

Naalya Food October 2023

Bulletin

Rotary
Kampala-Naalya

CREATE HOPE
in the WORLD

Issue 15

Rotary

World Mental Health Day
October 10th



Inside This Issue



One on One with the
DGE



President's
Message



Out to Lunch

Editor's Note

DEAR READER,

Every year we celebrate **World Mental Health Day** on **10 October**.

The theme for 2023, set by the World Foundation of Mental Health, is **'MENTAL HEALTH IS A UNIVERSAL HUMAN RIGHT'**.

Of course it can be difficult for most people to come to terms with having a problem with their mental health as depression, anxiety, and other disorders are on the rise. We encourage you to talk! Come together with friends, families or colleagues, hold a Tea and talk!

October is also an exciting month for Rotary as we celebrate *World Polio Day* on October 24

In this issue we bring you a one on one with our very own DGE Anne Nkuutu. Also, do not miss HCP Omo's weekly message and a new column Life Matters.

I thank you all who take time to read all that is written.



Keno Lillian
Bulletin Officer

PRESIDENT'S MESSAGE



DEAR ROTARIANS AND FRIENDS

We started the month of October with a club closed assembly. This was the first Club Assembly since the rotary year began. It was very productive and re-energizing. We redefined our next moves for the second quarter; drawing from our strength and the lessons learned. Generally, the first quarter was remarkable. No doubt we had our tests and tastes of many things. I take this opportunity to thank our members and friends for the fruitful first quarter. There is still more we can initiate and do in the second quarter.

This week we shall host our first key note speaker on the theme of the month- Economic and Community Development, Stella Nakawuki Lukwago. Stella will give us an exposition on the basics of community development and empowerment through "small" enterprises. This will be based on practical approaches for creating opportunities for the marginalized. Aware that the Uganda's national poverty rate in 2019/20 was about 30%, according to Uganda Bureau of Statistics, small enterprises come handy for fighting poverty. They don't require high level of skills, a lot of capital, they are more labour intensive, easy to start, relocate and

duplicate. Therefore, starting our reflection on the month's theme with this foundation is letting us go to the roots.

Getting a deeper reflecting on the basics sets us asking many questions pivoting on; "why the existence of level of deprivations, how to come out of it, what to do?" Sometimes generalization leads to losing targeted groups or creating big holed sieve; making it hard to sieve interventions and their targeted beneficiaries. Many people get missed out or get wrong prescriptive interventions being administered. Community development and empowerment has challenges of specific targeting and patience. Also being aware that there are times when people who are deprived get accustomed to it and accept the situation as it is – fate accomplished. Such situations require approaches that cause transformation.

Rotarians, today, economic and community development needs finding the missing links and stitching them. Very sad, sometimes, to find that what would be a good intervention fails to address the missing link. It rather becomes a vent for channeling resources to untargeted. Also, the costs to managing the interventions become more costly than what is injected on them. Think about it! This may tell something why the poor remain poor. Who is there to remedy the situation? Are Rotarians the right people to remedy the situation of deprivation? What other ways can this be viewed? Many of these questions definitely require pondering and need urgent answers.

The theme of the month places squarely economically deprived people and communities before us. Awaking each one of us, individually and collectively, to seek for transformative solutions. Today with all the available knowledge, science, technology and information, the tasks at hand are how to use and apply these appropriately. This calls for the present to transform for the future and being mindful of the society as a whole. Settling for a collective community advancement as a prerequisite. When we think and do this, hope will be created. Communities will be happy and peace will prevail. Anyone who goes to bed hungry should be out of choice not because there is no option. Pride would prevail in the community and hope would be the prize. Fellow Rotarians, let us continue creating hope whatever small the intervention may be. At least, it will light someone's life. So many small lights brightened the sky.

Be blessed.

Rotarian
Godfrey Okello-Omoding
HCP

ONE ON ONE WITH DGE ANNE NKUTU

Hobbies: Listening to Music. I listen to all genres - but Soul is at the top of the list and Luther Vandross is my all-time favorite.

I also love reading even though I do not get much time to do leisure reading any more.

