

Naalya Food 12th March 2024

Bulletin

Rotary
Kampala-Naalya

CREATE HOPE
in the WORLD

Issue 10 | 2024



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Editor's Note

Dear Friends,

A heartfelt thank you all, for being part of our special day, the Women in Rotary event. Your enthusiasm and positive energy contributed greatly to the success of the event. We are grateful for your presence and hope to see you at the next gathering.

This issue features the 2024 recipient of Rotary International's Sylvia Whitlock Leadership Award. The award is named after Sylvia Whitlock, the first female president of a Rotary Club in the world, who went on to lead change for women around the world through Rotary. She is a member of the Rotary Club of Duarte, in California.

It honors one Rotary member each year who has actively worked to advance women in Rotary.

We also bring you takeaways from last week's fellowship by Joy O Anena - An independent management consultant, among other interesting pieces

Enjoy!

Keno Lillian
Bulletin Officer

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Feedback

We'd love to hear from you about any of our stories this year 2024. Contact the Bulletin Officer: **+256 782 601 009** or Email: **rcklanalyafoodbulletin@gmail.com**

Message from the President

**GODFREY OKELLO-OMODING
HCP**

Dear Rotarians and Friends,

Welcome back from the 9th Edition of Women in Rotary Event. It was great being together and celebrating the far our mothers, sisters, spouses, daughters have come in the advancement of women in social, political, cultural and economic spheres.

On behalf of the members of Rotary Club of Kampala-Naalya, I extend our thanks to the District Governor, key note speaker, past district governors, all district officials, rotarians, rotaractors and guests for joining us in this great celebration. In the same vein, I appreciate support extended to us by all our sponsors, corporate partners, Serena Management and staff, and all service providers. For the rotary clubs that attend the event, you are special to us. Let us keep the solidarity growing from strength to strength. We remain looking forward to welcoming you to the grand 10th Edition next year, a decade of celebration.

This year's Women in Rotary event had its unique nature. Key worthy noting is, for the first time, the key note speaker was chosen from within the women rotarians. For sure, key note speaker nailed the theme very well. The packaging of the presentation was excellent. I thank Rotarian Olive Birungi Lumonya for accepting our invitation to speak to us. Olive, you left footprints and you inspired us.

The success of the event was anchored on the collective efforts of the club members. Thank you, all the members, for your efforts and contributions. Allow me directly mention some

names. Chairperson of Organizing Committee, Past President Francis Lubuulwa. Francis, your commitment and getting all the details well is admirable. You remain the Club resource for such functions in the future. Rotarian Pamela, flora choice colourfully crowned the day. Rotarian Flavia, the documentation was superb especially the capturing of the history. You brought everyone upto date. Your role is awards is very appreciated. Charter President, Dr. Francis Lakor, the fellow who never runs out of surprises. Thank you for all the surprises. It gave the event a new meaning. District Governor Elect, Rotarian Anne, thank you for your behind the scene mobilization. Thanks for the key note speaker. Rotarian Jackie, thank you for your roles in securing the drinks. The cocktails were well done leave alone the "plenty" and the nice arrangement and organisation. President Elect, Sylvia and Past President Sylvie, thank you for your hands and eyes on details on the decorations and choice of service providers. Rotarians Efrance and Lilian, you are the mark of our publicity. Thank you. All in all, thank you members. May we keep this spirit burning for the 10th Edition, next year.

Back on the theme of the month, I thank Joy Anena for the talk she gave us on water usage. She challenged us on saving water. Please, take time to read the tips on saving water in the bulletin. It will save you some money in these hard times. For this



week's fellowship, we shall have a talk from District Conference Organizing Team. Get to know what is waiting for you at the district conference. Be part of the history. Don't wait to hear but be part of those to be heard.

Next week is sanitation week. There are a number of activities our civil authorities are organizing on sanitation. Join them where you can. Sanitation is increasingly a challenge in the country. Kampala City is not an exception in this, particularly, in the low-income settlements. As a club, the Director of Health and Environment Services of Kampala Capital City Authority will give us a talk on sanitation on 19th March 2024. Come and listen to the Director as he gives a picture of sanitation in your capital city.

Are we on course in our strive for a smart city? Remember the effects of bad sanitation has no borders (sans frontier). Acting together with our authorities, a lot can be achieved. Indeed, hope can be created. Sanitation is health!

Be blessed.



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Rotary honors a tireless advocate for women and girls

Manjoo Phadke, of the Rotary Club of Pune Deccan Gymkhana, Maharashtra, India, is the 2024 recipient of Rotary International's Sylvia Whitlock Leadership Award.

She is a successful entrepreneur, a Rotary member of 20 years, and a tireless advocate for women and girls.

Manjoo has helped more than 100,000 girls and women through her many projects.

