

Naalya Food Bulletin

SEPTEMBER 2023

Rotary
Kampala-Naalya

CREATE HOPE
in the WORLD
Issue 11

Rotary
Zone 22



The 5th All Africa
INSTITUTE
4-10 Sept 2023, Naalya, Kampala



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Editor's Note

Dear all,

Thank you for devoting your time to read the Naalya Food Bulletin. We appreciate the feedback too and continued support.

Last week as part of celebrations to mark the International Literacy Day, September 8, 2023 a strategy was launched by the Ministry of gender labor and social development dubbed **"the national non-formal adult and community education strategy"** that seeks to streamline and promote adult and community education, to ensure that adult and community education focuses more on skills and wealth creation.

As Rotarians, let's reflect on this, in line with this month's theme-**Basic Education and Literacy** as we implement projects that strengthen the capacity of communities to provide basic education and literacy.

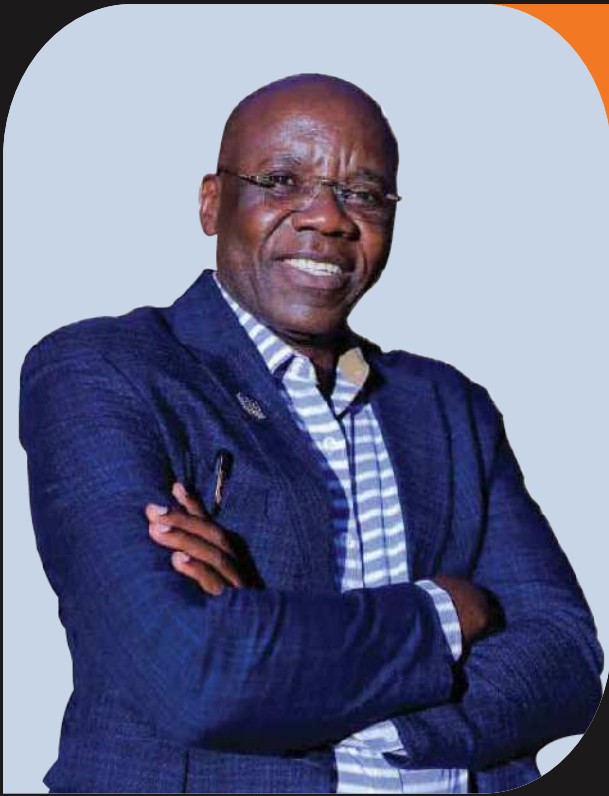
In this issue we bring you some takeaways from last week's presentation on Education standards by Director Education Standards Ms Frances Atima, HCP President Omo's weekly message and much more. This week, our guest is Dr Mulwany Enoch, a Pediatrician and Researcher in Early Childhood Development. His presentation will focus on Autism Spectrum disorders. Please Join us.

Our appreciation goes to all that have consistently written and sent in articles. Your self-motivation and dedication are a source of inspiration for the rest of the team.

Thank you once again for all your effort.

Keno Lillian
Bulletin Editor





PRESIDENT'S MESSAGE

Dear Rotarians and Friends

Reading, writing, speaking and listening are derivatives of basic education. We were reminded last week by the guest speaker, Ms Frances Atima, Director of Education Standards. We attain them through basic education. She dwelled on the importance of attaining them and their importance in a life of a person. She further pointed out a number of areas Rotarians can participate in for the improvement of the quality of basic education. As we journey through this month of September, a lot has been triggered by her presentation for us to base our reflection of the theme **Basic Education and Literacy**. We thank Madam Frances for the wonderful presentation.

As a Club, this month is really a reminder of our commitment to digital literacy. We need to draw on our courage and complete what we started. Indeed, we are involved in a noble international and national development cause. Basic education and literacy feature prominently among the seventeen sustainable development goals (SDG). In the National Development Plan Three (NDPIII), it is among the human capital development subprograms. Therefore, the Club is contributing in bridging gaps in access, equity and quality of education. It is a worthy undertaking that will create hope in Akwang community.

On 19th of this month, we are having a **Boy Child Uplifting Program** (BCUP) talk. The undertakings of BCUP are going to be embedded within the Club's activities. We are further localizing it more in St. Mbagi Kiwale Primary School, where Basic Education and Literacy Enhancement Program (BELEP) is being implemented. The needs assessment for BCUP was done and the findings will be used for determining the suitable undertakings. The findings are going to be shared soon. My humble call to the friends of the Club is to come and we join hands to extend and deepened the outreach of the program. Additional support is welcome. Together we can do a lot more and achieve much more.