Travelling and Photography are my other hobbies. Because I love to capture memories of places, occasions and people, I have previously invested in quality Cameras in order to get the best shots.

However I am finding it increasingly tedious to carry around a camera.

Favorite Dish: Gonja any day and in any form; but I also love Indian cuisine

Favorite Drink: Chai (Black Tea); but I also enjoy an occasional Gin and Tonic.

Dream destination: Dreamy places like the Seychelles, Mauritius and Bahamas.

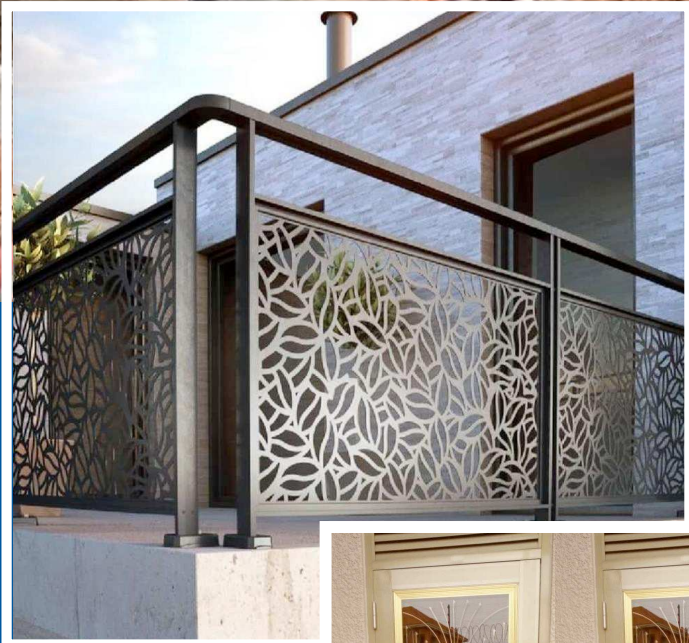
Best Book Title: Rage of Angels (Sidney Sheldon). But my favorite author is John Grisham. His books are gripping and I have gotten in the habit of buying myself a Grisham book every Christmas as a gift to myself.

Anne Nkutu
DGE





Aluminium and
Metal Fabrication



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Life Matters

Proverbs 22:6 (KJV); Train up a child in the way he should go: and when he is old, he will not depart from it.

Family Values:

Training children in the way they should go if not only about teaching them morals. One neglected aspect of this training is teaching them how to preserve wealth over generations and build legacies.

Unfortunately, the generation today does not know how to build on inheritance.

Once their parents die, they only look to divide and seek what has been left. Some even start to scheme how to distribute their parent's property when the parents are still alive.

Children should be taught how to multiply what has been left in their care. This is the responsibility of the parent and you must start early. It does not do much good for you to start training your child to take over your business at age forty when he has been indifferent to the workings of your company all your life.

Undoing your legacy will be the first thing he will do before your body is cold in the ground because he does not want to be saddled with a business whose sweat and tears he does not understand.

The good man in proverbs 13:22 leaves an inheritance for his children's children.

This he does primarily through teaching his children the fundamental principles of building lasting legacies.

Pastor Ronnie Mutebi

Proverbs 22:6 (KJV); Train up a child in the way he should go: and when he is old, he will not depart from it.

FAMILY VALUES III

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FOODS THAT HELP IMPROVE MENTAL HEALTH

On the 1st of October 2023 Rotary District 9213 launched the Mental Health awareness campaign, concentrating on three major pillars, awareness, inclusion and access to health.

More and more people are turning to pills to help with their mental problems, and although they can be helpful, specific changes to one's diet can also help. This isn't to say that you shouldn't listen to your doctor and not take any medications you've been described. But certain foods have been shown to help improve mental health. If you're not on a strict dietary regimen, it won't hurt to add more of these foods to your daily diet.

Just Dried Grapes

There is no question that grapes are one of the healthiest things you can put into your body, but carrying bags of grapes around is not practical. They can get squished and turn into a goopy mess, and they can also start to wither away pretty quickly when you take them out of the refrigerator. Raisins are much easier to snack on, as you can carry a box of them around in your purse. What makes them so great for mental health is that they're rich with the element boron, an essential trace mineral that many people are deficient in.

