

Naalya Food 29th July, 2025

Bulletin

Rotary  | UNITE FOR GOOD
Kampala - Naalya

Issue 4 | RY 2025-26



Rtn. Fabian Kasi,
DGN - D9213

RC KAMPALA - NAALYA



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Men are Missing Link



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Editor's Note

Dear Rotarians,

As we end July and look forward to August, we reflect on a truly impactful month. This week, we conclude our focus on Maternal and Child Health, a theme that has resonated deeply within our club.

Through our weekly fellowships and articles in this Bulletin, we learned quite a great deal about the critical needs of mothers and children, explored possible solutions, and, most importantly, men have contributed to the sharing of knowledge about the challenges that face our dear mothers and newborns in our communities.

In this issue, PP Okello-Omoding makes a critical observation: the state of our mothers and children provides tangible evidence of who we really are as a community.

Additionally, our guest of the week, **Mr Hassan Ssekajoolo** opens our eyes on the crucial role that men should play in regard to



maternal and child health.

I wish to thank all the members who have contributed content throughout the month to enrich our knowledge in regard to this very important subject.

This issue marks the transition from maternal and child health to a new theme that, while seemingly internal, is foundational to all our external successes: Membership. Indeed, the stronger our club is, the greater our collective capacity for service.

We often talk about 'Service Above Self,' and that remains our guiding

principle. However, as PP Mugisa's interview and AG Lubulwa's article explain in this issue, it's also true that Rotary membership offers incredible enrichment on all fronts. In August, we look forward to exploring the diverse ways that Rotary membership enhances our lives. Once again, we are looking forward to informative articles and other information about this critical theme.

I encourage each of you to engage with this month's theme. Let's reflect on the value Rotary brings to your life and consider how you might share that story with others.

After all, showcasing the benefits of membership is key to attracting new individuals who can bring fresh energy and ideas, ensuring our club's legacy of service continues to flourish.

Enjoy!

Yours in Rotary,

Rtn. Peter Nyanzi
Bulletin Officer

Feedback

We'd love to hear from you about any of our stories this year 2025. Contact the Bulletin Officer: **+256 772 434 328** or Email **rcklanalyafoodbulletin@gmail.com** or **tap on the buttons** below



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President's Message

RTN CHARLES OWEKMENO
Club President 2025-2026



Hello Rotarians! Rotaractors,
and Esteemed Guests,

As we conclude the third week of this Rotary year, I want to extend my heartfelt gratitude to each of you for your enthusiasm and support for the Rotary Club of Kampala Naalya.

I am especially grateful to all who joined us during our last fellowship on 22nd July 2025. The message from our guest speaker was both powerful and inspiring: men and women must unite and collaborate to ensure women achieve the highest levels of maternal health and dignity. Our club will continue to pursue this message through

the service projects and other community engagements.

“

I warmly invite you all to join us this Tuesday, 29th July 2025, at Arches Garden Kisasi for an evening of camaraderie and celebration.”

partner (the Rotary Club of Mental Health Wellness based in California, USA).

► **Congratulations also to our Rotaract Club of Kampala Naalya for successfully hosting the District Rotaract Representative (DRR).**

A special thank you goes to our service project team for their outstanding efforts. In recent weeks, they successfully secured approval for our mental health project for global grant submission and engaged a new global

Although some members couldn't attend, I am pleased to learn that the visit was highly successful, with valuable reflections and support for our Rotaract family.

Looking ahead to the upcoming week, we will focus on fun and fellowship in collaboration with the Rotary Club of Bukoto. We will also take this opportunity to celebrate our July-born members. I warmly invite you all to join us this Tuesday, 29th July 2025, at Arches Garden Kisasi for an evening of camaraderie and celebration.

Wishing you a great week ahead. I look forward to welcoming you all again next Tuesday.

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& Hygiene**



**Maternal &
Child Health**



**Basic Education
& Literacy**



**Community
Economic
Development**



Environment

My Seven traits of a Rotary Club with impact

BY AG FRANCIS LUBUULWA

As someone who has had the honour of serving as Club President and going through extensive Rotary District training, I've come to appreciate that impact is not measured by how many fellowships a club holds or how quickly they check boxes on Rotary Club Central. Real impact is felt when Rotary becomes visible in our communities – when someone somewhere is living a better life because we showed up as Rotarians.

The question then is, how can a Club be one with impact? My personal perspective is that a club that makes a difference manifests these seven traits.



