burnout and empower everyone to lead.
- **N for Never-Ending Fun:** Joy must permeate the Rotary year. Infuse meetings with humor, games, and celebrations to make participation enjoyable.
- **T for The Rotary Foundation:** Strong giving and effective grant use sustain our impact, enabling clubs to amplify their service globally.

Nkutu reminded her listeners that people join Rotary for a blend of reasons: forging friendships, pursuing professional growth, building social connections, and contributing to meaningful causes. To meet these expectations, she advocated for strategic, long-term planning and leadership continuity beyond a single Rotary year. Vibrant clubs, she asserted, don't happen by accident—they are built deliberately, around people.

▶ **Her appeal is for clubs to cultivate an environment where friendships are nurtured, members are treasured, service sparks joy, and leadership ensures unity and continuity. When members feel they belong, they show up, serve, and contribute with passion.**

A high-contrast, black and white close-up of a person's face, focusing on the eyes. The person has dark, dramatic eye makeup, including thick eyeliner and shimmering eyeshadow. The lighting is dramatic, with the face partially in shadow, creating a somber and intense expression. The background is dark and out of focus.

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

Youth mental health in the Digital Age



BY RTN JACKLINE
MUTIMBA

The digital age has transformed how young people learn, socialize, and work—but not without cost. While technology brings unparalleled access to knowledge and connection, it has also introduced unique stressors that increasingly affect youth mental health.

▶ **In Uganda, recent statistics from the Uganda Bureau of Statistics (UBOS, 2023) indicate that nearly 1 in 5 young adults experiences anxiety or depression, with social media pressures and online information overload cited as significant contributors.**

Yet, digital connectivity often masks the reality of disconnection. Youth may have hundreds of online “friends” but feel profoundly isolated offline. Constant exposure to curated social media feeds can

trigger comparison, low self-esteem, and anxiety. The Boston Consulting Group (BCG, 2022) notes that excessive digital engagement can reduce focus and productivity by up to 25% - highlighting the tangible cost of digital stress on personal growth and career readiness.

Mental health challenges in the digital era are not just emotional; they are also economic. Young people struggling with anxiety, depression or burnout, face barriers to education, livelihood opportunities, and meaningful community participation.

This has cascading effects: reduced productivity, limited skill acquisition, and diminished capacity for innovation and entrepreneurship, all of which are crucial for Uganda’s youth-driven economic growth.

Addressing this challenge requires intentional strategies at multiple levels:

1. Personal interventions
Youth can reclaim agency over their mental health through mindfulness, structured digital detoxes, and cultivating offline connections. Practices such as journaling, regular



physical activity, and limiting social media exposure help restore focus, reduce anxiety, and improve emotional resilience.

2. Organizational support
Schools, universities, and workplaces must embed mental health awareness into their cultures. Peer support networks, accessible counseling services, and digital wellness programs can help young people navigate online pressures while maintaining productivity and well-being.

3. Community and policy measures
Reducing stigma, investing in accessible mental health services, and promoting digital literacy are critical.

Policymakers and civil society organizations can collaborate to create youth-friendly platforms for mental health education and intervention.

By addressing youth mental health holistically, Uganda can harness the potential of its young population.

“
Reclaiming human connection in a hyper-connected world is not merely about limiting screen time.”

Reclaiming human connection in a hyper-connected world is not merely about limiting screen time—it’s about fostering emotional resilience, self-awareness, and meaningful relationships that empower youth to thrive socially, academically,

and economically.

Key Takeaways:

- 1 in 5 Ugandan youth faces mental health challenges exacerbated by digital stress.
- Digital disconnection and online comparison can erode focus, productivity, and self-esteem.
- Holistic interventions—personal, organizational, and policy-driven—are essential for reclaiming connection.
- Supporting youth mental health strengthens individual well-being and national economic potential.

As digital technologies continue to reshape society, the question remains: how can we equip young people to navigate the connected world without losing themselves in it?





ELDER'S EYE

With or without lapels, giving can change lives

BY RTN GODFREY
OKELLO-OMODING

Beliefs and belief systems influence the interactions of human beings and organisations. Beliefs hold people and influence their perspectives, persuasions and direction of living including behaviour.

