

Naalya Food JULY 2023

Bulletin

Rotary
Kampala-Naalya



CREATE HOPE
in the WORLD

Issue 2



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Editors Note

Dear Reader,

First, I am grateful to everyone who has devoted time to read and contribute to this edition of the Naalya Food Bulletin. The bulletin is weekly and it's amazing to see the kind of effort that each of you is putting in to get it delivered on time.

In this week's Bulletin, we bring you a special message from our Assistant Governor Florence Lunkuse Lwanga and more details about the Rotary Leadership Institute for those who wish to improve their rotary knowledge.

Also, get to know more about our guest speaker this week, the awesome Dr Sabrina Kitaka. You are also welcome to join us at Ndere Centre where she will talk to us about the Topical issues in Maternal and Child Health. I can assure you, this is worth all your time and sacrifices this evening.

Thank you all for the feedback on our first edition of the Naalya Food Bulletin. We are providing more space for you to share your views in our subsequent bulletins and welcome ideas on how to keep the bulletin better, entertaining and engaging.

Keno Lillian

Bulletin Editor



**Thank you all for the feedback
on our first edition of the
Naalya Food Bulletin. We
are providing more space for
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MESSAGE FROM THE PRESIDENT

Dear Rotarians and Friends,

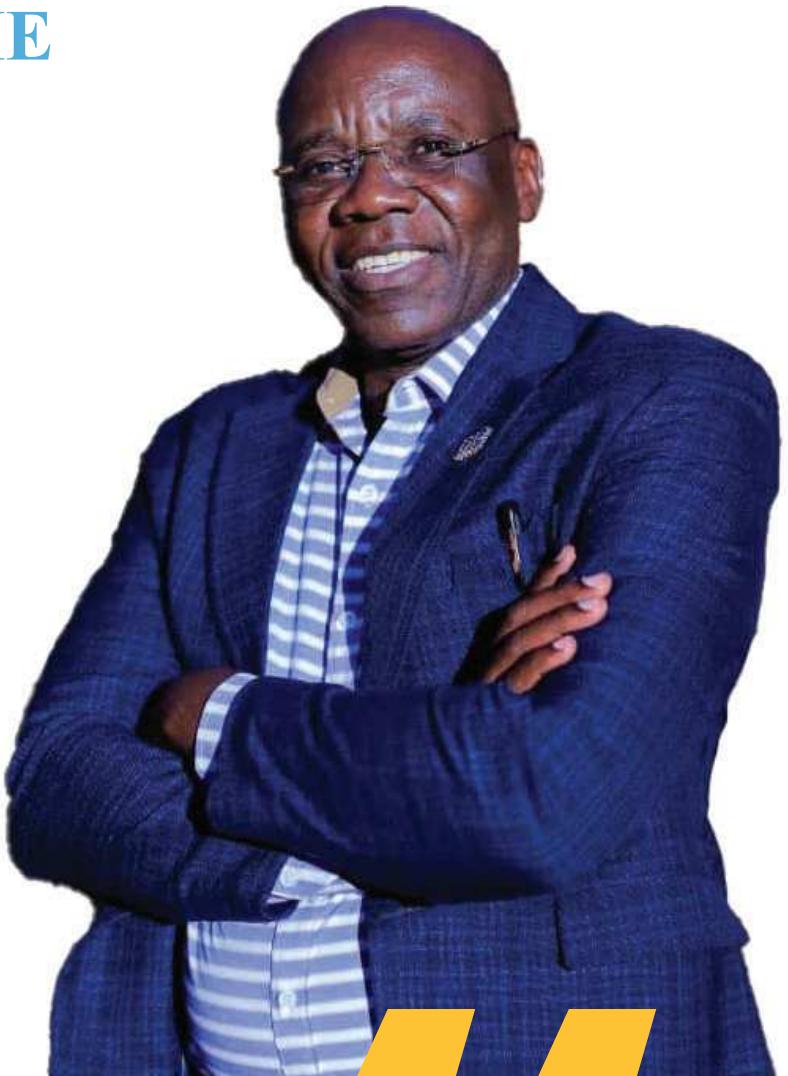
Welcome to our second week of the new Rotary Year. Last week, the Club Implementation Plan was unveiled. The uniqueness of this Plan is its being the first extraction of the Club Three Year Strategic Plan; meaning it's member centred plan. Members took time to contribute to the formulation of the Strategic Plan. This brings in a shift that bears continuity. Unveiling of the Plan marked the beginning of the process of creating hope. First, hope among members through knowing the direction to take, and second, by galvanizing efforts for hope creation outreach.

