

**The  
Kampala**

# Naalya Installation

SOUVENIR MAGAZINE

Rotary  
Kampala - Naalya



PRESIDENT ELECT

**Sylvia Jagwe Owachi**  
**2024-2025**

**JUN • 2024**



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# Installation Program

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## Not even the Sky can limit us

*Dear Reader,*

**I**t is a great pleasure that I edit yet another edition of the Souvenir Installation Magazine for my Rotary Club, The Rotary Club of Kampala-Naalya. I appreciate President Sylvia Jagwe Owachi - my namesake for entrusting me with the task which I found even more interesting and enjoyable as I went through the articles one by one.

I would also like to thank you all for joining our celebration on this day and for all your support to the Rotary Club of Kampala-Naalya over the last 12 years.

Getting here has been quite a journey. But today as I write this, I know that the glass ceiling is already open and even the sky cannot limit us. This Club is proud to be the Governor's Club this year and equally proud to have President Sylvia as the Governor's President.



*From the different messages in this magazine, you will notice that everyone is determined to take the Club to an unimagined level. This is a magical year and members indeed believe that with President Sylvia in leadership, there has to be some kind of magic turnaround in all aspects of Rotary service.*

I would also like to congratulate the outgoing President Godfrey Omoding for his dedication and commitment to

the club. Thank you for creating hope. Together, we welcome the new board and wish you all the best as we celebrate the Magic of Rotary.

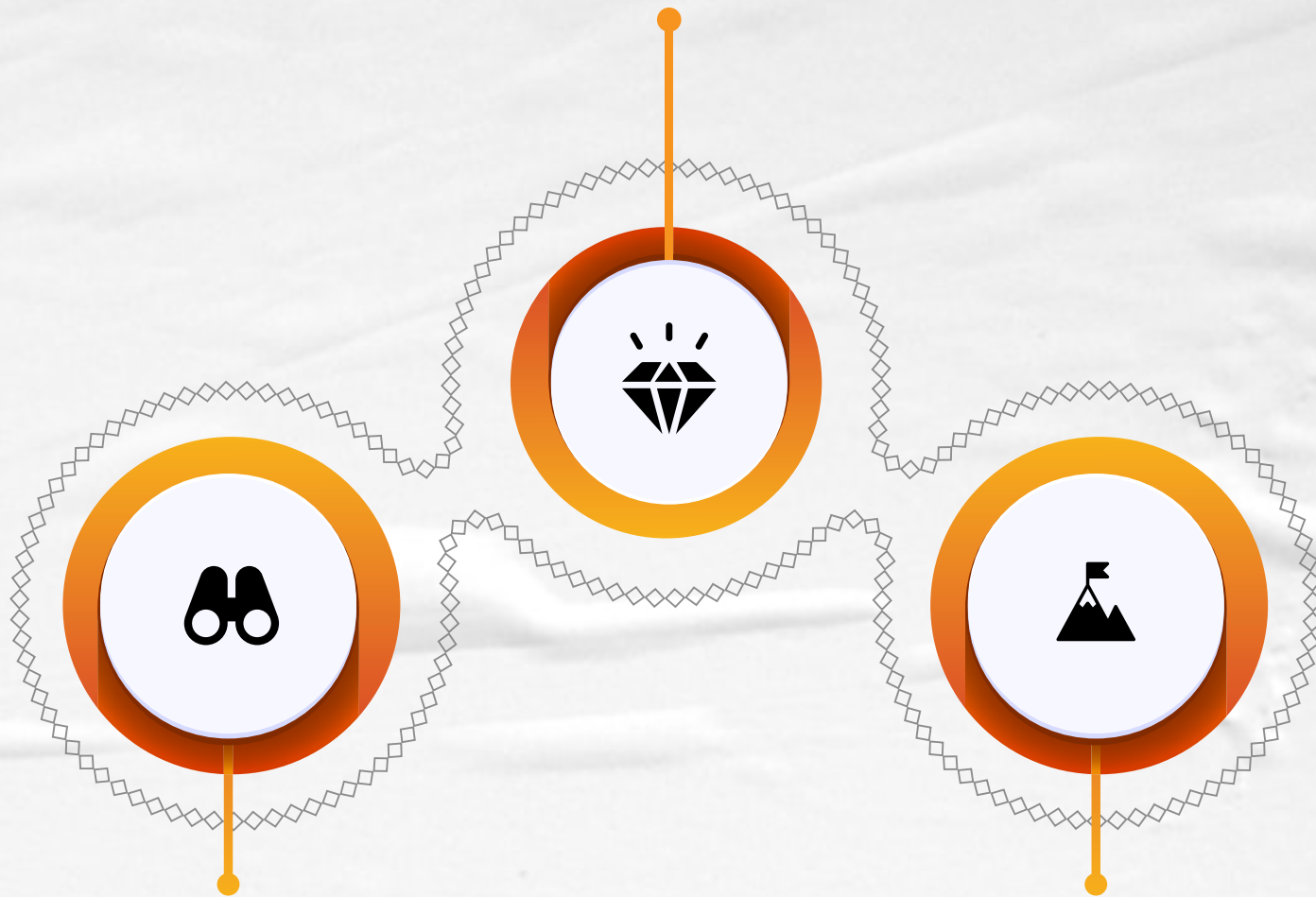
May God bless you!

*~ PP Sylvia Nankya*



## The Grace

For what we have received and are about to receive,  
may the good Lord make us truly thankful and ever  
mindful of the needs of others. Amen!



### Our Vision

A vibrant service-oriented Club  
enriching lives of the less privileged to  
create lasting change.