The experience we learned last year in BELEP was that, 'there is nothing little so long as you are contributing in filling the gap'. For instance, some Rotarians donated story books their grown-up children used to read. Also, we gave out success cards to all primary seven candidates. This boosted the moral of the candidates. Through the talks with the learners and teachers, a lot was shared. The talks were an encouragement coming from external sources. The School Management Committee Chairman and the Local Council Chairman during the day of **"Drop everything and read (D.E.A.R)"** were extremely happy for the initiative and the support from the Club. This has resulted into infusing the reading culture to the school. Particular days in a week have been set aside for reading stories during morning hours. This is a clear manifestation that the Rotarians responded to the need. They moved to fixing things with whatever little they had rather than waiting. Lack of story books is a big challenge, but doing whatever is possible is equally a big step to addressing the challenge.

Rotarians, this month, let us get renew our spirit of serving. Couple it with encouragements to others. Basic education has many "small" components where everyone can participate to create hope. Try to bring some light to a learner. Be part of the community that builds pillars for society to prosper. Come out, reach out and touch lives. Take on your role of creating hope. Don't sit back and wait for others to lead. Lead yourself if you cannot lead others to action.

Be blessed.

Rotarian
Godfrey Okello-Omoding
HCP



**Aluminium and
Metal Fabrication**



**Najjera- Buwaate Rd, Kira
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TOGETHER, WE

CONNECT

Rotary unites problem solvers around the globe behind one goal: to do more good. Our members are driven to bring communities together to create lasting change. Connecting to make things better—that's what people of action do. Learn more at Rotaryd9213.org.

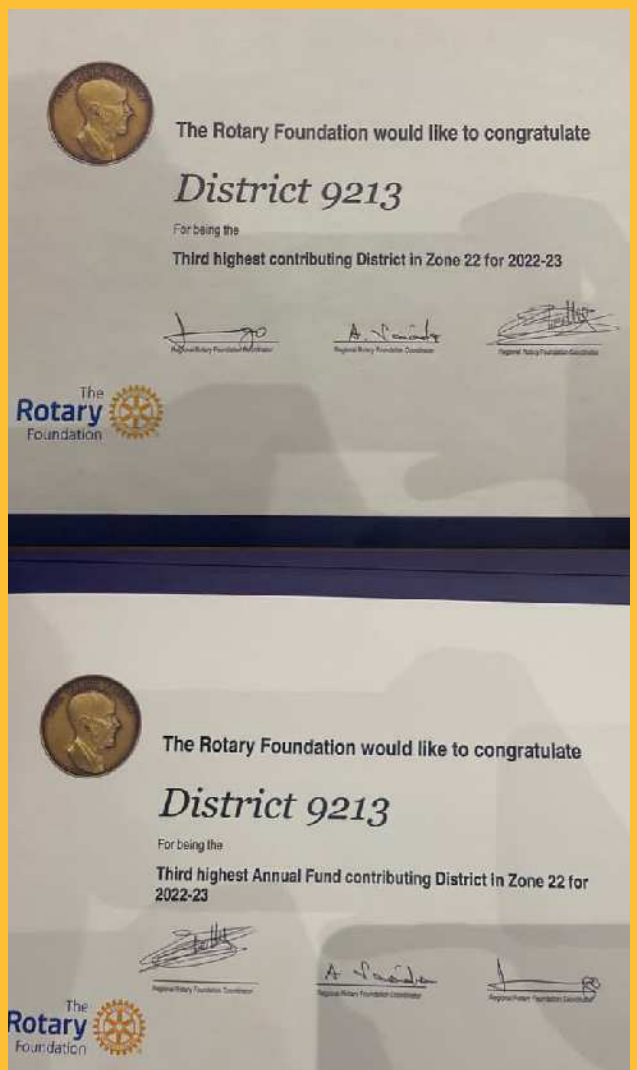
Rotary  PEOPLE OF ACTION

The All Africa Rotary Gathering



The 5th All Africa Rotary Institute was held from September 4-10, 2023 in Lusaka, Zambia

Each year, past, present, and incoming district and senior leaders attend Rotary institutes to share information, build connections, and exchange ideas about Rotary International and The Rotary Foundation.





The Rotary Foundation would like to congratulate

District 9214

For being the

**Second highest Endowment Fund contributing District in
Zone 22 for 2022-23**


Endowment/Major Gift Advisor


Endowment/Major Gift Advisor


Endowment/Major Gift Advisor

The
Rotary
Foundation



SPEAKER'S Profile



discrimination that they often face. He is also interested in HIV care and currently works as a clinician in a clinical trial with pediatric HIV.

