

Naalya Food SEPTEMBER 2023 Bulletin

Rotary
Kampala-Naalya

CREATE HOPE
in the WORLD
Issue 12



Inside This Issue



Take Away From
Last Week



Polio
Content



Thee
Hospitality

Editor's Note



Dear Reader,

I hope you had a great week. The third Academic term is here and we all know the first week can be hectic/exhausting, expensive and so much fun too, Nevertheless We wish you all the best.

As We continue to observe the Basic Edictailn and Literacy month HCP Omo reminds us reflect on what needs to be done or what you can do as a Rotarian.

The Chair Boy Chid Uplifting Program- BCUP Jennifer Mirembe Sseunsuwa will join us this Tuesday at Ndere Centre, sharing how best to identify and work with partners. You're welcome.

Thank you for devoting your time to read the Naalya Food Bulletin.

Keno Lillian
Bulletin Editor

PRESIDENT'S MESSAGE

DEAR ROTARIANS AND FRIENDS

Uganda is one country that has embraced inclusive education. Inclusive education refers to accessing education to learners with special needs within and with other learners in the same school or classroom. Of course, this comes with its demands such as reorienting or retraining teachers to be able to attend to learners with special needs. Also, letting other learners- those without special needs to be accommodative and appreciative of their fellow learners with special needs. This month as we continued to reflect on the theme - **Basic Education and Literacy**, we were enlightened on one kind of special needs, children with neurological deficits, normally known as autism. Dr. Enoch Mulwanyi gave a brief overview of this kind of special needs- autism spectrum disorders. It was very informative and a rallying call for action, particularly information dissemination.

Our Club is not a new participant in aspects of persons with special needs. One of our projects is with the Missionaries of the Poor (MOP), where there are children and older persons with different special needs. We continue to be involved in extending charitable support to these children, some do manifest signs of autism. The presentation has enriched us more with information that will go a long way in enabling the Club to do better. Our members are now further equipped with information and appreciate the task before us. Indeed, the needs of these children are enormous and, as pointed in the presentation, require individual child tailored interventions. I thank the Club members for having tried their best to be on MOP's call. Your support has always brought smiles to these children. Don't get tired. Your being around, there is a purpose.

Agreeably that the resource needs for children with special needs are enormous. However, the "drops" we give as Rotarians do count, at least we renew life hope, we give hope, we give love and we give a smile. If we take the side of absent from action, we will be unintentionally sowing hopelessness. Better we be a link to hopefulness. Rotary has given us that opportunity. This month, let us rededicate ourselves to serve those who need basic education regardless of their conditions. What an opportunity!

Reflecting on special needs education in the context of basic education, one is challenged to do self-assessment as well as community assessment. Asking; what I have done?



What have we done? What can I do? What can we do? As a Club, we can ask ourselves, individually, what have I "dropped" in the MOP box since it was launched? Have I visited these children? Have reached out to the Director Service Projects with any items? You don't need to worry about how much to give. Your worry of when and where to give was solved. The introduction of the MOP box was to relieve you from such worries, if any.

As the month comes to an end, I appeal to you to narrow your reflection on your participation in basic education and literacy. Keep asking yourself practical questions, again and again, such as; "I made a pledge for Akwang, when I'm fulfilling it? The MOP box, when I'm dropping something? Where is my participation in any of the components in basic education? What suggestions have I brought forward? Which area can I create hope in basic education and literacy?

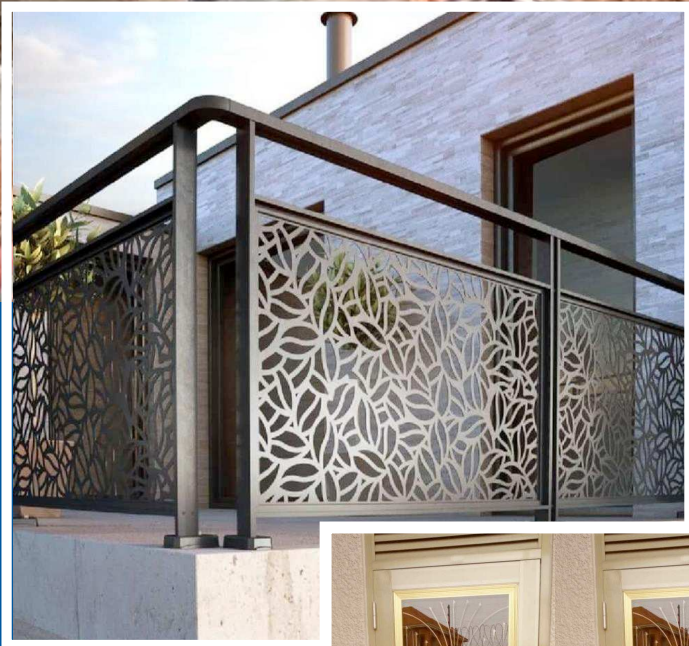
Rotarians and friends of Rotary, the challenge that we have at our hands today is a challenge of competing needs. These competing needs are with us a midst limited resources. Indeed, we have to make choices. Let one of your choices this month be creating hope. That hope can be through your participation. Be a partner in hope creation. Let your hands be raised for being the one who intentionally gave hope to a learner.

