

Naalya Food 07th May 2024

Bulletin

Rotary
Kampala-Naalya

CREATE HOPE
in the WORLD

Issue 18 | 2024



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Editor's Note

Dear Reader,

This month, we are highlighting youth services.

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

We also begin this month with the Homecoming of District Governor Elect Anne Nkutu. I invite you all to the celebration this Tuesday evening at Ndere Cultural centre.

The major highlight of last week's fellowship was the induction of new members and recognition of club members for their dedication and selfless service. This issue of the Naalya Food Bulletin carries the RI President's Message for May 2024.

Also, in our OutToLunch section, PP Denis Jjuuko shares his insights on why you may consider investing in Rotary.

I wish you a happy new month as we continue to serve and make an impact

Keno Lillian

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**

RI President's Message

R. Gordon R. McNally

MAY 2024 MESSAGE

I am deeply gratified by the enthusiasm shown across the world in the past year to better support the mental health needs of each other and the people we serve.

In January 2023 when I first spoke about the need for Rotary to become more engaged on this crisis, I noted that the global mental health system couldn't be described as broken only because it didn't exist. But I also offered a highly aspirational wish that Rotary could help build that system.

The first glimmers of this vision have been brought to light by you in dozens of mental health projects. But just as important is the invitation many of you have given to fellow Rotary members to share their stories.

I am impressed by the leadership young Rotarians and Rotaractors have shown and by the brave, inspiring stories they have shared. Former Rotaractor Freddie Almazan, a survivor of gun violence who refused to give in to despair, has an especially powerful personal narrative that you can hear firsthand at this month's Rotary International Convention in Singapore.

To create lasting change, the work we do needs to have a sustainable impact on the people and communities we serve. One great example of that kind of impact: Rotary clubs in Colorado

endowing a pediatric mental health fellowship at Children's Hospital Colorado.

At the convention, you can also hear from 2024 People of Action honorees lauded for the impact they and their clubs have made through mental health initiatives. Bindi Rajasegaran will talk about a Rotary-led project in Malaysia helping children develop skills to cope with mental health challenges and building capacity for support throughout the country.



R. Gordon R. McNally
Rotary International President
2023-24

In addition, Rita Aggarwal, an officer of the Rotary Action Group on Mental Health Initiatives, will be recognized for her success in applying the Wellness in a Box framework, a mental health literacy approach for adolescents, in her hometown of Nagpur, India. This highly scalable and clinically backed framework can be adapted for use just about anywhere — reach out to the action group if your club would like to support or implement it.

As we look ahead, the Rotary Action Group on Mental Health Initiatives will play a critical leadership role in promoting proven, measurable projects. In doing so, it will empower clubs to focus on initiatives that drive scalable, sustainable impact.

I invite you to go to the Learning Center on My Rotary and check out the Increase Your Impact series, which includes a wonderful short video explaining impact. When we focus on impact, we bring Rotary's vision statement to life, creating lasting change across the globe, in our communities, and in ourselves

MAY



Rotary 

YOUTH SERVICES MONTH

@PamB

Message from the President

GODFREY OKELLO-OMODING
HCP

Dear Rotarians and Friends,

Great to have additions. Last week our numbers increased by three Rotarians (Elias, Brian and Joy). They were successfully inducted. It marked a good end of the month of April. Welcome to the month of May, whose theme is Youth Service.

We are starting the month with homecoming of the new District Governor, Rtn. Anne Nkutu. I once again congratulate Rtn. Anne Nkutu for assuming the District Governorship.

This month's theme requires us to have a deeper reflection on a number of aspects. The aspects range from the engagement of the youth to their empowerment. To some of us, having an understanding of youth service and its scope is essential. There is tendency to look at youth service from formalized way and in an institutional set up. Yet this has its limits. The description of what a youth service encompasses is a challenge too. Where is the boundary between the youth service and other services rendered to society? Are youth not part of the society we strive to serve? Are there the right lead characters to model the youth?

Comprehension of the youth and the youth service is very important in today's world. The world of today has its challenges, and the youth service is embroidered in these challenges. Economic, social, cultural, gender, environmental, political and technological challenges of today impact on

the youth in various immeasurable ways. Each of them manifests an impact on youth on a different scale. Therefore, designing a youth service may require having a holistic approach. An approach, too, that seeks partnerships and complementarity in the undertaking of interventions.

