

Naalya Food AUGUST 2023 Bulletin

Rotary
Kampala-Naalya



CREATE HOPE
in the WORLD

Issue 8



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Us Dream



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We are Set for
the Cancer Run

Editor's Note

Dear Reader,

I hope this issue finds you well.

Do you have your Cancer Run Kit?

The Rotary Cancer Run will take place this Sunday 27th August 2023 at 6:00 AM at the Kololo Ceremonial grounds. The kits are still available and go for UGX 30,000 please join us and invite a friend or associate.

As President Omo highlights in his message, let us be our own PR Department and increase publicity and visibility. The combined and collective effort will lead to an increase in new membership and in member retention.

Thank you to all who have devoted time to read and contribute to this weekly Newsletter.



“

I encourage you to continue sending us your invaluable feedback and ideas for further improvement of the Naalya Food Bulletin.

”

Keno Lillian
Bulletin Editor

THE PRESIDENT'S MESSAGE

We continue to reflect on the theme of the month of August-Membership and New Club Development. Last week we had a presentation on mental health, particularly on its impact on family relationships. A Club is similar to the family unit is a number of aspects. Some of the aspects of social awareness apply in the context of the club. Dr Kamsiime Eva Atwine touched members deeply. There was a lot to take home. It was unique presentation that received testimonies. We shall continue to look out for quality presenters and topics that build members in various ways.

This month's theme has also an aspect of new club development. This seemingly has not received attention. Nevertheless, this week's focus is on members' views on participation in attracting members and retention. Buddy groups will be sharing their views on how they envisage recruitment of members and their participation in Club affairs. This is one way of internalizing the tips the Past District Governor, Rotarian Stephen Mwanje, and the Past President and the current Chair District Membership, Rotarian Dr. Paul Nampala gave.

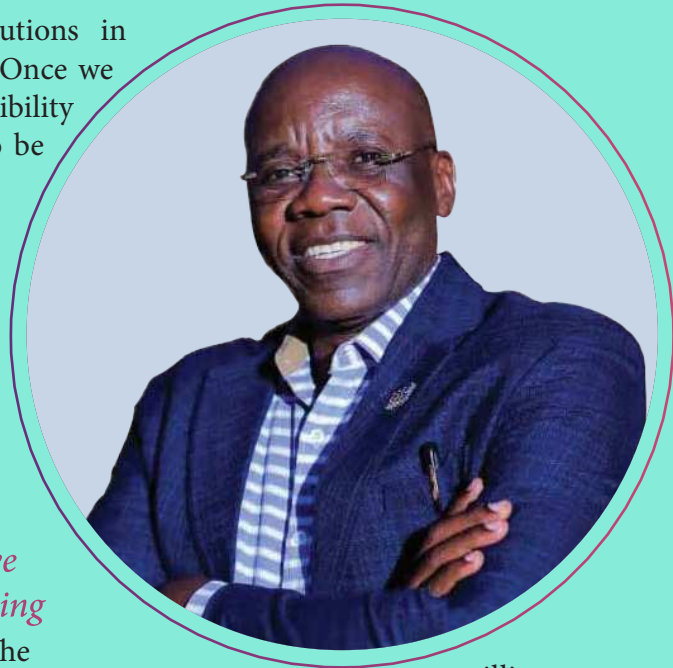
The Club's endeavor this month is bringing its membership together as well as increasing its publicity and visibility. Yes, we know publicity and visibility is not an event. It remains work in progress. However, this progress must be seen in terms of changes taking place as more efforts continued to be targeted on it. In this regard, I call upon members to come forward

to make their contributions in the best ways they can. Once we get publicity and visibility right, it remains only to be sustained.