"I've always felt that women think of themselves as 'lesser,'" she says. "I want to keep giving them confidence that they are not 'lesser,' and they can do whatever they set their minds to."

Phadke's Rotary colleagues praise her initiative and dedication.

"Manjoo's professional and social accomplishments, positive attitude, and passion have set her apart as an influential leader and catalyst for change," says Shailesh Narayan Palekar, the district Rotary Foundation chair for District 3131, who nominated Phadke for the award. "She is a lady who is very, very determined to work for young girls and women, and that is something that makes her exceptional."

Phadke has pursued numerous initiatives to support women's health, including organizing clinics to offer medical checkups and mammograms and leading campaigns to promote menstrual hygiene.

"Unfortunately, in India, women have this tendency of neglecting themselves," she says.

"For example, if there is one liter of milk, women think it should be given to the men or the boys. We have to make them understand that if the woman of the house is healthy, the entire house can be healthy."



She has worked extensively to increase the rate of vaccination against human papillomaviruses (HPV), the cause of almost all cases of cervical cancer. Not only did she help

to secure US\$800,000 in grants from The Rotary Foundation to pay for vaccinations, but she also negotiated their prices directly with vaccine suppliers. She ultimately helped secure savings of nearly two-thirds off the regular price per dose.

"The cost of two doses of the vaccine was 8,400 INR [about US\$100] in India at that



time, which was very, very high,” Palekar says. “We wanted to do about 10 global grants to vaccinate 25,000 girls. So, she used all her negotiating skills with the vaccine companies and brought the rate down to 3,400 INR [about US\$40] — about 40% of the actual rate in the market.” The project ultimately met its target, vaccinating approximately 25,000 girls in rural and tribal areas.

Phadke also helped design and launch Project Asmita, a program that uses specially made videos and booklets to educate girls in life skills such as financial, digital, and legal literacy, as well as self-defense, nutrition, and menstrual health. The project, which also distributes free vitamins and sanitary napkins, has reached an estimated 100,000 girls and has become one of her district’s signature initiatives.

Designing the program was a natural step for Phadke, who runs a vocational education institute for lower-income students called SkillArbor. The institute takes a “learn while you earn” approach, connecting participants with employers on their first day in the program. As an entrepreneur herself, Phadke says, she has a special interest in helping women who want to run their own businesses. Her district recruited about 1,000 girls for a driver’s education program that enabled the participants to go into business as delivery drivers.

“We thought that if girls can be taught to drive, they can be employed as delivery girls for

supply chain companies,” she says. “We also gave them some vans to ferry children to school.”

Phadke has conducted free workshops for women entrepreneurs for more than a decade, working closely with organizations that include the Maharashtra State Rural Livelihood Mission, the Utkarsh Welfare Foundation, and the Indira Group of Institutes. Her favorite success story was from a 17-year-old who started a business teaching other girls martial arts.

“She just started offering martial arts classes, and her business went on to become very successful,” Phadke says. “She told me, ‘I’ve now grown into a big business, and I’m earning a respectable amount of money, and everybody around me is amazed at that.’ It really touched my heart.”

She also helps women understand the legal system and their rights. For six years she served on the women’s safety committee of the Pune police commissioner, advising 10-12 women per week on legal literacy, financial planning, and conflict resolution.

Phadke is governor of Rotary District 3131 and has served her club as president, Foundation chair, and membership chair. One of her favorite programs is Rotary Youth Leadership Awards (RYLA), which she has helped her district organize since she joined Rotary in 2003.

Pictorial - Women in Rotary Dinner at Kampala Serena Hotel



Pictorial - Women in Rotary Dinner at Kampala Serena Hotel



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OutToLunch: Senseless killings impeding the country's economic growth

BY DENIS JUUKO

For many years, gunmen have been turning up and shooting whoever they want in Kampala and ride their motorcycles into the city's thin air. We then sit down on social media and debate. The type of gun used, who may have sent them, how many they were and all stuff that are associated with murders. A week or two, we return to our normal routines until another shooting.

Sometimes, police and other security agencies arrest some people and send them to court. Years later, there is no evidence to convict them and are let free. The shooting cycle continues like on Sunday when businessman and Ndiga clan leader Daniel Bossa was shot down in Lungujja as he returned to his home. It



was still during the day with the February sun not even about to set.

This time though it was different. Police says somebody who saw them shooting Mzee Bossa bravely knocked their boda boda as they sped away from the crime scene leading to the community lynching one. Police showed up moments before the

second one was killed by an irate community. In a video circulating online, the community begged the police to hand over one of the killers and they kill him as well. It showed the trust or lack of it the people have in their police force.

