

# Naalya Food 27th August 2024 Bulletin

Rotary  
Kampala - Naalya



Issue 09 | 2024



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



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## EDITOR'S NOTE



**Dear friends,**

Thank you all for sparing your time to participate in the Rotary Cancer Run 2024.

**T**his year's edition focused not only on increasing cancer awareness but also showing support for those who are battling cancer and honoring the memory of those who have lost their lives to this terrible disease.

According to Rtn. Michael Niyitegeka - Chair Rotary Cancer Run 2004 the Rotary Cancer Center will be completed by 2027.

**We all look forward to a time when everyone can access cancer treatment in Uganda. I encourage you all to embrace Rotary causes.**

Join us this Tuesday for our fun fellowship, as we work to deliver service to our community and build the bonds that make us Rotarians.

*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



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# President's Message

RTN SYLVIA JAGWE OWACHI  
Club President 2024-2025



Dear Rotarians and Friends,

Our Speaker last week Dr Peter Kimbowa spoke about Practical Ways to Expand Club Appeal. I particularly liked the discussion around the “Power of 3.”

He posed a number of questions that got us thinking; What 3 things make your club irresistible; Which 3 clubs will you partner with this Magical year; Which 3 communities have you adopted to do impactful projects; Which 3 members in your club are super connectors and will help grow your club membership; Which 3 skills are you learning. I implore each of us and our clubs to regularly self-check and I'm confident we will make our Clubs truly Irresistible.

This Sunday we held the long awaited Annual Cancer Run. Approximately 34,000 people are diagnosed and another 22,000 die annually due to cancer. The existing facilities can only support treatment of **3,000 patients** annually. I must say that the run was a huge success. I am grateful to all Rotarians and Non Rotarians who joined in on this noble cause. The funds will go towards completion of the radiotherapy center at St. Francis Nsambya Hospital. Our club sold over 200 kits the highest ever - special thanks to our Cancer

Run Officer **Pastor Ronnie Mutebi** for a job well done.

As we come to the end of August a month dedicated to membership and new club development our meeting this week will be dedicated to engagements with prospective Rotarians who wish to join our club. There are 101 reasons for one to join Rotary;

- The Opportunity to serve
  - Leadership development
  - Speaking opportunities
  - Business development
  - Continued learning
  - Personal growth
  - Entertainment
  - Networking
  - Friendship
  - Travel
  - Fun

“  
Approximately  
34,000 people are  
diagnosed and  
another 22,000 die  
annually due to  
cancer.”

It is amazing the span things one gets to enjoy by joining Rotary. **Rotary currently unites 1.4M people worldwide united in service.** Further in Rotary we value diversity and the contributions of all people which fosters a sense of inclusion and belonging. Enjoy this week's bulletin and join us in our meeting as well.

**Be Blessed.**



# RelaDental

Smile for Miles

## DID YOU KNOW?

Expectant mothers with poor oral hygiene are 7 times more likely to deliver premature and low birth weight babies.

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# 2.5 billion Shillings raised from the Rotary Cancer Run 2024



BY RTN SYLVIA NANKYA

Up to 2.5 billion Shillings was raised from the 13<sup>th</sup> edition of the Rotary Cancer Run which was held this Sunday at the Millenium Park in Lugogo, Kampala and towns across Uganda.

The Run which attracted more than 50,000 runners in three races, helps to raise awareness about cancer, the second-leading cause of death worldwide. This year, it was held under the theme; Spread Magic in Every Step which was drawn from the Magic of Rotary theme

set by Rotary International President Stephanie Urchick.

The Highlights of the Run included a big group of Kenyan Rotarians who joined the run and according to them; Ugandan Rotarians are the real deal and are tackling the real issues. The other highlights included a raffle in which Namuddu Hilder Robinah a 5th year Medical Student at Makerere University walked away with the land title from Bakaima Group.

Moses Golola's Gimmicks, Crystal Panda, Zumba, spinning and the introduction of the food court all made the millenium park the place to be on Sunday.