► **For organisations, beliefs are embodied in various forms such as core values, mission, vision and motto. Here, Rotary brings together human beings who have been nurtured differently: culturally, religiously, socially, and even different political and ideological inclinations. These may have different influences on people's actions and how they perceive things in organisations.**

This month, focus in Rotary is on giving to the Rotary Foundation (TRF). Since giving is an action, for simplicity, it is also influenced by beliefs and belief systems. People do not necessarily give because they have the same persuasion. Even if the cause is a good one. People give out of different persuasions. The good cause may become part and parcel of a vent of expressing the beneath persuasions. Whatever the

case may be, changing beliefs and strengthening belief systems is fundamental.

Many presentations are being given this month on TRF by different speakers at different clubs' meetings and gatherings. Unfortunately, some of these talks are not structured or vetted. Each speaker gives his/her views about TRF giving. This is good. But, is it all? Of course, no. The output of each of these talks is dependent on the speaker's language of persuading his/her listeners. The question may be, "Do the talks address the beliefs and belief systems"? May be or maybe not.

The call today for Rotarians is to have beliefs and a belief system that strengthens giving. This begins with having an identity. Fortunately, there is no other strong identity like TRF – a union of many and yet one in identity. This makes TRF a special organ for Rotary.

It is, therefore, paramount that each Rotarian gets to understand and appreciate what it stands for. Very

often, talks about giving to TRF never end without mention of lapels. And yet these lapels are tagged to certain amounts. This may sound like repelling 'small giving.' Yet, every Rotarian should have an opportunity in shaping and transforming humanity, with whatever amount.

Whatever contribution a Rotarian makes, it needs to be seen

from a view of making a difference in somebody else's life and giving hope. I liked the message I received from the District Governor, Geoffrey Martin Kitakule, when I sent part of my contribution: **"Every contribution tells a story. Yours speaks of clean water in rural villages, empowered mothers, and educated youth. Thank you for giving through mobile money and advancing Rotary's seven pillars of impact."**

► **Though this message was expressing his gratitude, it was a reminder to me about the belief I should have regardless of the amount. TRF is vehicle for actualising my belief.**

“

...every Rotarian should have an opportunity in shaping and transforming humanity, with whatever amount.”

What matters in giving to TRF is continuous fulfilment of the belief you have in Rotary. Look at TRF as an embodiment of the belief system that delivers your beliefs. Definitely, it is gratifying for each Rotarian to realise his/her beliefs in a big way. It's only possible through TRF. Therefore, to actualise beliefs, they need a functional belief system. Functional belief system gives beliefs life. It is this that eventually gives gratification.

Once the spirit of gratification gets embedded in the messages of giving, then appreciation of making a difference in humanity will naturally propel giving. Giving then becomes part of beliefs. At this point, Rotarians will give without focusing on attaining lapels. The focus shifts to what impact one can bring through contributing. The issue of

amounts to give becomes secondary while action to give something gets driven by the spirit. Remember, giving voluntarily is itself an act of gratitude and worship, particularly giving for the betterment of the vulnerable ones.

This is emphasised by Apostle Paul as recorded in the Holy Scripture, Acts 20:35: ***"In everything I did, I showed you that by this kind of hard work we must help the weak, remembering the words the Lord Jesus***

himself said: It is more blessed to give than to receive."

Reflection on this month's theme is really about expressing beliefs and way of actualising them. Collectively, we have come together and formed a belief

system to deliver to humanity worldwide what we believe the world should be. TRF is our multiple purpose vehicle of hope

for humanity. It takes to vulnerable people and communities an enduring hope. It enables to reach all corners of the world; spreading hope.

As you chorus, 'Unite for Good,' you are called to remember that you have common beliefs and common belief system -TRF. The system has demonstrated that it can reach all the corners of world. But it needs to be kept refilled and refuelled. Let us keep the light on as hope is rekindled across the world. For instance, there was time when hope to eradicate polio looked far.

▶ **With all odds and adversity, together Rotarians believed that under TRF, progress can be achieved. Such progress needs sustained attack; no leaving room to relapse. Let this month not end without you being in action. Heroism is attained by action.**

“
Let us keep the light on as hope is rekindled across the world. For instance, there was time when hope to eradicate polio looked far.”

DG Kitakule administers a polio vaccine to a baby in Nansana recently.



Last week's 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.

The Quiet Bloom

BY PAMELA
KAWADDWA

There was a time I measured growth in trophies, applause, and open doors—in how loud the world echoed my name. But now I know, growth is quieter than that.

It happens in the pauses—when you choose peace over proving, when you walk away from noise that no longer feels like home.