The inability to pay attention and retain information is a side effect of both anxiety and depression. Boron has been shown to improve concentration and memory by as much as 10%, so it wouldn't hurt to keep these in your home as a snack. Or you can start adding them to your other foods, such as yogurt or cookies (though you need to be careful about added sugar, as it can wreak havoc on your physical well-being as well as mental health). Raisins are also helpful with keeping your blood pressure down, and they can also help relieve insomnia, something else that people with anxiety and depression tend to struggle with.

Straight from the Chicken

Eggs are one of the richest sources of a chemical called choline, a nutrient well-documented for its ability to ward off anxiety and depression. In fact, pregnant women have been advised to consume extra choline to lower the possibility that their children will have autism and a consortium of mental illnesses. This nutrient also improves memory, so having at least one or two a day is a great idea. But possibly their greatest asset in terms of mental health is their high omega-3 fatty acid level, which boosts brain function. Studies have shown that cultures whose diets include high amounts of omega-3 exhibit far better mental functioning and improved mental health over cultures whose diets rely more on sugary processed foods.

There is no way to understate the importance of omega-3 in promoting mental health; an adequate supply of this fatty acid

can be as beneficial as taking antidepressants without the unpleasant side effects. Eggs are also an excellent source of protein, which will help you to feel fuller throughout the day and provide you with energy. Their high cholesterol content may scare some people off. However, naturally occurring cholesterol is far less dangerous than what your body makes when you consume processed foods, such as potato chips and sugary cereal. Scrambled, fried, boiled, poached, find a way to eat eggs so you can enjoy them several times a week.

Leafy green vegetables

Not only is broccoli the broom of the stomach – meaning that it's excellent at keeping your gut clean – but it works wonders at keeping your brain healthy. Broccoli contains a decent amount of lutein, which studies have called “crystallized intelligence.” What it does is that it helps the adult brain use and maintain the skills they've learned throughout life. This is a breakthrough, as the adult brain tends to deteriorate over time and lose much of its mental elasticity. Leafy green vegetables, including broccoli (though many people may not think of it as “leafy”), are powerful in the fight against age-related dementia and memory loss and improving overall cognitive function.

In addition to protecting your brain, broccoli helps protect your second brain – your gut. Broccoli is one of many foods considered prebiotics, which helps establish a healthy environment for the probiotics that your stomach needs for overall health and well-being. Many people do not realize that much of their mental health is controlled by the gut. An unhealthy gut is laden down with processed food residue and lacks probiotics (the good bacteria you need to keep the harmful bacteria at bay). Broccoli is one of the best things that you can eat to keep your second brain functioning optimally.

Spinach

Spinach is a healthy vegetable that is also rich in folate and vitamin B12, both of which have been shown to decrease the risk of dementia. In those people who developed Alzheimer's disease, scientists ran tests and discovered high levels of homocysteine. These high levels are associated with low intake of B vitamins, so ingesting more of them will help your body fight the onset of this crippling condition. Spinach has several of the B vitamins, and because these vitamins occur naturally in spinach, they are absorbed much better than from supplements. Pregnant women in particular need to consume plenty of spinach because the folate

(one of the B vitamins) can help prevent many congenital disabilities.

If you struggle with depression, anxiety, and several other mental health challenges, you probably struggle to hold onto information and focus. The nutrients in spinach help to counteract these problems. What's more, this vitamin- and mineral-rich superfood has so many healthful compounds that it can naturally boost your mood and make you feel more positive. Isn't that what antidepressants are supposed to do? Exactly. Spinach is like a natural antidepressant. If you have a hard time with the thought of eating spinach every day, try some recipes for green smoothies. These tasty drinks have so many fruits in them that you may not even taste the spinach at all. Or you can try spinach and artichoke dip (just don't overdo the chips).