1 First, members understand their community deeply. Impactful clubs don't just copy and paste projects from other clubs. They listen. They consult local citizens, local leaders, church elders, youth, and even boda boda riders. They don't assume – they ask. That's how they find the real needs: be it school desks, health centers, skilling centers, clean water, or mentorship/empowerment programs.

2 Second, they do fewer things, but do them well. We have all seen clubs that want to do ten projects a year, but nothing really sticks. Impactful clubs focus. They take one or two causes and go deep. A borehole that's maintained for five years

brings more dignity than ten scattered handouts. A well-equipped health center saves more mothers than ten poorly planned medical outreaches.

3 Third, they grow Rotarians, not just members. Quantity matters, but quality matters more. Clubs with impact are intentional about mentorship. They onboard new members well, give them responsibility early, and help them find their own Rotary purpose. For example, I was once that young Rotarian learning from the giants – now I try to be that mentor to others.

4 Fourth, they have systems that work. This one I learnt the hard way as Club President a few years ago. You can't run a club on good vibes alone. Strong clubs have working committees, clear budgets, proper records, and a reliable way to follow up on action points. As James Clear aptly put it; "You do not rise to the level of your goals. You fall to the level of your systems."

5 Fifth, they are known beyond their Club meetings. A club that's truly impactful is not a secret society. Other Rotary clubs know them, the



local LC knows them. The school headteacher knows them. The media knows them. They wear their Rotary brand with pride – not to show off, but so they can show up.

6 Sixth, they collaborate, not compete. Rotary clubs with impact are generous – with ideas, with partnerships, with TRF contributions. They're not out to win awards; they're out to serve beyond self, to win hearts. They invite others in, work across clubs, and serve for the greater good.

7 Last but not least, they balance fellowship with purpose. Yes, we meet to fellowship, connect, unwind from stressful days, laugh, dance and 'swallowship.'

“
I've seen clubs where the joy of Rotary drives the heart of Rotary – 'Service Above Self.'
”

But impactful clubs don't stop there. They channel that strong fellowship spirit into real service. I've seen clubs where the joy of Rotary drives the heart of Rotary – 'Service Above Self.'

▶ Clubs should know that impact is not something we

stumble into. It's built with intention, one project, one system, one Rotarian at a time. Let's build clubs that matter – not just to ourselves, but to the people out there, who are counting on us even if they don't know it yet.



The author is Assistant Governor, and Past President of Rotary Club of Kampala - Naalya



FAMILY OF ROTARY CALENDAR.

24
AUG

BLOOD DONATION AND FAMILY MOMENT WITH THE KALERWE COMMUNITY

In Conjunction with the Rotary Mengo Blood Bank.

06
SEPT

ONLINE MENTAL HEALTH SYMPOSIUM

An Educative talk on mental health with amazing Speakers

09
OCT

OKTOBER FEST (RC GULU CITY)

Join the DG and the Arua community as they host the OKTOBER Fest in appreciation of our Rotarians and Rotaractors in that region

06
NOV

KIMEEZA WITH THE DG (RC HOIMA KITARA)

Will join the DG for Kimeeza after his visit to RC Hoima Kitara

15
NOV

ROTA KIDS MEET UP WITH THE DG (RC IGANGA 10:00 AM -2:00PM)

As a way of promoting love we shall join the DG on his tour to the Eastern and we shall use that opportunity to have a moment with the Rota Kids

16
DEC

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Regional celebrating of the Christian spirit of love, peace, and togetherness during Christmas

MORE DETAILS: **MARY NAMUWAYA (SEC) 0754 803 749 / CHAIR HERBERT MUHUMUZA 0772 405 759**

FABIAN KASI: A LIFE LED WITH PURPOSE, ON AND OFF THE ROTARY PATH

MR. FABIAN KASI WAS RECENTLY ELECTED DISTRICT GOVERNOR NOMINEE DESIGNATE FOR DISTRICT 9213. TAKING ON THE ROLE OF MD AT CENTENARY BANK WAS A MAJOR TURNING POINT IN HIS LIFE. "IT ALLOWED ME TO LEAD WITH PURPOSE, ESPECIALLY IN DRIVING FINANCIAL INCLUSION ACROSS UGANDA," HE SAYS.



In the world of finance, he's known for steering one of Uganda's largest indigenous banks. In Rotary, he's the District Governor Nominee Designate for District 9213. But in conversation, Fabian Kasi is simply... Fabian – a grounded, values-driven leader with a warm smile and an infectious sense of calm. "I am a proud Ugandan," he says, "a father, husband, Rotarian, and professional who has dedicated his life to service – in the community and in the financial sector."