The issues of the youth are many and diverse, yet at the same time tend to be geographical. Singular or stand-alone interventions have their limitations. Some interventions can have better impact when they are simultaneously handled with a couple of other interventions. It's where convergence of different partners with different competencies, resources, capabilities and abilities become necessary.

Youth used to grow under the community structures and arrangements. Increasingly, the community structures are gradually dying out or becoming "outdated".

These structures provided a shelter from where youth derived a lot of support and resourceful assistance. Life demands on the youth were low and partially absorbed by society or a family. Today's youth is confronted with the "modern world life" and its demands. The challenge now is forging suitable replacement structures. Structures to march the demands are apparently few. Those which are institutionalized tend to be situated more in urban setup. And their focus is more to the economic empowerment and rehabilitation. Though the



economic empowerment is necessary, it is not sufficient for a holistic person.

The model of today's youth service need rethinking. There are a number of elements that need to be included not necessarily skills or funds only. Elements like attitudinal change, confidence building, upholding of values such as ethics, honesty, respect, and hard work. These values form bedrock of better empowerment. Some of these elements are not necessarily taught but are acquired through mentoring. This is why mentors/models are important in the youth service.

Rotarians, the call for this month includes call for mentors/models. Are you in place to be a mentor to the youth? You do not need to look far. Be a mentor that brings hope to a youth around you. Individually, you can have your youth service; starting with the youth in your household and vicinity. You can create hope in them. You may be surprised to find that you are the hope a particular youth was looking for. So, be the hope the youth are looking for.

Be blessed.



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+256 75 811 1409 +256 740 863 399
vipventuresltd@gmail.com

Inspiration to Leadership: A Journey with DGE Anne Nkutu

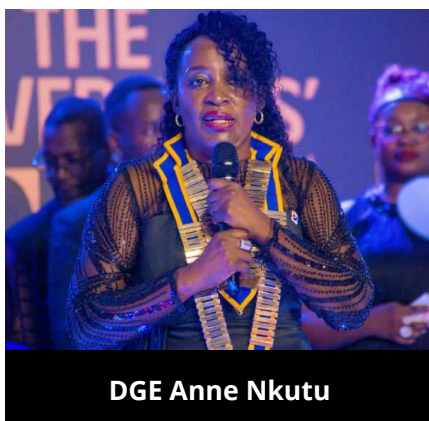
BY MAUREEN KAWOMBE TUMWEBAZE

In the heart of our Rotary journey lies a guiding light, a beacon of inspiration whose legacy illuminates the path for generations to come. We celebrate the extraordinary journey of DGE Anne, a woman of grace, intellect, and unwavering dedication to service.

As the charter president of The Rotary Club of Naalya States, sponsored by the mighty club of Rotary Club of Kampala Naalya, our DGE hails from, I've had the privilege of witnessing the transformative power of vision and leadership firsthand.

It all began with a visit from this remarkable woman who not only helped start our club in the heart of the community of Naalya Estates but also ignited a fire within each of us to strive for excellence and service.

From the inception of our club, her vision ignited a spark within us, urging us to envision our potential and embrace the true essence of Rotary. Her visit to our humble gathering was not merely a formality; it was a moment of revelation, a



DGE Anne Nkutu

catalyst for self-discovery and collective growth. Through her gentle guidance and profound wisdom, she encouraged us to envision the future we desired for our club, sparking a journey of introspection and empowerment.

DGE Anne epitomizes the essence of Rotary values—service above self, integrity, and commitment to community. Her gentle guidance and profound wisdom have shaped not only our club but the entire district, leaving an indelible mark on the Rotary landscape.

As she ascends to the esteemed role of District Governor, we stand in awe of her achievements and pledge to carry forth her legacy with the same fervor and dedication that she embodies and we celebrate not just her achievement but the profound impact she has had on our journey.

Let us honor her legacy by embracing her vision, serving with compassion, and striving for excellence in all our endeavors.

In the tapestry of Rotary, DGE Anne is a thread of unparalleled grace, brilliance, weaving together the fabric of our collective aspirations. Let us rejoice in her triumphs, celebrate her leadership, and march forward with renewed vigor, guided by her exemplary spirit.

Her intelligence, grace, and unwavering commitment to Rotary's values have served as a beacon, guiding us through challenges and inspiring us to reach new heights of service and community engagement. As we reflect on our beginnings and look to the future, her legacy continues to inspire us to strive for excellence and make a lasting impact in the world.