Dr. Mulwanyi is a highly skilled and experienced pediatrician with a strong commitment to his patients. He is also a dedicated researcher who is making significant contributions to the field of early child development.

Here are some of Dr. Mulwanyi's accomplishments:

- * *Published over 20 papers in peer-reviewed journals*
- * *Received the Young Investigator Award from the American Academy of Pediatrics*
- * *Awarded a fellowship from the National Institutes of Health*
- * *Presented his research at national and international conferences*

Dr. Mulwanyi Enoch is a pediatrician and researcher in early child development at the Makerere University-Johns Hopkins University Collaboration. He is also a member of the Busoga Medical Practitioners Association and heads the health department at the Vermillion Foundation..

Dr. Mulwanyi is passionate about working with people with special needs, particularly children with neurological deficits and other disorders. He believes that these children deserve a voice and should be protected from the stigma and

Dr. Mulwanyi is a valuable asset to the medical community and is committed to making a difference in the lives of children with special needs.

ROTARY

Friendship Exchange



Rotary District 9213 Hosts Rotary District 3232 from India as part of the Rotary Friendship Exchange program, 4th to 7th September 2023 at Kabira Country Club Kampala

This remarkable international exchange initiative unites Rotary members and friends, offering them a unique opportunity to open their hearts and homes to one another, transcending boundaries and Rotary affiliations. In reciprocation, Ugandan Rotarians will embark on a similar Friendship Exchange to India, further strengthening international ties.





In Support of the
**Makerere University
Rotary Peace Centre**

#APeaceConcert

AFRICA PEACE CONCERT

3RD EDITION

SAVE THE DATE

**3RD
NOV
2023**

**15H (GMT) | 18H (EAT)
SPEKE RESORT MUNYONYO**

Performances by: Vinka, Joseph Sax,
BlackRoots UNLIMITED, Ghetto kids
and many more.

**PHYSICAL AND
VIRTUAL
ATTENDANCE:
\$100 USD**

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In Partnership:

fireworks
ADVANTAGING

#OUTTOLUNCH:

BUSINESS HUBS COULD LEAD TO DEVELOPMENT OF SMALL TOWNS



DENIS JJUUKO

Somebody posted on social media last week asking what is in Gayaaza as everyone they knew seemed to be buying or wanting to buy land in that area. Of course, what Ugandans refer to as Gayaaza today is really miles away from Gayaaza even though this town has always been famous, largely for being host to one of the country's best known high schools. As Uganda's population grows, so are towns near Gayaaza.

It all started with real estate dealers referring to every town after Gayaaza as Gayaaza hence Gayaaza Kalagi, Gayaaza Ziroobwe and even sometimes advertising plots of land in Kikyusa deep down in Luweero as Gayaaza Kikyusa.

Unable to afford land in Kampala, many people moved out to what is today known as greater Kampala (parts of Wakiso, Mpigi and Luweero districts). That is why areas like Busiika, Kiwenda, Busukuma, Nakasajja, Ddundu and Kalagi which are considered Gayaaza are attracting attention. Gayaaza may be attracting the "middle class" that can tweet and use social media, but the expansion is in all directions.

Can this expansion be better planned for better returns on

investment? The planning may not have to be done by the Government as that may take a lot of time. Individuals investing in certain areas could learn a thing or two of how Kampala originally created business hubs.

In downtown Kampala, a narrow street became famous for trade where retailers purchased merchandise. Because of the size of this street, this area came to be known as Kikuubo. Every retailer and bargain hunter visited this area from Uganda and beyond, making it the country and region's wholesale hub. Many other businesses such as restaurants, banks, forex traders, law firms and transporters had to set up shop. Pickpockets descended on Kikuubo as well to "teach people that Kampala isn't just buildings."

Some of the people who set up shop in Kikuubo 30 or so years ago are today's renown billionaires having benefitted from the numbers that visited this area every single day as Uganda recovered from the wars that had paralyzed its economy for years.

Eventually bigger buildings started coming up which now dedicate some floors to selling certain stuff. If you want shoes, you go to Discount Mall, if you want hair pieces or salon services it is Gazzaland or Gaaliya. If bales of old clothing is your thing, then you go to Kisenyi. Kisekka Market is famous for motor vehicle spare parts while Katwe is for artisans. Nasser and Nkurumah roads are known for printerries and stationery shops respectively.

Some streets in Bugoloobi and Kololo are becoming entertainment hubs where young people party beyond dawn, hopping from one bar to another in the same location. This is cheaper for them than moving from one part of Kampala to another in search of "vibe."