Currently the Managing Director of Centenary Bank Uganda, Fabian brings to Rotary more than three decades of experience in leadership and institution building. But for him, impact matters more than accolades. "Leadership isn't about power," he reflects.

"It's about creating value, empowering others to dream, and making space for them to succeed."

Outside the boardroom, Fabian leans into life with gratitude and humour. "I enjoy a good laugh, quality time with family, and a bit of music – gospel and oldies especially,"

“

Rotary gave me a deeper meaning to my work. It's service, but from the soul.”

he shares. He also takes time to walk, jog, and reflect. "Those are my moments to recharge," he says. His passion for mentorship is evident, especially when he speaks of young people.

"Discipline, values, and patience – these never go out of style," he advises.

"Talent may open doors, but character keeps you inside. Above all, serve. You grow by giving." Asked about his favourite pastime, he chuckles. "At informal events, I try to bring a little energy – sometimes even a dance

move or two," he laughs. "I'm also a football fan. Arsenal, to be specific!" At home, Fabian finds solace in family. "My wife and children are my greatest support. They keep me grounded."

When he's not in a Rotary meeting or mentoring young leaders, he's likely at Church or tucked away in a quiet corner with a book.

Taking on the role of MD at Centenary Bank was a major turning point in his life. "It allowed me to lead with purpose, especially in driving financial inclusion across Uganda." Joining Rotary, however, brought his personal and professional missions into perfect harmony.

"Rotary gave me a deeper meaning to my work. It's service, but from the soul." And how did he take the news of being named Governor in 2027–2028? "With humility and gratitude," he says. "It's an honour, not a title. I'm committed to serving Rotary with the same values I live by daily."

▶ **In Fabian Kasi, District 9213 has not just found a leader – but a true Rotarian. Purposeful. Grounded. And joyfully committed to making lives better.**

THIS ARTICLE WAS FIRST PUBLISHED IN THE JULY 2025 ISSUE OF THE WAVE

Find purpose through service

DR. JOHN MUGISA IS A PUBLIC HEALTH EXPERT, CHARTER MEMBER AND PAST PRESIDENT OF THE ROTARY CLUB OF KAMPALA - NAALYA. HE SPOKE TO PETER NYANZI ABOUT HIS ROTARY JOURNEY THROUGH THE DECADES.

Q: What was your earliest memory of Rotary International?

My earliest memory of Rotary was when I first met some Rotarians from the Rotary Club of Kampala 'Arch Club.' The Rotarians were visiting Mulago Dental School to explore the possibility of starting a Rotaract Club in Mulago. They included Rtn. Dr Robert Rutaagi, Rtn. Kasedde Mukasa (RIP) and Rtn. Avitus Tibarimbasa (RIP).

Being the President of Dental Students Association at the time, I happened to be the primary point of contact, leading discussions regarding the prospects of establishing a Rotaract Club. As young medical students, we were very impressed by the Rotarians - gentlemen smartly dressed in executive suits and driving posh cars.

Subsequently, we were inspired to join Rotary by starting the Rotaract Club of Mulago, aspiring to emulate the distinguished men who were part of the organization. I was given the privilege of being elected the Charter President of the Rotaract Club.

Q: What is your fondest memory of Rotary back then in the 1980s- 1990s?

My fondest memory of Rotary in those days was when I served as the President of Rotaract Club of Mulago. I really enjoyed participating in community service, where we were invited by Rotary Clubs to organize community health outreaches and provide essential healthcare services to the underserved communities.

These activities also served as outings and moments of fun for us as medical students, offering a break from our rigorous academic work, while serving the community and making a meaningful impact through our vocation. After each successful outreach, Rotarians would host us for a celebratory dinner with delicious food and drinks, away from the posho and beans served at the college. This was a great source of fun, excitement and inspiration.



In the early 1990s, while studying in Russia, I actively maintained my Rotary networks. During the summer holidays, I had the opportunity to visit Rotary Clubs in Sweden, Denmark, and the United Kingdom.

My fondest memory was when I attended a RYLA Camp in Leicester in England, organised by District 1070. At the RYLA Camp, we had a lot of fun, including canoeing on the River Soar, my first experience paddling and steering a canoe through the water.



