

Naalya Food 30th April 2024

# Bulletin

Rotary  
Kampala-Naalya

CREATE HOPE  
in the WORLD

Issue 17 | 2024



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# Editor's Note

Dear Friends,

As we end April - Environment month, it is essential for us to commit and play our part however big or small the actions may seem, to address the world's environmental challenges.

We look forward to a more energized month of May in this last quarter of the Rotary Year.

In a special way I invite you to join us for the homecoming celebration as RC Kampala Naalya rolls out the red carpet to welcome District Governor Anne Nkutu next Tuesday evening at Ndere Cultural Centre. Last week we welcomed three new members, who will be inducted this Tuesday, what could be more exciting?

Get to know about the new members and so much more in this issue of the Naalya Food Bulletin.

Enjoy!

**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](mailto:rcklanalyafoodbulletin@gmail.com)**

# Message from the President

**GODFREY OKELLO-OMODING  
HCP**



**Dear Rotarians and Friends,**

**L**ast week we had a very good time interacting with our prospective Rotarians. All the three prospective Rotarians (Elias, Brian and Joy) received overwhelmed welcome.

Members saw in each of them unique qualities that will add value to rotary in general and the Club in particular. Tuesday, 30th April 2024, they are going to be inducted.

As a Club, whenever we get new members, we are happy because they bring in additional hands. I take this opportunity to welcome our new Rotarians - Elias, Brian and Joy. I congratulate them for making such a serious decision to join rotary to serve humanity.

**Preparations for homecoming of our own, the District Governor, Rtn. Anne Nkutu are in high gear. Rtn. Anne is a charter member of our Club. Her becoming a District Governor is a great stride for her and the Club in general. The Club members decided to dedicate Tuesday, 7th May 2024 fellowship to welcome and celebrate her achievement together with other Rotarians and friends. They want to congratulate her in a celebratory style.**

The celebration is meant to uplift members' spirit of togetherness. Also, spicing it

with the rotary fun moments. All Rotarians and friends have an open invitation to come and share the joy. Amidst this joy, we acknowledge a call to us all for more commitment to serve humanity with our abilities, talents, time and resources. The call reminds us the Rotary Grace; minding the needs of others especially unprivileged and marginalized. It's renewal of giving hope to others.

**We continue on the journey of giving hope hence a necessity to celebrate any step towards it. Therefore, taking time off to appreciate what we have or have attained is very appropriate. Individually, there is a lot of experience to share in the celebratory moods. Even helping us to get out of any emotional rut.**

Homecoming of DG Anne reaffirms our sense of belonging to the community. When you belong to a particular community, congregating to have communion together is very essential and good. It gives each one of us an opportunity to reformat him/herself to the purpose of the Club and by large rotary. Additionally, it's statement to make that the Club values her members and their achievements. When we celebrate together, we walk together and strengthen each

other. Indeed, we celebrate togetherness.

As a Club, this homecoming gives us another moment to recall and recount the journey the Club and members have travelled. It's time to admire and appreciate our moves and decisions taken in the past. In fact, it's the time to relive our past. In life, there are hard and good times. These make life and cause worthiness to live it. In moments like homecoming, we come out of our silence of life to an apparent glory. It may be short lived but brings along with it a break from monotony of rhythm of life. It's pause to breath in new energy and refresh. In addition, to share joy, a joke, a drink, a smile and whatever with a friend and feel good. For those who will be attending, feel very welcome to the homecoming. I take this opportunity to say karubuni sana.

**This being hope creation year, let this homecoming shine light into our lives. Let it give us a sense of celebrating life. Let it give us such yearning of serving others. Let it give us humility to serve. Enjoy the celebration.**

Be blessed.



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# Meet our Inductees



**BRIAN MAYANJA**

**B**rian is a project manager specializing in Innovation and Scaling, Monitoring, Evaluation, Learning, and Impact Assessment (MELIA), and Communication.