Be blessed.

Rotarian
Godfrey Okello-Omoding
HCP



**Aluminium and
Metal Fabrication**



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TAKE AWAYS FROM LAST WEEK

WHAT IS AUTISM

- Autism is a neurological development disorder that affects communication, behavior, and social interaction.
- Autism is spectrum disorder, meaning it affects individuals differently depending on one's range.

Autism Spectrum Disorder

Aggression
Depression
Fixations
Abnormal/flat speech
Noise sensitivity
Social difficulty
Anxiety
Abnormal posture
Poor eye contact
Tics and Fidgets

Common signs and symptoms of autism spectrum disorders

- Communication problems (difficulty using or understanding language) such as delayed speech development and limited vocabulary for their age, repeating a set of words or phrases, focusing attention and conversation on a few topic areas, monotonous and flat speech
- Difficulty in social interaction. This includes having trouble in making friends and interacting with people, difficulty understanding facial expressions, difficulty understanding their own and other people's emotions, not making eye contact, not wanting to be cuddled, not answering when called or refusing to do things when asked.
- Repetitive behaviors and following strict routines. This may include repetitive body movement such as hand flapping and repetitive motions with objects like spinning the wheels of a toy car, performing activities that could cause self-harm such as biting or headbanging, sticking to the same routine every day and having difficulty adjusting to even minor changes.



- Sensory sensitivity. Being over- or undersensitive to sounds, lights, touch, tastes, smells, pain and other stimuli.
- People with autism spectrum disorders have problems in social behavior and communicating with others; they tend to engage in solitary interests and activities which they do repetitively.
- In most cases, autism spectrum disorders become apparent during the first 5 years of a person's life.
- They begin in childhood and tend to persist into adolescence and adulthood.

What causes Autism Spectrum Disorders?

- Over the last two decades, extensive research has studied whether there is any link between childhood vaccinations and autism spectrum disorders. The results of these researches are clear and



unanimous: vaccines do not cause autism.

- It seems that certain genes which a child inherits from its parents are involved in ASD. Autism spectrum disorders run in families, and if one child has one, their siblings are more likely to have one as well.

Some environmental factors may contribute to autism spectrum disorders e.g.

- Being born prematurely (before 35 weeks of pregnancy)
- Being exposed to alcohol in the womb
- Being exposed to certain medicines (e.g. sodium valproate – used in epilepsy treatment) in the womb
- Advanced age pregnancy and birth complications
- Prematurity less than 26 weeks, low birth weight, multiple pregnancies, pregnancies spaced less than 1 year

When to seek help for your child

- As noted above, autism spectrum disorders usually begin in childhood.
- We already mentioned some important signs.
- There are also some key behaviors in a child's development which may not occur if a child has an autism spectrum disorder.
- Their absence can be a red flag alerting parents of the need to seek professional help:
By 6 months: Few or no big smiles or other warm, joyful and engaging expressions.

- By 9 months: Little or no back-and-forth sharing of sounds, smiles or other facial expressions.
- By 12 months: Little or no babbling and cooing; little or no back-and forth gestures such as pointing, showing, reaching or waving; little or no response to name.
- By 16 months: Not saying single words.
- By 18 months: Not playing “make-believe” or pretend.
- By 24 months: Not saying two-word phrases.
- Losing language skills or social skills at any age.

TREATING AUTISM SPECTRUM DISORDERS

- Autism spectrum disorders are a lifelong process and cannot be cured, but there are ways to make life easier for someone with autism and their family.