We also enjoyed a lot of learning, gaining valuable insights into leadership and governance. This experience inspired me to pursue student leadership, and upon returning to Russia, I joined the Ugandan Soviet Union Students Association. I contested for the presidency and was elected Guild President for Ugandan students in the former USSR, which at the time covered 15 Republics including Ukraine, now at war with Russia.

Q: Why did you choose to be part of the RC of Kampala-Naalya?

Joining the RC of Kampala-Naalya was by invitation from PP Alfred Okidi, now the Permanent Secretary at the Ministry of Water and Environment. Having served as Rotaract leaders at the same time, it was easy for Rtn Alfred to convince me and CP Dr. Francis Lakor to start the Rotary Club of Kampala Naalya. Since then, we have never regretted being charter members of this club.

Q: When were you Club President and what roles had you played in the Club before you were elected President?

Before I was elected Club President, I served as PE and Director Projects, planning community health projects, which were implemented during my tenure of office.

Q: In what ways did the one year you served as President change you as a person?

Serving as President offered me a truly invaluable and unmatched leadership experience. During my year of presidency, I worked as the Country Director for Uganda, coordinating HIV/AIDS Regional Programme covering 12 countries across Africa. This involved a lot of international travels and engagements. I was literally on a plane every two weeks, traveling to different countries to support the initiation of HIV programs, as Uganda was internationally recognized as a leader in HIV programming.

Despite my professional demands, my commitment to Rotary leadership remained

“Stay socially connected, find purpose through service, and never underestimate the power of belonging.”

strong and outshining. Through Rotary’s leadership and mentorship programs, I was able to develop skills in multitasking - leading diverse professional teams, managing volunteer teams and projects, while handling administrative challenges. I am happy my volunteer spirit and skills for multitasking and leading diverse professional teams has continued to grow.

Q: What words of wisdom would you give to the newer members of the Club?

To newer members of the Rotary Club, I would encourage you to embrace every opportunity to learn, participate actively in club activities, and step up when leadership roles arise. “Learning is by doing,” as the saying goes. Rotary offers a unique platform

to grow your skills, expand your networks, and make a meaningful impact not only to those you serve but to you as an individual. Remember, “What you put in is what you get out.” Stay open-minded, willing to learn and actively participate, and remain committed. The rewards will surely follow and your stay in Rotary would be incredibly exciting and rewarding.

Q: As a public health expert, what advice would you give people to protect their mental health?

To protect your mental health, strengthen your membership in family and community networks. As a Rotarian, try to attend fellowships regularly and engage in community service.

Family and community support are vital pillars of mental well-being, offering a sense of belonging, emotional security, and immediate practical help during times of stress or hardship.

Stay socially connected, find purpose through service, and never underestimate the power of belonging.

Additionally, prioritize regular health check-ups, as physical illnesses can significantly impact mental health both socially and economically. Taking care of your overall health is key to maintaining a resilient mind and good mental health.

Maternal Mortality: Why Men are the Missing Link



BY HASSAN SSEKAJOLO

In 2006, at least 135 Ugandan women out of 100,000 were dying while giving birth. In 2022, the mortality rate was 189/100,000, yet the Sustainable Development Goal (SDG) target is to reduce this figure to 70 women for every 100,000.

How do we work to make sure that we reach that goal? What role do men have a role to play? Should we campaign for fewer men making women pregnant? Research shows that the main causes of maternal mortality are three. First is bleeding, either during pregnancy or after giving birth. Bleeding (hemorrhage) contributes 44% of maternal deaths in Uganda.

The second biggest contributor to maternal deaths is pregnancy-related infections, while the third are pregnancy-related disorders such as high blood pressure.

But do we as men have a role to play to deal with these challenges? I was in Busoga sometime back. They told me that pregnant women are simply 'sick.' "So, if she's sick, why do I have to go with her to the hospital? When I'm sick, she doesn't go with me," they said. So, the men didn't see the logic. While we should encourage our wives to go for antenatal checkups, we should also go along with them.

Unfortunately, men are not educated about their roles even when they go for the antenatal visits.

“

There are men with seven children but have never sat in a single antenatal class, yet he calls himself "a proud father of seven, or 11 or 20."

As part of a study recently, I attended an antenatal class. The midwife came and started to talk to the women. She spoke for about one hour. However, she said nothing about what my role was as a husband or as the father of the baby. Neither was I given

an opportunity to ask any questions. All the content in the antenatal class was for the women.

So, why should a man go along?

We have to change the content in the antenatal class - to be for both mothers and fathers.