### Our Mission

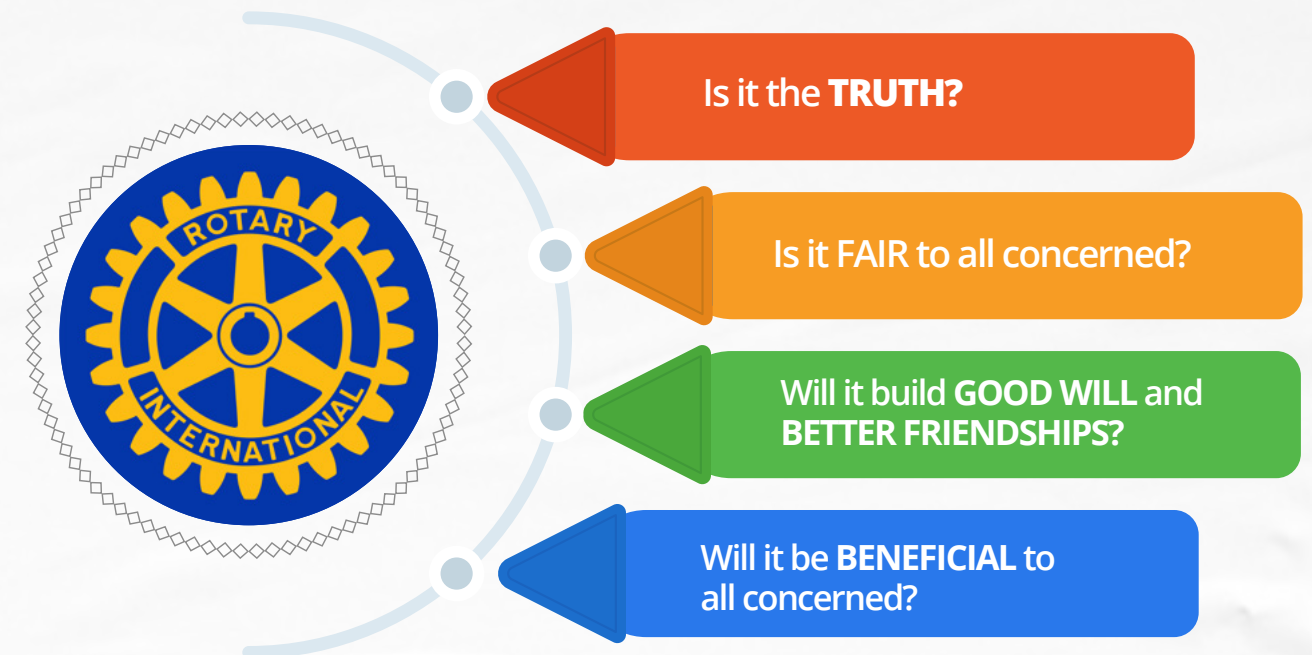
Providing humanitarian services for  
improved livelihoods among deprived  
communities.

## The Background

*The Rotary Club of Kampala - Naalya is under Rotary District 9213. It was chartered on March 12, 2012 and Sponsored by the Rotary of Kampala. Current membership of 43 active members and 1 honorary member. It is a service-oriented Club, with some Club members currently serving beyond the Club.*

*In Rotary Year 2024/2025 Club member Rtn Ann Nkuutu will serve as District Governor for District 9213*

## The Four - Way Test



## 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.



# Let's embrace the Magic - DG ANNE

Dear President Sylvia Jagwe Owachi,

**C**ongratulations on your installation as the President of the Rotary Club of Kampala-Naalya. It is indeed a day to celebrate and I have no doubt that you will live up to the expectations of your club members.

As you embark on this exciting journey, may your leadership be inspired by the theme of the year: "The Magic of Rotary." Just like magic, Rotary has the power to transform lives, communities, and the world. This year's theme reminds us of the extraordinary impact we can achieve when we come together with purpose and passion.

*"The Magic of Rotary" is also about innovation and creativity – finding new and better ways to address the world's most pressing challenges. It's about daring to dream big, thinking outside the box, and taking bold action to create a brighter future for generations to come.*

As club president, I am confident that you will embrace this theme wholeheartedly by bringing new energy and enthusiasm to every aspect of the club. It is my hope that under your leadership, your club members will experience the magic of rotary through a fulfilling club experience that fosters camaraderie, fellowship, personal growth, leadership, integrity and service. I hope that the communities that you serve will also experience the magic of rotary through transformative service projects that create a lasting difference in their lives.

Once again, congratulations on assuming this high office and I pledge my full support. I look forward to witnessing the great things we will accomplish together under your leadership.

Sincerely,



**Anne Nkutu**  
District Governor D9213  
2024 -2025

**Anne Nkutu**

DISTRICT GOVERNOR  
D9213 RY 2024/2025



# Inviting you to harness the Power of ONE

Dear Rtn. Sylvia,

My heartiest congratulations to you and the new Board for taking up the leadership responsibilities of the Rotary Club of Kampala Naalya, for the Rotary year 2024/ 2025.

Your club members have entrusted you to be "Servant Leaders" to steer your club to greater heights in service. I have the strongest conviction that you will diligently "Serve to Change Lives" as well as Lead and inspire your members to "Do More and Grow More", just as we have been challenged by Rotary International President Stephanie Urchick and District Governor Anne Nkutu.

*I am greatly honoured to be part of your Club and I look forward to a great year ahead, filled with lots of Service, Learning, Development, and Fun. I recognize, with deep appreciation, all the past club leaders in their various capacities, on whose foundation and shoulders we stand.*

Mother Teresa once said, "If you can't feed a hundred people, then feed just ONE". President Sylvia, and the entire club membership, I invite you to harness the power of ONE. I challenge each ONE to,



- Invite and bring at least ONE new member to the club,
- Contribute at least US Dollars ONE hundred to our Rotary Foundation,
- Support at least ONE person – a Mother, Child and/or Girl, not just as a statistic, but learn their names and track the change in their lives throughout the year.
- Ensure each ONE of your other club members, actively participate in Club activities so that you achieve each ONE of your set annual Goals. Reach out to those who have gone quiet, and mend the bridges.
- Do ONE thing that you will remember with pride because it made the world a better place.

As the old African adage goes "If you want to go quickly, go alone. If you want to go far, go together", let us always remember to subordinate ourselves to the interests of the Club and journey as One team.

I look forward to your and the Club's assistance and cooperation. In the same spirit, I wish you and the entire club a memorable, impactful and successful year of Service.

**Rtn. Kimberly Kasana**  
**Assistant Governor (Kampala Area 6)**  
**RY 2024 – 2025.**

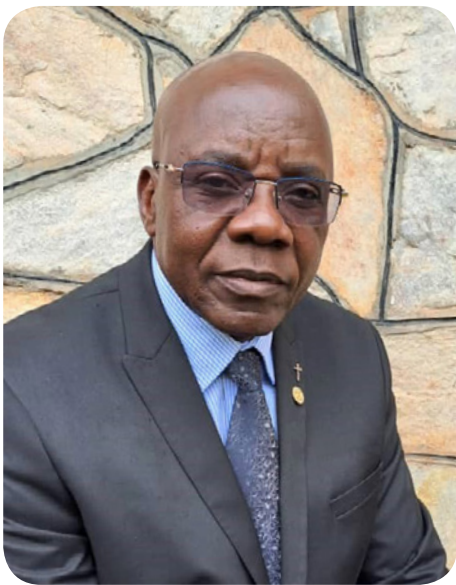
# With Pride & Satisfaction, I Handover

BY HCP GODFREY OKELLO OMODING

On June 13, 2023, I was installed as the 12th President to lead the Rotary Club of Kampala-Naalya, District Governor's Club. Today, when I reflect, it just looks like yesterday. Before the installation, I had two years of preparation having been nominated by Past President, Denis Jjuuko, and unanimously endorsed by the club members without an opposing voice. This act sent me "wondering", what a trust and high expectations!

