

# Naalya Food 09th July 2024 Bulletin

Rotary  
Kampala - Naalya



Issue 02 | 2024



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



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## EDITOR'S NOTE

Dear Reader,



**A**s we navigate through this month, It is an opportunity to reflect on the current status of maternal and child health and how we can collectively address existing and emerging issues at the community level.

For members who might have otherwise missed last week's fellowship, Magical President Sylvia Jagwe Owachi unveiled the club's implementation plan taking into account, goals and various service projects.

We also take this opportunity to extend our hearty congratulations to President Sylvia who graduated from the Rotary Leadership Institute-RLI on Saturday. More programs are available for Rotarians who want to expand their knowledge and understanding of Rotary.

Thank you for taking the time to read and share the Naalya Food Bulletin.

*Keno Lillian - Bulletin Officer*

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## Feedback

We'd love to hear from you about any of our stories this year 2024.

Contact the Bulletin Officer: **+256 782 601 009** or

Email: **[rcklanalyafoodbulletin@gmail.com](mailto:rcklanalyafoodbulletin@gmail.com)**





## Aluminium and Metal Fabrication



**Najjera- Buwaate Rd, Kira**  
**+256 75 811 1409 +256 740 863 399**  
**[vipventuresltd@gmail.com](mailto:vipventuresltd@gmail.com)**

# President's Message

**RTN SYLVIA JAGWE OWACHI**  
*Club President 2024-2025*



## Dear Rotarians and Friends,

**I**n our Club meeting last week, we revisited our goals and service projects to firmly align members to what needs to be done in this Magic year! While extremely pleased with the progress made within each of our current projects, we now need to focus on how to increase the impact of each activity in the Rotary's areas of focus as outlined below: -

- Maternal and Child health
- Water, Sanitation and Hygiene
- Disease Prevention and Treatment
- Peace Building and Conflict Resolution
- Environment,
- Basic education and Literacy
- Community Economic Development.

**As you all are aware, the month of July has been dedicated to Maternal and Child Health which is one of Uganda's biggest challenges. The key areas of concern include prenatal care, high mortality rates, safe delivery, postpartum care, newborn care, child nutrition and immunization.**

While different Rotary Clubs have stepped up to address some of the above challenges through member donations, the greatest impact will be achieved through Global grants from The Rotary Foundation. For this reason, I urge you all to all heartedly

embrace the District 9213 drive to raise USD 700,000 for the Rotary Foundation by each Rotarian giving a minimum of USD \$ 25 like we have been called upon to. It has been an exciting month during which we had the opportunity to visit other clubs and connect with many other Rotarians united in a common purpose. As we come to the tail end of the presidential installation season, we must now quickly shift gears and focus on the job at hand.

“

**The key areas of concern include prenatal care, high mortality rates, safe delivery...”**

**We kicked off this Magical year by ensuring that club administration is in order, allocating each member a buddy group, a committee to serve and a friend of the year to entrench a sense of inclusion and belonging across Club activities. I thank you all for the helping**

**hand you gave in this process. The span of how one can serve is extremely expansive.**

The energy and vibrance that you my dear members have so far exhibited is truly exciting and demonstrates that we will make our Club truly Irresistible! Let us roll up our sleeves and get to work! Be Blessed

Be Blessed!!!



# THE MAGIC STARTS WITH US

Magic is believing in yourself,  
if you can do that, you can  
make anything happen.



**Rotary**



# Let's put Magic in all we do



**Dear HCP Godfrey and the members of Rotary Club of Kampala-Naalya,**

**O**n 1st July I transitioned from Assistant Governor to Past Assistant Governor of the Rotary Club of Kampala-Naalya. I want to take a moment to reflect on the amazing journey of Hope creation that we have shared. Allow me to express my heartfelt gratitude to each and every one of the Rotarians of Rotary Club of Kampala-Naalya. Over the past 12 months, I have been privileged to interact with a team of enthusiastic members, whose zeal for service has been exemplary.

**At the beginning of the Rotary Year, the club made promises to the District Governor through our plans.**

I wish to congratulate the President and the club for increasing our impact, expanding the reach, enhancing participation and engagement, but also increasing our ability to adapt. None of these achievements would have been possible without the unwavering support and commitment of all the members. I am deeply grateful for the hard work and passion that each of you has brought to their roles by the day.

To the Immediate Past President, while you passed on the mantle, always remember that the Club is now a Governor's club and that as a club, a lot is expected of us to make DG Anne's year magical. I know that our journey for global grants has kicked off, I pray we embrace it full throttle and see it to fruition. I have no doubt that President Sylvia Jagwe will be accorded all the support from the members of Rotary Club of Kampala- Naalya.