“

**DID YOU KNOW:**  
Cancer tumours can grow and spread into the surrounding normal tissue...

**Cancer occurs when changes in a group of normal cells within the body lead to uncontrolled, abnormal growth forming a lump called a tumour; this is true of all cancers except leukaemia (cancer of the blood).**

If left untreated, tumours can grow and spread into the surrounding normal tissue, or to other parts of the body via the bloodstream and lymphatic systems, and can affect



the digestive, nervous and circulatory systems or release hormones that may affect body function.

But many cancer patients in Uganda never receive treatment due to poor social-economic status of the patients, inadequate infrastructure for cancer care, and inefficiencies in the health care system. The Uganda Cancer Institute (UCI), the only comprehensive cancer treatment centre in the country registers about 4,000 new cancer patients a year.

On the basis of this, the run was conceived and its proceeds are being used to set up a fully fledged cancer treatment centre at

Nsambya Hospital. This year, the run targeted to raise 4 billion shillings from sponsors and kit sales. Sponsors included Parliament of Uganda,

Krystal Natural Mineral Water, NBS Sport, Centenary Bank, New Vision, Uganda Marketers Society, and Bakaima Group, among others.

Rtn Micheal Niyitegeka, the chair of the drive this Rotary year said the run was an amazing experience. If you missed this, please do not miss next year.

### Key Cancer Facts

- Cancer is the **second-leading cause of death** worldwide.

“

Millions of lives could be saved each year by implementing resource appropriate strategies for prevention...

- **10 million** people die from cancer every year.
- More than 40% of cancer-related death could be preventable as they are **linked to modifiable risk factors** such as smoking, alcohol use, poor diet and physical inactivity.
- **Almost at least one third** of all deaths related to cancer could be prevented through routine screening, and early detection and treatment.
- **70%** of cancer deaths occur in low-to-middle income countries.
- **Millions of lives** could be saved each year by implementing resource appropriate strategies for prevention, early detection and treatment.
- The total annual economic cost of cancer is estimated at **US\$1.16 trillion**.





# Rotary Cancer Run 2024





# Lung cancer vaccine which prevents relapse tested in UK for the first time

A [novel vaccine](#) that primes the immune system to recognise and fight [lung cancer](#) is being tested for the first time on patients in the UK.

**Researchers leading the trial said the treatment could improve survival rates among people with the disease, with hopes that it could eventually become the standard of care worldwide.**

Known as **BNT116** and made by **BioNTech**, the vaccine is designed to treat non-small cell lung cancer (NSCLC), the most common form of the disease. It utilises messenger RNA (mRNA), similar to Covid-19 vaccines, and works by presenting the immune system with tumour markers from NSCLC to prime the body to fight cancer cells expressing these markers.

**It is hoped the jab will bolster a person's immune response to cancer while leaving healthy cells untouched, unlike chemotherapy.**

Professor Siow Ming Lee, a consultant medical oncologist at University

College London Hospitals NHS Foundation Trust (UCLH) – which is leading the trial in the UK, said: “This technology has moved on incredibly fast. It’s simple to deliver, and you can select specific antigens in the cancer cell, and then you target them.”

**The phase one clinical trial is the first in human study of BNT116, which will be given to lung cancer patients alongside standard immunotherapy.**

“Immunotherapy has made a big progress, especially in lung cancer,” Professor Lee said. “But it still doesn’t treat all lung cancer patients successfully. We know it’s well tolerated for our Covid vaccine patients, so we hope it will be well tolerated for cancer patients.”

...it is hoped about 130 lung cancer patients will be enrolled..

“  
...phase one clinical trial is the first in human study of BNT116...

the standard immunotherapy treatment for some lung cancer patients.

**“We’ve got personalised treatments using EGFR (epidermal growth factor receptor). But now we just want to add on another additional immune approach attack, and we hope it’s a success.”**

The trial will take place across 34 research sites in seven countries, with six in England and Wales. Overall, it is hoped about 130 lung cancer patients will be enrolled, 20 of whom will be based in the UK.