The Club having taken deliberate steps to shift ways of doing business, it remains with a challenge of advancing and sustaining the momentum. There must always be hope of making things better, and making each member be part and parcel of making things better. To achieve better things, the club members are called upon to be free to do things of their passion and competencies. Come forward to make your contribution in the different avenues of service. Also, bring in different ideas and ways as to keep the club propelling to high heights. Satisfaction must be part of each member's derivation from what she/he does in and for the Club.

The Club plans to have in every month topical presentation on an aspect of the theme of the month. For this July month's theme- Maternal Health and Child Care, an expert in child health, Dr. Sabrina Kitaka, is starting us off. We do know that maternal health and child care is in the very core of human existence. Yet is faced with many challenges. Dr. Sabrina Kitaka presentation is hoped to challenge each one of us, the Rotarians, to do more as far as maternal health and child care is concern. It is a month to awake us to take actions for bettering maternal health and childcare services.

This month, therefore, is one that gives each one of us an opportunity to take a moment off to reflect on the situation of maternal health and childcare services in our country and, in particular, the communities we live in. Sometimes, as individuals, there is a tendency to have a very remote reflection on maternal health and childcare especially when you are either not in the reproductive bracket or when your access and affordability for maternal health and childcare services is guaranteed.

Situation of access to health services is about equity, fairness and justice for all. There are daily challenges mothers face in accessing and affording maternal health and childcare services. As part of the community, Rotarians are called to get concern and do thing. It is this month that this call is being re-echoed for all us to stand for the right to life, continuity of human race and access to better health services. We all must stand from where we are and do something that will create hope in maternal health and child care. Whatever little you can do, do it. It may be the only hope for a mother or a child somewhere.



Whatever little you can do, do it. It may be the only hope for a mother or a child somewhere.

Have a blessed week.

**Your Servant President
Godfrey Okello-Omoding**

Model The Way into A Fulfilling Year of Hope

Dear President Godfrey,

Let me start by congratulating you upon completing an amazing year of service where lots of amazing things were done by amazing Rotarians from this club and Rotary in Uganda generally. The baton has been handed over to you and the team that is going to add another block to what the amazing team has done and use it as steppingstone for creating hope in the world.

The beginning of the Rotary year is the time to rekindle our energies as we focus on our plans and goals that we set out to achieve while focusing on the theme of the month, Maternal and Child Health. The year started with a bang as we launched the BCUP which energized and created the momentum that is going to propel us into the year with ardor as we embrace our signature district project.

In this issue, I will focus on the President and the board, and I would like to reiterate one aspect that I shared in the installation message, that is 'Modeling the Way for others'. This may mean convincing the members of the clubs to embrace the activities that you deem valuable and most desirable for creating hope in our community. Therefore, as the leadership team, you have the power to shape the direction of the club following some few simple cues, among others.

- As a board find your voice and set an example by standing up for the beliefs that you have for the club. However, don't super impose and expect commitment.
- The real test will be is whether you do what you say and with consistent deeds.
- Set good examples and build commitment through simple acts that can create momentum for the rest.

Once again, I would like to congratulate you on ascending into the leadership positions. Lead with the heart of a servant and remember,



When we commit ourselves to serve others, we open up a world of possibilities for making a positive difference. So, let's strive to be servant leaders in everything we do”

AG Florence Lunkuse Lwanga

D9213 Unveils Boy Child Uplifting Programme (BCUP)



Rotary District 9213 has unveiled a new signature project, changing focus from the girl child to a rather unusual topic of uplifting the boy child.

The initiative, which is aimed at addressing critical issues faced by the boy child in Uganda, also seeks to reduce the number of boys dropping out of school, and remodeling boys into responsible men who can steer family growth and development.

