

Naalya Food 30th July 2024 Bulletin

Rotary
Kampala - Naalya



Issue 05 | 2024



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Hiking



Rotary Youth
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EDITOR'S NOTE

Dear Reader,



As we close this month, I would like to draw your attention to the Rotary Cancer Run scheduled for 25th August, 2024 at Kololo Airstrip in Kampala.

This year's target is to raise over Shs3Bn for the establishment of a cancer treatment center in Nsambya. Let us all support this by purchasing kits.

In this issue of the Naalya Food Bulletin Magical President Sylvia Jagwe Owachi shares her weekly Message, PP Evelyn introduces us to Mountaineering among other items.

A huge thank you to all the persons who contributed the wonderful and inspiring Articles for this month, and cheers to Kitobeero Buddy Group for steering us through the month.

I invite you to join us for a fun-filled fellowship this Tuesday at Ndere Cultural Centre, as we host Award winning Musician, producer, community youth activist and social entrepreneur - Babaluku

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**



Aluminium and Metal Fabrication



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President's Message

RTN SYLVIA JAGWE OWACHI
Club President 2024-2025



Dear Rotarians and Friends,

The month of July has been dedicated to Maternal and Child Health which is one of the areas of focus in Rotary and 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. Last week our guest Speaker was Dr. Olive Sentumbwe Mugisa who is an expert in this field.

She talked about Postpartum Hemorrhage also known as excess bleeding after childbirth. She broke it down so well highlighting which people are at risk, how one can identify and report these cases and what can be done to reduce deaths.

She implored us as Rotarians to collaborate more and contribute to improve conditions in health centers to reduce the number of mortalities. The talk was well delivered that everyone in the room agreed that indeed it was a good one!

As I sat there and listened I was reminded that there are 101 reasons why one would join Rotary!! Rotary gives you an opportunity to serve, endless leadership development, learning from different vocations, an opportunity to travel and experience different cities and cultures. It also gives one endless networking

opportunities, friendships and fun. One gets to learn something new from the different guest speakers we invite to our clubs or by visiting other clubs every week.

Rotary also gives us an opportunity to fundraise for different causes in a fun way. In last week's bulletin we featured the Rotary 5 aside football tournament by RC Kiwatule. This is an annual event that brings together teams representing several Rotary and Rotaractor Clubs. The fun and energy exhibited that day was amazing!!! Kudos to RC Kampala Naalya for making it to the round of 16!!! and to the winners RC Nakasero Central!!!

“

Rotary gives you an opportunity to serve, endless leadership development....

Look out for more fun fundraisers such as The Rotary Annual Cancer Run, The Singing and

Dancing Competition and The Quiz night coming soon. Please join in on these fundraisers for a good cause. Be reminded that Rotary is a global network that strives to build a World where people unite and take action to create lasting change.

We will close the month with a fun fellowship featuring **“Babaluku”** and the poetic justice. Come join us for an exciting and magical evening!!

Be Blessed



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Rotary Youth Leadership Awards 2024: *Passion, Action, Reaction*

The Rotary Youth Leadership Awards (RYLA) 2024 event, with the compelling theme “Passion, Action, Reaction,” was launched in a vibrant ceremony hosted by the Rotary club of Gayaza at Spartans lounge on Sunday 21st July 2024.

The Rotary Youth Leadership Awards (RYLA) Program is an initiative aimed at empowering and nurturing the leadership potential of young individuals within our communities. This annual event, a cornerstone of Rotary’s commitment to fostering leadership in young people, promises to inspire and empower the next generation of leaders through a series of dynamic workshops, engaging activities, and motivational speeches.

Embracing the Theme: **Passion, Action, Reaction**

The theme for RYLA 2024, “Passion, Action, Reaction,” encapsulates the essence of the program. It aims to ignite the passion within young leaders, encourage them to take meaningful action, and observe the positive reactions and changes they

can bring about in their communities. This theme resonates deeply in today’s world, where young people are increasingly taking the lead in addressing social, environmental, and economic challenges.

- **Passion:** The event seeks to help participants identify and cultivate their passions, providing a platform for them to explore their interests and aspirations. Passion is the driving force behind every successful leader, and RYLA 2024 will offer numerous opportunities for participants to connect with mentors and peers who share similar passions.