Almonds Between Meals

Almonds are rich in vitamin E, which reduces the brain's deterioration as you get older and helps your skin and skin appendages (hair and nails). They are also high in magnesium, and studies have shown that magnesium deficiency is associated with higher stress and anxiety levels. Boosting your magnesium intake by eating almonds regularly can be a powerful step in turning your mental health around. They're also rich in protein, which will also help you feel full for much longer. You don't like almonds, you say? Not a problem. Try almond milk or adding ground-up almonds to some recipes. You could also try almonds that have been seasoned in different ways or as part of a trail mix.

The daily recommended amount of almonds per day is about 2 ounces, making for an easy snack between meals. Just that two ounces provides 40% of the magnesium you need every day, along with the protein, fat (yes, fat; your body does need healthy fats every day) instead of the unhealthy fats found in processed food), and fiber to keep you energized. Try replacing the chips that you usually snack on with a handful of well-seasoned almonds, and swap out cow's milk for almond milk for your breakfast cereal. You can even find almond-based coffee creamer to use instead of creamer based on cow's milk.

Turkey: The Healthiest Meat

Turkey is known for being a healthier choice of meat, as it has less fat on it overall than chicken or beef. You may not know that turkey also possesses the amino acid tyrosine, which helps the brain's dopamine levels. Dopamine is an important neurotransmitter that regulates memory, and it is also necessary for boosting your mood. More importantly, turkey contains tryptophan (the ingredient that supposedly makes you sleepy), a necessary building block of serotonin. Many antidepressants work by increasing your ability to produce and absorb serotonin, so they act like turkey. It's a natural antidepressant.

In addition to these mental health benefits, turkey is

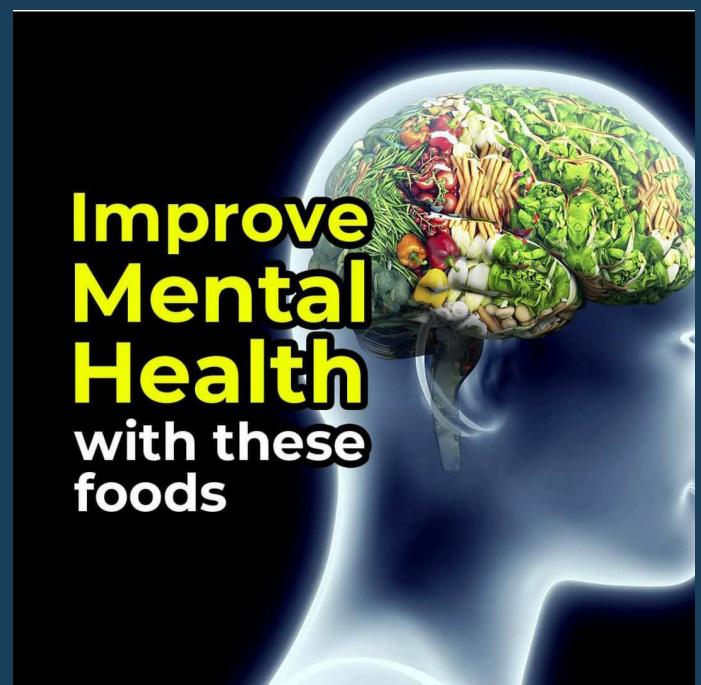
much lower in saturated fat than beef and pork. On an environmental level, raising turkeys produces fewer greenhouse gases than cows and pigs, so it is a more ethical meat choice. You may think of turkey as a special dish that you prepare for Thanksgiving and Christmas, but you can eat it all year long and enjoy its health benefits more than twice a year. Consider adding slices of turkey to your sandwiches instead to keep that brain active. If you struggle with depression, you may want to consider swapping out chicken for turkey regularly.

Blueberries

Blueberries are rich in antioxidants, which work wonders at fighting cancer. They rid the body of free radicals that are responsible for tumors forming. But blueberries are also great at helping the mind to stay active. These same antioxidants improve short-term memory and the functioning of motor skills. These little berries are also exceptionally high in vitamin C, which helps repair cells. Do you know what harms cells? High levels of anxiety and stress. If you struggle with anxiety, you need lots of blueberries to help repair the damage caused by stress hormones, such as cortisol and adrenaline. Blueberries may be just what the doctor ordered to help you stay mentally and physically healthy.