As I hand over the presidency to Rotarian Sylvia Jagwe Owachi, I do it with a degree of pride. The Club has moved to a level higher. It is this level higher that I proudly say to Naalyako's, "Thank you for making your Club move a level higher". I was a vessel of trust to navigate the waters.

Leading a Rotary Club comes with a lot of learning. You never claim to be an experienced manager. Instead, it is better to come as a learning manager.



First, learn your members, learn the district expectations, and learn Rotary International expectations. You have to get members to feel their Club and get them to do what is expected of each one of them.

*The president is always on the persuasion side. Here, a carrot and a stick approach does not apply. At the same time, you are a call away from the District Governor and officials, expecting you to act whenever a need arises. This experience enriches one's true understanding and appreciation of Rotary, let alone its operations.*

My one-year tour of duty has been one full of willing supporters. My spirit always got lifted by the extent to which I received support, advice and direction from members and other Rotarians. However, you are left to judge and make decisions for action. Very often, I got it appropriately right and fair. The whole secret about this lies in how you hold and use the information obtained, and, in turn, how you express your gratitude. As I pass the baton to Rtn. Sylvia, there are projects I wish I had completed and signed off from the Club's list of projects. The computer laboratory in Akwang Senior Secondary School is one such project. This project has taken substantial time on our club projects' radar.



Every time you check on the projects' radar, the project is hanging on there. It has, too, taken a toll on presidents' times. Lessons need to be learnt from undertaking this kind of project. One lesson is that they may be better implemented under well-structured grants.

I pass over the presidency satisfied that we have successfully pioneered the management of the club affairs in a systematic structured way. We got the Club Three Year Strategic Plan and translated it as the basis of the Club's actions. This has been successful. Because of this, the new team will be moving with it into the second year of implementation. This way, the club members are collectively taking responsibility for the Club's progress. Also, it becomes easy to plan and create direction for the Club. This now being the case, it

allows the president to have a vision of the implementation of the plan for the whole year.

Having been entrusted to lead the Club, several individuals both Rotarians and non-Rotarians, members of our Club and non-members I came across were

very instrumental and helpful. I thank all of them. Allow me to single out some for emphasis: District Governor Edward Kakembo Nsubuga, Assistant Governor Florence Lunkuse Lwanga, Charter President Dr Francis Lakor, Past Presidents of the Club, Members of the Board and officers,

Our Bulletin Designer Bruno Komurubuga; Flyer Designer Bob Oyuru, Certificates Designer, Caroline Nansubuga and the management and staff of Ndere Cultural Centre.

I have to say this from the very depth of my heart. Recently when I lost my sister, your messages

and support spoke volumes to my heart. Rotarian Dr John Mugisa even took another additional mile to be at her final send-off. Thank you. My family cherishes all these acts and remains very grateful. To my family, I say eyalama noi for allowing me to serve my Rotary Club and Rotary in general. Indeed, it takes time and sacrifice.

Let me, once again, reassure our new President Rotarian Sylvia of my availability and readiness to support her when and where she deems me fit. I believe your success will be a measure of a good succession plan for our Club. Since the inception of my presidency, we have shared a lot and I will be willing to share whenever and wherever needed.

*I, therefore, on behalf of the Hope Creator Board, 2023-2024, wish you and the Magic Board a wonderful and successful year of service.*

*Members of RC Kampala-Naalya, you have been such wonderful people to me. Indeed, you extended very helpful hands to follow your trust which exceeded my expectations.*

## Outgoing Rotaract President's Speech

**I**t was at the now PP Christine's installation that the bomb was dropped on me by Rotarian Herbert; "You are going to be the next Rotaract President of Kampala Naalya." To say I was taken aback would be an understatement. I personally knew my time would come but it was slightly before my ideal pickings so in the heat of the moment, I told myself that ah, there's a whole year to go, I still have time! Now look, I am bracing myself to head to the famous "Kirussia"

I first and foremost would like to thank the Almighty God that has made this day possible and for the gift of leadership he's bestowed onto me. In close second, my family who made me the person I am today. To the band of brothers and sisters I ended up being part of, the HCP's. With the sharing amongst ourselves and open floor discussions in our group, we got a way around most of the issues that we'd face or at least majority of them.

A special thank you goes out to mother club RC Naalya for their continuous support towards our development across all the facets and for the constant feeling of inclusion you so readily show us whenever we are in your presence.

This past year has been a very enlightening year for me and from the bottom of my heart, I'd wish for everyone to get to experience this type of leadership

especially in the Rotary fraternity. Leading volunteers is a whole new ball game and I can say, I've left with insight I'd otherwise not have got had I not been a leader. Over the past 12 months, we've had our highs and lows. My pick of the bunch that we have run our first ever fundraisers as a club aimed towards our ongoing project the SsubiMuKaalamu with the last fundraiser raising up to UGX 1,695,000. Abere Monica & PP Christine poured their heart and soul into these fund raisers

and that figure would not have been possible without them. We built partnerships with Inspire Charity and had our first joint project a donation drive and they as well actively participated in the fundraiser. As a club we grew & attracted 4 new active members that are already on the board of the new President.