Professor Lee said: “We hope adding this additional treatment will stop the cancer coming back because a lot of time for lung cancer patients, even after surgery and radiation, it does come back. We know the standard immunotherapy after concurrent chemo radiation can improve survival significantly. “Lung cancer is one of the most common types of cancer, with more than 43,000 new diagnoses in the UK every year.

**Credit: [inews.co.uk](https://www.inews.co.uk)**



*The call for breakout proposals  
for the **Calgary convention** is now  
open through 14 October 2024.*

**Help build a breakout program that celebrates Rotary's  
diversity!**

**How can you support breakout sessions?**

**SUBMIT A PROPOSAL YOURSELF**

**Encourage your committees to propose a session.  
Spread the word.**

**Breakout Session Proposals Submission Form  
Not sure where to start?**

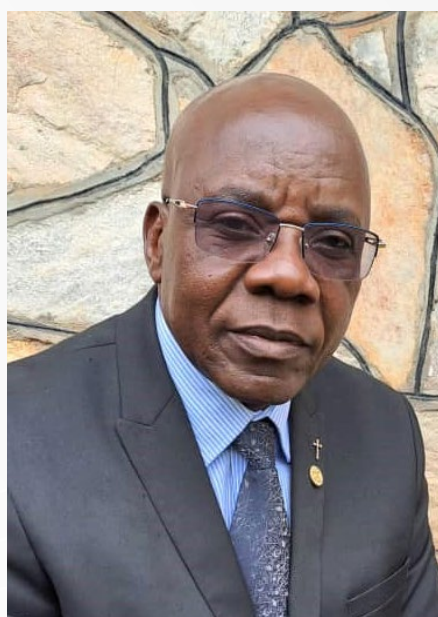
**Email [ConventionBreakouts@rotary.org](mailto:ConventionBreakouts@rotary.org) and they can:**

- Help you prioritize your ideas.
- Explain the responsibilities and capacity needed to support one or more breakout sessions.
- Answer any other questions you have regarding breakouts.

**We look forward to hearing from you!**



# Members' Practices



**BY IPP GODFREY OKELLO  
OMODING**  
*Club Training Facilitator*

**E**ver heard of the following: Rotarians in no option or Rotarians in name only (RINO); Rotarians of lapels (ROL); Rotarians of all seasons (ROAS); Rotarians of company (ROC); Rotarians of service (ROSE); Rotarians of public (ROP), Rotarians acting to be seen (RATS); Rotarians of action (ROA); Rotarians of non-action (RON); Rotarians of functions (ROF); and many others names?

**Last week I had an opportunity to attend Rotary Club of Kampala**

**West meeting/fellowship. The speaker challenged members to understand everyone's needs. Her message gave a hint on what types of Rotarians we may be exhibiting through practices. Some practices inhibit the club vibrancy and growth. They affect club plans and activities. Overtimes, club members get labelled, Rotarian so and so.... And it apparently becomes "normal".**

Whatever the case may be or the label that may be given, it ought to be understood. Each member should in one way or another, depending where he/she falls, take time to ask; (i) why do other members keep turning up for club meetings and activities? (ii) Why do others stay away? (iii) At what point did someone stop attending club meetings and activities? And (iv) what has been done or to be done?

It takes many things to hold club members together and connected. Many times, it requires members according to the speaker to: build networks within

and outside the club, hold each other accountable, enrich relationship between members, engage in more exciting activities for all members, and advance the cause of rotary. These suggest that membership of a club should not be a state of acquisition but should extend to the fulfillment of its cause.

“

...it is upon a member to do self examination of his/her truthiness to the cause he/she is joining or has joined.

**Members ought to shape and sharpen their club. This is best done when members have an appreciation of their club, they embrace and**

**stand to practice what the club stands for.**

As we come to the end of this membership and new club development month, let us remember that the club is because you are a member in it. How you want or get labelled has a bearing in the club. You stand to enjoy the club when you stand to be counted as a member of the club. Look no far. You are the magic of the club.