Medication: In some cases, a psychiatrist may prescribe medication to help with extreme self-harm, aggression or repetitive behaviours. Other indications are depression, anxiety, epilepsy, or ADHD.

Behavioral and cognitive Interventions can improve the functioning of the child. Examples include:

- Speech therapy,
- Occupational therapy
- Behaviour and communication therapy
- Educational therapy
- Family training and support to enable family members to live with and support a child with ASD

Potentially harmful treatment approaches

- Understandably, when there is no cure for a condition, parents may get frustrated and try whatever people around them, the media or websites offer them.
- Always contact your doctor before trying supposed treatments as some can be dangerous.
- The methods that are known to be potentially harmful are:
✓ chelation therapy – this can be very dangerous; some children treated with chelation therapy have died
✓ Hyperbaric oxygen treatments
✓ Intravenous immunoglobulin (IVIG) infusions

How can you help a child with an autism spectrum disorder?

- Having a child with an autism spectrum disorder can be stressful and time-consuming for the whole family and put economic pressure on the family.
- In addition to your children, you also need to take care of your physical and emotional health.
- Your role as a parent is crucial; you need to find out as much



as possible about ASD.

These tips can help you and your child achieve better communication and a healthier life:

- Provide a consistent structure and routine for their daily life.
- Use your child's name so they know you're addressing them.
- Keep background noise to a minimum.
- Speak simply, slowly and clearly.
- It may be useful to accompany what you say with simple gestures or pictures.
- Allow your child extra time to process what you have said.
- If possible, let them attend mainstream schools, though they will need extra help at the school for their specific educational needs and to manage their emotions in relation to others.
- There may be a special school in your city for children with autism spectrum disorders who are unable to go to mainstream schools.
- Unstructured situations, such as breaks and lunchtimes, can be very difficult to handle for some children with ASD.
- Teachers and school staff must be alerted to prevent any bullying or exploitation of these children during breaks.
- Connect with other parents of children with autism – join online forums or attend support groups.

How can teachers help a child with an Autism Spectrum Disorder?

Basically most children with autism spectrum disorders in Uganda attend mainstream schools.

- Teachers may get special training to help children with ASD, but there are simple tips you can follow as a teacher to help a child with an autism spectrum disorder in the classroom
- Teachers need to be prepared to provide them with a safe and protective environment.
- Make a routine in their everyday school activities and follow it

consistently. Prepare them for any predictable change

- Use visual supports to help them better understand school routines and everyday activities.
- Communicate with them in a simple and clear way, giving them time to process the information.
- Make the classroom environment comfortable for them. For example, if the background noise in the class distracts or scares a student with ASD, consider giving them ear defenders to block out the noise.
- Students with autism spectrum disorders are vulnerable to bullying, so try to respond to any bullying immediately.

A child with an autism spectrum disorder can become anxious when being in a place with a lot of sensory stimuli like a classroom.

- Set a safe and quiet place for them to go to when they feel anxious in this situation; give them an exit pass card to show so that they can leave the class to go there.
- Stay in touch regularly with parents/caregivers. They know their children best and may be able to suggest interventions to use.

Take Home Messages

- Creating awareness is still very vital in ASD Care
- Engaging different stakeholders i.e. family, religious leaders, policy makers, citizens will aid in the effort to make services available for these ASD individuals
- Intensive early intervention can make a big difference in the lives of many children even though there is no clear cure.
- Parents should desist from minimizing their children's concerns by for instance saying "He is just slow" or "you are too soft on him" and the likes of these.

Presenters.

Dr. Mulwanyi Enoch: emulwanyi@mujhu.org.

Kamakune Stellah (Public Relations) +256704923012
Vermillion Foundation



**AUTISM
AWARENESS**

Rotary 
District 9213 & 9214

Rotaract 
District 9213 & 9214

rotary
youth
exchange

CALL FOR APPLICATIONS

2024 Rotary Youth Exchange (RYE)

RYE Start: July 2024

RYE End: July 2025

Application Deadline 30 Nov 2023

Eligibility: 15-17 years (as of July 2024)

Must be recommended by a Rotary Club

Send application by email to:

George (D9214) - ochiengg1908@gmail.com

David (D9213) - davidsam.semakula@gmail.com



Benefits: 1 year tuition funding in foreign host country and host family care.