He has gained experience working with Family Health International, The Infectious Disease Institute, The United Nations Climate Change Secretariat (UNFCCC), and the Consultative Group of International Research (CGIAR) Initiative on Climate Resilience, where he currently works as a Project Research Consultant in Kenya, Zambia, Senegal, Morocco, Guatemala, and The Philippines. Brian is an environmental enthusiast and practitioner who has held leadership roles at The Red Cross, The Commonwealth Climate Change Network, and The Uganda Association of Environmental and Natural Resource Economists, each with extensive national and

global networks of public and civil environmental practitioners. Additionally, Brian is the founder of Risi Developers, a Ugandan company focusing on Web development, AI Africanization, and Digitalization, which currently has over 3 mobile-based web systems.

MBA from Duke University and BA Economics from Manhattan Ville College, both in the US.



**PASTOR ELIAS NAMANYA**

**Pastor Elias is the Founder & Senior Pastor Christ Foundation Global Ministries/Churches (Global Church Uganda). He is the Chairperson Teso West Pastors Fellowship.**

He runs Orphanage homes under Afrikan Aid International.

Software Engineering & CyberSecurity. Working with PSD security ltd as a Digital Forensics Investigator. He is married to Jackie Namanya.



**JOY O ANENA**

**Joy is an independent management consultant who serves private, social, and public sector clients with advisory, digital, and analytics services.**

Functionally, she serves her clients as a thought and impact partner on strategy, innovation, sustainability, and restructuring and transformation topics. Prior to this, Joy has 13+ years of business advisory experience from McKinsey & Company, World Kinect Inc (formerly World Fuel Services), and Morgan Stanley, covering North America, LatAm, and EMEA regions. She holds an

# Pictorial - Last week's fellowship



# Bringing Hope at Kalerwe Primary School



BY HCP ASIIMWE JOSHUA

**I**t was like any other Saturday back then, and I'd agreed to PP Sseki's invitation to escort him to our project school in Kalerwe. The time for the link was agreed and off we went to Kalerwe. We parked at Total Kalerwe and negotiated a "kitu

kidogo" with the askari on duty.

We then crossed the road jumping over the road barricade to the opposing side of the road. We then followed a road that was murrum and considering it had rained, you could imagine the state of the road.

As we walked and I was observing the surroundings noticing the shops and the general economic activity, I could not help but notice the multiple eyes that were gorging towards us; (PP Gilbert, PP Sseki, then project chair Racheal & I) We honestly stuck out like a sore hand (not even a thumb) and being honest I

felt like I could be a target for any potential foul play.

**We manoeuvred through this and got to the school, Kalerwe Primary School that had a see through gate and I couldn't help but notice the path made of planks of wood dodging a pool of water right at the heart of the school compound that the headmistress used to leave her quarters and come to open the gate for us. We were warmly welcomed and she then took us around the school.**





On getting closer to the school buildings, I noticed a brown line that was on all of the buildings in the school vicinity but I shrugged it off and thought maybe it was a design for the school. She took us through the classrooms and they made me reminisce being in primary with all the charts around the class in different colours talking about various things that pupils learn in the 4 subjects with a little suspect diagrams that I preferred not to speak out on.

As she explained which rooms were for which classes, she said she had a relatively overcrowded class and the furniture was not enough so pupils sometimes would have to stand during the class.

In the midst of the multiple conversations, one of my team members (name withheld) poked the

elephant in the room and inquired what the brown line meant.

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**It was at this point in time that it was revealed to us that the brown line meant the highest level the water had ever reached when it last rained cats & dogs and we were bewildered as this line in question was in the bosom area of us a fully grown adult and in that moment I wondered what a young pupil would have to do to survive when the heavens opened and they were still in class.**

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We were informed that typically they would have to either run home or seek higher ground by standing on the available furniture. To say I was taken aback would be a lie in upper case. Dumbfounded would be closer to the arrangement of words to remotely

explain how I felt knowing that for someone out there, when it rained, it meant life or death literally & not to mention the end of anything productive you are going to do.

We toured the rest of the school and also found the whole school had one pair of toilets which was not sustainable. We figured we would at least start with furniture and the pupils would get where to sit when all else was well with the weather and in the worst case scenario, higher ground for survival.