“

RYLA is an initiative aimed at empowering and nurturing the leadership potential of young individuals...

- **Action:** Translating passion into action is a key focus of RYLA 2024. Through hands-on activities, leadership training, and community service projects, participants will learn how to develop actionable plans and implement their ideas effectively. The program emphasizes the importance of proactive leadership and the impact of taking initiative.

- **Reaction:** Understanding the reactions and outcomes of their actions is crucial for young leaders. RYLA 2024 will encourage participants to reflect on their experiences, learn

from their successes and failures, and adapt their strategies accordingly. This reflective process helps build resilient and adaptive leaders capable of navigating complex challenges.

Event Highlights

The launch event featured a lineup of distinguished speakers, including Past district governor Mr. Mike Sebalu, District Rotaract Representative Simeo Ssebukulu, District Interact Representative, Rotary leaders, Youth service directors of different clubs and prominent community figures. They shared their insights and experiences, emphasizing the transformative power of the RYLA experience. Rotarian Ethan Musolini, delivered an inspiring keynote address, highlighting the significance of leadership in today's rapidly changing world and the pivotal role young people

play in driving positive change.

Workshops and Activities:

- The event will include a variety of workshops focused on leadership skills, team building, effective communication, and community service projects. Interactive sessions will provide participants with practical tools and techniques to enhance their leadership capabilities.
- RYLA 2024 will facilitate networking opportunities, allowing participants to connect with peers, mentors, and industry professionals. Building a strong network is essential for personal and professional growth, and RYLA aims to create lasting connections among young leaders.

Expected Outcomes:



- Enhanced Leadership Skills

- Increased Community Engagement
- Networking and Collaboration
- Personal Growth

As RYLA 2024 unfolds, the Rotary community looks forward to witnessing the remarkable journeys of young leaders who will rise to the challenge of "Passion, Action, Reaction." This year's program promises to be a transformative experience, equipping participants with the skills, knowledge, and confidence to lead with passion, take decisive action, and create positive reactions in their communities and beyond.

For more information on RYLA 2024 and how to participate, please visit contact ryla92132025@gmail.com
Tel: 256782963777 (District Chair), *Join us in celebrating and empowering the leaders of tomorrow!*



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www.rotaryugandacancer.org

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 D9213
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 Rotary
 Cancer
 Program
 Uganda



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TIER	REGISTRATIONS	PACKAGE
Tier 1	1,000	300-seater tent, 200 chairs, 10 tables Positioned on the High Street
Tier 2	800	200-seater tent, 150 chairs, 7 tables
Tier 3	600	150-seater tent, 100 chairs, 5 tables
Tier 4	400	100-seater tent, 50 chairs, 3 tables
Tier 5	200	50-seater tent, 30 chairs, 2 tables
Tier 6	100 (Rotaract)	50-seater tent, 30 chairs, 2 tables
Tier 7	50 (Interact)	50-seater tent, 20 chairs, 2 tables



<https://register.rotaryugandacancer.org/>

SUN 25
AUGUST
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TIME: 6AM



Registration Fees
30,000/=
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MAVD McCANN



In loving memory of President *Lad Amooti Ategeka*

ROTARY PROFILE- ASP LAD ATEGEKA

- Joined Rotary in 2013, sponsored by Rtn. Emmanuel Mwanja, Classification-Banking Services
- Served as Service Projects Director 2014-2016
- Served as President - 2016/17
- IPP Club Trainer – 2017/18

ACHIEVEMENTS

- Implemented key club service projects in Akwang, (commencement of Construction at Akwang), Rotary
- Family health days, Missionary of the Poor and fundraised for the Rotary blood bank .
- Very passionate about



“

He was the Magician in Rotary has got Talent - a fun night hosted by the Club.

mentoring Youth and championed the ROTA Kids talk series program during his year.

- He also started an interact Club in Matugga.

• During his year the Club was recognized at the District Assembly in Arusha, where we won Bulletin Award

- He was: The Magician” in Rotary has got Talent- a fun night hosted by the Club. He

will always be remembered for his magical tricks

- Participated actively in club activities and beyond the club by giving talks to cubs.