**10TH  
TO  
12TH**  
JANUARY, 2025

**FEE**  
**380K**  
PER PARTICIPANT

**30TH  
NOV**  
REGISTRATION  
DEADLINE

**Payments to:** District account (Name: **D9213 Rotary District Dues**,  
A/C No. **3100083833**, Centenary Bank, Mapeera Branch).

**Passion  
Action  
Reaction**



# Are we smart enough to learn and even profit from the *Kiteezi Disaster?*



BY RTN JOACHIM BUWEMBO

**W**hat did we learn from the Covid-19 episode that had the rich and mighty who have armed guards more scared than the powerless poor, and killed more who could afford oxygen in hospital than those who stayed home drinking herbs?

**When you wear expensive clothes and apply exotic colognes as you dine at Kampala's most expensive hotels, do you realise that you could be ingesting post digestion particles from the fingernails of the smart waitress who lives in a slum under deplorable sanitation and has not undergone the periodic medical examination as required by the public health Act?**

As some people get flown abroad for expensive treatment (some at taxpayer's expense), does it occur to us that some illnesses could have been prevented had we applied and spread the available knowledge on waste management? Do educated Ugandans

know that you don't have to live in Kiteezi to suffer the consequences of neglecting the public good, as Kiteezi can actually find you in Kololo, Nakasero, Muyenga and lately Kira?

**Here are a few things -both beneficial and profitable- that educated and educatable Ugandans can learn from their smartphones when they are not using them for getting and spreading gossip:**

1. Many cities in the world are now aiming at zero-waste. While eliminating waste 100 percent this remains theoretical, cutting the amount generated by half is realistic, actually simple if the knowledge is shared, mindset re-oriented and a bit of enforcement applied where necessary. Acquiring a personal water bottle not only reduces the disposable non-biodegradable plastic bottles flying around but also saves you a few thousand shillings a day, which amounts to a lot in a month.

2. The waste that cannot be avoided needs to be sorted before disposal. This makes it's handling easier and less costly. Uneaten food from restaurants has already created a few local millionaires who collect it and distribute it to livestock and dog owners. Pork and chicken bones are lucrative and the mchomo operators sort them properly or else they lose the side business from dog owners.

When I was a kid, butchers sold meat packed in banana leaves, which remained fresh for hours. This stopped being 'cool' when kaveera came,

and with it the filth of our towns and villages multiplied, drainages got blocked and resultant floods kill people now and then in towns. Our towns especially the capital Kampala generate a lot of banana waste, from banana leaves, stalks and peels. These congest towns and grow the unstable deadly mountains like Kiteezi, after the middle class has packed them in bigger kaveera and the garbage trucks collect them from their door step. If sorted, they can be sold as indeed, a portion is already being collected from market 'tonninyira' joints and some people are making a small fortune.

3. Non-biodegradable waste and some that takes long to be degradable is burnt and used in different countries to make electricity. This is called feedstock and while it is not the cheapest way to generate power, it has the advantage for solving problems by preventing a Kiteezi. You generate electricity and the plant releases clean steam into the atmosphere which later forms clouds and condenses into rain. A quarter of the households in the Ethiopian capital of Addis Ababa use electricity generated from burning kasasiro.

4. Making the (re)use of waste viable and even profitable starts with sorting at the household level. Everyone has to be educated if everyone is to be safe. Unsorted waste is very cumbersome to use for any purpose. Nobody wants to unpack a sack packed of artificial hair, banana peels, soiled pampers, building debris, and aborted fetus, broken bottles and real hair from the nearby barber.

So, we should endeavor to ensure that the basics of waste management are instilled in and embraced by the leaders and the masses alike. It does not help to wait for a donor sponsored or government funded project to teach Ugandans about waste management, as we know that most of the money will be stolen and the project will not deliver.

**Most likely some connected people are already mooting the project. But before or even as it happens, every informed individual should encourage people in the neighbourhood to sort their waste. If they do, half of it will not even have a market from those who need to resell to users or recycling companies.**

If the waste in all of greater Kampala metropolitan area (of ten million people) is properly sorted, feedstock for an electricity plant will be freely available, and guess what! Over a hundred acres are already available at Dundu as public property already owned by KCCA. So at least no connected thief would broker any deal to buy land for the power plant. And what is more – feasibility studies and detailed engineering plans have already been done by several companies that wanted to do this in the past. So again no connected thief would front a company to do the study for billions, of what is already in KCCA's position.