The question members of Naalya should be asking themselves; *"is our publicity and visibility interventions going to be the usual and the same given that we are the Club of incoming District Governor?"* The

answer is a big NO. PGD Stephen Mwanje gave us a list of things we ought to do. To help navigate this, first, let us look back the journey of our Club. Second, the activities and projects the Club has done or is doing. Third, composition of the Club membership. All these indicate that a lot has been done and there is a solid ground to build on or invest in. What remains is how to do it better. There are opportunities members can take on. For instance, we have Women in Rotary event coming up. The Chair of the event, PP Francis Lubuulwa, has called for members who want to be in the organizing committee to express interest. If you have new ideas how you want the event to be, come forth. Even if you don't want to be a full-time member of the committee, submit your ideas.

Rightly, all of us have one or two things we are gifted at, bring forth your gift for the good of the Club. It can be useful in our Club different outreaches and ways of conducting business. What remains is your



willingness to come forth not how to translate your gift into actions. Your idea may be that one innovation that will drive the Club to its height. With new innovations in place, talking of new club development will automatically come forth. Remember starting a new club requires having members who can give time and they are passionate and committed. This is not to say that we don't have such members. They just need to come out. Come out to create hope in the world. New club development gives opportunity to expand hope creation.

Be blessed

Rotarian
Godfrey Okello-Omoding
HCP

HOW ROTARY CAN ENSURE NO CHILD IS SENT HOME OVER LUNCH MONEY



Next to our house in Kiwatule lies a typical Kampala plot measuring about 50x100, and it has been an eyesore as a kasasiro dumping ground for the two decades since we acquired our space here. But a few months ago something drastically pleasant happened. As I write this piece, I am looking down through my study window at a previously repulsive site, now neatly prepared for planting.

Three months ago, the absentee owner of the plot permitted a local lady who lives in one of the countless mizigo in the hood to utilize the plot and keep it clean. The lady got to work and we were all thankful at the clearance of the eyesore. She planted maize and the unpredictable weather was in her favor, a blessing added to her getting the right seeds which germinated quickly, sprouted into deep green plants that grew noticeably fast. Three months down the road they were drying and soon got harvested.

The lady picked five whopping bags of maize grain from the plot!

That set me thinking. If a 50x100 (ataano ku kikumi) plot can produce five bags of maize under the right conditions, why should anybody go hungry in this country? What is of more concern for many of us right now is that many children are failing to attend school despite the Universal Primary Education(UPE) now being in its 27th since it kicked off in January 1997, just because they cannot pay for lunch.

Now five bags after milling can provide 150 cups of porridge for the 60 days that effectively make a school term in Uganda. You can check the details and will confirm this. This means for every 50x100 open space 150 kids can fill their tummies for around midday for a term. Four such plots or half an acre can thus fill 600 little tummies (average number for a school in a parish) for a term.

Now, we are talking about UPE schools where the Government insists there should be no charges because it provides tuition fees, pays the teachers, provides textbooks and administrative expenses. Parents are supposed to provide lunch and the most manageable way is through paying, which many can/will not do, and so their children are sent away.

But, and this is a big BUT, we do not expect a public school NOT to have at least acres of open land. While you can set up a private school in a tiny space, no public school should have been set up where there isn't enough land, even in the middle of a town. And who doesn't know to what use many school open fields have been put? Petrol stations, car washing bays, shopping malls... a shameful statement on what value society has sank to attach to our children.

This is where Rotarians can come in. A club can agree with a (public) school administration to earmark an eighth of an acre per 150 children, meaning half an acre if there are 600 learners. The club then overseas the planting and maintaining of the maize garden – using maize as the standard source of energy giving food in this country. Where a school really does not have the land, it can be borrowed or hired for the purpose.

Naturally, you can expect the ‘usual’ excuses why this ‘**cannot**’ work, like lack of tools, seeds and so on but such responses are not new to you if you live in this region. The only real problem is mindset. **“They want to make our children work for free!”** some might protest, and if you suggested that the parents can do the cultivation, some might label it outright undermining of their status, “just because we are poor!”

So this is an opportunity for Rotarians to break a sweat.