As our club's story intertwines with hers, we are filled with gratitude for her leadership, mentorship, and enduring legacy. As she assumes her new role, we stand proudly as a testament to her vision and a testament to the power of Rotary to change lives and communities.



HOMECOMING

of The District Governor 2024-25
RTN. ANNE NKUTU

6PM

TUESDAY
07TH MAY 24

**Ndere Cultural
Centre Ntinda**

Buddy Group In Charge
KATOGO



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www.rotarykampalanaalya.org

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RelaDental
Smile for Miles

St Mbaaga PS kids close the term with Rotary on a farm day out



BY JOACHIM BUWEMBO

The sun finally rose on the promised Thursday May 2nd, coming after the Labour Day holiday, and Innovators' Club members of St Mbaaga Kiwatule Primary School boarded the bus at 9.00am. Destination? Kyanja Agricultural Resource Centre.

Although both the school and the centre are in the eastern division of Kampala capital city, the drive took over half an hour owing to the repair works on the roads that have been damaged by recent heavy rains. But the bump-and-splash did not bother the children's spirit at all. For what can dampen the excitement of a group trip, with the only teacher/patron sitting away in front with the driver and the Rotarian from Kampala-Naalya, the Rotary Club partnering with their school to give them skills for farming in small spaces to improve nutrition and start learning how to produce for the market!

But once the study tour of the Resource Centre got under way, the children soon realized that there was more than discovery of the modern scientific farming techniques that

Kyanja is famous for.

Of even more immediate importance, the children found that they were seeing firsthand the very things they have been learning about in class! The questions they started firing at the expert guides were more that there was time for! But the amiable guide Godfrey Kato, who "teaches from nursery to university", did his best to answer them all.

Back to the original purpose of the trip, the children first went into the nursery housed in a green house where they clearly saw hair roots on seedlings growing out of peat moss, the "soilless soil" which is the ideal medium to grow seeds where the roots form quickly and grow fast enough to access moisture and nutrients. They had only seen seedlings in normal "black soil" as sold by the roadside. They followed the journey of the seedlings of different fruits and vegetables from the delicate stage in the more protected nursery section, progressing towards the exit in the process called hardening, preparing them for the tough conditions outside in the garden. They were briefed on how to prepare the moss from different plants matter.

In the aquaculture area, they saw fish at different stages of growth and the piping for aeration of the fish tanks. The vital process of sex reversal amused them but also alerted them to this necessary measure that makes fish farming cost-effective and profitable, if to be done for the market.

The completely smell free pig sties were another marvel. The children discovered that smell need never be part of

pig rearing as the process of nutruring the micro organisms that make this possible can easily be carried out by the farmer and doesn't require special expertise.

The boys were particularly interested in the castration methods which are used in order to prevent inbreeding by the pigs.

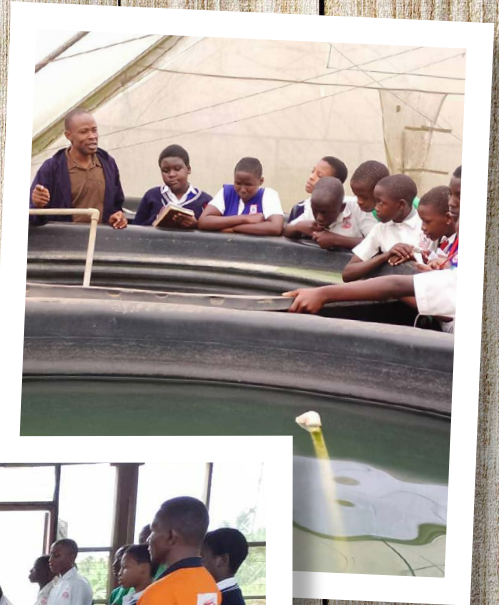
Another area where members had expected smell but found none was in vermiculture, where organic fertilizer is prepared from rubbish. The 'growing' of worms was also fascinating and the children were surprised to learn that at the centre they are sold "cheaply" at only ugx100,000 a kilo, unlike the open market where a kilo goes for ugx200,000.

Most members were familiar with cows and they enjoyed feeding them. Viewing the brooding process of freshly hatched chicks in tightly controlled conditions was also an experience to remember.