Parental responsibility: Air ticket, Insurance, Passport and Vaccinations.
(Lucky applicants get scholarships to fund some of these)

Seminar Details: Monday 9 October 2023 | **Fee:** 50,000 (per participant) includes Meals & Venue

Contact: Rtn Florence +256 756 818 169

SPEAKER'S Profile

Classification Journey;

Insurer by profession and has served the insurance industry for the last 24 years in different capacities.

Employed by the Kingdom of Buganda as the Chief Executive Officer of Weerinde Insurance Brokerage Services Ltd.

Before that, the Principal Officer - Bancassurance at KCB Bank Uganda; also before that, the Principal Officer - Bancassurance at United Bank for Africa as well as a former Head of Business Development and Head of Insurance Claims at ICEAGROUP General Insurance Company Ltd.

Voluntary Leadership Jounery;

An alumni of the Female Future Program (FFP) – cohort 5.

The Chairperson for the Executive Committee of Kampala Kindergarten Association.

Rotary Service;

A Graduate of the Rotary Leadership Institute – 14th intake.

A Charter Member, PHF and Past President of RC Kampala Early Bird.

Past District DEI Coordinator for Greater Kampala New Clubs; Areas 14-15.

Past Co-Chair Mobilization Committee for the 98th D9213 DISCON.

Currently the Chair for the District Governor's Signature Program – The boy Child Uplifting Program (BCUP) for the Rotary Year 2023/2024.

Family;

A Christian and a Mother of 2 Boys and 2 Girls; Tendo, Kirabo, Makula and Suubi.



Passion;

Gives back to community as a mentor for business etiquette in corporate organizations and a youth counselor in Secondary Schools and Churches; mentoring the Boy Child.

A seasoned "Senga" in bridal and groom shower.

**JENNIFER MIREMBE
SSENSUWA**



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in the Sub urban of Naalya Estate, 200meters from Naalya roundabout of Northern by pass. Along - Namugongo road. Take 2nd turn after OXY Petrol station, to Shelter Road. Between 40-50 meters along Shelter road turn Right to Access road and to North south close, Block 221, House No. 2 in a quiet residential area overlooking Northern bypass.

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- Crowns and Bridges
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- Denture for clients with missing teeth
- Periodontal Treatment (scaling and polishing or Cleaning)
- 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

#OUTTOLUNCH: LETTER TO AN AFRICAN PRESIDENT ON HOW TO AVOID A COUP



DENIS JJUUKO

Dear Mr. President

I hope that you are not reading this while looking over your shoulders, unsure of when the boys that have been saluting you may decide to remove you from the grandeur that you have been so accustomed to over the years. You may be wondering what is wrong with some of your colleagues you have been meeting at the African Union gatherings in Addis or at the numerous African leaders' summits in Washington, London, Moscow or Beijing. How could they not be so clever to play those boys so they couldn't overthrow them?

Anyway, I know that you are surrounded by family members and some other people happy with the lives they live that they may not be able to tell you the truth. I hope for once they let this letter to reach you. Your Excellency, I mean well.

You may not be cleverer than your colleagues who have now been overthrown. If you have been following some news, nine of your buddies have been overthrown by their ungrateful military officers in the last three years in Africa. Some have resorted to speaking English for the first time to rally support in form of "noise" so they could reverse the coups against them. We all thought they only spoke French.

I hope Mr. President, you are practicing a few words in another international language such as French or Chinese or Russian. You know the Wegner boys only speak Russian and have the potential to prolong your overstay in office but not for too long.

However, the most effective way you can rule for as long you want is to do certain things right. Your military boys, Mr. President, can only overthrow you once they realize you are not as loved by the general population as you claim. Despite the show off, when they look in your eyes, they only see fear.

They know how vulnerable you are every time you move out of the presidential mansion and see the number of cars in your convoy, the crowd that is unhappy because a road has been closed for hours before your motorcade of 100 bullet-proofed vehicles drives through. They see that your rallies are only attended by people in search of rolex, not the wrist watch, the food. They see that your trusted advisors don't believe at all in you but they don't just want to rock their personal boats — they have kids attending Harvard or Oxford and they are scared that telling you the truth will ruin their finances and make them unable to live the life.

So, what do you need to do? Mr. President, ensure that every household earns an income that can sustain them. If agriculture is their thing, ensure they can earn from it to afford life. They don't want handouts. They want to work the gardens and earn from their sweat. Most Africans are too proud to beg.