“

As I bow out, I thank the DG for the opportunity to serve as your Assistant Governor.”

**I am confident that the new leadership team, under the guidance of AG Kimberly Kasana, will continue to drive the club to new levels with renewed energy and vision.**

As I bow out, I thank the DG for the opportunity to serve as your Assistant

Governor. It has been an honor and a deeply fulfilling experience. While I may be exiting this role, I will always cherish the memories and friendships forged during my time here. Let us support the “Chief Magician”, by putting magic in all we do.

With warmest regards,

***Florence Lunkuse - Lwanga***  
***Assistant Governor 2023 - 2024***





The  
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Makerere University  
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# RESERVE THIS DAY



**10TH.  
JAN. 2025**



**15H (GMT)  
18H (EAT)**



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**Nelson Mandela**

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# RC Kampala Kibuli Presidential Installation



**DG Anne Nkutu** encouraged **President Julie J Kariisa** to build on what has already been done by her predecessor and focus on ensuring that Rotary is future-fit.



# RC Kampala South Presidential Installation



The event also saw the first and official visit of the **District Governor Anne Nkutu** to the club in this rotary year.

DG Anne Nkutu, encouraged Rotarians to focus on consolidating the existing projects to have an impact as opposed to distributing resources in various places.



# 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.

“

The Institute offers a leadership course in 3 full day sessions (Parts I, II & III).”

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 looked forward to winding the evening with this new family. She had to define herself among these notable members, her new home!**



# RelaDental

## Smile for Miles



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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



# Superstition and witchcraft keeping Ugandans poor

BY RTN. DENIS JUUKO



**M**any years ago, a car carrier was parked on the side of the road that connects Kireka to Kyaliwajjala on the outskirts of Kampala. The car carrier, comprising of a truck head and trailer seemed to be still in good working conditions.

Days turned into weeks, months and years with the truck still in its position, on the pavement facing the direction of Kireka. Nobody seemed to know the owner of the truck though some alleged it belonged to an entrepreneur who had died in the infamous “balance the boat” accident of a few years ago.

**At one time, stories go, authorities tried to tow it away but they brought a weaker towing truck probably with a team that didn't know how to disengage it so that it can free wheel.**

Once they failed to remove it, the

truck became a legend of myths.

If you used a boda boda along this route, the rider would tell you all sorts of stories — that the truck speaks at night—like a human being and can even call out your name. That it was a sanctuary of all Uganda's spirits. The truck was not only an eyesore, it had become a road safety hazard.

**Last Saturday, a young man involved in the Kampala auto show perhaps in a bid to promote his upcoming event decided to do something. Working with UNRA, he brought in a team of mechanics that knew how to disengage it and make it towable.**

**The truck was not only an eyesore, it had become a road safety hazard...”**

Once he arrived on the scene, a sizeable crowd formed at a respectable distance. No boda bodas were willing to work in the area. They all wanted to witness history —

“  
...a bigger breathless crowd waited on X (former Twitter) in apparent anticipation of what may happen...”

not of a rocket trying to go to Mars or another planet but an old truck being towed away.

One of Uganda's leading television stations sent in a crew for live coverage. Journalists from

many media houses arrived in droves to cover a truck being towed away. A bigger breathless crowd waited on X (formerly Twitter) in apparent anticipation of what may happen making it one of the most trending topics on the social networking platform in Uganda.

**Within about five hours, the truck had been disengaged and was able to be towed away. People formed small groups and wondered in whispers whether the crew won't be struck at night while others drove by in the morning to confirm the truck didn't return by itself in the night. The truck didn't have self-driving capabilities.**

Ironically, all this happened nearly a stone's throw away from the Uganda Martyrs Shrine in Namugongo, a testament of Uganda's belief in Christianity and confirmation of people's beliefs in the underworld. Anyway, Ugandans seem to be very spiritual. Christianity or even the Uganda martyrs didn't take away their other beliefs.

**The wide belief in the truck being a sanctuary for the spirits also showed one of the reasons we are poor. Many people spend most of their time praying instead of working. Every little challenge is prayed for. Visits to the witchdoctor's office are organized on a daily. There are even taxi stages in Kampala known to lead to shrines. You have heard of Stage y'Abakyala. Western embassies accredited to Uganda claim that people submit paper applications for visas spread with blood, birth feathers and other fetishes.**

Almost every business that fails is blamed on witchcraft of the neighbours or some stepmother or co-wife. At workplaces, many people don't greet others, shake hands or come in close contact with others in fear of witchcraft.