Blueberries aren't just healthy; they are super fun to eat! If you live in an area where they grow, you can spend a day with friends and loved ones picking blueberries to take home. Blueberry bushes are pretty low-maintenance, so you can even grow them yourself, pending where you live. And who doesn't like eating blueberry cobbler or blueberry pie? You can eat them by the handful, pop some into yogurt or a smoothie, or add them to a fruit salad. Following the doctor's orders is super easy with this superfood; eating blueberries every single day will add so much flavor and nutritional value to your diet that you won't want to stop. Look out for our next issue to learn more about foods that can help improve your mental health.

Retrieved from Medical News





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.

WHAT WE OFFER AT RELA DENTAL

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- Crowns and Bridges
- Orthodontic Treatment/Braces (For clients with teeth mal-alignment)
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- 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

#OUTTOLUNCH:

REPLACE AUCTIONEER ADVERTS WITH PROMOTION ONES TO GROW THE ECONOMY

If you listen to some of the government officials, the economy is doing exceptionally well and has recovered from the aftershocks of COVID-19. Inflation, we are told, has been controlled to around 3%. This is a world first; government officials gleefully tell us. With the oil expected in about two years, Uganda will be in dreamland.

Even before oil, we are the boda-boda bike that starts with a single kick or the plane whose pilot is folding the landing gear, an indication of sound mechanical conditions and successful takeoff respectively. What a time to be alive!

When leaders get their terms of reference, giving hope, could be one of those highlighted in a luminous color. They must do it at every time they stand behind a microphone. What may not always be marked with a highlighter yet crucial is that hope alone cannot solve the challenges of our time. Finding real solutions to our challenges is crucial. Pragmatism they call it.

Despite of all the economy is sound talk in Uganda, the biggest advertisers today especially in the daily newspapers are auctioneers. These aren't calling for bids of people buying the Mona Lisa, 100-year-old timepieces, or the table on which Jesus sat during the last supper!

These are guys who have received instructions from financial institutions to sell off properties to recover their money. By the time the adverts appear, the lender has cajoled the borrower for eternity, trying to recover their money. The majority of borrowers don't want their properties to be sold by banks, but they have failed to pay off the debt. Many such borrowers are returning to the village, to use a common Ugandan phrase.

Contrary to popular beliefs, banks also hate selling properties. It is cumbersome. The easiest things for them is to get their money back not to sell off properties.

Anyway, if it isn't banks, it is mobile money lenders making frantic phonecalls to anyone they suspect of knowing the borrower to pay back loans. Perhaps you have heard of Mangu Cash, Quick Loans and such other guys asking you if you know how to help them get somebody you haven't spoken with for years for having borrowed some ka-50k that he isn't paying back.



DENIS JJUUKO

At the highest level, you have guys who built allegedly fancy hotels and poultry breeders being sold and at the lowest a guy who took a 50k from a mobile app and no longer answers their calls to pay back. In between, you have a friend who is calling you to help talk to a mutual friend who is not paying back the money they borrowed.

For others, the option is to vent on social media in the hope that the borrower will feel ashamed

and pay some money back. Motivational speakers are telling their audiences to only lend money they can afford to lose.

Yet government can always do something. The first one is to accept that the economy may not be as rosy they tell us. Once you accept the problem, you are already half way of solving it.

They don't need to do much research. If newspaper ads are not promoting products but properties whose owners have failed to pay off their debt, it means something really needs to give.

Government can sit down with the banks to find a solution so loans could be restructured, management taken over by a competent board and management and such things. I see some muted sort of campaign to support exports or increase tourism numbers and all that but if the businesses are being sold for failure to pay back their debts, how would those numbers go up?

We have talked about high interest rates on loans and mortgages, high taxes and the cost of doing business but everyday a new cost comes up. Every government "authority" is finding a creative way to increase the cost of doing business. If it is not a license or permit, it is annual returns. How many annual returns should a single business file?