*Saving the best for last, I'd like to thank the club Rotaract Club of Kampala Naalya for trusting me with this*

*position and to all our club members a big heartfelt thank you goes out to you for the guidance and backing you have given me and I request more of the same so we can see real Magic this next year with President Natalie leading us forward.*

**Joshua Asimwe**  
Outgoing President,  
Rotaract Club of Naalya



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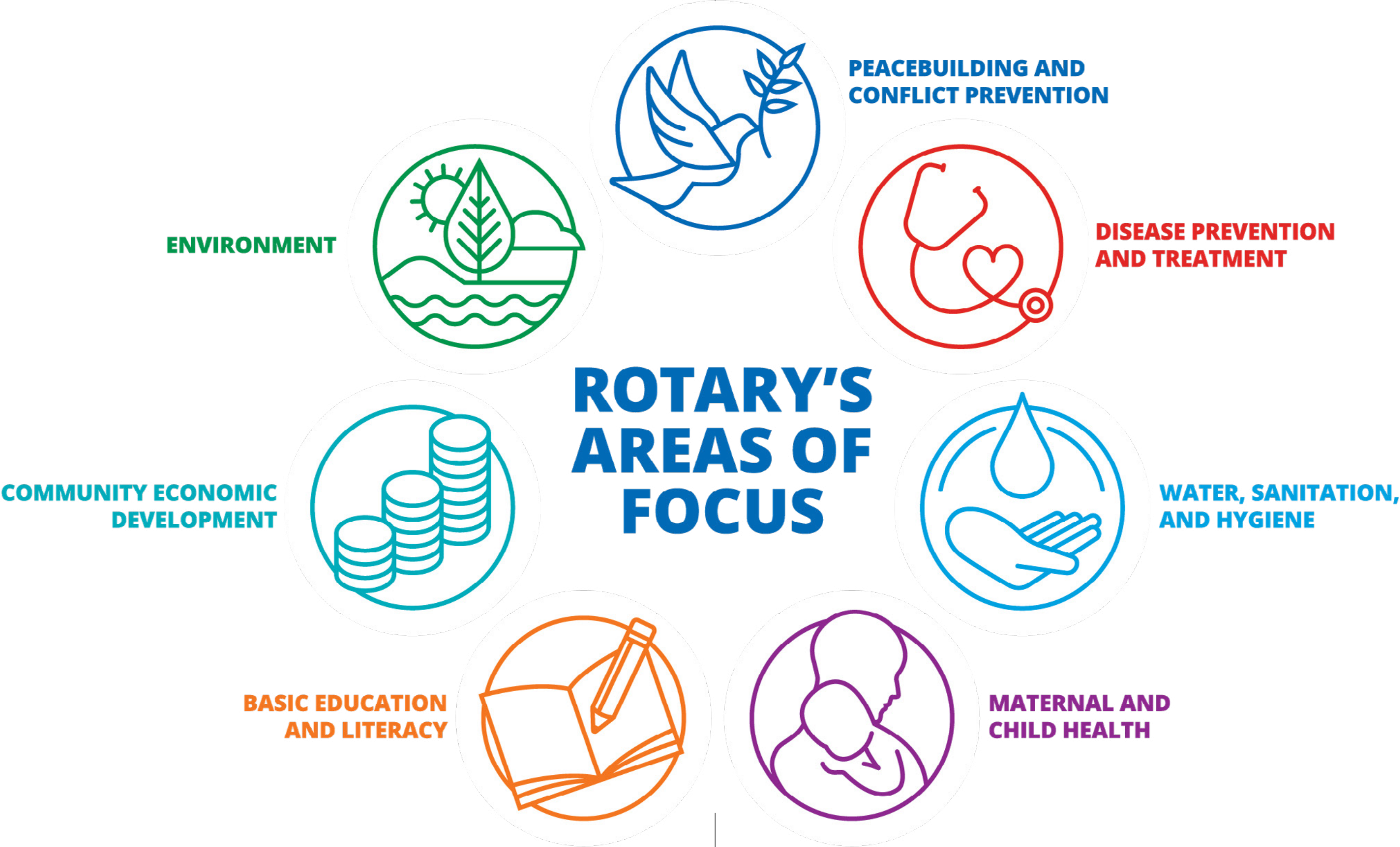
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# Ladies & Gentlemen, fellow Rotaractors,

*Esteemed Guests,*

**I** stand before you today with immense gratitude and a heart full of excitement as I accept the role of Rotaract President for the magical year 2024-2025. It is an honor to be entrusted with this responsibility, and I am deeply humbled by your confidence in me.

First and foremost, I want to express my sincere thanks to our outgoing president and the dedicated board members. Your leadership and tireless efforts have set a high standard, and I am inspired by the remarkable achievements and the solid foundation you have built for our club.

As we embark on this new journey together, I am reminded of the power of unity and the strength we derive from our shared vision. The essence of Rotaract lies in our collective commitment to service above self, and it is this spirit that will guide us through the coming year. Our theme for this year, "Magic in Service," reflects our belief that extraordinary things happen when we come together with purpose and passion.

In the year ahead, I envision us reaching new heights through innovative projects, impactful community service, and meaningful fellowship. We will focus on expanding our outreach, embracing diversity, and fostering inclusivity within our club and the communities we serve. By leveraging our unique skills and talents, we will create opportunities for growth, learning, and positive change.

To my fellow Rotaractors, I encourage you to dream big and to bring your unique ideas to the table. Your enthusiasm and creativity are the catalysts for the magic we aim to create. Together, we will tackle challenges, celebrate successes, and support one another every step of the way.

I also want to extend my gratitude to our mother club as well as our Rotaract partners, whose guidance and support are invaluable. Your wisdom and encouragement will continue to inspire us as we navigate this journey.

As we move forward, let us remember that every act of kindness, no matter how small, contributes to the magic we wish to see in the world. Let us be the change-makers, the dream-weavers, and the magic-makers who light up the lives of those around us.

In closing, I am excited about the possibilities that lie ahead and am deeply committed to serving our club and our community with dedication and integrity. Together, we will make this year truly magical.

Thank you for this incredible opportunity. Let's create magic together!

Thank you.

*Natalie Cynthia Namugga  
President Elect  
Rotaract Club of Naalya*

*Natalie Cynthia Namugga*

PRESIDENT ELECT, ROTARACT CLUB  
OF NAALYA RY 2024/2025



# PE Sylvia Jagwe Owachi Profile

**S**ylvia is a distinguished banker and Senior Executive with a wealth of progressive hands-on experience spanning over 25 years. The bulk of her banking experience was gained at Standard Chartered Bank Uganda Ltd where she was extensively engaged across all the aspects of bank operations in Uganda.

More recently, as a senior executive, Sylvia has been instrumental in growing business in two subsidiaries of Regional Banks, Guaranty Trust Bank Uganda Ltd and Cairo Bank Uganda Ltd. She currently works as the Executive Director, serves on the Board of the Uganda Institute of Banking and Financial Services, and is a member of the League of East African Directors.