According to District Governor Edward Kakembo Nsubuga, several studies and reports indicate that the exclusion of the boy child has had profound consequences on a generation of young men. The consequences, he says, are increased crime rates, low self-esteem, alcoholism, drug abuse and increasing school dropout incidences.

DG Edward believes that the boy child has lost ground and confidence, forgetting that they are the future fathers of this country. He adds that he developed the idea of supporting the boy child after establishing that today's boy child is very disorganized at workplaces, cannot be trusted easily and is often not reliable.

"As employers... we also identified this in our general meetings, that when you employ boys, the results are not appealing like when you employ a girl child. In most cases with boys, the audits do not tally like for the girl child, an indication that we have a very big problem with the boy child," Kakembo added.

He said the research he conducted with the Bank of Uganda towards the borrowers for SMEs, indicated that the default rate for boys is at 75 per cent yet 7 per cent of the defaulting females complain of the men being behind their defaulting habit.

Kakembo also faulted parents for paying more attention to the girls at the expense of the boy child.

"The boy child was abandoned and the concentration was put on the girl child to prepare her for marriage, not knowing that the organized girls will end in the hands of the boys who are school dropouts, who are thieves and cannot do anything for themselves," he added.

"As Rotary, we appreciate the girls for shining and trending in everything and we have decided to come up with this initiative to ensure that the boys are equally cared for like the girls," he said.

Rtn Jenifer Mirembe Sensuwa, the chairperson of the Boy Child Uplifting Program says the initiative will be sustained through Rotary's programmes like basic education and literacy, economic and community development that Rotary clubs and Rotaract clubs across the country use to reach out and impact the communities they live in.



Do You Need to Learn more about Rotary or Improve your Leadership Skills?

Here is what you need to know about the Rotary Leadership Institute-RLI

What is RLI?

The Rotary Leadership Institute was founded in 1992, some 30 years ago, by PRID David Linett, to assist in improving the Rotary knowledge and leadership skills of the future leaders of our Rotary clubs through a quality training and educational experience. To date, the RLI training program has spread to more than 400 Rotary International Districts in numerous countries over the six Continents because local clubs recognize the importance of training future leaders. The Rotary Leadership Institute is an unofficial affiliate of Rotary International, but not an official program of RI nor under its control. Many Past RI Presidents are supporting the RLI program and has encouraged Rotary districts to participate the RLI program.

RLI Mission Statement

The mission of the Rotary Leadership Institute is to provide an up-to-date, practical, and user-friendly educational opportunity in convenient locations for Rotarians identified as potential leaders by their club officers. Courses are given to foster leadership skills and Rotary knowledge with the intent to motivate the participant to be enthusiastic, creative and dedicated Rotarians.

Why Do We Need a Leadership Institute?

Leadership skills in a voluntary organization are often different than business leadership skills. It is important that club leaders have every opportunity for Rotary general education because the success or failure of our clubs primarily depends on the quality of their club leaders. Membership growth is dependent

on the quality of Rotary clubs, as clubs with good leadership are more likely to involve their members in exciting service activities and programs and, consequently, to retain their members and attract new ones.

The Institute offers a leadership course in three full day sessions (Parts I, II & III). Those completing each part are eligible for the next part. The courses are designed to provide Rotary knowledge and develop leadership skills for voluntary organizations.

What is the Philosophy of RLI?

RLI believes that having leadership skills does not alone assure good Rotary leadership. An effective Rotary leader must also have Rotary knowledge, perspective about where Rotary has been, where it is now and a vision of what Rotary can be.

What are the Methods of Facilitating RLI?

Course sessions are structured with as much discussion/participation as possible. Methods also include discussion groups, role-playing and problem-solving. Class size is usually 12-18 participants. Lectures are strictly limited. An RLI course workbook is provided to each attendee.

Who are the faculty members?

The faculty members are carefully selected by the Institute for their teaching abilities. They are drawn from all areas of our district and occasionally from outside our district. Many are present and past district governors, assistant governors, successful past presidents who have previously attended the RLI Faculty Orientation course and with experience in special areas. Each new faculty member must attend an initial full day RLI faculty

orientation training program and various periodic reorientation programs. The results of evaluations help the Institute to improve the course content and instruction.