• Sponsored 3 of his children to start to Rotaract Club of Kampala Naalya with **Edgar Ategeka** as its Charter President.





Meet our Guest this Tuesday

SILAS BALABYEKKUBO/BABALUKU

Silas Balabyekkubo/**Babaluku** is the founder and Executive Director of The Bavubuka Foundation, creator of The Bavubuka Dynasty, Bavubuka Nation as well as an award-winning musician, producer, community youth activist and social entrepreneur. Born and raised in Uganda until the age of twelve and then experiencing the opportunities that Canada had to offer during his late teens and early twenties has given Silas a unique and powerful perspective on how to effectively bridge the gap and create dynamic global partnerships that are profitable, positive and empowering.

Since 2005 Babaluku has successfully completed eighteen multi-month mission trips to Uganda for the Bavubuka Foundation and implemented over twenty-five youth and creative programs that provide a platform for positive expression of thought and community building. Silas' work in Uganda has directly impacted thousands of youth and the tools and experience they have gleaned from Bavubuka have created positive change in their families and communities.

As a visionary entrepreneur Babaluku is responsible for creating Bavubuka Dynasty, an international platform that

celebrates indigenous culture, which has already been featured in Natural Awakening NYC, The Georgia Straight, Vancouver Magazine, Shared Vision, Canadian Immigrant, Newvision Entertainment and Monitor LifeStyle.

This movement has a rapidly expanding following of socially conscious musicians (Michael Franti, Okai Musik, The Reminders, Candice Davis Antique), fashion designers, visual artists, poets, motivational speakers and loyal consumers. This creative platform has birthed Uganda's most popular graphic tee movements Bavubuka All Starz, We Ride Bodaz, Spoken Truth and African Queen. Through Bavubuka Dynasty Silas has created opportunities for youth to conceptualize, design and execute their own entrepreneurial visions and he has created a bridge to a global audience and market.

Babaluku is the founder of Back To The Source, the mother movement for the East African Builders Collective whose vision is to grow Indigenous Hip Hop Practitioners all over the continent who are dedicated to leading their communities through the journey of reconnecting to our authentic ancestral transformative power to heal, restore, unify and impact the lives of our people.

Babaluku is passionate about connecting communities on a global scale and has travelled extensively promoting hip

hop as a powerful tool to teach leadership, build peace and strengthen relationships. He has been a Guest Speaker at John F. Kennedy Centre for the Performing Arts, Howard University, The American University, Trinity College, Trinity International Hip Hop Festival, Remixing The Art of Social Change Teach - In, WBL Hip-Hop Festival, Kalamazoo Arcus Centre for Social Justice Leadership, TEDX Kampala, Woodrow Wilson Centre of Scholars, The United States Institute of Peace and The Pablo Neruda Academy. Babaluku has been recognized and honored across both the African and North American continents as a musician, pioneer, social entrepreneur, Philanthropist, youth leader and community activist.

His generous list of individual and collective awards include the Uganda Club Hip Hop Lifetime Achievement Award 2023, Davis Projects for Peace - Project for Peace 2016, Arcus Centre for Social Justice Leadership - Global Prize for Transformative Social Justice Leadership Finalist, Pearl of Africa Award - Best Hip Hop Single, Buzz Teen Awards - Best Hip Hop Artist, Uganda Cultural Association of British Columbia - Excellence Citation Award, WBL Remix Teach-In Award - Pioneer of the Year, Edutainment Africa Awards - Best Drug Addiction Control Program.

Silas was also a top 20 finalist for the 2009 and 2010 Uganda's Young Achievers Awards - Music & Entertainment.



RARALUKU

AND THE POETIC JUSTICE

TUESDAY
JULY 30, 2024
7:00 PM



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An Intro to **HIKING**

**BY PP EVELYN OKECHO
MULINDA**

Nature has a unique way of inspiring and uplifting our spirits – a sense of calm and tranquillity comes with being in nature. A feeling of being at one with the world around us. Nature lifts you when you are feeling down, calms you when you are feeling stressed and inspires you when you are feeling uninspired.

The journey to the mountaineering sport usually starts with curiosity ... curiosity for what lies in the higher altitudes.