The last section visited was the plant for getting biogas from cow dung, and viewing the system that channels it to the kitchen where it is used for cooking.

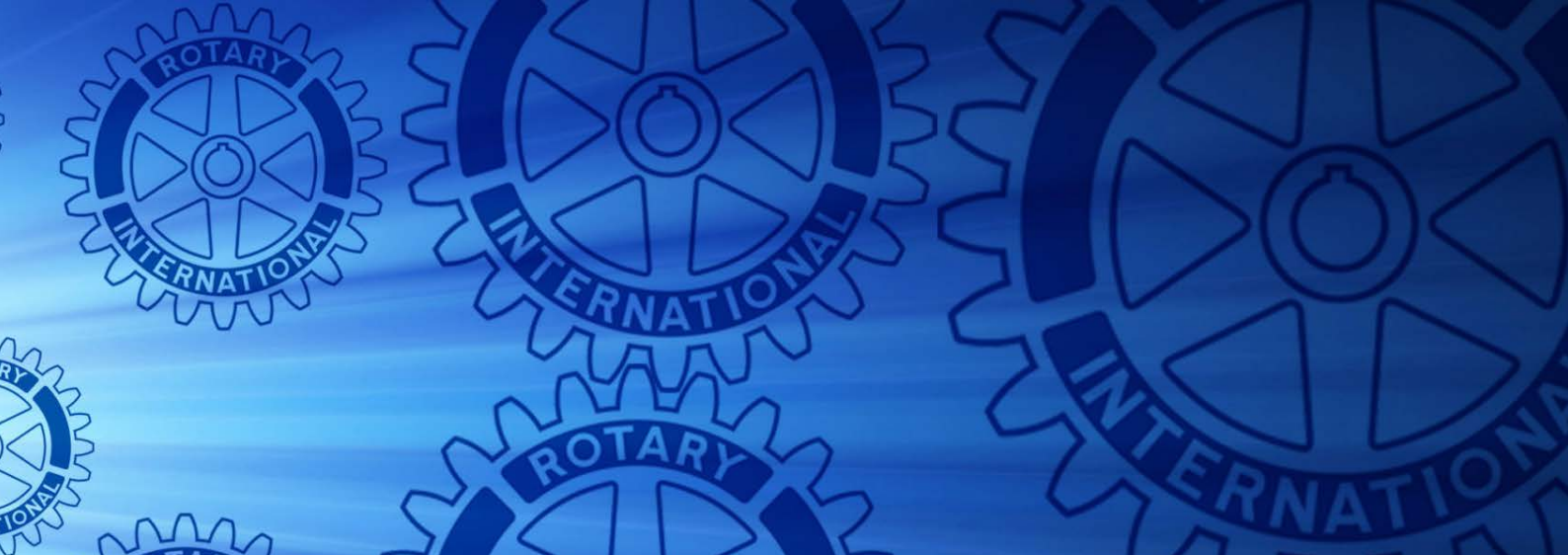
Time flew so fast that members were surprised to be told it was already two o'clock. That is when they realized they were hungry and happily filed into the bus where they had seen goodies earlier brought in the Rotarian's car, being loaded. Excited chatter filled the bus on the ride back, but it had to come to an end as the return journey seemed to be much shorter than in the morning.

Pictorial - Farm Day Out



Pictorial - Last week's fellowship





OutToLunch: Why you may consider investing in Rotary



BY DENIS JUUKO

About 15 years or so ago, a friend asked me whether I could help them do some voluntary work. There was somebody visiting Uganda and there could use some of my skills. I was invited for a meeting over lunch at the Grand Imperial Hotel in Kampala.

The meeting turned out to be a lecture of sorts where a speaker on a lectern makes a presentation followed by questions and answers

from the plenary. A high table of sorts existed where somebody had a bell and wearing a chain pinned with golden miniature plaques.

Many of the people at the lunch hour event wore suits and all the kind of clothing that is considered acceptable in corporate offices. I could recognize a few public faces — captains of their respective industries.

As is usually the case, I had arrived before my scheduled time for the meeting. So, I was asked to sit in and listen. Somebody gave an update of the visit of the big man. People said it was a big moment for Uganda and they were to leave no stone unturned. My friend claimed that is why he needed me to volunteer my skills to make the visit a success.