If the active members of a small Rotary club, say 20 of them, descended on the agreed school plot on a Saturday in their gumboots, and tools bought at local shops to boost the community’s economy, would it take them even three hours to thoroughly clear and plant a 50x100? Subsequent maintenance work would certainly be much lighter and the rest of the morning can be spent on interacting with the school community, fun activities and sharing packed lunch.

Did I hear someone say there might be no water? On Saturdays, I drive 40 kms from Ntinda to Ziobwe with the main purpose of ‘showing presence’ on a small piece of land acquired a year or so ago. Being an absentee farmer, I plant what cannot tempt the locals as they can’t make sense of it – hibiscus – yet it guarantees a glass or more of classy wine for whoever drops by our house. Now before I set off, I put five jerry cans of water in the car (a hundred kgs is just about one and half passengers in weight). The ‘hibi’ only occupies less than 50x100 and my weekly 5 jerry cans ensure it is ever ‘green’ (actually red) during the 3 – 6 months of its life. And I am in full control of my water supply even though carried from home where I pay NWSC for it, treated. Remember even if I don’t take it to Ziobwe the maid will waste it anyway.

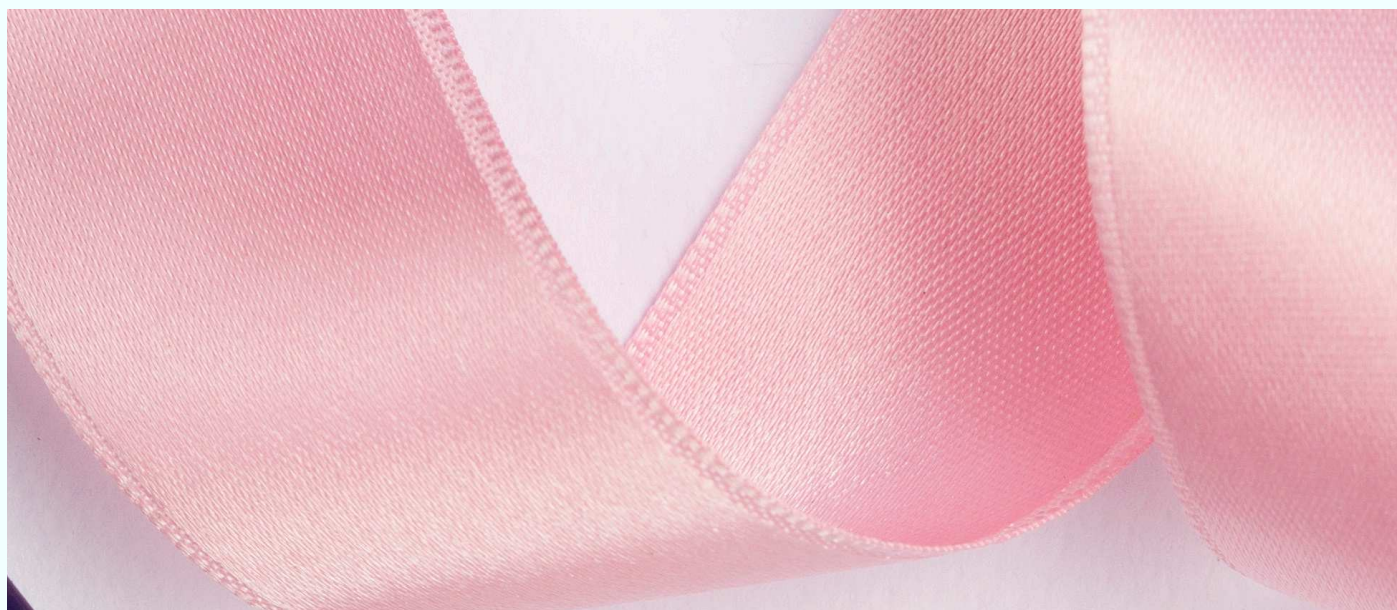
What I am saying in so many words is that if each Rotarian carried 20 litres of water to the school garden per visit, no mention of water will ever arise. The details of what, how, when to plant should be worked out by the plant/ agricultural scientists who can certainly be found in the Rotary community.