A call to the wild ... a change in usual routines followed by recommendations and referrals.

My journey started with an easy hike in Rwampara in April 2021 to break the monotony of my usual gym routine and running.

So hiking gear purchased pre-hike briefing held 2 weeks

prior.

Recommended Hiking Gear: The basic gear required for a safe hike (PS the below list is not conclusive)

- Tent
- Sleeping Bag
- Hiking Shoes with good grip/anti slip foot wear (sometimes waterproof)
- Gaiters
- Warm jacket/Sweater
- Thick socks for the hike
- Vaseline for your feet
- Sun hat/Sun screen/Sunglasses for cool pictures
- Rain gear
- Head Torch + spare batteries
- Hydration bladder
- Warm nightwear/Sweater/ Socks
- Day pack
- Crocs/Sandals for relaxing feet at camp
- Duffle bag (no suitcases)
- Towel
- 3-4 Long sleeved tops/Tshirts
- 3-4 Hiking pants
- Snacks/Energy



bars

- Hot water bottle
- Medications (painkillers etc)
- Fleece blanket

We boarded the UWA bus from Shell Lugogo at 1pm on a Friday and set off for Mbarara, arriving around 7pm.

The more experienced hikers usually assist 1st-time hikers to set up their tents and for subsequent hikes, you are supposed to set up your own tent and assist other newbies.

Hiking gear purchased pre-hike briefing held 2 weeks prior.

We then freshen up have dinner and sit by the campfire that has been set up.

Those who needed to do final pre-checks and packing

of their day packs for the next day did so. As usual, there is very little time to pack the next morning and the propensity to forget items can be high because of the rush.

The night before a hike or climb is usually very low-key, there is a lot of anxiety coupled



with excitement because one needs to get enough rest, so that they are up early and ready to take on the trail the next day.

Breakfast was ready at 6 am and the drive to the trailhead started around 7 am so the hike could start around 7.30 am after a briefing and introduction of the day's guides.

This hike was classified as "Easy" as it had no technical sections and did not require one to have had previous hiking experience. The trail took us through community farms, village trading centres and undulating hills of Rwampara into the Bachwezi homestead where we were required to take off our shoes as we listened to the rich

tapestry of the history of the Bachwezi Kingdom.

A few brave souls went in to consult the descendants of the Bachwezi gods.

We then started our return trip back to camp and thus concluded our 8-hour walk.

That evening the air was rife with a lot of excitement, storytelling and merry making by the campfire till dawn as we had concluded the business of the trip and had slayed the Rwampara hills.

Our return journey to Kampala had a brief stop at Igongo Cultural Centre for a quick dip into the museum.

That first taste of the outdoors birthed my love for hiking and mountain climbing....On to Slaying Mt Elgon.



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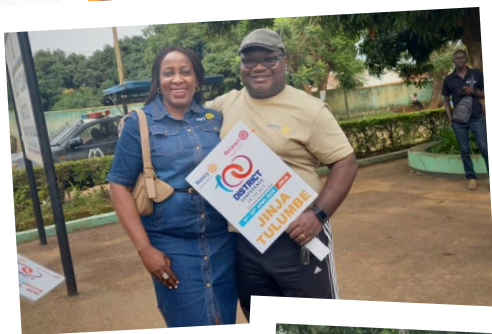
RC Adjumani Charter Celebrations



RC & RAC Upper Kololo BELEP Project



Medical Camp at Gulu Public Primary School



DG's Visit to D9214 in Kiwamirembe



Last week's club fellowship





How Uganda's Elite became Ejakait



BY JOACHIM BUWEMBO

I earn my meagre living as a communicator, so I like it when people pronounce words correctly. You can therefore imagine how often I cringe when (many) Ugandans say 'elite' but pronounce it "elayiti". Correction, I used to cringe, but now I know that those who say "elayiti" are right. This is Uganda after all, and for long, the elite of public service have been *Ejakait*. You can't miss the rhyme!

The dictionary defines elite as a select group that is superior in terms of ability or qualities to the rest of a group or society. Many civil servants since pre-independence times were Ejakait – gentlemen from the East – and they were the cream of society, dominating especially the education and examinations sector. In fact, I am told several simply resigned or stayed away from office in the several government changes, being too proud to serve under fellows

they considered to be rather unrefined.