A person who succeeds at work is believed to have performed juju on the boss.

At one stage, a musician was alleged to have got his wealth and fame by making regular visits to the Lake Victoria floor. He got cheeky and released a song about it, thereby making more money from those who were spreading the rumor.

Conmen send messages of how the illuminati can make you wealthy if you paid them a connection fee. The reason such conmen exist is because people believe in the illuminati. The illuminati in Uganda is euphemism for witchcraft.

We hear that some national sports teams sometimes have a witchdoctor on retainer yet the performance never improves. Kids are sacrificed every day in search of wealth.

Those seeking for love or a pregnancy spend countless nights at premises of witches. Witchdoctors are usually poor so how can they then make one rich if they can't do it for themselves? Don't they want to

“

Conmen send messages of how the illuminati can make you wealthy if you paid them a connection fee.

be wealthy too?

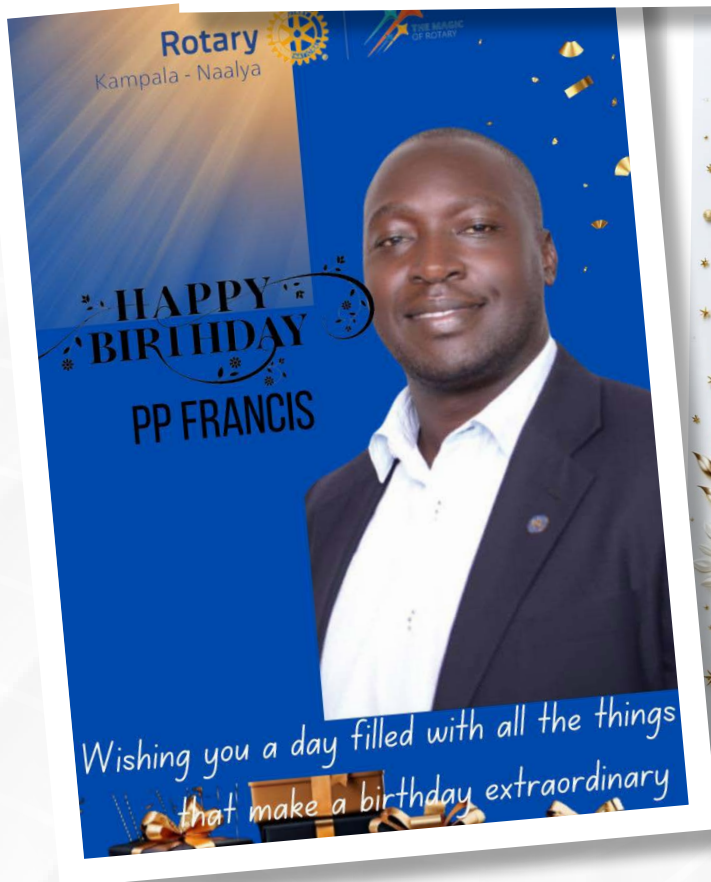
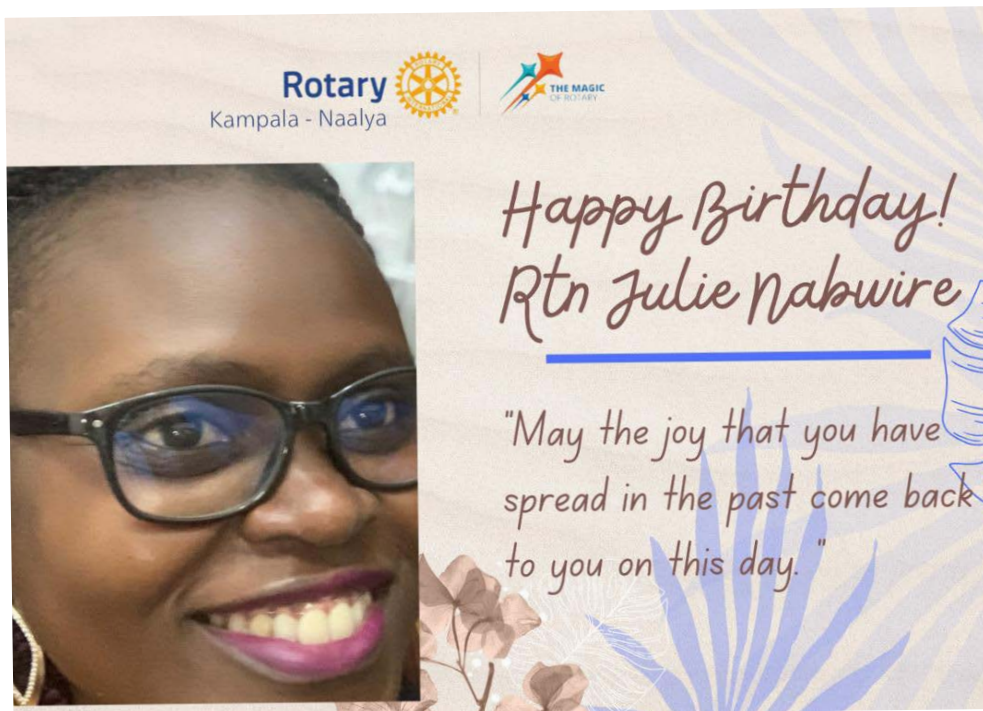
**At hospitals, especially the public ones, representatives of witchdoctors set up bases where they encourage patients with chronic illnesses to discharge themselves so that**