Ensuring that **‘lunch money’** does not keep any child out of school is therefore not rocket science; it just requires the Rotarian spirit of service above self.

By: Joachim Buwembo

CALL FOR NOMINATIONS

Nominations are open for Rotary's Service Award for a Polio-Free World



Optimistic. Dedicated. Persistent. These words describe Rotarians around the world who, through PolioPlus, have committed themselves to the fight against polio.

You can help us honor their hard work and share their stories by nominating them for Rotary's Service Award for a Polio-Free World.

The Award for a Polio-Free World honors Rotarians who have made outstanding contributions to our polio eradication efforts since November 1992.

Nominations are due by **1 October 2023**.

Criteria and Guidelines

Purpose of the Award: This award was established by the trustees of the Rotary Foundation to recognize outstanding contributions to the effort by Rotarians and thereby to encourage final efforts.

Service to be Recognized: Active personal service is required by the prospective recipient of the award. Personal financial contributions, however noteworthy, are not a basis for the award.

Outstanding service in the field of advocacy, however, is not precluded as a consideration for the award. Fundraising efforts that support Rotary's PolioPlus

program may be considered in the evaluation of nominees for the award.

Period of Service: Service which has occurred since 1 November 1992 is recognizable.

Number and Distribution of Awards: Regional awards, for outstanding service solely or primarily within a World Health Organization (WHO) region, will be made annually, not to exceed 60 per year. WHO regions are Africa, Americas, Eastern Mediterranean, Europe, Southeast Asia and Western Pacific.

International Awards, for broad service to the cause of polio eradication, will also be made annually, not to exceed ten individuals. A Rotarian may receive only one of each award.

Prior receipt of a regional award is not a condition, nor does it preclude, consideration for the international award.

Persons Eligible: Any Rotarian is eligible except:

current and incoming trustees of The Rotary Foundation, current and incoming directors of Rotary International, current members of the International PolioPlus Committee, and current and incoming district governors are not eligible to receive either of these awards.

Rotarians who have previously received either the regional or international award are ineligible for the regional award.

Award Approval: Regional awards will be made by the trustee chair upon recommendation by the International PolioPlus Committee (IPPC) which may consider the views of National PolioPlus Committee chairs.

International awards will be made by the trustees upon recommendation by the IPPC. Any Rotarian may initiate a recommendation for a Rotarian to receive either award. To assist reviewers in assessing nominations, full explanations and details of the reasons for the award are appreciated.

To nominate a Rotarian follow this link <https://rb.gy/hbx8g>



SHE CRANES, GAZELLES, ST NOAH GIRLS ZANNA **MADE US DREAM**



They may not have been the talk of town throughout the tournament. They may not have trended in every WhatsApp group and certainly not many opinions were made on timelines. The star players like Mary Nuba may still walk the streets of Kampala unrecognized. Yet that shouldn't be the case.

Dressed in the black, yellow and red jerseys, the She Cranes wowed everyone at the netball World Cup in Cape Town in South Africa becoming the number one team in Africa and 5th in the world! What a fete! How they made us so proud. How they conquered the continent and almost the entire world.

As the She Cranes was doing their thing, nearly 4,000km away, in

Kigali, Rwanda, another national women's team, the Gazelles, was 'wreaking havoc' in the AfroBasket, a continental basketball competition. They finished 7th in the competition, their best performance ever.

Up north in Morocco, St Noa Girls Secondary School Zzana was teaching English and German schools how soccer is played in the FootballWorldSchoolChampionship only to lose their semifinal game to eventual winners China. They ended up bringing a bronze medal home. Football even at the men's level isn't that developed in Uganda so to have a girls' team from Uganda beating "Football Made in Germany" is stuff of legend.

Talking of China, Dismus Yeko won gold in the men's 10,000 metre final

at this summer's World University Games in Chengdgu in China. Knight Aciru walked away with silver medal in the women's 800m finals at the same games.

At the Africa Boxing Championship in Yaoundé in Cameroon, the bombers won two silver and five bronze medals and some few thousands of dollars for their effort.