So I think people started pronouncing elite like ejakait because of the principled pride of the men from where good ideas reportedly come.

Now you know why I no longer cringe when you say *elayiti*. After all, the fate of the elite and the Ejakait has been the same. You know what happened when insecurity hit the land of the ejakait.

Imagine with all their pride which made some abandon senior civil jobs rather than serve people they considered you-know-what, insecurity accompanied by cattle rustling led them to start accepting pigs instead of cows for their daughters' bride price! *Swine for Bride Price for Elayit Ejaikait's girl* may be good rhyme but not for good dime. I think the honest elite in other parts of the country will start accepting rabbits for their daughters' dowry.

Now the *enkonome* has turned all other honest elite into ejakait. Take an example of teachers. How many teachers in so-called good schools can afford to

educate their own children in the school where they teach others' children? If the school owners are magnanimous enough to allow the teacher's kid in for less fees, then the teacher can never leave the school for a better paying position. Isn't that some form of human trafficking? How many health workers can afford treatment in the hospitals where they work? Maybe they can if they extort from the patients – which means they are no longer elite by conduct.

Many teachers or health worker that you need to send some money to by mobile transfer are quick to warn you not to use their usual number as it owes an unpaid loan balance to the telecom provider. They first scrounge

around for a neighbour whose phone line is not encumbered...

The worst hit elite sector must be leadership, as most honest elite just abandoned it to our shameless brothers and sisters. For how do you explain people to defend theft and even give it euphemisms on a daily! Attempts to comprehend what has come to leadership in these parts is dizzyingly challenging.

“
The dictionary defines elite as a select group that is superior in terms of abilities or qualities...



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What else can the Gen Z do?

BY RTN. DENIS JJUUKO



Young people between the ages 12 and 27 (born between 1997 and 2012) known as Gen Z or Generation of Zoomers have been making headlines especially in Kenya where they have staged some strikes forcing the president to recall a contentious financial bill and sacking his entire cabinet.

The Gen Zs have been praised for their bravery and for demanding for accountability and taking part in actions that lead to better governance.

Organizing of the strike is said to have been done online with young people taking to their smartphones to post their displeasure before they went on the streets and even managed to overrun parliament and capture the speaker's mace. It was an encore of the Arab Spring that swept across North Africa leaving some regimes like that of Gaddafi and Hosni Mubarak toppled. Perhaps that is why William Ruto was quick to concede to the demands of the Gen Z

and try to restore order.

One of the concessions he made was to have a live discussion with the young people on a platform they love — X (formerly Twitter). The audio debate, similar to ones on radio, attracted more than six million people, perhaps one of the biggest such X-Space debates in the region.

“

Organizing of the strike is said to have been done online...

Many of the young people on these platforms claim that they don't have jobs and have realized that their leaders instead

live unprecedented opulent lives at their expense. That is why they took action and they must be commended for being such good organisers of themselves.

The issues of course that led to the strikes in Kenya exist almost everywhere on the African continent. High taxes, corruption, lack of opportunity, poor service delivery. Unemployment is the order of the day. Poverty stinks everywhere you turn. Africa is the youngest continent in the

world but also the poorest.

Inspired by what happened in Kenya, Ugandan youths (and not so youths) took to the streets demanding the resignation of the Parliamentary Speaker among others. Police threw many of them in coolers.

I know that it is the government's responsibility to create sustainable jobs for their people and they should not be absolved whatsoever but isn't there something young people can do?

One thing that is clear is that they can organize themselves and achieve even impossible tasks such as having a president sack his entire cabinet. Through that ability to organize they could also create sustainable jobs using the skills they already have and others they can easily acquire.

“

..debate on Twitter (X) attracted more than six million people, perhaps one of the biggest in the region.

If they can have six million people tune into an X-Space, what would happen if they made it frequent such as a weekly Space where they discuss particular issues.



And if six million people keep tuning in, government, companies and development organisations will want to tap into that audience thereby attracting advertising revenue. This is the radio of the future and one needs only an internet connected smartphone to set up.