It's in the gentle forgiveness of your own past versions, the soft murmur of "I didn't know then, but I do now."



You bloom differently when you stop rushing the seasons, when you learn that letting go can also mean moving

closer to who you were meant to be.

The old self doesn't disappear—she folds herself into your skin like light into dawn, teaching you that becoming isn't about changing who you are, but remembering.

Remembering the strength you carried, the softness you hid, the fire that never went out—just waited, patiently, for you to return.

Till again,

Phwyy

FAMILY MATTERS



BY PASTOR RONNIE MUTEBI

FREE FROM THE CONTROL OF THINGS

1 CORINTHIANS 6:12 (NKJV): "ALL THINGS ARE LAWFUL FOR ME, BUT NOT ALL THINGS ARE HELPFUL. ALL THINGS ARE LAWFUL FOR ME, BUT I WILL NOT BE BROUGHT UNDER THE POWER OF ANY."

God's original intent was to make all things beautiful, that's a full expression at every discovery of nature's beauty.

There are many good things in life - money, gadgets, clothes, relationships, hobbies, houses, and food. These things are not bad in themselves. But here is the warning: even good things can begin to control you.

When Apostle Paul said, "I will not be brought under the

power of any," he meant that he refused to let anything apart from God take control of his life.

You can enjoy social media, but if you cannot go an hour without scrolling, or if it leaves you feeling insecure or depressed, it has power over you. You can work hard at your business or your job, but if either consumes you to the point that you have no time for God, it has power over you.

The things that were meant to serve you can easily begin to rule you if you are not careful. God wants you to have things, but He does not want things to have you.

You can tell that something

has control over you when you are unable to let it go. There should be nothing in this life that you cannot give up for God.

“

These things are not bad in themselves. But here is the warning: even good things can begin to control you.”

Ask yourself: Can I live without this thing if God asked me to let it go? Is it helping me grow, or is it slowly taking control of me? Am I using it to serve God in areas of my ability, or is it drawing me away from that God-given mandate to reach out?

If you find that something has begun to control you, I pray God gives you the strength and wisdom to release it.

Take Home: God wants you to have things, but He does not want things to have you.



Banana

Let's talk about 'banana'—the only word that can simultaneously describe a breakfast staple and the emotional state of your Wi-Fi when it keeps dropping during your presentation as a guest speaker via Zoom.

Etymologically speaking, 'banana' swung into English in the 16th century, courtesy of Portuguese sailors who were either very hungry or easily impressed by what they found in Africa. They heard it being spoken by people on the coast where Arab merchants used the word 'banān' in reference to 'finger.'

When they carried the fruit to Europe, they started calling it 'a bunch of fingers.'

For a while, bananas behaved themselves—just sitting there, yellow and curved. But then the 20th century rolled in, and the word shed its peel and its sanity. Suddenly, to "go bananas" meant to lose your marbles—presumably

while flinging fruit like a particularly dramatic monkey.

Why bananas? Because nothing says "unhinged" like watching a monkey lose its mind over the potassium-rich fruit. By the 1960s, the word had become useful for describing screaming Bobi Wine's 'foot soldiers' when he bellows their favourite hit on the campaign trail. It's efficient and expressive.

Of course, like they often do, the English guys came along with their idioms games:

- "Go bananas": Instant chaos. It means to go wild, crazy, or berserk.
- "Drive me bananas": Polite-speak for "I'm seconds from being taken to Butabika."
- "Top banana": The CEO or the boss. Far more dignified than 'team leader.'
- "Banana Republic": The gloomy cousin, reminding us that even fruit

can't escape the Tanzania kind of 'elections.'

In short, 'banana' is a linguistic fruit salad with global roots, a flair for the dramatic, and zero regard for personal boundaries. It's traveled from Arabic markets to Portuguese ships to your breakfast table—and somehow, along the way, became the universal symbol for countries where bananas is a staple and politicians resent 'lectures' about politics.

Language, like life, sometimes just slips on its own peel. But all this thinking is starting to drive me... you get the idea.

Anyway, if you'll excuse me, I'm off to go bananas over the crazy boda guys and the terrible jam on my route.



Jokes of the week

1. I was shocked at how much easier life was when I was the breadwinner. I was like, 'Oh, so this is why men love earning money!'
2. In my last relationship, I hated being treated like a piece of meat. She was a vegetarian and refused to touch me.
3. My New Year's resolution for 2025 was to stop procrastinating. I'll start it next year.



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