Those in urban areas are looking for jobs. The problem you have is that you go through the private wing at the airport, so you don't see many of the young people leaving your country in search of odd jobs in the Middle East,

where the leaders despite their long stay in office have no coup threat. The majority of these young people don't want to go but have not been given a choice. That is why some walk the breadth of the Sahara so that they can be piled on rickety boats to cross into Europe. Many such boats capsize. Instead of addressing the lack of jobs, they instead see your henchmen building mansions the size of shopping malls and even whisking their girlfriends away.

Those whose girlfriends are lucky to escape the clutches of your kinsmen, suffer in hospitals while giving birth. Some even die. They have seen their parents die because the hospitals have no drugs or qualified health workers. Yet they hear that you fly your children to Europe for the most mundane things such as routine immunization!

If their kids don't die as infants, they attend schools where there are no teachers or even a simple bench. They study on empty stomachs and finish school unable to read or even write their name. Yet they now realize that for you and your family, you have private tutors who even train you to speak some international languages should problems come your way.

In every speech you give, statistics roll off your tongue. You talk about minerals that their country possesses and you claim life is better than when you assumed office decades ago. However, those statistics aren't reflected in their pockets.

The roads are terribly potholed. There is no reliable and affordable electricity. Piped water remains a pipe dream. They see no future for their children. They don't care about elections at all. They know you steal them to justify your stay in office. All they want is a better life. And if you give them that life, no army officer will overthrow you.

Mr. President, this model worked for Singapore and in countries like UAE and many of the Asian Tigers—countries at the same level as the country you preside over a mere 60 years ago. Copy and paste that model since you want to rule for life or being succeeded by your offspring and there will be nobody jubilating your ouster. In fact, no boy in your so-called elite force or republican army or whatever fancy name you call your guards will dare to overthrow a genuinely loved leader.

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



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DO YOU KNOW THE HISTORY OF THE ROTARY INTERNATIONAL MOTTO?

Service Above Self and One Profits Most Who Serves Best, Rotary's official mottoes, can be traced back to the early days of the organization.

In 1911, the second Rotary convention, in Portland, Oregon, USA, approved He Profits Most Who Serves Best as the Rotary motto. The wording was adapted from a speech that Rotarian Arthur Frederick Sheldon delivered to the first convention, held in Chicago the previous year. Sheldon declared that ***"only the science of right conduct toward others pays. Business is the science of human services. He profits most who serves his fellows best."***

The Portland gathering also inspired the motto Service Above Self. During an outing on the Columbia River, Ben Collins, president of the Rotary Club of Minneapolis, Minnesota, USA, talked with Seattle Rotarian J.E. Pinkham about the proper way to organize a Rotary club, offering the principle his club had adopted: Service, Not Self. Pinkham invited Rotary founder Paul Harris, who also was on the trip, to join their conversation. Harris asked Collins to address the convention, and the phrase Service, Not Self was met with great enthusiasm.

At the 1950 Rotary International Convention in Detroit, Michigan, USA, two slogans were formally approved as the official mottoes of Rotary: He Profits Most Who Serves Best and Service Above Self.

The 1989 Council on Legislation established Service Above Self as the principal motto of Rotary because it best conveys the philosophy of unselfish volunteer service. He Profits Most Who Serves Best was modified to They Profit Most Who Serve Best in 2004 and to its current wording, One Profits Most Who Serves Best, in 2010.



RCT NAALYA HOME HOSPITALITY!



The 9th of September was the day the chefs decided to flex their muscles with a home hospitality. We opted for rice, chicken, wedges, spaghetti, sausages and the chappati had an honorary appearance on the menu. Lucky for us, the moneybags understood the assignment and was the first on site. So, the shopping arrangements were got out of the way with ease. With every chef that arrived, it signalled yet another helping hand to get us to our overall goal. FEASTING! The one thing that stood out is the teamwork as originally it was planned to be a buddy group competition of sorts. As it turned out, there was visible evidence of inter- buddy group cohesion and sharing of ideas to get us across the finish line. Now, the guests had the best time of all, they checked into the residence, had a “drink” and had their way with the board games with matatu in play as well as they took notes and observed how the chefs do it.