Sylvia holds a Master of Business Administration from the Edinburgh Business School, Heriot-Watt University and a Bachelor of Commerce (Finance) from Makerere University. She is very passionate about creating impact through financing and has a strong community service record. She is a

Mentor with Project Girls for Girls (Girls4Girls), a project empowering women to lead. She is married to Jerry and a mother to teenage boys Patrice, Jerome and Leroy. She loves reading, travel, spending time with family and good company. Rotary journey

*Sylvia joined Rotary on 6th December 2017 after being introduced to it by Past District Governor Ken Mugisha. In July 2017 the Late Rotary International President Elect Sam Otori, a former banker and a good friend to her parents had just passed away and there was a lot of information in the press about the good work that Rotary does. Sylvia picked interest in Rotary and heeded the call when PDG Ken encouraged her to join Rotary.*

She says "I had just transitioned to a new job and was looking for reconnections and new networks. I reconnected with an old schoolmate Evelyn Nassuuna who was a member of the Rotary Club of Kampala Naalya.



On my first visit to the club, I was warmly welcomed and have felt at home since." She has served on the Service projects and The Rotary Foundation committees in her club. She is a Paul Harris Fellow, has done the undergraduate program and will soon complete the graduate program of the Rotary Leadership Institute.

**Sylvia Jagwe**  
PRESIDENT  
RC Kampala Naalya  
RY 2024/2025





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# Acceptance Speech

Our dear distinguished guests, Past District Governors, Assistant Governors, other District Officials, Past Presidents, Hope Creator Presidents, Magical Presidents, Rotarians, Rotaractors, my beloved Family and dear Friends, and members of this club it gives me great joy to welcome you all to the Rotary Club of Kampala Naalya and the 13th Installation ceremony.

As I stand here to accept the mantle as your President, I am profoundly humbled and deeply honoured by your confidence in me. I vividly remember the call from Past President Herbert Oloka during which he informed me that the club assembly had nominated me in absentia.

This act, which sent a chill down my spine, was a true demonstration of members' trust and confidence in me. Any lingering doubts in my mind about my abilities to lead our beloved and buoyant Rotary Club of Kampala Naalya members were totally erased by that call. Your confidence in me has massively helped steady my nerves and strengthen my resolve to be your President.

Allow me to give special thanks to my Family, my husband, and my sons for agreeing to share family time and resources with Rotary. I realized at some point that I had subconsciously added them to a subcommittee of sorts and subjected them to my thoughts and ideas about what I could do for our rotary club.

*Our club has thrived since its charter, and this has been a result of the resolute, energetic and driven efforts of all the past presidents. Collectively, they have not only diligently steered our club this far but have also remained very active in club and district service.*

I especially would like to thank the Hope Creator President Rtn Godfrey Okello Omoding for the mentorship as I prepare to take on this role. This year is a hugely momentous one for us given that our own Rtn. Anne Nkutu will be taking the reigns as the District Governor Elect of District 9213. We are truly and hugely proud of this achievement.

This year is themed the "Magic of Rotary" and as Rotary International President-Elect Stephanie Urchick said

it is up to us to create the magic with every project completed, every dollar donated and every new member while not forgetting to make our club simply irresistible". This will be the basis of everything we do.

*As we enter into the 2nd year of implementing our 3-year strategy, we must lean on the key strands of our plan namely; - retaining and growing members; engaging and improving member experience; increasing the impact of our service projects; giving to the Rotary Foundation; strengthen our engagement with our Youth, the Rotaractors and increasing club visibility.*

In line with this year's focus on Consolidation, Impact and Sustainability our activities will continue in the following projects;

- Equipping the computer laboratory at Akwang school
- Empowering boys and girls in Kamuli district
- Boy child skilling at St Mbaaga Tuzinde Primary School, Kiwatule
- Donating to the Missionaries of the poor

We have also applied for a global grant for a new project "Enhancing Mental Health and Psychosocial Support for Youth in Urban Areas". Mental health is close to my heart and has lately become a growing concern across all facets of life and addressing it is going to require both our collective and personal effort.

Finally, as I introduce the incoming Board Members and Club Officers and thank them for heeding the call to serve during this magical year, I would like to leave you with these parting words once said by the famous Mother Teresa. "Not all of us can do great things, but we can co small things with great love!"

I humbly accept this to serve as President. May God Bless You all. Thank you all.

## Help Us to Create Lasting Change

Solving some of the world's most complex and pressing problems takes real commitment and vision. Rotary members believe that we share a responsibility to take action to improve our communities. Join us, so that we can make an even bigger impact - together.

Visit us at

[www.rotarykampalanaalya.org](http://www.rotarykampalanaalya.org)

or call 0778-120-939 to know more about our club.

You are the missing link!



# When the Oceans rise and Thunders roar



**BY RTN. MEDDIE LUTAAYA  
RC - KIRA**

The Australian gospel outfit-Hillsongs Worship in July 2003 released a chart-topping gospel hit titled "Still". This song emphasizes the notion that amidst the rising oceans and roaring thunders reminiscent of humanity, the only recourse a believer has is to be still and know that there is God and he is aware of that situation. This notion espouses that fact that at every setback or unfortunate situation, individuals should stir clear of it and in so doing be mindful of the glue that holds them together. In a workplace it's the organisation's objective, and in Rotary, it's the desire to serve humanity. Causes of rising oceans and roaring thunders are primarily caused by conflict.

Conflicts are prevalent in every sphere of society and Rotary is no exception. Peace promotion and conflict resolution is therefore an area of focus in this space. One would then ask, what causes conflicts? This is a very broad question and I will restrict my answer on the 5 (five) dimensions of conflict viz; values conflicts, interests' conflicts, structural conflicts, information conflicts (structured v grapevine) and relationship conflicts. Values conflicts occur when people have perceived or have incompatible belief systems. Example can be religion, politics, leadership and this arises as a result of one imposing his/her values or claiming exclusive right to a set of values.

*Interests conflicts occurs out of perceived or actual incompatible needs. It occurs over issues of money, programs and priorities. This conflict arises out of a belief that in order to satisfy one's need, the needs of the opponent or adverse party has to be sacrificed.*

Information conflicts arise when people have different or insufficient information and disagree on what information set is relevant/irrelevant and this leads to distorting information to suit personal interests and/or withholding information or releasing it selectively.

Structural conflicts arise out of oppressive behaviours exerted on others by those deemed higher in hierarchy. This is done through control of power and/or resources to suffocate the down lines.

Relationship conflicts occur out of misperceptions, strong negative emotions or poor communication. In this type of conflict, dis-trust of one party breeds the belief that the dis-trusted party's actions are motivated by malice or an intent to harm or cause displeasure.