Who Should Attend RLI?

Although any Rotarian may attend RLI courses, RLI recommends that clubs encourage Rotarians who have the potential for future club leadership, not necessarily just club presidents, to attend. The ideal candidate is early in their Rotary career and has a strong interest in Rotary and is prepared to be exposed to the larger world of Rotary outside of their club.

Rotary provides an opportunity for all of us to provide service to our community and around the world. The Rotary Leadership Institute (RLI) has a mission to strengthen Rotary clubs through quality leadership education. As Rotarians, you are already a leader in your community and in your profession. The purpose of RLI is to give you the skills and competencies to be an effective leader in Rotary.

Rotarians new to Rotary and even those with many years of service will benefit from learning how we can create strong clubs with vibrant members who are engaged and committed to Service Above Self. Now more than ever, the world needs Rotarians to create a more peaceful and equitable world for all.



„ Happy
Birthday

Rtn. Keno Lillian

July 12 2023



„ Happy
Birthday

Rtn. Francis Lubuulwa

July 05 2023



Speakers Profile

Sabrina Bakeera-Kitaka, MD, PhD

Dr Sabrina Bakeera-Kitaka, is a Senior Lecturer at the Department of Paediatrics and Child health at the Makerere University, College of Health Sciences. She completed her Bachelor of Medicine Degree in 1995, Masters of Paediatrics and Child Health in 2012 both at Makerere University and her PhD from the School of Biomedical Sciences at the University of Antwerp, Belgium.

She was a Gilead Fellow, and then Research Scholar at the Infectious Diseases Institute from 2003-2011 where she undertook a Fellowship in Paediatric Infectious Diseases and did research on HIV-infected adolescents.

Dr Sabrina has participated in epidemiological research and published more than 45 peer reviewed articles. She is involved in conducting basic research in various Paediatrics Infectious Diseases and offers clinical care to HIV infected children and adolescents most of whom are perinatally infected. She has contributed to efforts that improve Adolescent health care and training in Uganda, East and Southern Africa Region and Globally over the past 20 years.

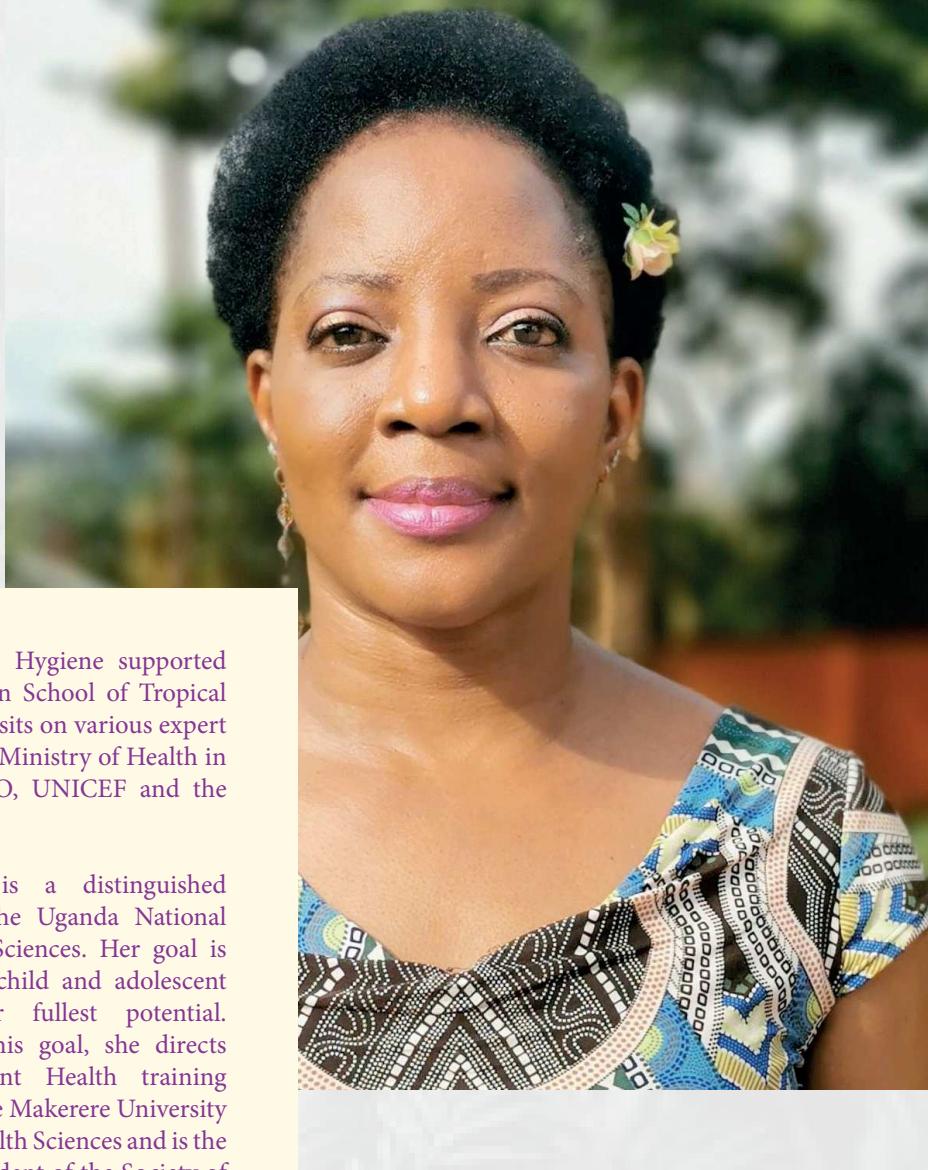
She teaches HIV in Adolescents on the East African Diploma of Tropical