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**The goal is to give the parents who amidst all this tussle send their children to school, a peace of mind knowing that come rain come sunshine, their son/daughter can have a chance at a stable education and possibly be better than they are.**

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# TeamBuilding at TEMBUZI

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# Rotary Uganda Doubles collection target as it launches 13th Cancer Run

**R**otary Uganda has set an ambitious target to double its collection goal to UGX 4 billion Uganda Shillings as it launches the Rotary Cancer Run 2024, slated for August 25, 2024 at Kololo Ceremonial Grounds.

The 2024 edition marks the 13th year of the Run, which will be held under the theme: Spread Magic in Every Step!

**The main event will take place at Kololo Ceremonial Grounds and 40 districts/cities and towns across Uganda and beyond. Registration is open at UGX 30,000/= per participant.**

**Participants can choose from a 5km run, a 10km run, or a 21km run. Additionally, a virtual run will be available for participants across the globe, enabling contributions from any location and expanding the event's reach beyond physical boundaries.**

Building on past successes, the Rotary Cancer Run 2024 aims to surpass previous milestones, where participants, sponsors, and donors have made a significant impact on the lives of cancer patients and their families. This inclusive event calls upon individuals, families, corporations, and communities

to join forces in the fight against cancer, emphasizing the strength of collective action.

“Unlike before, the event will run for two days; Saturday, August 24, will feature a community health camp offering various health services, primarily cancer screening by our medical partners. The highlight will be on the second day, August 25, with the run,” explained Rtn. Michael Niyitegeka, Chair of the Cancer Run 2024.

**He added that the run aims to double the number of participants from 30,000 in 2023 to 60,000 in 2024. This will translate to doubling last year's collections to UGX 4 billion shillings, a substantial contribution towards the required 13.8 billion shillings for the completion of the radiotherapy center at Nsambya,”**

The Run has attracted the following sponsorships this year

- Parliament of Uganda – UGX 1 billion
- Centenary Bank 300 million Shillings
- Crystal Water 200 million Shillings
- New Vision 70 million Shillings
- MAAD Advertising 55 million Shillings

**This run will focus on three core areas:**

**I. Awareness:** The run will serve as a powerful platform to educate communities about different cancer types, their risk factors, and the significance of regular screenings. By fostering awareness, we can promote early detection and improve treatment outcomes.

**II. Fundraising:** The Rotary Cancer Run 2024 aims to raise UGX 4 billion to support the ongoing construction of the Radiotherapy Center.

**III. Collaboration:** The event will foster collaboration among government bodies, healthcare institutions, non-profit organizations, and the private sector.

**Notable achievements since 2011 include:**

- Contributions from 2012-2014 supported the construction of the 36-bed Rotary Centenary Bank Cancer Treatment Center at Nsambya Hospital.
- In 2015, collections were directed towards the establishment of the Rotary Blood Bank at Mengo Hospital.

**Annually, the ward serves hundreds of patients, while the blood bank dispatches 18000 units of blood to Ugandans.**

# Pictorial - Cancer Run



# Memorable experiences await in Singapore

**T**he 2024 Rotary International Convention unfurls its pageantry on 25-29 May against the backdrop of spectacular Singapore, whose beauty and culture enrich this international business nerve center.

This year's convention offers an exciting list of inspiring speakers, breakout sessions designed to give clubs the tools they need to thrive, and a House of Friendship filled with booths that will spark connections.

Graça Machel, Mozambican politician and humanitarian, headlines the speaker's list. The widow of former President of Mozambique Samora Machel and former President of South Africa Nelson Mandela, Machel advocates for women's and children's rights worldwide. She was a freedom fighter in Mozambique's FRELIMO movement and the country's first Minister



Graça Machel

of Education. Machel is a member of the United Nations' Secretary-General's High Level Sustainable Development Goals Advocacy Group.

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**A founding member and deputy chair of The Elders, Machel played a key role in establishing Girls Not Brides. She founded and serves as president of the Foundation for Community Development and the Zizile Institute for Child Development. In 2010 she founded the Graça Machel Trust, which advocates for women's economic and social empowerment, food security and nutrition, education for all, and good governance.**

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Among numerous awards, Machel has received the UN's Nansen Refugee Award in recognition of her longstanding humanitarian work. In 2018 she was awarded the World Health Organization's highest honor, the WHO Gold Medal, for her enormous contributions to the health and well-being of women, children and adolescents.