How do we integrate content about men as fathers in the antenatal classes so that they find value in attending antenatal classes?

I do a lot of trainings for men. I've been in Teso and Lango – training men on maternal health and male engagement. What I have found out is that there is a lot of ignorance. Men do not know, and that is why they do not take action. So going to his work is more important than going along to attend an antenatal class. "Oh sorry dear, I have a very important meeting to attend so I cannot go with you," the husband tells his wife. It's because he doesn't know, even the bosses don't know. Had they known, they would have told him, "Going for an antenatal visit is important. We shall cover for you in the meeting."

There are men with seven children but have never sat in a single antenatal class, yet he calls himself "a proud father of seven, or 11 or 20." Yet, the value that you get from sitting in an antenatal class is unforgettable. We learn what a man can do when bleeding starts, for instance. If you have no idea about what to do when a pregnant woman starts bleeding, you will just rush for the car keys. Then as you are taking the car out, you hit the wall.

Then you'll jump out and cry; "Oh, my car, my car." By the time you reach the hospital, it's already too late or they are telling you, "Sign here, we are rushing her to the theater straight away." Then you start sweating. But if you had sat in an antenatal class, you would have learned that when ABCD starts to happen to a pregnant woman, this is what you can do before seeking medical attention.

At my organization, we have paternal leave for men – ten days are taken during pregnancy and ten after birth - as a matter of policy. We have programs for our staff to understand the value of antenatal visits - to learn the things that men need to do during pregnancy. Efforts to educate men are still very limited, which is saddening.

According to the Ministry of Health, the solution for reducing maternal mortality is community education to help people, including men, to understand their roles. In our classes, we tell husbands that when your wife is pregnant, you have to make a birth plan. As your wife is packing her baby's bag, you should also pack your own bag.

These are the things that we need to have a conversation about.

Do the men even know for example that they need to massage their wives before and after giving birth?

We have men who have the wrong perception of no sex when the wife is pregnant. So, they go and look for it outside the home. "How can I wait for nine months?" They ask. That's how deadly infections come in.

Men don't know that he can actually have sex with her up to the time when she is going to give birth the next day. The more we leave men out of these conversations, the more we shall struggle with maternal mortality despite huge investments in the medical facilities. Even that word, 'maternity ward' is problematic.

It actually implies that this hospital ward is only for mothers.

Why not 'parental ward'? I had a serious discussion with the Minister of Health about this naming. Why don't you say 'parental ward'? Those are some of

the structural issues that keep men out. So even when the husband gets the news that madam has given birth, he'll just ask when he can go to pick her from the hospital.

Some incentives were introduced for men sometime back. I enjoyed one of those incentives when I took my child for immunization. So, when the nurse saw me, she called me from the back of the queue. But in my mind, I was like, this is not fair for someone who has just come to jump the line when there are women that have been seated here since morning.

Additionally, changing the cultural norms has a big part to play. We need the cultural leaders to support the uprooting of the norms that perpetrate maternal mortality. Cultural inclusivity should really be about dealing with the deadly norms and practices such as underage pregnancy.

MR. SSEKAJOLO IS A QUALIFIED REPRODUCTIVE HEALTH TRAINER AND WORKS WITH MEN ENGAGE GENDER EQUALITY NETWORK UGANDA.



Status of Maternal, Child Health Tells What We Are!



BY PP GODFREY
OKELLO OMODING

To be exact, it was the 9 O'clock news bulletin on NTV on Monday, 21st July, 2025. The top story was to the effect that women living on an island in Lake Victoria take milk and Panadol to act as contraceptives. In this day and age? Maybe such stories just make the news headlines, and we move on. If that's the case, then it tells the story of what we are! During the COVID-19 pandemic, a certain country registered unprecedented teen pregnancies and the stock of young mothers shot up. Again, it was just another news item, why, because this is us. If we had enforced our defilement

laws, we would have had our prisons filled with male defilers in equal numbers as the teen pregnancies. Again, we moved on because that is what we are.

What can we strive to do better if we cannot address maternal and child health? Rotarians, as we come to the end of the month of July, whose theme is 'Maternal and Child Health', let us not allow it to pass without us strongly pronouncing ourselves on the matter. Otherwise, that would be what we are. I wouldn't like to imagine that. Maybe I'm full of optimism because I believe something different can be done by Rotarians. Yes, we can do more!