After an hour or so, the “lecture” ended and was officially closed by the

man wearing a chain at the top of the table after going through some sort of rituals. I am not a big fan of formal events so I wasn’t very impressed with all the formalities. I think people were also wondering why I was there. I was one of the few people not in a pin-stripe suit or silk necktie with a Windsor knot.

Anyway, after the formalities, we sat down by the poolside with my friend and few people who had been in the meeting and ordered for some lunch. I was to support the visit of the Rotary International President to Uganda. So, I had just attended a Rotary meeting (sometimes called a fellowship in Uganda).

I had heard about Rotary before but I had never been this close. I had been told it is a club of extremely wealthy people who spend all their time spending

money. I had wanted to join and see if a few doors could open but nobody maybe thought I was worthy. Also, I didn't have money to spend.

In 2011, a friend who I had told that I wanted to join Rotary informed me that a club was being set up in Naalya and since I lived in Najjeera, I should consider joining. He was joining too. He said it was easier to join a new club being formed than joining an established one like that I had interacted with at the Grand Imperial Hotel. I accepted his invitation and some cajoling and became a member. I found out you don't have to be wealthy to become a member.

But like many such organizations where membership is by invitation, sometimes Rotary is misunderstood and a few salacious tweets are usually posted by people who don't care much to analyze society. Through Rotary, a membership organization of nearly 1.5 million people globally, professionals,

business executives and students use their resources to change their societies or those in other parts of the world they will never even meet.

They are almost single handedly responsible for the near eradication of polio; through immunization campaigns they carry out all over the world. Rotary focuses on a few areas such as maternal and child health, education and literacy, water and sanitation, peace and conflict prevention, and economic and community empowerment among others.

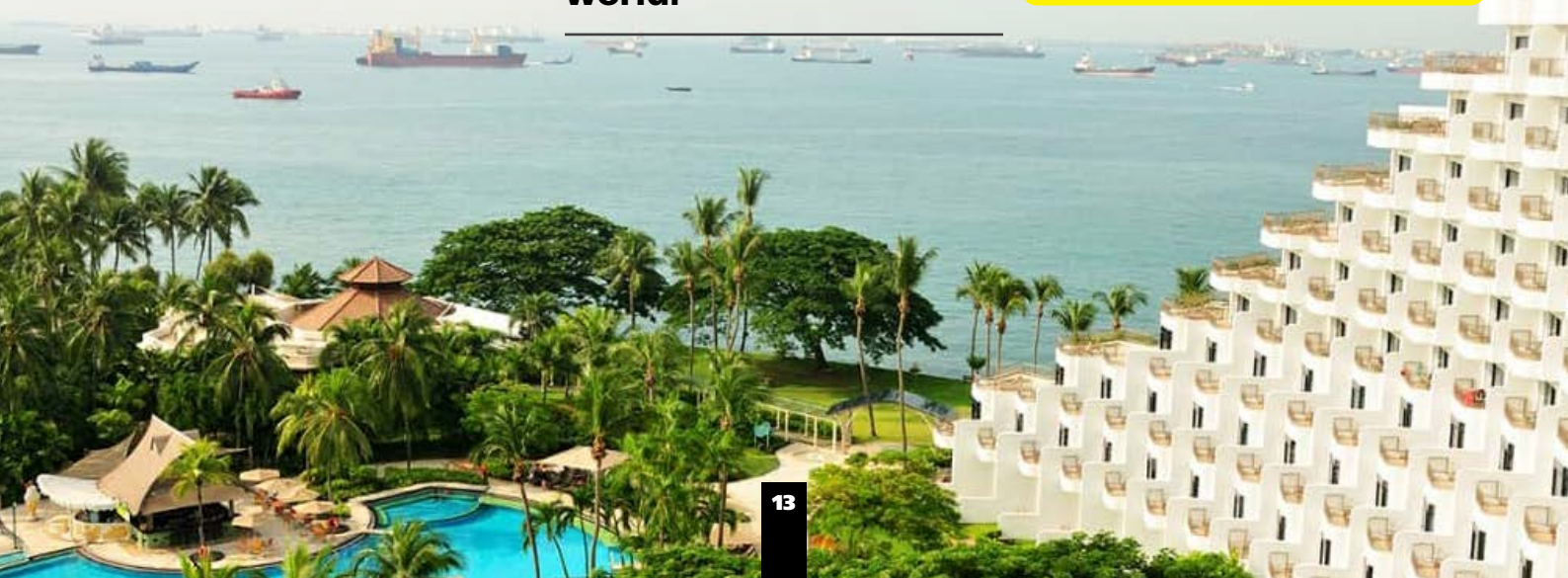
In Uganda, Rotary is known in almost every community. If they are not building classrooms, sinking boreholes, refurbishing health facilities, planting trees, or immunizing kids, they are mobilizing resources to set up a cancer treatment center in Nsambya and a blood bank in Mengo. Rotarians like calling themselves people of action and any keen observer would see the good they do in the world.