In the United States, Ibrahim Kasule has been scoring goals for fun since joining Ibrahim Sekagya coached New York Red Bulls II team, which competes in the Major League Soccer Next Pro division. Kasule was his club's player of July to the delight of his coach, former Cranes captain Sekagya.

It has been a good 'summer' for Uganda sports and continues to show the potential that we may have across board. Most of this success is not attributable to strategic national planning and involvement. Many times, sports people do it their way without any national support —walking the breadth of Kampala to find anyone who can give them an air ticket to participate in the event. Stories are rife that the She Cranes coach hasn't been paid a salary in years!

During training, stories have been told of boxers training with shared gum shields or footballers not having shin guards or even footballs yet they are expected to compete with the well-oiled national teams.

Sometimes when they win or do so well, a luxurious state dinner is organized in their honor where the competitors are seeing some of the dishes for the very first time in their lives! Politicians and their technical officers then give glowing speeches making some pledges they know they won't fulfil before going back to their routines.

For many years we have known the potential we have in Kapachorwa and what proper training facilities and technical support would do to enable us have several world beaters in athletics but we have left everything to God. If we strategically invested in athletics there, we would create many world stars and thousands of jobs for generations.

One of the first thing though is to bring back sports in schools and make it mandatory for schools to get involved in regional and national competitions.

St Noa Zzana and a few other schools involved in sports are doing it not because it is a requirement. It is either because the school owners love the sport or it is one of the ways through which to market the schools. Otherwise, there are many schools, some with even better resources, not interested at all in any sports or simply organize a few competitions among their learners. Yet it is in schools that talent can easily be recognized and nurtured.

As Uganda increasingly urbanizes, community sportsgrounds are being turned into jungles of concrete because the land was largely privately owned. As land values go up, the owners sell the land and the community sportsground ceases to exist. Individuals with interest in sports cannot afford to set up community teams which can compete beyond a promise of a goat by an aspiring member of parliament or local government councilor.

Can we attract some investment in sports so we have professionally organised teams at the grassroots? The government can guarantee a return for the investors on set targets such as winning global competitions, selling players to top academies or even Saudi leagues.

By: **By Denis Jjuuko**

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





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**

Support The
Africa Peace Fund

The
Rotary
Foundation



AFRICA PEACE CONCERT

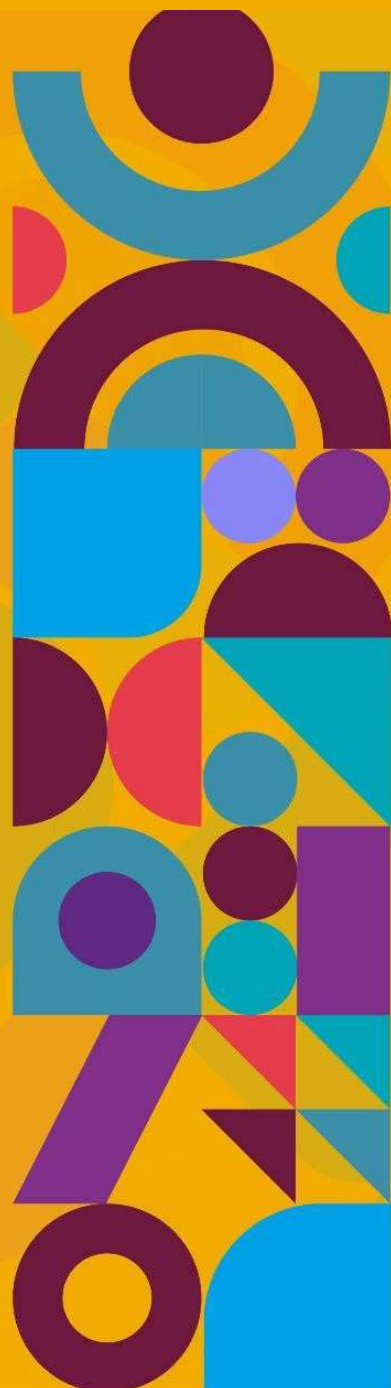
NOVEMBER 2023

USD 100

for physical attendance follow
prompts and make payments at
<https://africapeaceconcert.org/>

FRIDAY
03 NOV 2023

SPEKE RESORT
MUNYONYO



CELEBRATING *Milestones*



My name is Vumilia Racheal Tumushabe, I'm a proud charter member of Rotaract Club of Kampala Naalya and I currently serve as the REI Officer 2023/24 of the club.