Medicine and Hygiene supported by the London School of Tropical Medicine and sits on various expert panels for the Ministry of Health in Uganda, WHO, UNICEF and the UNFPA.

Dr. Kitaka is a distinguished member of the Uganda National Academy of Sciences. Her goal is to see every child and adolescent achieve their fullest potential. As part of this goal, she directs the Adolescent Health training program at the Makerere University College of Health Sciences and is the Founder President of the Society of Adolescent Health in Uganda(www.sahu.ug).

She has been involved in organizing various Scientific Conferences including the National Paediatrics HIV Meeting in Uganda; the Annual Scientific Conference for the Society of Adolescent Health (www.sahu.ug); the Annual Scientific Conference for the Uganda Society of Health Scientists and was the esteemed Co-Chair for the INTEREST22 meeting that was held in Kampala in May 2022.

Dr Sabrina is a Rotarian from the Rotary Club of Kampala Where she is serving as The Rotary Foundation Chair this Rotary Year.



She has been involved in organizing various Scientific Conferences including the National Paediatrics HIV Meeting in Uganda



Topic

Topical Issues in Maternal and Child Health

Speaker:

Rtn Dr Sabrina B. Kitaka

Paediatrician and
Adolescent Medicine
Specialist



TUESDAY
July 11, 2023



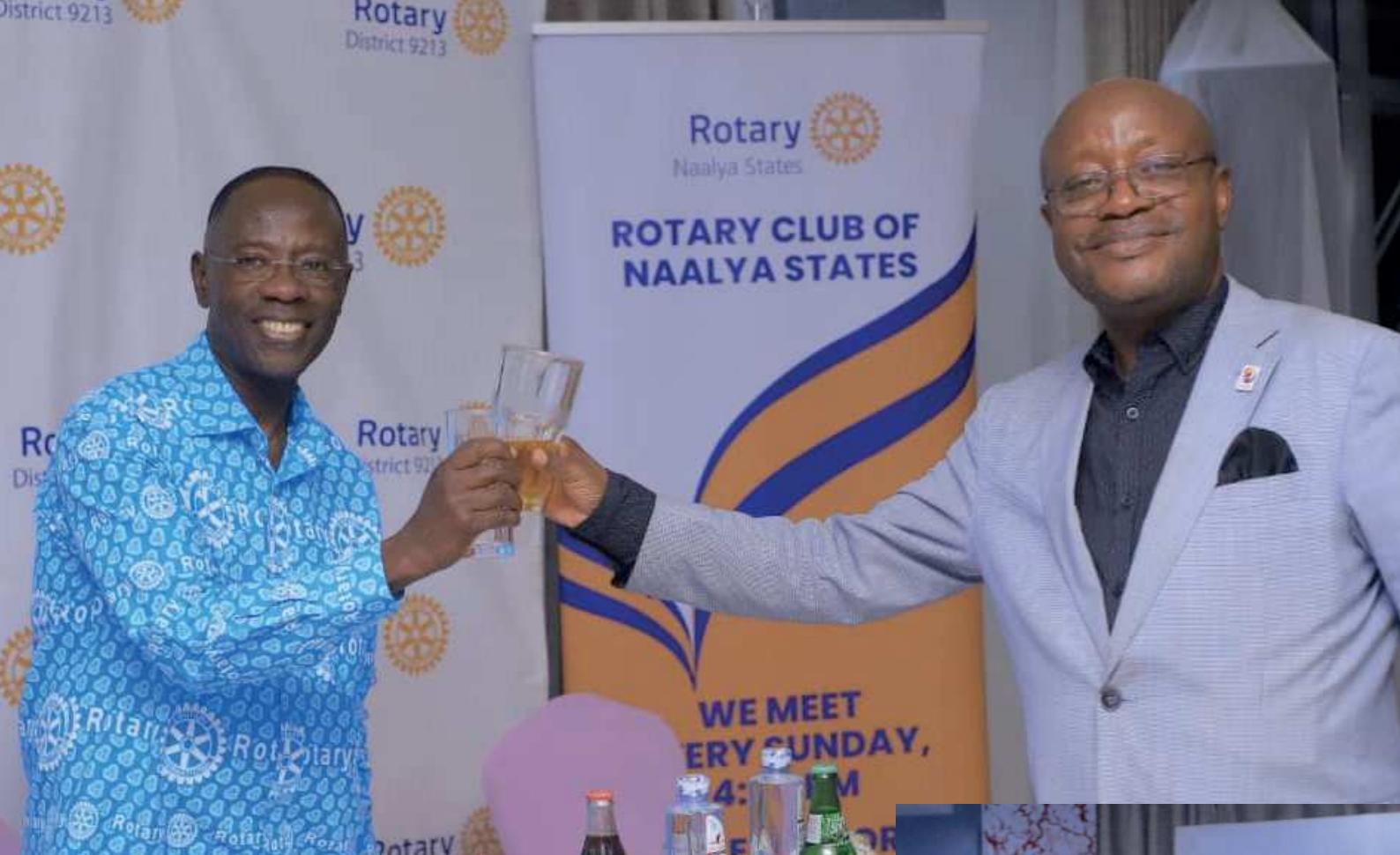
7:00 PM



**Ndere Cultural
Centre Ntinda**



Buddy Group: **Kitoobero**



Exploring The Beauty of Singapore



Officially the Republic of Singapore, the host of the 2024 Rotary International convention is an island country and city-state in maritime Southeast Asia.

It is known as a garden state because of its green belts, green walls, artificially created gardens, natural walkways, and the like throughout different parts of the country. You will find vibrantly colored apartment complexes, sleek office buildings, beautiful murals, and StreetSide graffiti along their normal routes.

Singapore also happens to be a cultural melting pot where you will find people coming from all walks of life to visit the many attractions offered by the country.

This is just some of what the country has to offer;

- **Gardens by the Bay** – This is a 100-hectare area that is surrounded by plants and greenery. You will find the cloud dome

which has artificial clouds and waterfalls inside, creating a tiny ecosystem. You will find displays of different plants in their own artificially created habitat, and then the iconic sky trees that are used for their evening light shows. A trip to the Gardens is an absolute must for both tourists and residents of the country.

- **Sentosa Island** – If you are looking for some fun and adventure, then you should check out Universal Studios in Sentosa Island. You will have a day full of rides and adventures, and once you are tired of that, you can just relax on the island and laze around near the scenic beach.

- **Henderson Wave** – If you happen to love walkways, then we strongly suggest checking out the Henderson walkway, also known as the Henderson Wave. This is a beautiful walkway that will manage to show you the entire Singapore skyline.