But they don't just help others. Members become leaders which enables them to build and improve their leadership skills. Every week day in Uganda, many people meet through their clubs to listen to speakers others may have to pay for while establishing networks for life.

Of course, sometimes they meet and celebrate like last week when a new district governor, Anne Nkutu, was installed. Katikkiro Charles Peter Mayiga was there to talk about keeping hope alive and how the Kingdom of Buganda and Rotary work together to make lives better.

But even at celebrations, the business part of Rotary is always the big thing. And if you want to increase your networking opportunities while honing your leadership skills and at the same time helping others in our communities, you may consider an 'investment' in being a Rotary member.

**The writer is a communication and visibility consultant.
djuuko@gmail.com**





**BREAKOUT SESSION AT
THE INTERNATIONAL
CONVENTION**

SESSION TITLE:

Expanding our Reach through Empowering Women



PDG
Annemarie Mostert



DGE
Anne Nkutu



ARRFC
Jane Kabugo



PDG
Tusu Tusubira

Monday 27th May, 2024 | 13.30 - 14.30

Venue: Marina Bay Sands Expo Convention Centre

Room: Jasmine 3905



Convention Update: **Transportation** around **Singapore**

As we get closer to the convention, we want to provide you with some helpful transportation information for you to navigate to and from the convention venue and prepare you for your arrival in Singapore.

Getting to and from the Airport

The closest international airport to the convention is Singapore Changi Airport (airport code: SIN.) Rotary does not provide transportation to or from the airport. There are a variety of ground transportation options between the Changi Airport and the city centre including buses, taxis, and rideshare.

For the most up-to-date ground transportation information visit the Changi Airport website.

Remember, if you are taking

a taxi, use the designated taxi stand and confirm your preferred method of payment before starting the trip.

Local volunteers will be wearing purple vests and hats and will be present to greet you on 24-26 May. If you need additional guidance you can speak with a member of the airport team.

Getting to the Convention

The convention will take place at the Marina Bay Sands Expo and Convention Centre, 10 Bayfront Ave, Singapore 018956.

All full convention registrants will get access to Singapore's public transportation system which includes trains (MRT) and buses, via a commemorative transit card. After receiving their convention badge, eligible attendees will

collect their transit cards in the registration hall. Each card has a loaded balance of SGD 30. This amount is sufficient for one daily round-trip journey between the official hotel block and the convention venue on 25-29 May 2024, plus one additional round-trip. Should you run out of funds or want to use your transit card to explore Singapore more fully, you can top-up (add value) at MRT stations using the kiosks.

When using your transit card on the MRT or a bus, you must tap-on when you arrive at the station or board the bus. As you disembark or leave the station you will need to tap out. Some interchanges on the MRT will also require you to tap on and tap-out between lines. Fares are based on distance. Shorter journeys will cost less, and longer will cost more. Card balances can be checked at the kiosks

in the MRT stations.

Each MRT station is identified with a Station Code. This is comprised of the Line Colour, Line Code and Station Number.

The closest MRT station to the Sands Expo and Convention Centre is Bayfront (CE1 DT16.) Use Exit D or E to access the convention venue. We also encourage you to download the MyTransport app or use Citymapper to help you navigate between destinations.

The MRT runs between 6 AM and midnight daily; city buses operate approximately between 5:30 AM and 11:30 PM. You can check specific bus line timings by clicking [here](#). Some select hotels will be provided a supplementary RI-provided shuttle service that will operate between the hotel and Sands Expo and Convention Centre on 25-29 May 2024. A detailed list will be available on the transportation page of the convention website in late April.

Mobility Assistance

Rotary will provide an accessible transportation service between the official Rotary-contracted hotels and the convention centre for attendees who utilize scooters and wheelchairs.