Unlike in all the senseless murders that have become so common in Kampala, this time, the police can't accuse an obscure force. The positive identity of the killers should give them some useful clues and help them answer some questions. Who sent them to kill? Why did they kill? How many had they killed? Why are they so daring to kill in broad daylight without any fear? Are the killers part of a gang or these were acting alone? Whose gun did they use? Who supplies this gun with rounds of ammunition? Does this give the country





an opportunity to solve all the other murders? Will the community's involvement to arrest and kill deter such other murderers?

There, of course, will be more questions than answers and for the bereaved families, their hearts will never heal regardless of what they may say in public. But the arrest and lynching of the killers by the Lungujja community could give us some hope. That the community will not just watch as people are being murdered in broad daylight and most importantly that the police's investigation into the murder is now well cut out. If they can't use the identity of the killers to solve this murder, nothing else will.

As a country we should know that one of the major impediments to economic growth is insecurity. Unresolved murders create fear among citizens where everyone lives on tenterhooks wondering whether they will ever see their loved ones again. Instead of working hard to solve the challenges that affect us, a worried population resorts to

activities that only ensure survival. They don't take time to think long term because they are not sure whether they will see another day. They don't know if their children will live long enough to enjoy the benefits. So they concentrate on little things that don't create significant impact.

We love to talk about foreign direct investment and exports nowadays. Nobody will want to invest in a country where every few months, prominent people are killed in cold blood and the killers and their funders are never arrested and brought to book. They know that gangs will descend on them, kill them and they will be on the streets next day like nothing happened.

Instead of investing in such a country, they would rather invest in markets where they are sure their investments and lives are guaranteed or there is an effort to protect them. This is a simple thing that the current government should know. Insecurity curtailed the country's development and it is upon that background that they decided to go and fight.

The same murders can't be happening nearly 40 years later.

Investments must be made in security to create a sense of invincibility where every criminal including those embedded in the country's security network know that the chances of being arrested and successfully prosecuted are high. If they know that they can be sent to remand for a few months and then released for lack of evidence, they will continue to kill with reckless abandon. If they know that they can bribe the police and judicial system, murders will happen as they do today.

If there is any positive in Lwomwa (Ndiga Clan leader) Daniel Bbossa's murder is that his killers didn't this time just disappear in the small paths of Lungujja. The community were brave enough to apprehend them. It is the same bravery now the police and other security agencies must exhibit and get our country back on track.

The writer is a communication and visibility consultant.
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District 9213



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99TH DISTRICT CONFERENCE

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18-20
APRIL 2024

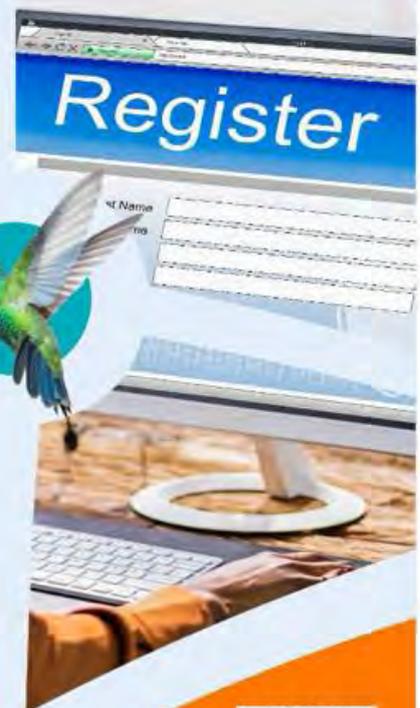
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99thDISCON

99TH DISTRICT CONFERENCE (DISCON) D9213 deadline for registration at US\$ 250 (for Rotarians) and US\$150 (for Rotaractors) has been extended from **29th February 2024** to **15th March 2024**. According to the Organizing Committee the exchange rate has also been revised from Ush 3,800 to Ush. 4,000 per US Dollar, effective 1st March 2024.

Take advantage of this new registration extension and complete your registration today.
See you in Munyonyo (18-20 April 2024).



Family Matters

BY PASTOR RONNIE MUTEBI

2 Timothy 2:15(KJV): Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth.

THE TREASURES OF KNOWLEDGE

As a focused person, you will never be a success in this world, in the manner that God has destined for you, if you do not know how to seek knowledge.

How can you desire to be great in any field of this life without the desire to know more.

Even if you are a businessman, you must study the pros and cons of they that have gone ahead of you because therein are the principles you need to succeed.

The world is looking for educated professionals to trust

with positions of responsibility. What makes you think that God is in the business of using men who are ignorant of basic principles? He too wishes to educate you by those He set ahead of you on how things work.

There is knowledge designed as a treasure trove of patterns and principles on how to excel in every area of life.

Develop a learner's attitude, desire more. Seek to live as a man or woman determined to get better every passing day.