## **How then should one deal with conflict arising out of the 5 contextual elements explained above?**

- ◊ Seek to understand the voice of reason and exercise judgement judiciously. Rotary is not a popularity contest. Judgement should have equity. Is it fair to all concerned?
- ◊ Be ethical at all times. Second object of rotary. Ethics should espouse the 4 V's of Ethics; Values, Vision, Voice and Virtues
- ◊ Strike compromises in some situations. It should not always be a win. The Log Rolling Concept in effective negotiations
- ◊ Listen to the dissenting voices. Democracy is respect to the minority- Nelson Mandela
- ◊ Employ Emotional Intelligence (EI). Consider the 5 elements of EI viz; a) Self-awareness: recognizing and understanding your emotions and how they affect those around you. b) Self-regulation: managing your emotions effectively, particularly the negative ones.

This emphasises the need to stay calm amidst provocation and or tense situations. c) Motivation: being driven to achieve your goals. d) Empathy: understanding and sharing the feelings of others and e) Social skills: building and maintaining relationships with others

- ◊ Avoid undertones and anecdotes of hate. We advance international understanding, good will and peace
- ◊ Be a vessel of comfort to quiet the raging storm. Be the change champion. Provide a listening ear, provide a shoulder to lean. People only tell their secrets to those they are comfortable and sure of the secret being in safe custody
- ◊ Put context to all details and make rational judgement. Text without context is pretext (D.A Carson)
- ◊ Bond as often as possible
- ◊ Practice the art of active listening. Listening to understand as opposed to listening to respond. Look /listen at the full picture as opposed to looking/listening to bits and pieces. Iceberg Model
- ◊ Celebrate small wins as a team and in so doing, collective will be promoted and team work fostered.

The above conflict management strategies are not exhaustive and once applied relative to the prevailing circumstances, will go a long way into creating better friendships/ relationships and ultimately make the world a better place.





Aluminium and  
Metal Fabrication



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Poem

# Rotary

BY **HON. RTN. ROBERT K. RUTAAGI**  
*CP, PRFS, RFB, PHF.*

**I**

**Carry on Rotary,**  
Gentle wheel of Rotary,  
Across all nations,  
From Chicago to Moscow,  
Carrying out that gospel of  
peace,  
And doing good  
everywhere.

**II**

**Hearken to the gentle  
motion of Rotary,**  
The wheel that moves on  
and on,  
Eradicating disease and  
nurturing the needy;  
Giving education to those  
that have none,  
And establishing goodwill,  
Amongst nations of the  
globe.

**III**

**Yes, Rotary,**  
Upon whom entire mankind,  
Looks with hope,  
To eradicate polio,

And those other scankers:  
Enemies of man.  
Hearken to the cry of polio,  
Behold the tears of polio,  
Fleeing from Rotary wheel,  
And about to crash,  
Into irrecoverable cinders,

By Rotarian stampede,  
Treading upon it without  
mercy or compromise.

**IV**

**Yes, Rotary,**  
Suppose Paul Harris,  
Returned to Dearborn Street,  
Or, from 20th Century  
window, peeped,  
And decried at thy  
development,  
From a mere three to over a  
million,  
Would he faint back into  
death,  
Or, in ecstasy, shout out

loudly-  
"Rotary International!"  
And in unison,  
All Rotarians World over,  
World retort back and sing:  
"Vive, vivre le Rotary; vivre, vivre le  
Rotary...!!!"





# Service Projects

## Background

The Rotary Club of Kampala Naalya was chartered in March 2012. Through Rotary International, the Club undertakes community service projects on the seven (7) areas of focus of Rotary, namely:

- ◇ Peace and Conflict Resolution/Prevention
- ◇ Disease Prevention and Treatment
- ◇ Water and Sanitation
- ◇ Maternal Child Health
- ◇ Basic Education and Literacy
- ◇ Economic and Community Development
- ◇ Environment



Members of Rotary Club of Kampala-Naalya participating in Rotary Family Health Day

## Rotary Focus Area: Disease Prevention and Control Addressing Mental Health Challenges in Communities

The Rotary Club of Kampala Naalya has taken on a new project that seeks to address mental health challenges in selected communities. The Club is building on the fact that the primary care system in Uganda is inadequately funded and ill-equipped to address mental health concerns at a time of immense need. Records show that Uganda has only 53 psychiatrists, a ratio of one psychiatrist for every 1 million people, yet these are mostly located in urban centres leaving the communities in dire need.

With the recent COVID-19 pandemic, cases of depression have skyrocketed in the country resulting in other long-lasting conditions like diabetes, heart disease, and stroke, yet for others, chronic conditions increased the risk for mental illness driving a vicious circle of illness' which needs urgent intervention.

Dr John Mugisa and other club members are working with a team of medical personnel from Butabika Hospital on developing a mental health project. They have identified communities in the outskirts of Kampala particularly in Nakawa Division, where Rotarians will run school-based early intervention programs, mental health clinics and



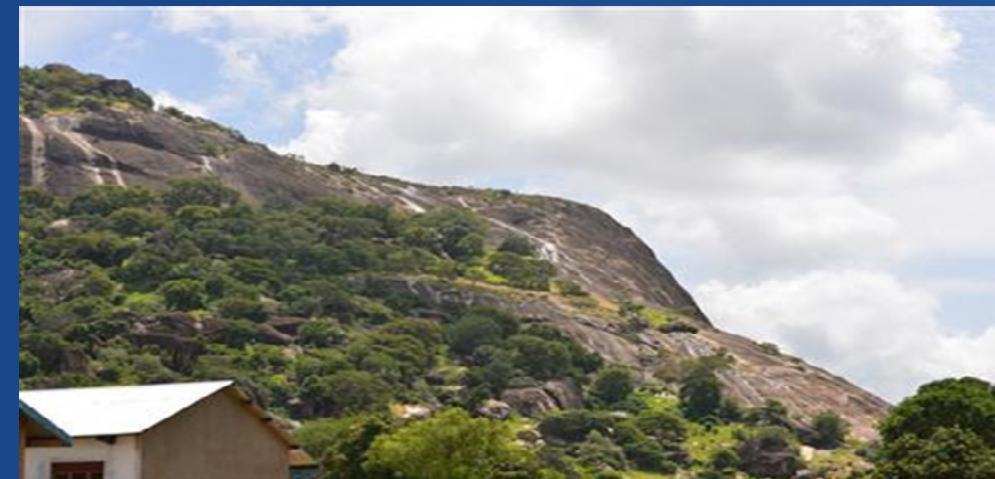
A growing Health Problem

shelters for the provision of Mental Health Community Support and Psychosocial Services for young people, adults, and older people. To this effect, the Club has written project proposal.

caregivers.