**they can treat them in their shrines. Desperate for a cure, many end up realizing they have been taken for a ride when it is already too late.**

Businesses can't grow when we are consumed into spiritualism, superstitions and believing every setback is a result of somebody bewitching us. Every success can't be because your witchdoctor is doing magic. Every failure can't be because of your step mother is bewitching you. Previous failures to tow a truck, like we saw on Saturday, had nothing to do with witchcraft rather poor understanding of vehicle systems

**The writer is a communication and visibility consultant. [djuuko@gmail.com](mailto:djuuko@gmail.com)**







# Family Matters



BY **PASTOR RONNIE MUTEBI**

**I** Corinthians 14:40 (KJV):\*  
Let all things be done decently and in order.

## THE ORDER OF THINGS

Every progress is inclined towards a certain order and discipline. In the understanding of the theme scripture, many look at it in the context of order in service only. It is interpreted in the sense of the program for a rotary fellowship: order paper and subsequent discussions, announcements, and maybe the closing remarks plus the rotary toss.

However, there is more to it than that!

The language or the understanding is embedded in 'let ALL things be done decently and in order.' There is an order to things starting from individual life, time management, character, speech and even to life's details in general.

For example, how do you treat a Rotarian who is higher in rank than yourself?

**How do you respond to your leaders when they offend you? King Solomon regarded as the wisest person to have ever lived said in Ecclesiastes 10:4, the "If the spirit of the ruler rise up against thee, leave not thy place; for yielding pacifieth great offences."**

The order of things dictates that where decency and diligence is, order prevails.

How do you treat the elderly? The order is laid out in 1 Timothy 5:2..... says we ought to treat the elderly women as mothers.

How do you treat the less privileged person on the street? There is an order to that too.

**In Hebrews 13:2, the order requires that you "be not forgetful to entertain strangers: for thereby some have entertained angels unawares."**

“

**How do you respond to your leaders when they offend you?**

In this magical year, let us be welcoming right from our smallest unit of society. This will easily reflect in our rotary family fellowship.

Some frustrations in life are born out of abusing this order. Maturity in the walk of life demands that you understand the protocol of life and spirituality.

**Take Home: There is an order to things in the realm of the human spirit, and even to life in general. Some frustrations in life are born out of abusing this order.**



# Hide & Seek

BY PAMELA KAWADDWA

**I**t's so easy to get lost. To get comfortable in the act. In the game of pretend. Of being something you're not. Perhaps because it's safer. Or because you are afraid of the monster behind the mask. Or maybe just because it's easy

But acting is never really easy  
That's why actors get paid so much to do it  
But who's paying you?  
Who's paying you to betray the version of yourself that you see when you look in the mirror?  
Who's paying you to hide yourself away?  
To bottle up your emotions and leave them locked away, praying for fine wine?  
Honey, you are the fine wine.

**Break every bottle because breaking is the first step to putting yourself back together again.  
Rip down the yellow wallpaper  
That always drove you insane...  
You are so much more than somebody else's consolation prize  
You are a roaring flame  
Capable of burning every moment  
anyone made you feel small  
And everyone who ever will.**

Don't wait for someone to find you or see you.  
That will make you forget to find yourself,  
Be you. The authentic you! The original you and not your representative.  
No more hide and seek

**Till again.**

*Phvy*



# KITOOBERO BUDDY GROUP MEMBERS



**Bobby Louis Ogwal**

---



**Charles Owekmeno**

---



**Esther Babirye**

---



**Faith Nambozo**

---



**Flavia Serugo**

---



**Jackie Mutimba**

---



**John Mugisa**

---



**Julie Kisekka**

---



**Margaret Harriet Kugonza**

---



**Paul Jerome Luyima**

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**Joy O Anena**

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**Sylvia Nankya**

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