Other speakers include Aidan O'Leary, polio eradication director at the World Health Organization, who will discuss the work that is Rotary's legacy; Claire Chiang, a Singaporean entrepreneur,

activist, and former Nominated Member of Parliament; Rotary Peace Fellow Alexandra Rose, who helps communities heal through cultural practices; and Jack Sim, who founded the World Toilet Organization to break sanitation taboos.

## Signature events and stellar breakouts

You'll find friends and excitement at Singapore's GastroBeats, a food and music festival that opens exclusively for Rotary on Saturday, 25 May. Visitors will sample local specialties from more than 50 vendors, curated by Chief Foodie Officer and YouTube personality Zermatt Neo. Live music will be provided by 53A, Gastrobeats' 2024 Chief Musical Officers. Browse all the signature events.

Mingle at the House of Friendship and choose from dozens of breakout sessions, including presentations on increasing membership and deepening your projects' impact. Other sessions will tell how Rotary members can use AI in their clubs, how Rotary can become carbon neutral by 2040, and how close the Global Polio Eradication Initiative is to ending polio worldwide.

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**You'll be Sharing Hope With the World and having fun 25-29 May. Did you notice the bagpipe rock band on the schedule? Don't miss the Red Hot Chili Pipers.**

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#Rotary24 Signature Event  
- Gastrobeats - 25 May

ARE YOU READY FOR

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BEATS

The People's Festival

ROTARY INTERNATIONAL  
NIGHT OUT



## OutToLunch: Survival by borrowing entrenching household poverty



BY DENIS JUUKO

**S**omebody told me that to survive in Kampala, you need to learn a few tricks. One of them that caught my attention is on lending money to friends and relatives. Like almost everyone in Kampala, he receives several requests. A relative who needs to borrow to pay school fees, buy food for their family, pay rent, take a sick child or parent to hospital or enjoy a night out in the bars with the most dazzling lights.

When he had just started working, he told me, he almost realized that he didn't have any money left after he had met most of the borrowing requisitions sent his way. Years later, he came to realize that those who borrowed never paid back. In fact, some even returned to borrow more. He had to be ingenious if he was to survive in the city.

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**He devised a method of only lending without expecting anything in return. So, if a friend, co-worker or relative called to borrow, he would only lend what would not affect him significantly.**

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If somebody called to borrow say Shs200,000, he would offer to lend them Shs50,000. He never expected this money to be paid back. He never calls them to remind them of their obligations. If anyone paid back, he considered it a bonus.

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**This method also**

**worked as a deterrent. The majority of those who borrowed never came back to borrow again. Those who did, he would remind them that they hadn't paid back what they had borrowed earlier. Many would pretend to be ashamed but at least he knew that person would never disturb him again. He says this model has worked for him and saved him the anguish of expecting money from people who had no intentions of paying back.**

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I was reminded of this last week when a study funded by the central bank indicated that the majority of adult Ugandans or 17.2 million people out of 24.6 million survive by borrowing. The snippets from this study have made national headlines in some of the daily newspapers. For a country to have 70% of its adult population surviving on borrowing should be worrying.

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**Uganda being such a young population, it means that most of these people are unemployed or earn so little to “afford life.” And when they retire or unable to work, they won’t have any pension to depend on. Many adult Ugandans who aren’t borrowing have become beggars. Parents begging their children. Couples begging their partners. Parents begging their sons and sometimes daughters in law.**

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When we talk about borrowing, it gives a connotation that at one stage, money will be paid back by the borrower. Although it wasn’t clear in the report who lends these Ugandans money, many borrow from friends and relatives as the case of my friend. Money that is usually not paid back.

To be honest, many of the borrowers have genuine problems largely based on our lack of good public schools and health facilities. Many are dehumanized to borrow and if they had a

chance to find employment, they would diligently work. That is why Entebbe airport departure lounges are full of young people going abroad to seek employment. Had they been lazy as some people (especially politicians) allege, they wouldn’t be frequenting the Arabian deserts.