## Rotary Focus Area: Water and Sanitation, and Disease Prevention and Control, Water and Sanitation interventions

Clean water and sanitation is a human right. When people, especially children, have access to clean water, sanitation, and hygiene, they lead healthier and more successful lives. Rotary has issued a global challenge to its members, asking them to work collectively to improve



Akwang Rock Hill

The club's community-based services will bridge the gap between in-hospital care and community support through the provision of community care units, prevention and recovery care services, and outpatient clinical treatment. This is aimed at reducing stigma and enabling people with mental illness to live successfully in the community. For the aged, the mental health community interventions will provide assessment and treatment, rehabilitation, case management services and support to care service providers, families and

education quality and access — particularly for girls — by working with communities to improve teacher training, curriculum, and water, sanitation, and hygiene facilities. The Rotary Club of Kampala-Naalya has been involved in a number of activities to extend safe and clean water to communities in Northern Uganda. The first project was the construction of rock catchment reservoirs in Akwang village, an area with a rocky topography and with limited access to water.

Here more than 1,500 residents shared one borehole and an open well with domestic animals; a problem that needed an urgent and multifaceted solution to provide safe water and protect the community from diseases. The Club's needs assessment established that with several rocks characterizing the topography of Agago, even low and erratic showers could supply large volumes of water provided the rock area is sufficiently large enough to compensate for the low rainfall.

A system was therefore designed and built such that run-off water from the surface of a rock outcrop is channeled through gutters to a 100,000 liters ferrocement tank. Before it reaches the tank, the water is passed through a filtration chamber filled with sand and stones of varying sizes. The tank is connected to a tap stand, which lies about 400 meters from where water is made available to the community. Three tap stands have been installed in the community, including one at Akwang Senior Secondary School.

Memorandum of Understanding (MoU) for a second tank was signed in the Rotary Year 2021-2022.

The second intervention is the RI-USAID partnership which works to enhance access to safe water, improve hygiene behaviors in 44 schools and 18 health care facilities and strengthen district water and sanitation governance for



100,000 liters ferrocement tank



# Service Projects

sustainable services. The project is anticipated to benefit a total of 17,600 learners and 27,000 people from the nearby trading centers to the health centers.

The WASH interventions by Rotary Club of Kampala-Naalya included the construction of a 5 Stance Boys Drainable Latrine Block at Atenge Primary School, A 5-Stance Girls Drainable Latrine Block at Atenge and Agelech Primary Schools, a Group Handwashing Facility at Atenge, Agelech, Arum, Ayika, and Acholpii Lapono Primary Schools. The Club also supported the construction of Incinerator's at Arum, Ayika and Acholpii Lapono Primary Schools, all in Agago District.

**Rotary Focus Area: Basic Education and Literacy, and Peace and Conflict Prevention**  
**The Peace and Literacy (PAL) Computer Project**



Akwang Senior Secondary Student dancing in one occasion of launch of Laboratory construction

Sixteen years after the Lord Resistance Army (LRA) insurgency, Northern Uganda and, in particular the Acholi region, remains relatively poor and with some of the lowest social indicators. Approximately 32.5 per cent of its population is living below the poverty line compared to the national average of 21 per cent as in 2019 year.

Northern Uganda is behind the rest of the country in terms of health indicators, household sanitation coverage, pupil to classroom ratios, and lower proportions of pupils with adequate sitting and writing space. Access to economic opportunities and basic services remains highly uneven and hence the high unemployment rates, particularly in the more remote localities. Paimol sub-county is one of those areas which is further behind because of its poor road network and accessibility which has constrained access to basic services. For example, 40.2 per cent of the households in this sub-county do not have access to safe water and 63 per cent have to walk more than 5km to the nearest health centre. (UBOS, 2014).

Despite the challenges that the community of Paimol sub-county experienced, the people remain admirably resilient, and in 2003 they built a school; Akwang Secondary School, to provide secondary education for their children. The community was adopted by the Rotary Club of Kampala-Naalya in 2014. It is one of those that were devastated by the two-decade-long rebellion by the Lord's Resistance Army, which severely hit social services in the region. Schools were destroyed, throwing hundreds of children out of school.

Today, Akwang Secondary School remains the only secondary school in Paimol sub-county. Unfortunately, because of limited resources, the quality of education is wanting. Although it has a population of more than 650 learners, the school has less than 12 properly constructed classrooms. The pupil-teacher ratio



Typical Settlement in Paimol Sub- County, Agago District



One of the Akwang Sec. School classroom in 2014

is also very high: 85:1, and in 2020, the school registered only two first grades in O' level out of a class of 89 students.

Nevertheless, the school offers an immense opportunity for the students in this community and particularly the girls who are among the most vulnerable. Northern Uganda has some of the highest drop-out rates for girls. The 2014 Census showed that one in every 16 girls aged 12 to 17 years in Agago district has already given birth; and that one in every 15 girls aged 12 – 17 has ever been in a marriage union. Because of the high rates of teenage pregnancy and early marriage, approximately only 21.9% of the girls (13-18) are attending secondary school (UBOS 2014).

In 2014, the Rotary Club of Kampala Naalya visited Akwang Secondary

School and conducted a needs assessment that identified many factors that are contributing to the poor quality of education:

poor infrastructure; limited number of teachers; and lack of adequate teaching materials, to mention a few.



Launching of the Construction of Computer Laboratory at Akwang S.S. in 2016

*In the wake of government's emphasis on science subjects and information technology, the Akwang Secondary school was facing an uphill task of providing proper teaching facilities for its students. It's on this basis that the Rotary Club of Kampala-Naalya championed the campaign as one of the initiatives to strengthen the capacity of communities to support basic education and literacy through service projects.*

The Club envisioned a modern science and computer laboratory for Akwang Secondary School. In 2016 RC Kampala Naalya embarked on the phased construction of the laboratory at Akwang Secondary School. The laboratory was perceived as a strategic intervention given the growing importance of digital literacy for employment and entrepreneurship.

Photos (2021)



Phased construction of computer laboratory at Akwang Senior Secondary School



# Service Projects

The construction of the computer laboratory was informed by the need to reduce the digital divide between urban students and those in rural locations, the need to increase teachers and students access to online teaching and learning resources and to ensure that young people have the skills, competencies and knowledge they need to succeed in the changing world of work. The construction of the laboratory was completed in 2021 and was accompanied by installation of furniture and fixtures; enabling housing altogether 30 computers- 28 computers for learners and 2 for instructors/ teachers. The proceeds from the Club Annual Women in Rotary celebrations, a donation from Salman and other donations have so far funded the completion and furnishing of the computer laboratory. What now remains is the final phase; the equipping of the facility with computers.