- **Marina Bay Sands Observation Deck** – The Marina Bay Sands hotel is another iconic sight in Singapore with the giant

boat resting on top of three buildings. You can check out the Observation deck on top which will allow you to have an aerial view of all of Singapore. You can look out at the waters on one end of the deck and then the financial center at the other through the telescopes that are present on top of the deck.

If you are someone that appreciates beautiful architecture, and Cultural Diversity, then do not miss this opportunity to attend the Rotary International Convention in Singapore.

For more Information about the RI Convention in Singapore, please contact Rtn Sylvia Nankya, the District RI Convention Promotion Chair on 0778120939 or email sylvien79@gmail.com

Composition of RC Kampala Naalya Club Committees 2023-2024

1. Administration Committee

Chair - Rtn. Jackie Mutimba

Members:

Rtn. Julie Nabwire
Rtn. Efrance Nakitto
Rtn. Julie Kisekka
Rtn. Bobby Louis Ogwal
Rtn. Godfrey Okello-Omoding

2 Membership Committee

Chair - Rtn. Sylvie Nankya

Members:

Rtn. Julie Kisekka
Rtn. Evelyn Okecho Mulinda
Rtn. Denis Jjuuko
Rtn. Herbert Oloka
Rtn Laetitia Kiyangi

3 Service Projects Committee

Members

Chair- Rtn. Fathila Nannozi

Members:

Rtn. Dr. Francis Lakor
Rtn. Christine Amucu
Rtn. Dr. John Mugisa
Rtn. Charles Owekmeno
Rtn. Mathias Mulumba
Rtn. Stephanie Gakucuzi

4 Public Relations Committee

Chair - Rtn. Efrance Nakitto

Members:

Rtn. Jackie Mutimba
Rtn. Stephen Kakonge
Rtn. Keno Lillian
Rtn. Ruth Mugisha
Rtn. Julie Nabwire

5 TRF Committee

Chair - Rtn. Flavia Serugo

Members:

Rtn. Faith Nambozo
Rtn. Mathias Mulumba
Rtn. Bobby Louis Ogwal
Rtn. Godfrey Okello-Omoding
Rtn. Enid Kabunga

7 Strategy Committee

Chair - Rtn. Dr. John Mugisa

Members:

Rtn. Sylvia Jagwe Owachi
Rtn. Julie Nabwire
Rtn. Enid Kabunga
Rtn. Anne Nkutu
Rtn. Dr. Francis Lakor

6 Youth Committee Members

Chair- Rtn. Hadijah Nankanja

Members:

Rtn. Faith Nambozo
Rtn. Pamela Kawaddwa
Rtn. Francis Lubuulwa
Rtn. Joachim Buwembo

8 Awards Committee

Chair - Rtn. Flavia Serugo

Members:

Rtn. Anne Nkutu
Rtn. Jackie Mutimba
Rtn. Herbert Oloka
Rtn. Sylvie Nankya





WOULD YOU LIKE TO JOIN OUR CLUB?

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

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

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

**OUR VISITORS
LAST WEEK**

1. Rotary Club of Ntinda
2. Rotary Club of Kiwatule
3. Rotary Club of Kasangati
4. Rotary Club of Kampala
5. Rotary Club of Kampala-Palms
6. Rotary Club of Kira
7. Rotary Club of Naalya States
8. Rotaract Club of Cape Munyonyo
9. Rotaract Club of Kampala North Musical
10. Rotaract Club of Kampala Naalya

**THANK YOU
FOR JOINING
US.**

BUDDY GROUP IN CHARGE- KITOBERO BUDDY GROUP MEMBERS



Rtn Sylvia Nankya



Rtn Juliet Kisekka



Rtn Flavia Serugo



Rtn Paul Jerome Luyima



Rtn Margaret Harriet Kugonza



Rtn Faith Nambozo



Rtn Jackie Mutimba



Rtn Charles Owekmeno



Rtn Bobi Louis Ogwale



Rtn John Mugisa



Rtn Esther Babirye



16th INTAKE GRADUATE CLASS

Improve your Rotary Knowledge and Leadership Skills

Fee: 115,000/= Per Module for meals

Protea Hotel, Kololo. 8am

For registration call Sarah Rubanga - 0752 735 768

For Payments send to (DO Not Call)

Sylvia Kizito Nakajjugo on 0789 913 242 or 0708 691 213

Deadline: 10th July 2023. Engagement starts: 11th July 2023

Only 40 slots available on a first come, first serve basis.