The Space would create a few sustainable jobs for the hosts, researchers, sales executives, producers and the entire value chain. And most importantly, others would be able to promote their hustles on the platform thereby significantly growing their businesses.

Similarly, a YouTube channel could be created where similar content is shared. WhatsApp is another where similar channels could be created. The Status function of WhatsApp is known to be popular where content could be shared that lead to increased sales and engagement.

The digital skills the Gen Z have exhibited could also be used to make some of the people content creators and influencers. There is also a lot of work in the digital economy that the Gen Z can be able to do.

Many businesses need marketing services and if people are on digital platforms, they need people who can help them reach those particular audiences.

Graphic designers behave like most carpenters and tailors — you can't be sure when they will hand in the work and if such work will meet your expectations. Many young people can easily do graphic designs using freely available platforms like Canva. Clients that the Gen Z can support may not even be in Africa. They can be anywhere in the world and willing to pay in foreign currency.

However, there is a need for skilling because opportunities in the digital space may not always be as obvious as they seem. Young people's minds need to be opened to these opportunities.

Also, customer care is crucial and that includes one learning to keep their word and time.

Governments should not be scared to invest in this space by skilling young people. If young people have decent sustainable jobs, they will be less interested in strikes. Government will, however, collect more revenue from them in terms of taxes directly and indirectly as they consume other services and a plethora of goods at their disposal. Telecom and data service providers will be smiling to the bank and thereby investing more funds in emerging technologies like 5G.

After their achievements in Kenya, the Gen Z should not sit on their laurels thinking that only the government will make them realize their dreams. They will have to do certain things themselves

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

“
..skills the Gen Z have could be used to make some content creators and influencers.



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WEEKLY SCHEDULE

MON 29 JULY - SAT 03 AUG 2024

29th July 2024

12.00p.m – 2.30p.m
Inner Wheel Club of Kampala District 900 Charter
5.00p.m – 8.00p.m
DG's official visit to RC Mukono Central

30th July 2024

5.00p.m – 8.00p.m
DG's official visit to RC Kabulasoke Gomba

31st July 2024

12.00p.m – 2.30p.m
DG's official visit to RC Mubende
5.00p.m – 8.00p.m
DG's official visit to RC Mityana

1st August 2024

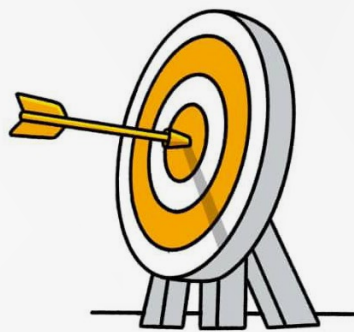
10:00a.m – 1.00p.m
RC Kampala Impala: Project Launch & Medical camp
5.00p.m – 8.00p.m
DG's official visit to RC Kampala Springs

2nd August 2024

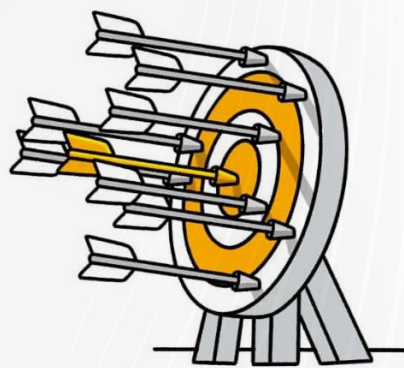
5.00p.m – 8.00p.m
DG's official visit to RC Kulambiro

3rd August 2024

4.00p.m – 7.00p.m
Charter of RC Bugiri Municipality



WHAT PEOPLE
WILL SEE



WHAT PEOPLE
WON'T SEE

Dear Leader,

BY RTN FRANK NEIL YIGA

Someone responded to my post from yesterday with a question: *"So, how do you get to be in the 1%?"* Please note, that in target shooting, **consistent practice is essential** for honing skills and achieving precision. Regular training not only **builds muscle memory** but also ***sharpens focus,*** setting shooters apart in a competitive field.

Nothing happens by accident and most certainly, there is a price to pay. To join the elite 1% of winners, dedication to practice is non-negotiable.

As the saying goes, **"Success is where preparation and opportunity meet."**

Consistently sharpen your target. To build irresistibility!





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