So what would KCCA do with the 30 or Megawatts that can be generated from our garbage? In the past, some investors complained that the government was not offering a fair price from the plant they proposed to put up at Dundu. How if KCCA does the plant and installs hundreds of electric car charge stations in the entire metropolis – for free charging! Kampala

would then declare a unique status as the capital city where driving a car is free of power charge! Okay, more realistically, it can make car charging the cheapest in the world, just charging enough to recover the money invested in the plant and for maintaining the charge stations. Imagine an ordinary motorist who has been spending half a million (very conservative estimate) a month on petrol, spending 20k on charging instead!

This is not Utopian dreaming, as we must all be aware that fuel combustion cars are going to disappear in our own lifetime. Making and selling petrol/diesel will be outlawed in several European countries in 2030, and in 2035 it will be a total ban. Not so far away in Ethiopia, importing a petrol/diesel car is already a criminal offence and you may have seen the government circular a few days back warning the international/ diplomatic community against attempting to take such cars into the country. So please don't rush to buy that sporty Range Rover Vogue Model 2029 that may be going for ten million Uganda shillings in 2030 – you may not be able to service it affordably a year later!

**Alternatively, if Ugandans are capable of smart thinking, KCCA with the central government can consider using our garbage for an electric railway system to serve Greater Kampala commuters. Again Addis Ababa has for almost a decade been running a light electric rail that moves a quarter of a million passengers a day. So we are not talking about European or American capabilities here, but African stuff.**

We are belaboring the transport issue because the current (lack of) system where the public relies on junk vehicles imported at their end of life to start to chock

Kampala and they end up polluting the air, making our city's air the sixth dirtiest on the continent, directly killing 30,000 people with respiratory issues, and more indirectly. So, if we don't deliver the public good to everyone, even the richest and mightiest who make the decisions will remain vulnerable.

There is no evidence that it is only the poor who breathe Kampala's polluted air. The most at risk as those who jog outdoors in Kampala – who include our dear Rotarians! You probably remember how clean Kampala air felt during the Covid lockdown.

**Fortunately, the country is developing its electric mobility capacity steadily – the Jinja based electric buses Original Equipment Manufacturing plant is set to be commissioned during the Independence anniversary this year, so KCCA wouldn't be starting from scratch if it goes ahead to do the power plant. There are already customers for charging electric buses that would massively decongest Kampala.**

Finally, we need to promote community health insurance schemes. Is this related to waste management? Yes, it is. As we wait for the national health insurance scheme which might become a reality in several decades, communities should be helped organize their health cover. The providers who in this case would be the community, would like to be paying out all the premiums collected in indemnity. So they would have to promote sanitation to reduce the incidence of disease, and the starting point would be waste management.

The whole process feeds on and benefits from itself, see?



# Rotary

## District 9213



DISTRICT  
GOVERNOR  
**ANNE NKUTU**

## WEEKLY SCHEDULE

MON 26 AUG - SUN 01 SEPT 2024

**26**  
August

**DG's official visit to RC Masindi**

2.00pm.-7.00p.m.

**27**  
August

**DG's official visit to Arua Eco City**

5.00pm.- 8.00pm

**28**  
August

**DG's official visit to RC Arua**

5.00pm.- 8.00pm

**30**  
August

**DG's official visit to Yumbe**

3.00pm-8.00pm

**31**  
August

**(EVENT) Governance and Ethics learning Seminar**

8.00am - 12.00pm

**01**  
Sept

**DG's official visit to RC Bulindo**

2.00pm - 8.00pm

Rotary District 9213





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**#Rotary25**





# Turn Kiteezi landfill into a green park that produces methane

BY RTN. DENIS JJUUKO



About three weeks ago or so, the organisers of the Rotary Cancer Run 2024 informed us that the usual venue, **Kololo Ceremonial Grounds**, won't be available. Apparently, they are constructing a perimeter wall around it and won't be finished in time. That sent the organisers looking for a suitable alternative venue.