Procurement to supply government takes forever but if you are lucky to land a contract, your excitement would soon turn into tearful endless trips to ministry headquarters chasing permanent secretaries, undersecretaries, tea-girls and whoever you assume has the authority to clear an invoice. In the meantime, every time you visit a ministry to check on your payment status, you must go with new copies of documents. What you submitted last week is no longer traceable. How difficult is it to install an online invoice submission system? Lots of unemployed ICT graduates loiter city streets every day.

So, to avoid properties being auctioned, some businesspeople are staying away from supplying government. Yet government is the biggest business in any economy. Businesses can't grow when they can't access such a big market.

But the most important thing today is to see how we can see more newspaper adverts promoting products than those of properties being sold by auctioneers. It is a simple measure to tell how the economy is doing and whether people have jobs or not.

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The writer is a communication and visibility consultant.

djuuko@gmail.com



In Support of the
Makerere University
Rotary Peace Centre

#APeaceConcert23

AFRICA PEACE CONCERT

3RD EDITION

EXPERIENCE CONTEMPORARY AFRICAN MUSIC

3RD
NOV
2023

15H (GMT) | 18H (EAT)
SPEKE RESORT MUNYONYO
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BlackRoots UNLIMITED, Ghetto kids
and many more.

PHYSICAL AND
VIRTUAL
ATTENDANCE:
\$100 USD

To Donate:
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Club Assembly *Pictorial*



Rotary 
District 9213
District 9214

Rotaract 
District 9213
District 9214

 **Singing
& Dancing
Competition**

**Song
theme:**
*Arise/Stand up
Africa*

11th November
2023

Venue:
Kampala Parents School

**GRAND
PRIZE:**
2.5 Million

Tagline:
*Creating impact
beat by beat*

Registration:
Rotary club/Corporate Company:
200,000 ugx
Rotaract Club: 100,000 ugx

Entrance Fee:
Adults: 20,000 Ugx
Children: 10,000 Ugx
(12Years and below)

Time: 10:00am

**Scan to
Register**



#RotarySDC23

  RotarySDC



Rotary
District 9213



CREATE HOPE
in the **WORLD**

ANNUAL ROTARY GOLF TOURNAMENT



24th NOVEMBER 2023 |  **8:30 AM**

FEES
75K

INDIVIDUAL PLAYER

FEES
2M

ROTARY CLUB

FEES
10M

CORPORATE SPONSORSHIP

PROCEEDS WILL SUPPORT THE BASIC EDUCATION AND LITERACY PROJECTS

FORMAT: STABLEFORD

MTN MOMO PAY

Airtel Momo Pay



 **UGANDA GOLF CLUB KITANTE**

***165*3*648672*amount#**

***185*4*9*4298410*amount#**

Powered by Rotary Club of Kyadondo

ROLEX BUDDY GROUP IN CHARGE

OUR MEMBERS



Rtn Arnold Ntege



Rtn Dennis Osikol



Rtn Efrance Nakitto



Rtn Evelyn Mulinda



Rtn Francis Lubuulwa



Rtn Hadijah Nankanja



Rtn Laetitia Kiyingi



Rtn Sheila Kawamara Mishambi



Rtn Stephanie Gacukuzi



Rtn Stephen Kakonge



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 0778 120939**

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

Rotary 
District 9213

 CREATE HOPE
in the WORLD

TRF RECOGNITION *Dinner*



5PM

SATURDAY 25TH,
NOVEMBER 2023

VENUE: KABIRA
COUNTRY CLUB

ROTARIANS / ROTARACTORS
FEE: UGX 200,000/=

CORPORATES

PLATINUM	UGX 10,000,000	SILVER	UGX 3,000,000
GOLD	UGX 5,000,000	CLUBS	UGX 2,000,000

RSVP

JOE NUWAMANYA
Chair organising Committee
0776720280

FABIAN KASI
Chair Fundraising / Treasurer
0772791541

RONALD OINE
Chair Paul Harris Society
0772730201

Powered by RC Kiwatule & RC Kyadondo

Rotary



**END
POLIO
NOW**

District 9213
District 9214



WORLD POLIO DAY

Commemoration

21st

**October
2023**

**Save the
Date**

Venue:

Kitante Primary School

Time:

9:00am (EAT)

For More Info

PAG Margaret Okello

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+256 702 406 273