There must be fresh marks of action, let alone removing scars of inactions."

in my sub-county during the colonial administration. It was found out that the fleas were carried by rats. The leadership, then, instructed every graduated tax payer to take ten tails of rats to the sub-county chief. You can imagine what it takes getting a tail of a rat! Within a month,

the fleas were no more. There were no workshops to be conducted first. It was addressing basic things with basic and simple solutions. Is that what those people were?

Today, we have layers of health providers coupled with an array of administrators, moreover with better qualifications. But maternal and child health remains a challenge. Maybe the missing link is our priorities and determination as a people. In the nations that have reported a high happiness index, including the Scandinavian countries, one of the things you notice in their data is the excellent wellbeing of their mothers and children. This definitely demonstrates a correlation between happiness and maternal and child health. Indeed, there is no pride in mortality.

What about us, a nation so religious that even an ordinary meeting is started with a prayer and ends with a prayer? How about if we started with recalling the worrying maternal and child health statistics? May be, just maybe, it will make us more action-oriented.

Rotarians, let this month not end without our clubs having at least one action point or a print on maternal and child health. Again, starting with

the basics, like writing on your club plan. Let it race in our minds that these are societal issues that we must be part and parcel of the effort to tackle. We cannot afford to be described as, "Well, that is what we are." Let our definition be the beginning of changing the tide – we're people of action.

Worry not, the tide can change especially when as individuals we get into action. Wherever you are, you should be able to "make some noise or do something." It will be heard one day or appreciated. Changing the tide sometimes requires some people to go 'crazy'; to shape things for the better. It is evident that

no country can develop with a very large dependent population, moreover of children producing and parenting fellow children. The Ugandan dependency ratio as reported in the 2024 population census is 83.8%. This is alarmingly high. It doesn't bring transformation to an economy, instead drains it.

Pronouncing 'Unite for Good' should at the end of this month be a sweet sound resonating with marks in maternal and child health. There must be fresh marks of action, let alone removing scars of inactions. Let the sound of bells of 'Unite for Good'

be heard in all the areas that maternal and child health interventions are needed.

▶ May we look out for the moments we are proudly counted among those who have improved statistics of maternal and child health. Let others say, see or point out that we are different. Undoubtedly, Rotarians, do respond when called upon.

Rtn Godfrey Okello-Omoding is an Economic Development Expert, and a Past President of the Rotary Club of Kampala Naalya.





THREE WAYS UGANDA CAN IMPROVE MATERNAL HEALTH

The Global **Maternal Mortality Rate (MMR)** is expected to drop to less than 70 per 100,000 live births by 2030, which is the Sustainable Development Goal (SDG) target for maternal health. The global MMR is three times the 2030 target, at 223 per 100,000 live births as of 2023. With an average MMR of 545 per 100,000 live births and approximately 70% of all maternal deaths occurring in sub-Saharan Africa, progress has stalled in recent years.

In the next five years, Uganda can achieve the SDG target in three ways:

1

Increase access to skilled care during pregnancy and childbirth

Ensuring that every pregnant woman is attended by trained health professionals—such as midwives, nurses, or doctors—during pregnancy, delivery, and the postnatal period is crucial. Skilled care enables early detection and management of complications, reducing the risk of maternal deaths. Uganda can achieve this by training more health workers, deploying them to underserved areas, and supporting the continuous professional development of medical service providers, equipping hospitals and clinics with necessary supplies, medicines, and equipment for safe deliveries and emergency interventions (like cesarean sections and blood transfusions). Reliable referral systems and transportation for emergencies are also vital, especially in rural areas where any delay can be fatal.

2

Expand access to family planning services

Providing comprehensive family planning information and services empowers women and girls to plan and space their pregnancies, reducing health risks associated with closely spaced or unintended pregnancies. Uganda can improve maternal health by increasing the availability of contraceptives, integrating family planning into routine health services, and addressing myths and misconceptions through information, communication and education campaigns.

3

Address socioeconomic and cultural barriers

Poverty, low education, gender inequality, and cultural practices are preventing Ugandan women from accessing maternal health services. We can improve outcomes by:

- Supporting girls' education to reduce teenage pregnancies
- Engaging men and community leaders in maternal health education
- Promoting gender equality and women's empowerment.



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#OutToLunch

Homeowners should consider insuring their houses against fire

BY RTN. DENIS JJUUKO



What if you die, where shall you leave us? It is a question that is common in Uganda put to some men who have reneged on plans to build or buy a house for the family. The wife always reminding them to do something about it before they die. That way, the family wouldn't become homeless.