**Kampala has been so built up that there are hardly any green spaces left that can attract thousands of people. The Rotary Cancer Run attracts about 50,000 runners at Kololo with many others running in major towns across Uganda.**

Apart from Kololo, the only other big space in Kampala is the Mengo Palace (Lubiri) but it is out of bounds for non-Buganda Kingdom events. However, the cancer run organisers managed to find some space in Lugogo sandwiched between Game and the UMA Show Grounds. It is sizeable but not Kololo or Lubiri size.

Then a disaster happened the other weekend.

Decades ago, Kampala city got some space in an area that they may have identified as rural and declared it a solid waste dumping ground. But in typical Ugandan fashion, they did a great job of neglecting it.

**Hundreds of people turned up every morning and scavenged for anything they thought was worth a coin. And as Kampala's population grew, the city authorities didn't care as people built homes around it.**

On Saturday morning, the now over filled landfill decided to collapse its walls, burying many people and destroying homes near it. By the time of writing, 35 bodies had been recovered and scores missing. We didn't flinch as a country. There was no declared day of mourning. Nobody of course at the Kampala Capital City Authority (KCCA) resigned. We are used to these things.

**We learned that they knew of this impending disaster and even acquired some**

**replacement land in Ddundu in Kyaggwe. The official reason that was given why Ddundu is not operational is that the residents told them they aren't interested in it. What happened to stakeholder engagement?**

Anyway, Kiteezi should be closed, filled with land and grass planted on top and turn it into another green open space that Kampala desperately needs. Build better roads

around it and allow the city to breathe a bit. The roads could easily be linked to the Northern Bypass, Entebbe and Mpigi Expressways and the once in a while talked about Bombo Expressway.

**I was going to suggest a train station is built there as well so people can easily access this space but some readers will think I am day dreaming. So, I won't mention it.**

But, anyway, with all the waste now buried underground, it will be a huge deposit of methane

“

...there are hardly any green spaces left that can attract thousands of people.



which can now be turned into a source of energy that could be fed into the national grid or used by the Kiteezi community.

As usual, the excuse will be lack of money. They don't have to have a lot of it.

All they need is to identify an investor and create a public private investment vehicle for the project. The investor must be worth their name, not the usual paper

pushers in the corridors of ministries and government agencies. And certainly not somebody who will see 50x100 feet plots of land to sell to unsuspecting desperate Ugandans. Since we have learned our lessons in Kiteezi, Ddundu should be handled differently. It is already a highly urbanizing area

where we can't simply dump all sorts of waste we generate in Kampala. Simply make it a transfer station, where garbage is received and probably sorted and burnt and turned into electricity. A recycling plant could be built there for waste that is recyclable.

“...communities or even homes could invest in biogas plants for their energy for cooking..

**Ddundu alone may not be the solution. There is need to encourage producers of waste to segregate it and then attract businesses that could buy it from people to make feeds, fertilizers and such other things.**

At one of KCCA's offices in Industrial Area, there is a business that produces maggots from waste. The maggots are a rich source of proteins for chicken and

fish. Such other businesses should be encouraged and incentivized.

Alternatively, communities or even homes could invest in biogas plants for their energy for cooking and other needs instead of throwing the waste away or even paying garbage collectors for it. These plants are not expensive. What is required is largely sensitization.