Email: infoatrluganda@gmail.com

Graduate Class shall start online on

11th July 2023.

MODULE 1 Topics - 16th July 2023

- Transforming your Rotary Club
- Introduction to Effective Public Speaking

MODULE 2 Topics - 12th August 2023

- Diversity
- Membership Issues
- Rotary and Ethics

MODULE 3 Topics - 16th September 2023

- Motivating Volunteers
- Effective Public Speaking Presentations



24th INTAKE UNDERGRADUATE CLASS

Improve your Rotary Knowledge and Leadership Skills

Fee: 115,000/= Per Module for meals

Protea Hotel, Kololo. 8am

For registration call Sarah Rubanga - 0752 735 768

For Payments send to (DO Not Call)

Sylvia Kizito Nakajjugo on 0789 913 242 or 0708 691 213

Deadline: 10th July 2023.

Email: infoatrluganda@gmail.com

MODULE 1 Topics - 16th July 2023

- Introduction to RLI
- Insights into leadership
- My Rotary World
- Foundation 1: Our Foundation
- Ethics - Vocational Service
- Engaging Members

MODULE 2 Topics - 12th August 2023

- Creating service projects
- Effective Leadership Strategies
- Club Communication
- Foundation II-Targeted Service
- Attracting Members
- Rotary Opportunities

MODULE 3 Topics - 16th September 2023

- Team Building
- Strategic Planning & Analysis
- Foundation III-International Service
- Public Image & Public Relations
- Building A Stronger Club
- Making A Difference

"MOHSOPs for meetings to be strictly observed"

Rotary
Kampala-Naalya



AKWANG

COMPUTER FUNDRAISER

AIM

To Equip The Newly Built
Computer Lab at Akwang
Senior Secondary School

Delivery date:
8th - 9th Sept 2023



To Contribute Contact

Rtn. Fathila Nannozi, Service project Director, tel.0771866768
Rtn. Enid Kabunga, Treasurer, Tel. 0782885177.



DID YOU KNOW?

Studies have shown women who breastfeed are statistically less likely to develop breast cancer than those who don't.

ROTARY CANCER RUN 20 23

To register, click the link or scan the QR Code below:
<https://tickets.ugandarotarycancer.org/>



For Cancer Screening, go to:



Rotary
Club of Kiwatule



CREATE HOPE
in the WORLD

ROTARY 5-A-SIDE

RAISING FUNDS FOR DISEASE PREVENTION &
TREATMENT, MATERNAL, CHILD AND MENTAL HEALTH

Save The Date

22ND Saturday
July 2023

MTN OMONDI STADIUM, LUGOGO

FEE;
ROTARY CLUBS - **250K**
ROTARACT CLUBS - **100K**

CONTACT:

JIMMY: +256 772 644 364

BARBARA: +256 703 300 829





July, 2023 Calendar

THEME; Maternal and Child Health Month

Buddy Group in Charge
Kitoobero President
Godfrey Okello Omoding

TUESDAY

04/07/2023	Presentation of Club Plan 2023-2024	President Omo
11/07/2023	Topical Issues in maternal and Child Health	Dr Sabrina Kitaka
18/07/2023	Pregnancy and Childbirth: Men's Experiences in maternity care and social support	Panel Discussion
25/07/2023	Shall We Dance? Join the Naalya Stars to dance your blues away!	Fun Fellowship
28/07/2023	Board meeting	

Other Engagements

Sun	2/7/2023	Installation of President of Naalya States	Eliana Hotel, Ntinda Kigoowa Road
Sat	22/07/2023	Five-a-side football Tournament	Phillip Omondi Stadium, Lugogo



@RotaryNaalya



Rotary Club of Kampala Naalya