Once the food was ready, we had an introduction session and about 45 rotaractors & guests were in attendance. We had the prayer by DJ Arnold and like it should always be, the ladies broke bread. We had some customary dance sessions & games after the meal to make merry and called it a night!

Shoutouts to RCT North Musical, Ntinda & Nangabo.



PK's Conner

MY MUM

My MUm

You can't speak English fluently or operate a computer or cell phone. We did thar to you. It's not your fault. You are not any less than the other mothers with their flashy phones and designer clothing.

We confined you to the four walls of this home and worked you to the bone. You have not been your own property for decades.

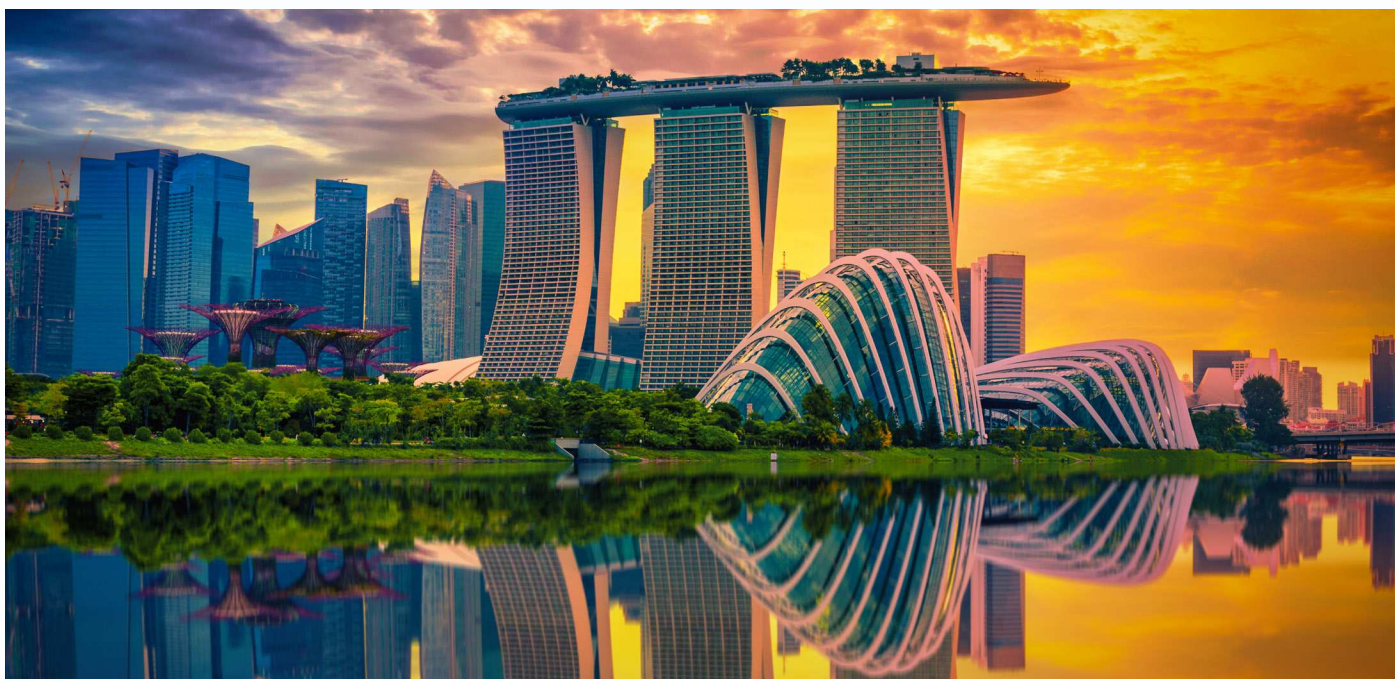
There was no rule book for how to be the first woman in your lineage to raise a family on a strange land.

You are the person I look up to most..... when I am about to shatter, I think of your strength and hardness. I want to fill the rest of your life with ease.

***You are the hero
of heroes***

Love you, Mama!!!





Kuala Lumpur to Singapore by Bus: *Top Things to Know*

Traveling by bus from Kuala Lumpur to Singapore is a convenient and affordable way to explore both cities. There are several bus companies that offer trips from Kuala Lumpur to Singapore, each with its own schedule, price, and amenities. Research and compare the bus companies before booking your ticket to ensure you find one that fits your budget and schedule.