**Waste can be a big source of jobs and wealth. We just need to turn the Kiteezi disaster into a learning event to create jobs, wealth and protect our environment.**

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



## *Last week's club fellowship*





## *RC Kampala Kibuli during launch of Sickle Cell Disease awareness campaign, at Mulago Sickle cell clinic*





## Visit to RC Mukono

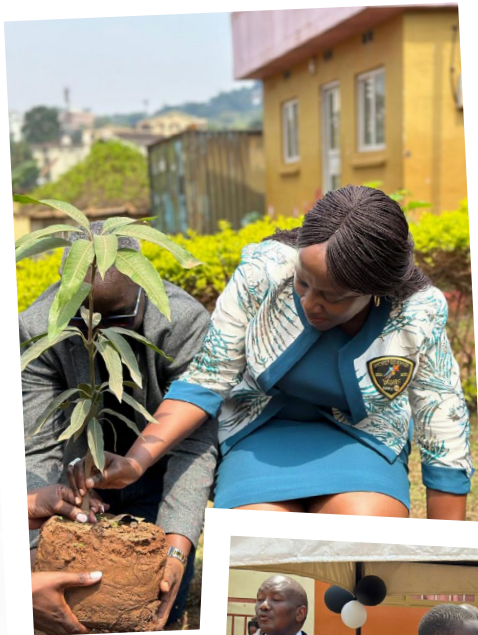
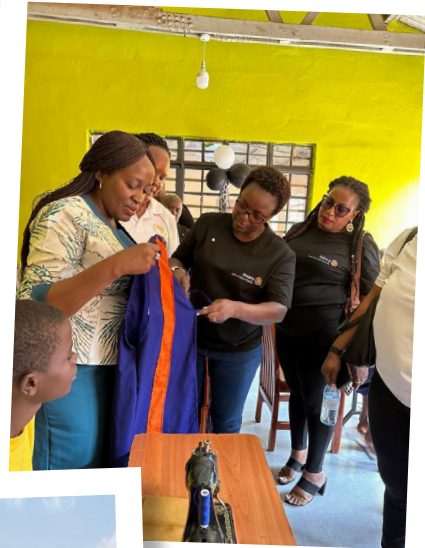


## Visit to RC Bweyogerere - Namboole





## *RC Upper Kololo*





# Family Matters



BY PASTOR RONNIE MUTEBI

**E**cclesiastes 7:9 (KJV): Be not hasty in thy spirit to be angry: for anger resteth in the bosom of fools.

## HOW TO DEAL WITH ANGER

The walk of life leverages on the ability to tame situations based on inner convictions. How a person responds when angered reveals whether such a one has an unstable spirit or not.

If you are the kind who gets ticked off easily with anything or when annoyed

acts with the malice of a poorly socialized toddler throwing a temper tantrum, shut off, act resentful, cut off communication, get into isolation mode or disconnect, you need to reflect on the subsequent outcomes of your choices.

**Every person is designed with the ability to know how to deal with anger because we live in a world full of opportunities for offense.**

Dr. Luke in one of his writings quotes Jesus (Luke 17:1, Jesus tells his disciples that it is impossible but that offenses will come.

**What do you do when vexed? Do you breed resentment like people whose hearts have become the prison walls of the many people who offended or disappointed them?**

“

You must have the wisdom of letting go easily and quickly-learn it...

Anyone who hangs on to anger has a foolish spirit. What this means is that it is only a matter of time, they will do something that will cause those around them to question their sanity. We've witnessed how anger has wrecked relationships in families, businesses, careers and dreams that would have benefited many.

You must have the wisdom of letting go easily and quickly-learn it, this will keep you healthy and stable amidst adversity.

**King Solomon learnt this early. So he made a prescription in Proverbs 17:22 - A MERRY HEART DOES GOOD LIKE MEDICINE TO THE BONES, BUT A BROKEN SPIRIT DRIES THE BONES.**

**Take Home:** You must learn the art of self-healing by having the wisdom of letting go of offense, easily and quickly-learn it.



The  
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# RESERVE THIS DAY



**10TH.  
JAN. 2025**



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



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that it uplifts even as it tells a sad story."