In cities like Dubai, it has been deliberate to create areas for specific stuff. Dubai Healthcare City for the health industry. You will find many hospitals and senior medical consultants operating in this area. Then there are other areas like Dubai Internet City, Dubai Financial Centre and Dubai Media City.

Zoning the city this way ensures that certain services are concentrated in one area and therefore one doesn't have to move from one place to another. You can operate profitably on Nasser Road when your job is just stamping serial numbers on printed receipts or invoices. Whoever prints them, brings them to you to put serial numbers. Another can own a paper shearing machine. So you find many small businesses working together to produce something big.

The automotive industry for instance works in a similar manner. Many independent parts manufacturers work together to make at least 30,000 parts needed to make a car functional although these may not necessarily be in one place.

As Kampala expands, what should Gayaaza or Kakiri be known for that can take people there? Business hubs can enable areas achieve specialized skills in certain areas while at the same time enabling large economies of scale. A business that deals in one part of the value chain can forward customers to another business in the same area to enable them create a single product.

Customers won't have to move from Gayaaza to buy one part and then go to Mukono for another. Many commercial buildings remain unoccupied because every single shop is dealing in a different product which they may not have in quantities big enough to attract enough customers to sustain it. If you have a small shop selling maize or beans in Gayaaza, a trader may prefer to go to Kisenyi where they could buy the quantities (and varieties) they need from several small shops. Could the business hub model help small town in greater Kampala blossom?

The writer is a communication and visibility consultant.
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Singapore

A Land Of Surprises



By Jennifer Scott, Chair of the 2024 International Convention Committee

As the chair of the committee helping plan the 2024 Rotary International Convention in Singapore, I get asked a fair number of questions about this year's annual event. I felt it was only natural to share with you why I am tremendously excited about Singapore, and why I believe it will be an event you won't want to miss.

Singapore is a country that never ceases to surprise! It is both a city and a country. And would you believe, it is made up of 65 islands! It is an incredible fusion of cultures, food, architecture, and passions. Singapore, known as the garden city, is one of the greenest cities in the world. It is energetic, beautiful, and always changing.

Your Rotary Convention adventure will start at Changi Airport, known as the World's Best Airport with its magnificent rain vortex waterfall. If you arrive early, you will have time to take a stroll through the beautiful Gardens by the Bay. Once you have settled in, enjoy a refreshing Singapore Sling, served at the iconic Raffles Hotel. Savour a dozen satays with delicious peanut sauce, (you can't stop at just one). And do try Singapore's famous Chicken rice, Singapore noodles, or chilli crab. For dessert, you won't be able to resist Singapore's favorite Ice cream sandwich. If you stay a little longer you can relax and enjoy the hiking trails, parks and recreational areas, the night zoo, or go shopping.

The convention general sessions will be held at the Singapore National Stadium, which has the biggest retractable dome in the world. The House of Friendship and all the breakout sessions will take place at the famous Marina Bay Sands.

Why join us in Singapore? Because we will be sharing the hope that you and your clubs have built

during the past year. Rotary conventions are the best opportunity to catch up with Rotary friends you have made in the past or to make new ones. It's the perfect place to meet current or future project partners. It's an opportunity to recharge your Rotary batteries.