The Club has embarked on this final phase of equipping the laboratory with a call for support from willing partners. The following activities are planned to be conducted:

- ◇ Fund raising and soliciting for interested partners
- ◇ Procurement of computers and accessories
- ◇ Installation of computers
- ◇ Training of school technician on the operation and maintenance of hardware and software
- ◇ Basic digital training for teachers to strengthen their capacities to integrate digital technology in learning



The Furnished Computer Laboratory

## Other Interventions

### Rotary Blood Bank- Global Grant Partnership

GG # 1421096 project in partnership with RC Kampala, Mengo Kampala Sse, Kiwatule, Portbelli, Kampala Muyenga Breeze towards the construction of the Rotary Blood bank.



Club contributed: \$2000

Rotary Blood Bank at Mengo Hospital

### Every Youth Working -Global Grant Gg 2230212

Through support from the Rotary Vijana POA Secretariat, the Rotary Club of Kampala-Naalya has been able to empower a group of youths in Kiyunga Village, Kamuli District with various skills, among them; soap making, shoe making, art and craft. Many of these youths had dropped out of school due to pregnancy, poverty and other reasons, some of which came with the COVID-19 pandemic as narrated by Rachel Mirembe, a girl who got pregnant at primary school level, and Samson Kibalya, Parish Chief.

"A graduate impregnated me and 'ghosted' me upon learning that I was pregnant. I haven't heard from him ever since. I had to come back to my mother, who is equally struggling. My father advised me to look for money to cater for my pregnancy and I did this through charcoal-burning, which was very hectic for a pregnant woman. I had a difficult childbirth and it was only by God's grace that I made it. I have been part of this project from the start and I feel confident that things will change if I focus. I would I like to go

back to school and study for a better future and I am requesting Rotary to help me since my parents cannot afford to take me back. I also advise my fellow young women that even the learned men we see are also exploiters, so don't be excited". Rachel Mirembe, Bandare Youth Group, Kiyunga Parish Kamuli District

*"Covid brought us challenges that led to increased teenage pregnancies and uncontrolled poverty levels in the villages. Our girls lost hope, they lost esteem and self-confidence. We thank Rotary for choosing our community; our girls now have hope; they can fit in the society because they are skilled" - Samson Kibalya, Parish Chief.*

After the interventions by the Rotary Club of Kampala-Naalya, twenty members report that they have now life-changing skills; enabling them to generate money as a group and they plan to use the knowledge attained in start-ups to earn individual incomes that can support their families. Some of the girls who had dropped out of school due to pregnancy like Rachel Mirembe have returned to school.



Products made by the Youth Group after attaining skills from the Training



Part of the children taken care of by the Missionaries of the Poor in Busega Home in 2022

### Missionaries of the Poor Children's Home-Busega

*The Missionaries of the Poor (MOP) is a home that takes care of the poor, needy, homeless, depressed and disabled that have been abandoned by society and need a loving home, food and care. Some of the children in the home are mentally and physically incapacitated and depend entirely on the generous support of the community.*

The Rotary Club of Kampala-Naalya has over the years provided support to the Missionaries of the Poor - Bethlehem Home in Busega through supply of food items, cleaning and sanitary supplies, medical and dental camps, and supply of scholastic materials for the children who are able to go to school.



Kampala - Naalya Club Members at MOP





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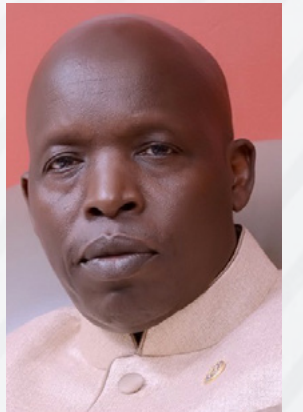


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AWARDS



**Jackie Mutimba**  
FAMILY OF ROTARY



**Francis Lubuulwa**  
INSTALLATION



**Flavia Serugo**  
WOMEN IN ROTARY



**Dennis Juuko**  
CLUB FUNDRAISER/  
DISCON DINNER



**Sylvia Nankya**  
ON TO DISCON/  
RI CONVENTION



**Ronnie Mutebi**  
CANCER RUN



**Fathila Nannozi**  
ROTARY FAMILY  
HEALTH DAYS



**Elias Namanya**  
POLIO OFFICER



**Brian Mayanja**  
SASIDE OFFICER

1

INCREASE OUR IMPACT

Fundraising

- TRF \$10,000
- 2 additional PHFs
- 6 PHF move a level up
- \$2,000 Polio Plus
- 100% Members pay EREY \$30
- Women in Rotary event

Service Projects

- GG execution – Mental Health Project
- Equip Akwang Computer lab
- Boy skilling St Mbaaga
- Economic empowerment in Kamuli
- Donation to Missionaries of the Poor

Collaboration

- 2 Family Health days
- Attend 5 aside
- Attend Cancer Run

2

EXPAND OUR REACH

Growth

- 10 New Members -> Total 50 members
- 70% Club Attendance
- Sponsor / Charter 1 new rotary club

Youth Engagement

- Strengthen our Rotaract club
- Sponsor 4 Rotractors for RYLA
- Support transition of 2

Rotaractors to Rotary

- Joint fellowships
- Support Rotaractor Project

Visibility

- Continue producing the weekly Bulletin
- Update Club activities on website and social media platforms
- Visit more clubs

3

ENHANCE PARTICIPANT ENGAGEMENT

Member Engagement

- Fellowship Calendar Key Themes for the month and topics for each week
- Member classification talks
- Each member allocated a committee
- 70% fellowship attendance
- Make Buddy groups more active
- Monthly Fun Fellowships
- Monthly and Vocational Awards
- 80% DISCON attendance
- 25% RI Attendance
- Family of Rotary Birthday, anniversaries
- 4 Social events i.e. home hospitality, Christmas gift exchange

Personal and Professional Development

- Club leadership and members completes training in learning Centre
- Attendance of District online training
- 2 members enroll for RLI

4

INCREASE OUR ABILITY TO ADOPT

Future Fitness

- Ensure Grant Qualification requirements in place

Governance

- Ensure Club documents (MERTS, Club Charter Certificate) are in place
- Ensure Club policies in Place
- 3-year Strategic plan in place
- Annual year Planner in place
- Ensure key Reports are submitted
- Ensure a monthly Finance report
- Streamline Mentorship process for inductees
- Undertake a membership Survey

Harnessing Technology

- 100% of Club members are active on MyRotary and on Club Runner



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