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# LATE REGISTRATION

FROM 1ST AUGUST 2024 - 14TH OCTOBER 2024

**DEADLINE**  
**14TH OCT.**  
**2024**

**FEE: \$100**

*Note: Fees don't include  
accommodation*



**Glamorous- Memorable - Historical**

**Contact us at: e-mail: [rasuganda24@gmail.com](mailto:rasuganda24@gmail.com)**



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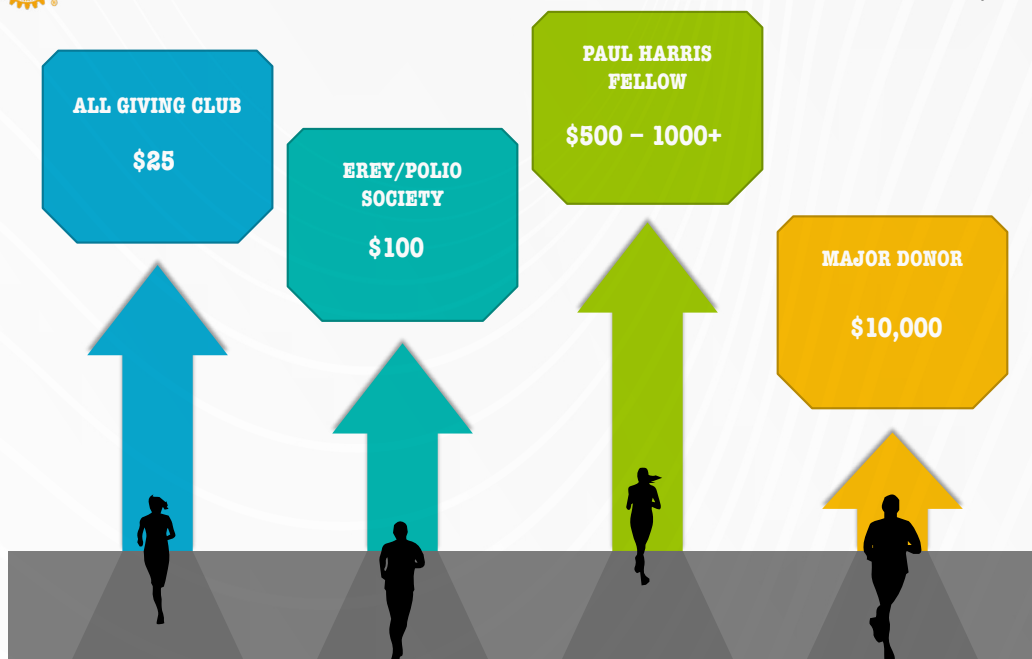
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# Dear Leader,

BY RTN FRANK NEIL YIGA

**Y**ou have heard it said, that, **"no man is an island,"**. But what does it really mean? In my view, it is simply that, *our collective strengths shape a vibrant community.*

*Adults nurture children's potential, sharing wisdom and support, while children inspire creativity and fresh perspectives - the very essence of childhood.*

Together, we uplift one another, weaving a tapestry of resilience. As **John Donne** said, **"No man is an island."** Tap into the strengths of those around you to unlock irresistibility. Be irresistible!





# MEET & GREET

WITH OUR PROSPECTIVE ROTARIANS

A JOURNEY TO INDUCTION



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**Ndere Cultural  
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**TUESDAY  
27<sup>TH</sup> AUGUST 2024  
7:00 PM**

Buddy Group In Charge  
**KIKOMANDO**

**Partner**



rotarykampala\_naalya



RotaryNaalya



RotaryClubOfKampalaNaalya



www.rotarykampalanaalya.org



# KIKOMANDO BUDDY GROUP IN CHARGE



Anne Nkutu

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Christine Amucu

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Denis Jjuko

---



Dorcas Karungi Mwanje

---



Elizabeth Wamalwa

---



Godfrey Okello Omoding

---



Julie Nabwire

---



Mathias Mulumba

---



Pastor Elias Namanya

---



Rita Aciro Lakor

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WOULD YOU LIKE TO

# JOIN OUR CLUB?

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**GET IN TOUCH WITH**

OUR MEMBERSHIP DIRECTOR FOR  
GUIDANCE AND MENTORSHIP

**E: RCKAMPALANAALYA@GMAIL.COM**  
**or CALL 0752 964 448**

OUR CLUB MEETS EVERY TUESDAY AT 7-8PM

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