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**Since the money borrowed is largely never paid back, the lender is denied an opportunity to invest it in worthwhile ventures which could provide a return on investment. That is why one of the reasons people end up without sustainable pension.**

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They spend a lot of their resources while working to look after other adults, thereby playing the role of a government without the resources of a government. When time for retirement comes, they have nothing sustainable to rely on. The borrowing cycle continues for generations thereby entrenching household poverty.

Some people call this “black tax” — money black people

pay to sustain their extended family and a host of friends. It also fuels corruption. Few people are going to do the right thing when they have a sick mother at home and are struggling with hospital bills or when the children are home instead of school.

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**Government needs to find a way for the majority of people to find sustainable jobs, provide at least affordable public health and education services so that they don’t depending on borrowing from people who also don’t have much.**

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That would require the reduction on the largesse of government officials on stuff that provide no real value, provide incentives to local businesses to thrive instead of employing methods that lead to their closure while at the same time attracting the elusive foreign direct investment to spur economic growth.

**The writer is a communication and visibility consultant.  
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DEBT



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- Tooth Extraction

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- 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

**L**uke 6:35 (NIV):\* But love your enemies, do good to them, and lend to them without expecting to get anything back. Then your reward will be great, and you will be children of the Most High, because he is kind to the ungrateful and wicked.

## THE VOLUNTEERING HEART.

There are people walking the face of the earth who only work for and bless those with the capacity to repay them.

They will not invest time and resources in people who

do not have the capacity to reward them or add value to them irrespective of the urge to offer a hand.

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**Imagine a Rotarian refuses to travel to a remote village to be part of a community based initiative because they see it as a 'waste of time, resources and not worth it in terms of return on investment.'**

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This is not a good way to live because the heart of Rotary is with those people who are helpless and unable to do much to change their circumstances.

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**Matthew a former tax officer gives us an account of the things he heard his master speak (Mathew 25:36).. He says, 'I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me.'**

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You must have a volunteering heart and commitment to change lives. There should be people in this life you bless without expecting anything from them.

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**Look for a child who cannot afford school fees and pay for them even if it's a term, a year or see them through school. Help a stranger who will never reward you in this lifetime or even know that your hand helped to make their life a little easier.**

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This is what distinguishes us as people of God and moreso Rotarians.

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**Take Home: You must have a volunteering heart and spirit as a guide to compassion. There should be people in this life you bless without expecting anything from them.**

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# PK's Corner: Outgrown!

BY PAMELA KAWADDWA

## **I HAVE OUTGROWN MANY THINGS.**

I have outgrown relatives who gladly offer criticism but not support.

I have outgrown my need to meet the family's unrealistic expectations of me.

I have outgrown girls who wear masks and secretly rejoice at my mistakes.

I have outgrown shrinking myself for those who are intimidated by my intelligence and outspoken nature both.

I have outgrown friends who cannot celebrate my accomplishments.

I have outgrown people who conveniently disappear whenever life gets a little dark.

I have outgrown those who take pleasure in gossiping and spreading negativity.

I have outgrown dull, meaningless conversations that feel forced.

I have outgrown, trying to please everyone.

I have outgrown my tendency to fill my mind with self-doubt and insecurity decades ago.

I have outgrown, trying to find reasons not to love myself.

I have outgrown anything and anyone who does not enrich the essence of my soul.

I have outgrown many things, and I've never felt freer.

You, too, can outgrow some unwanted things in your life. It's your call!

Till again.

Let's catch up again!



# KIKOMANDO BUDDY GROUP IN CHARGE



**Ann Natukunda**

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**Anne Nkutu**

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**Christine Amucu**

---



**Denis Jjuko**

---



**Dorcas Karungi Mwanje**

---



**Elizabeth Wamalwa**

---



**Godfrey Okello Omoding**

---



**Julie Nabwire**

---



**Mathias Mulumba**

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**Rita Aciro Lakor**

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**Sam Byagweri**

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