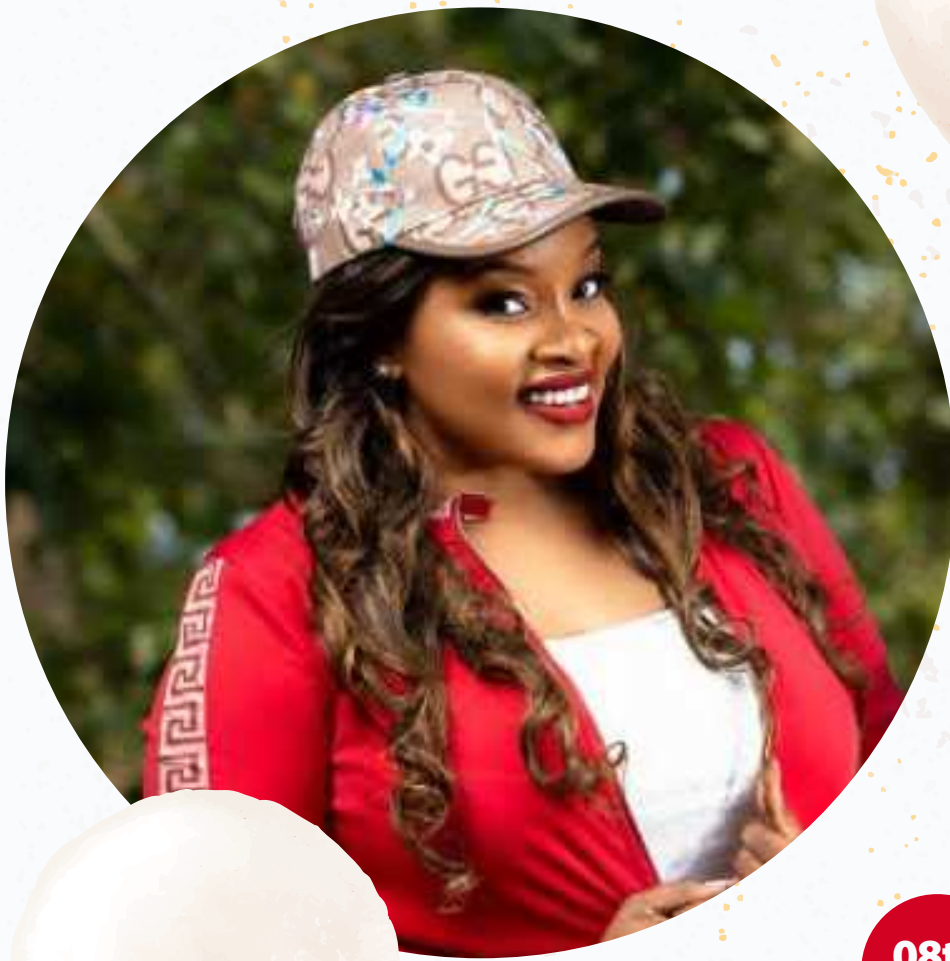
This year, Rotary International President R. Gordon R. McNally has asked Rotary members to **Create Hope in the World**. The convention will give you the opportunity to share that hope. You will go back to your districts and clubs energized and even more prepared to continue to share hope with the world.

Jonas Salk, who together with Albert Sabin, was a pioneer for a polio-free world, summed it up with his quote:

"Hope lies in dreams, in imagination, and in the courage of those who dare to make dreams into reality."

We look forward to seeing all of you at the Rotary International Convention in Singapore! Register by **15 December** to receive the early discount. **Read more about Singapore in Rotary magazine.**





08th
SEPT

happy
Birthday

To You

Rtn Cathy Namuddu

PK's Conner



GADGETS

What does quality time together mean
When everybody's glued to their
smartphones
Mom and dad buy new gadgets
and forget each other... again.

Meals are left cold on the dining table
Nobody pays attention
to homecooked meals anymore
Food is rather thrown in the bin
or reheat again and again...
What is the value of mom's kitchen
when Domino's Pizza can be ordered
via online?

The magic of smartphones...
Homes aren't a cozy place for us
anymore
Everybody enjoys secrecy... privacy...
Living far apart
but breathing under the same roof....

Dear daughter, he comes home in tears
Dinner date a sheer disaster, she said...
He checks his Whatsapp notifications
every now and then...and smiling
reading his messages.,
A total shame...

Technology is meant for convenience's
sake
The same time rapidly ruins our
everyday life What has happened to
real conversations?
Hiding behind the sophisticated
gadgets
What good is that?
Get rid of your latest gadget
and show your true face...

Rotary 
District 9213

Rotaract 
District 9213



Bus Party Activation



FRIDAY
15th
SEPT. 2023
5:30pm till Late

TAX:

Rotarians **70k**
(& their guests)

Rotaractors **50k**
(& their guests)

Pay to:

Rtn. Naomi Agaba
(0772 557 661)

Rtn. Jane Mary Namatovu
(0709 950 204)

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OUR VISTORS LAST WEEK



Rotarians

1. Rtn David Allan-RC Ntinda
2. Rtn Julius Asimwe-RC Kampala-Kibuli
3. HCP NSubuga Acram- RC Kampala Life Stars
4. Rtn Ann Mary Kusiima-RC Kulambiro
5. Rtn Bwire Jonan- RC Bweyogerere-Central

Rotaractors

1. Tunde Oyeyemi- Rct Cape Munyonyo

Guests

Pauline Akoth
Martin Okia
Kiiza Fredrich

KATOGO BUDDY GROUP IN CHARGE

OUR MEMBERS



Dr Lakor Francis



Enid Kabunga



Fathila Nanozi



Grace Muntungi



Herbert Oloka



Jimmy Mayanja



Joachim Buwembo



Johnson Akanyijuku



Keno Lillian



Pamela Kawaddwa



Ruth Mugisha



Simon Sekanya



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**