If a man lost what is considered a good job before owning a house in Uganda and struggled to pay rent, many people would blame them. If they retired without one, they would be laughed at.

They spent all their working life eating life with a spade, instead of a spoon, and now they are suffering.

Probably, many remember the retrenchment of civil servants in the 1990s, which made many people homeless.

During those days, many government jobs came with free housing in some of the most exclusive Kampala suburbs. When people were retrenched, they had nowhere to go. If they died suddenly, the family had no home as they had to leave the house for the next civil servant.

Perhaps, girls who saw their parents or relatives become homeless are justified to ask their men to do something.

Owning a house is a big issue in most parts of the world. In the United States, the so-called 'American

dream' is largely about home ownership. Owning a house for the majority of people is the biggest thing they will ever achieve.

Those who manage to own the houses are always considered successful

whether in Uganda or elsewhere. At kwanjula (betrothment) events, it is not uncommon for the groom's spokesman to include home ownership while reading the bio, usually to ululations of the in-laws. To many, a daughter who finds a man who is successful (already owning a house) has brought honour to the family.

To be honest, houses are expensive to buy or build and many people spend many years either paying the mortgage or building incrementally. Many Ugandans, especially those that build even start living in them when they are incomplete. Some even give up after many years of toiling. That's why you can see many unfinished houses around Kampala City.

Those who build houses for rent are known to be bigmouths, reminding the tenants at every opportunity that building is difficult. Most people who have

“
Can the insurance regulator help promote house insurance so home owners don't have to lose their most valued asset to fire?”



ever rented in Kampala probably have a painful tale about their landlords. It also inspires many to build their own houses.

Now, imagine after toiling for decades, your house ends up in flames like we recently saw that of the late Democratic Party supremo Dr Kawanga Ssemogerere. One afternoon a few weeks ago, video clips started flying. The fire was burning it with such intensity one could think it had a bone to pick with the late. By the time the fire brigade arrived, the house, at least its roof, had been destroyed.

There were many sympathizers for the family. Later, we heard that the widow had insured the house so it will be rebuilt. If true, that is one of the wisest decisions

she ever made. Insurance in Uganda is many times ignored. Most people pay for cars and that is usually only the mandatory third-party cover. Some corporate

bodies also pay medical insurance for their staff.

“

...it is so affordable to insure houses against fire. A friend whose house's replacement value is Shs2 billion pays a paltry Shs1.3m a year as the premium.”

I trawled the internet but I couldn't find details of the percentage of houses in Uganda that have any form of insurance. Yet, fire is the most likely issue that could happen to anyone's house

once complete. Harsh weather events may derooft the house or cause considerable damage but we don't have typhoons and tornados. Professionally built houses usually stand for many years without any issues. Even chances of fire gutting down your houses are remote but it is the most common problem that may happen.

Because of the remoteness of fire destroying one's home, insurance companies don't spend any time marketing it. They can easily make money from other policies such as car accidents, robbery and medical.

Yet it is so affordable to insure houses against fire. A friend whose house's replacement value is Shs2 billion pays a paltry Shs1.3m a year as the premium.

That is just 0.065% of the replacement value. Since the majority of Ugandans who can afford insurance live in houses way below that figure, it means many people can afford insuring their houses against fire. Can the insurance regulator help promote house insurance so home owners don't have to lose their most valued asset to fire?

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

#Inspiration

FAMILY MATTERS



BY PASTOR RONNIE MUTEBI

Proverbs 11:24: "There is that scattereth, and yet increaseth; and there is that withholdeth more than is meet, but it tendeth to poverty."

WHY WE SAVE

Saving is part of being a good steward—someone who handles resources wisely.

So, why should we save?

We save so we can give: Many people tend to ignore one of the ways designed

to be blessed in our lives. God actually blesses us so we can help others, not just take care of ourselves. When we save wisely, we're ready to bless others when a need comes up.

2 Corinthians 9:7 says, "God loves a cheerful giver," and saving with purpose makes it easier to give freely and joyfully when the opportunity comes. This clearly aligns with the Rotary ideology of 'Service beyond self.'

We save for hard times: The apostle Paul made a very important communication to the people of Ephesus in Ephesians 6:13, which talks about "the evil day"—those difficult or unexpected moments in life. Saving helps us be prepared without panicking.

We save to invest and grow what we have: Matthew 25 talks about a servant

who multiplied what he was given—and he was praised for it. That means saving isn't just to keep money safe but also to grow and use it wisely for God's glory.