I'm a tour consultant working with Zazu Africa Safaris. I'm also a spoken and written word poet; a member of Echo Minds Poets Co Ltd and Uganda Poets Association.

I was crowned "Miss Heritage Rwenzori 2023/2024" at the 6th edition of Miss Tourism Rwenzori Region that took place on 7th July, 2023.

I've been a rotaractor since 2017 and I've seen myself growing from one level to another; I've been given opportunities to serve on different boards as the

PLD Director RY2020/2021, Projects Director RY2021/2022 and Club Admin RY2022/2023.

As a Heritage Queen of Rwenzori Region and REI Officer; I would like to thank Rotaract Club of Kampala Naalya and mother club "Rotary Club of Kampala Naalya" for the continuous support, love and care. A big thank you to all rotarians and rotaractors for serving our communities wholeheartedly; ***"Keep On Keeping On Strong"***

Note*:** Let's Plant more trees to make the Pearl of Africa Shine. Let's respect and love our cultures, fight plastic pollution and make peace with nature through respecting nature's boundaries. Remember it all starts with you and me. God above all. ***"Service Above Self"

#REIUganda #MissTourismRwenzori #PetAtree #MyRwenzoriMyPride

CLUBS VISITED LAST WEEK



OUR VISITORS LAST WEEK (15TH AUGUST 2023)

PAG Sophie Bamwoyeraki -RC Kasangati

PE Robert Kayongo – RC Bulindo

Rtn Barbara K Bagiire – RC Kampala Ssese Islands

Brian Watuwa - RC Naalya States

Rotaractors

Tunde Oyeyemi – Rct Cape Munyonyo

Club Guests

Daniel Oyom

Calvin Okwalinga

Pauline Okoth

Kizza Fredrick

Ronnie Mutebi

Martin Okia

Thank You
For Visiting Us

RCT NAALYA JOINT CLEAN UP PROJECT WITH RCT KYANJA



WE ARE SET FOR THE CANCER RUN





 RotaryCancerRun
  @UgRotaryCancerP
 #RotaryCancerRun23



DISCOUNTED CANCER

SCREENING AT THE

ROTARY CANCER RUN 2023

CANCER SCREENING	Prostate Cancer	Cervical Cancer
PRICES	UGX 55,000	UGX 64,000

*Get that check up today!
Available at all C-care facilities








MAVD McCANN



THE ROAD TO AFFORDABLE CANCER TREATMENT IN UGANDA

HOW FAR WE HAVE COME

01 WHEN THE CONSTRUCTION OF THE BUNKERS BEGUN.

02 WHEN CONSTRUCTION OF THE FOUNDATION (PHASE 1A) WAS COMPLETED.

03 ONGOING WORK FOR PHASE 1B.



ABOUT THE 2023 RUN:

DATE: Sunday 27th August, 2023. **VENUE:** Kololo Ceremonial Grounds and in all major towns across the country and around the globe. **REGISTRATION FEE:** UGX 30,000 and comes with a kit.



REGISTRATION FEE:
30,000/=

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



MAV McCANN



BUDDY GROUP IN CHARGE

KIKOMANDO BUDDY GROUP MEMBERS



Ritah Aciro Lakor



Mathias Mulumba



Ann Natukunda



Denis Jjuuko



Dorcas Karungi Mwanje



Anne Nkutu



Godfrey Okello Omoding



Julie Nabwire



Sam Byagweri



Elizabeth Wamalwa



Christine Amucu