Book your ticket in advance

To secure a seat and avoid last-minute price hikes, it is best to book your ticket in advance. You can purchase your ticket online through the bus company's website or at the bus terminal. Book your ticket at least a week in advance to ensure availability.

How to book a bus from Kuala Lumpur to Singapore?

Book a bus ticket online or go directly to TBS (Terminal Bersepadu Selatan) or Berjaya Times Square in Kuala Lumpur. Prepare your travel documents - Before traveling to Singapore, make sure to have your passport and any necessary travel documents ready. You may also need to show proof of a negative COVID-19 test or vaccination, so be sure to check the latest travel requirements before you go.

Arrive at the bus terminal early - It is recommended to arrive at the bus terminal at least 30 minutes before your scheduled departure time. This will give you enough time to check in, collect your boarding pass, and board the bus on time.

Pack snacks and entertainment - The bus journey from Kuala Lumpur to Singapore can take up to 6 hours, so it is essential to pack snacks and entertainment to keep you occupied. Some buses may offer free Wi-Fi, but it is best to bring a book, headphones, or other forms of entertainment just in case.

Enjoy the ride - Once you're on the bus, sit back, relax, and enjoy the scenic journey from Kuala Lumpur to Singapore. You'll pass through lush green forests, quaint towns, and bustling cities before reaching your final destination.

Similarly, traveling from Kuala Lumpur to Singapore by bus is a hassle-free and budget-friendly way to explore both cities. By following these tips, you can ensure a smooth and enjoyable journey.

Choosing the Right Bus Company

There are several bus companies that operate daily trips from Singapore to Kuala Lumpur, so it's important to do some research to find the right one for you. Look for companies that have good reviews and a

track record of on-time departures and arrivals. Some popular options include Starmart Express Konsortium, Aeroline, and Transtar.

Booking Your Tickets

You can book your tickets in advance online, through a travel agent, or directly from the bus company's ticket office. Booking in advance is recommended, especially during peak travel seasons, as buses can fill up quickly. You can book a ticket online or at the bus company office. I booked mine through 12go.asia. The ticket price is around P1200 (SGD28.47), one way. Book it [HERE!](#) The booking confirmation can be printed or saved on your phone. Then, go to the bus terminal and present the email confirmation to the StarMart Express office and they will exchange it for the actual ticket.

Preparing for the Journey

Before your journey, make sure to bring along your passport, as you'll need it for border control. You may also want to bring snacks, water, and entertainment for the journey, as the trip can take around 5-6 hours depending on traffic and border crossing time.

Departure Points in Singapore

Buses to Kuala Lumpur usually depart from one of two locations in Singapore - Golden Mile Complex or Woodlands Checkpoint. Golden Mile Complex is

located near Nicoll Highway MRT Station, while Woodlands Checkpoint is located at the northern tip of Singapore, near the border with Malaysia. I recommend to choose Golden Mile Complex, it's near Little India and Chinatown.

Arrival in Kuala Lumpur

Buses usually arrive at the Terminal Bersepadu Selatan (TBS) in Kuala Lumpur. From here, you can easily connect to other parts of the city via the KLIA Transit train, the RapidKL bus, or a taxi.

Where to book Singapore Tour?

1. Universal Studio Singapore
2. Singapore Flyer
3. Jewel Changi Airport
4. Gardens by The Bay
5. Singapore Bus Hop On Hop Off Tour
6. Singapore Pass
7. Marina Bay Sands Skypark

Where to stay in Singapore

1. The Barracks Hotel Sentosa
2. Mandarin Oriental Singapore
3. Four Seasons Hotel Singapore
4. Dream Lodge
5. Raffles Hotel Singapore
6. Spacepod@hive





WORLD POLIO DAY

Commemoration

21ST

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THE
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VENUE TIME

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FOR MORE INFO
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+256 702 406273

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We have made tremendous progress since the Global Polio Eradication Initiative was launched:

A 99.9% reduction in cases of illness caused by wild poliovirus
3 billion children immunized

125 countries where polio was endemic reduced to two — Afghanistan and Pakistan — with the virus contained in just a few districts and provinces

But even just one case still represents one child's life forever changed by polio. That's why Rotary members must remain tenacious and keep our promise: We won't stop until we know that no child will ever again experience the paralyzing effects of polio.



LAST WEEK FELLOWSHIP

Pictorial





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**

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