Take Home: Develop an unquenchable zeal for knowledge. Study and seek to know more like a man or woman on a mission. Dissect information and delve into its depths. That is how people get approved, promoted and trusted.



Award of Excellence in Service to Humanity

**District Governors have until 31 March to nominate
Candidates for the Rotary Award of Excellence in
Service to Humanity.**

The award recognizes non-members, including partners of members, who have demonstrated exemplary service through Rotary.

The purpose of this award is to recognize people who aren't members and who have demonstrated exemplary humanitarian service through Rotary.

Personal financial contributions to Rotary, our Foundation, or any individual project — however notable — are not relevant considerations for this award.



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- Teeth whitening.
- Dental implants
- Tooth Extraction

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- Reconstruction surgery to Patients who might have lost their palate due to cancer.
- Face Lifting



Take part in a **Virtual Service Pilot**

Rotary members and program participants are eligible to participate in a Virtual Service Pilot launched by Rotary's service partner, the Peace Corps.

Participants donate 5-15 hours per week for three to six months to support organizations overseas with education, health, agriculture, youth development, and entrepreneurship projects.

About Virtual Service Pilot

The Virtual Service Pilot offers qualified individuals the distinct opportunity to apply their professional skills and experience to support Host Country Partners with their community-level projects.

Participants are private citizens who donate 5-15 hours each week for 3-6 months in service of the Peace Corps mission.

Many Participants have shared they found online collaboration deeply meaningful and a

great way to build lasting relationships with Post staff, counterparts, and other Participants.

The multi-phase pilot began in October 2020 and is currently being tested in several Peace Corps host countries. The Peace Corps launched Virtual Service in 2020 to navigate the pandemic, and it continues to advance the agency's mission in new ways today. The engagements, are created at a partner's request and are designed with capacity building in mind.



Takeaways from last week's fellowship: Sustainability in water use and waste management

BY **JOY O ANENA**

An Independent management consultant

- Freshwater is in short supply and continues to dwindle
 - 71% Of the earth's surface covered in water
 - 97% Of the earth's water is saltwater (i.e., oceans)
 - 2% Of the earth's fresh water is frozen in glaciers.
 - 4.3T m³ of freshwater withdrawn annually from water basins, 11% Of the water withdrawals are used in households.
 - 90 Of the named water basins are considered "stressed" these highly stressed water basins account for 51% of withdrawals, driven by population growth, changing consumer habits, and climate change
- Overall, the UN estimates that by 2050, 1 in 4 people may live in a country affected by chronic shortages of fresh water and this could slow economic growth (GDP) by 6%
- The supply of fresh water has been steadily

decreasing while demand has been steadily rising.

Waste management

Between 2020 and 2050, annual municipal solid waste generation is projected to grow 56%

In closing, water abuse, poor sanitation, and waste mismanagement has direct and indirect implications

Depletion of water resources

- Habitat degradation and loss of biodiversity.
- Land, water, and air pollution.
- Exacerbation of climate change.
- Vulnerability

Water scarcity

- Public health risks esp. for children and elderly.
- Displacement and conflict.
- Community disruption
- Impact on livelihood.

Loss of productivity

- Healthcare expenses.
- Damage to infrastructure and ecosystems.
- Environmental remediation costs

What individual practices can we adopt to improve our water usage?

Regularly inspect plumbing fixtures such as faucets, toilets, and pipes for leaks, and promptly repair any leaks detected

Replace old, inefficient fixtures with water-saving alternatives such as low-flow faucets, showerheads, and toilets

Adopt water-efficient behaviors such as turning off the tap while brushing teeth or shaving, taking shorter showers, and only running the washing machine with full loads.

Capture rainwater in rain barrels or other rainwater harvesting systems for outdoor use e.g., watering gardens, washing cars, washing outdoor areas.

Reuse greywater generated from sources like sinks, showers, and laundry, can be reused for non-potable purposes such as flushing toilets or irrigating gardens.

Use water-efficient gardening and landscaping practices such as: Using drought-resistant plants for landscaping and gardens that require less water.

Using mulch to retain soil moisture and reduce evaporation.

Watering plants early in the morning or late in the evening to minimize water

loss due to evaporation
Upgrade to water-efficient appliances such as dishwashers and washing machines with high Energy Star ratings.

**Raise awareness among household members about the importance of water conservation and ways to reduce water wastage
Keep track of household water consumption by monitoring water bills and using water meter readings to identify spikes or trends in water usage.**

Share water-saving tips and information with friends, neighbors, and community members to promote broader awareness and participation in water conservation efforts.

What individual practices can we adopt to support more sustainable waste management?

- Reduce Consumption
- Reuse and Repurpose
- Recycle Properly
- Compost Organic Waste
- Practice Proper Waste Management
- Support Waste Reduction Initiatives

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