But here's the key: If you hold onto more than you should—just to keep it all for yourself—it can actually lead to lack, not wealth ~ Selah

“

Focusing If you hold onto more than you should—just to keep it all for yourself—it can actually lead to lack, not wealth,” ~ Selah

The idea of saving is all about balance - save wisely, give generously, manage everything faithfully and plan purposefully.

Take Home:

No person has ever grown into wealth without the heart of sharing or giving to others; it's all about balance - save wisely, give generously, manage everything faithfully.

Last week's fellowship





She's She!

BY PAMELA KAWADDWA

She broke the chains of convention,
Unleashing her bold
eccentric flame.
The fire within her was never
meant for taming—
It was born to run wild,
To dance freely,
As the status quo crumbles
in her shadow.

She won't just break the mold—
She'll shatter it,
Then sculpt a new one
From the brilliance of her
boundless beautiful mind.

She'll take the world by storm,
And leave nothing but
clear skies behind.
Burying every doubt you cast,
She'll rise—
Carved from underestimation,
Crowned among the stars.

Till again,

Phwy



Rotary
Kampala-Naalya



23rd July



Happy Birthday

Rtn Betty Namono

May your days ahead be filled
with love and joy

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23rd July



Happy Birthday

PP Godfrey Okello Omoding

May your days ahead be filled
with love and joy

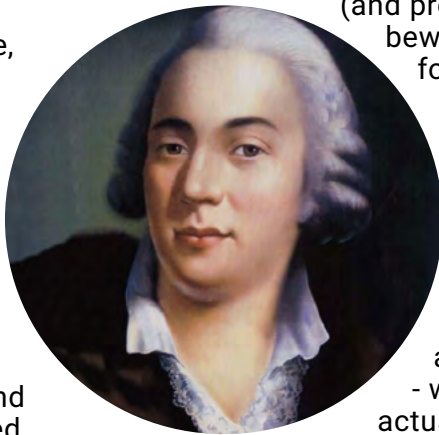
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Fun Facts

Casanova

You fancy a Casanova, my dear ladies? Well, the term 'Casanova' isn't some made-up, flowery word from a romance novel (though it certainly fits the bill, doesn't it?). It comes directly from a real, live, incredibly charming (and apparently quite busy) gentleman named Giacomo Casanova.

Born in Venice, Italy in 1725, Giacomo was many things: a writer, a spy, a musician, a, and a swindler. But what he was most famous for, and what cemented his name in the annals of romantic history, was his legendary prowess with the ladies.



Casanova's life was a whirlwind of duels, disguises, daring escapes, and - let's be honest - a dizzying number of romantic escapades.

This wasn't just a guy who went on a few dates. Oh no, Casanova was a man who seemingly had a magnetic field specifically designed to attract members of the opposite sex in droves. Wherever he went, a trail of captivated female hearts (and probably a few bewildered guys) followed.

So, the term 'Casanova' quickly became shorthand for any man who boasts of being a 'ladies' man' - whether he's actually successful or mere words and 'zero work.' By the 19th century, 'Casanova' was the go-to label for a guy who tried to

turn every conversation into a date, often ending up with more awkward moments than actual dates.

When we describe a dude as a 'Casanova' today, we're not just saying they're a bit of a flirt. We're invoking the spirit of Giacomo: a charming, witty, utterly irresistible individual who, for better or worse, seemed to have a mouth with an endless supply of romantic energy and a knack for making women swoon faster than swallowing a piece of warm matooke!

Well, just don't expect him to stick around long enough for breakfast. That isn't really his style.

SO NEXT TIME A FRIEND TRIES A CHEESY PICKUP LINE ON YOU AT A PARTY, BEND OVER AND SAY, **"ALRIGHT, MR. CASANOVA, TAKE IT EASY."**

Today's jokes

A journalist asked a famous pastor whether he loved his work. "I really love my work actually," he replied. "It's the church members that I can't stand, sometimes."

A young wife called her mother late in the night. "Mum, can you imagine it's 1 AM and Sam is not yet back home and his phone is off? I think he's seeing another girl." Her mum replied; "No honey, let's not look at it as a worse-case scenario so quickly."



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Bobby Louis Ogwal



Charles Owekmeno



Sylvia Jagwe Owachi



Faith Nambozo



Flavia Serugo



Jackie Mutimba



John Mugisa



Julie Kisekka



Margaret Harriet Kugonza



Nelson Bugembe



Racheal Komuntale



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