Mobility assistance equipment is not available to rent at the convention venues. Attendees will be responsible for securing their own devices. Click [here](#) for a list of scooter and wheelchair rental companies.

Attendees who have indicated they utilize a scooter or wheelchair on their convention registration or housing booking will receive a communication with detailed information about our accessible transport. If you require this service and are not sure if you indicated the need, please click [here](#) to manage an existing registration or contact RI.Registration@rotary.org.

Exploring Singapore

We encourage you to use public transportation to explore Singapore. It is one of the fastest and most sustainable ways to move around the city. You can also use it to travel to some of the exciting Signature Events. Visit the convention website to learn more about what's available or purchase tickets.

Group Chartered Coaches/Buses

In compliance with local regulations, all coaches/buses that wish to drop off or pick up at the Sands Expo and Convention Centre during the convention must be registered with Rotary International. Any unauthorized coaches will not be permitted access to the area.

If your group will be chartering your vehicle, please contact RI.Registration@rotary.org to register for a pick-up/drop-off window or with questions.



Are you ready for a
night out in Singapore?

ARE YOU READY FOR

**GASTRO
BEATS**

The People's Festival

ROTARY INTERNATIONAL NIGHT OUT



Dear Rotarians,

Tickets for the East Africa Cocktail Party during the Rotary International Convention are available here for purchase.

Payment options are VISA, Mastercard (international), MTN & Airtel money (Uganda). You will receive an e-ticket in your email once booking & payment is complete. For any help & guidance during ticket purchasing. Please WhatsApp / SMS the Quicket hotline +256 761 956 286 (mon- sat 9am - 6pm)



District 9210, 9212, 9213, 9214, 9150



East Africa Cocktail Party



Venue:

CHYPREOS

CQ @ Clarke Quay
3E River Valley Road
Singapore.



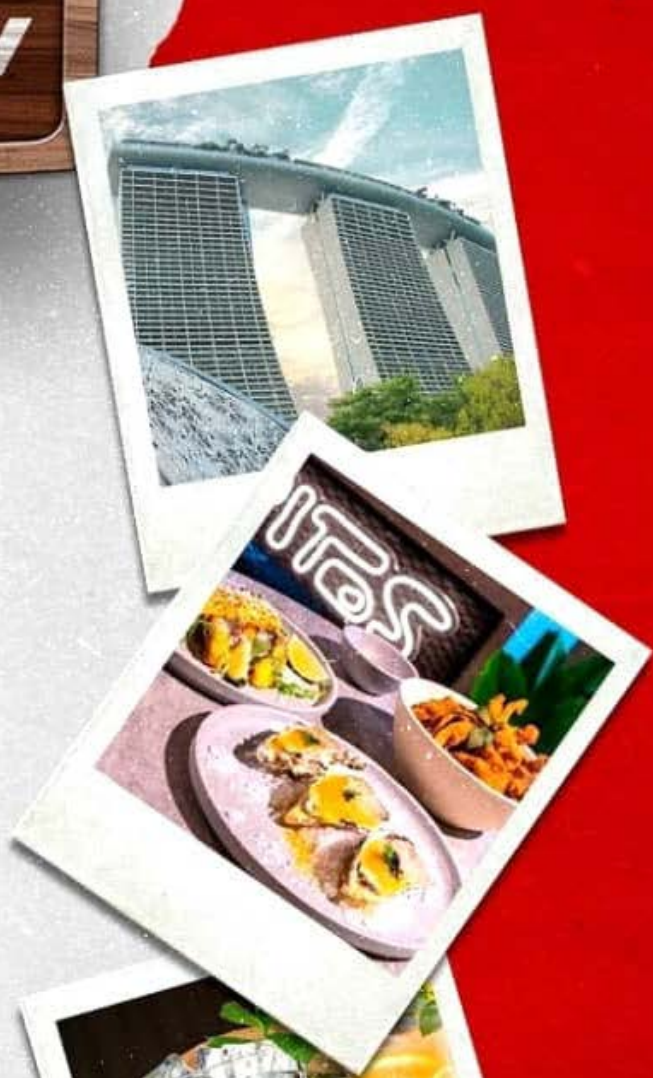
Sunday
**26th May
2024**

Time:

5:00pm

Fee

\$50





Theme: Unleashing Africa's Potential ; Rotaract leading the way

REGISTRATION



**14th - 17th
November 2024**



**Las Vegas
Garden Hotel**
Kazibwe Road, Bunga, Kampala

\$80

Early Bird Registration
1st Feb -31st July 2024

\$100

Late Registration
1st Aug -14th October 2024

Note: Fees don't include accommodation

ACCOMMODATION

\$120

Shared Accomodation
3 Nights

\$150

Non Shared Accomodation
3 Nights

Deadline:
Sat. 31st
August 2024

PAY THROUGH REGISTRATION LINK

Glamorous - Memorable - Historical

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Pictorial - Clubs visited

RC Kira; RC Gulu City; RC Upper Kololo; RC Kitante Kyadondo Rugby Club in formation





**Happy 25th
Wedding Anniversary
CP Francis & Rtn Rita**



RelaDental

Smile for Miles



RELA Dental is located

in the Sub urban of Naalya Estate, 200meters from Naalya roundabout of Northern by pass. Along - Namugongo road. Take 2nd turn after OXY Petrol station, to Shelter Road. Between 40-50 meters along Shelter road turn Right to Access road and to North south close, Block 221, House No. 2 in a quiet residential area overlooking Northern bypass.

Contact Dr Francis Lakor on 0782 859 914

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- Denture for clients with missing teeth
- Periodontal Treatment (scaling and polishing or Cleaning)
- Provision of mouth guards to sports men and women
- Teeth whitening.
- Dental implants
- Tooth Extraction

MAXILLOFACIAL IMPLIES ONE DEALS WITH THE FACE, MOUTH AND THE SURROUNDING AREAS. THIS INCLUDES;

- ORIF (fixing broken jaws)
- Reconstruction surgery to Patients who might have lost their palate due to cancer.
- Face Lifting

Family Matters



BY PASTOR RONNIE MUTEBI

Romans 12:11 (KJV):
Not slothful in
business; fervent in
spirit; serving the Lord;

THE DILIGENT HEART

The human race is defined by certain traits and such as one is slothfulness or simply termed as laziness.

Its effects are visibly evident in delays of accomplishments in one's life.

For the slothful, what can be accomplished in weeks will take months or years to finish.

For example, if God has ordained that you ought to have grown to tens of thousands of dollars by the fifth year of your business, a slothful one will still be with a working capital way less by that time.

Slothfulness is reflected in how you treat and respond to the things. If you handle them in a cavalier manner, you will attract cavalier results.

More often it's easier to dwell in the tent of expecting yet commendable results are within a diligent heart willing to inspect.

Even God demands diligence from us. You should be the kind who runs diligently after instruction the moment it comes. Respond with enthusiasm when assigned. Do what is required as though your life depends on it because it does!

Take Home: The unseen world does not treat with seriousness the words and actions of the slothful because this attitude robs them of authority to influence in that world.

PK's Corner: Calm Returned

**BY PAMELA
KAWADDWA**

**I was worried, I
was stressed
How did it even
feel to be blessed
I had forgotten the
peace inside**

My heart, my chest
felt really tight
But then I asked for
help from God

Desperate, but with
all the faith I got
I looked up to find a
clue
What I saw was
nothing new.

What I saw was just a
regular cloud
Nothing special, nothing to talk about
But I noticed how it was floating there

Against a background of just bluish air
While the cloud hid the sun from sight

It kept moving, and soon I saw the light
Now that the floating cloud has moved away
And I see the brightest light of day.

And here I became suddenly aware
That my stressors and worries were still there.
The cloud, however, made me see

That these problems will not forever be with me
Solutions I will search for and I will see the light
And my heart became calm, it will be all right.



KATOGO BUDDY GROUP IN CHARGE

OUR MEMBERS



Dr Lakor Francis



Enid Kabunga



Fathila Nanozi



Grace Mutungi



Herbert Oloka



Jimmy Mayanja



Joachim Buwembo



Johnson Akanyijuka



Lillian Keno



Ruth Mugisha



Pamela Kawaddwa



Simon Sekanya



WOULD YOU LIKE TO JOIN OUR CLUB?

**GET IN TOUCH WITH OUR MEMBERSHIP
DIRECTOR FOR GUIDANCE AND
MENTORSHIP**

**SEND AN EMAIL TO
RCKAMPALANAALYA@GMAIL.COM OR
CALL 0778120939**

**THE ROTARY CLUB OF KAMPALA NAALYA
MEETS EVERY TUESDAY AT 7-8PM**