

Naalya Food Bulletin

24th September 2024

Rotary
Kampala - Naalya



Issue 13 | 2024



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www.rotarykampalanaalya.org



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The Fight for Uganda



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EDITOR'S NOTE



Dear Reader,

I am sure you are having an enriching experience as you serve to Change Lives. On Friday September 27, we will be going to Kamuli to donate, plant trees and do a needs assessment for future support to the Bandera community project.

RC Kampala Naalya is a proud supporter of the Bandera Project. Empowering people through various ways is one of the boldest goals we have as Rotarians.

As we end the Basic Education and Literacy month this week, I thank you all who have contributed articles to keep this going.

This Tuesday, we will join other Tuesday Clubs at Hotel Africana, at 6pm. Please join us

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** or **tap on the buttons** below



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Tap to visit the Club Website



President's Message

RTN SYLVIA JAGWE OWACHI
Club President 2024-2025



Dear Rotarians and Friends,

In line with the month's Rotary theme in our meeting last week we had a talk by one of our members **Rtn Fathila Nanozi** about the Scope of the Basic Education and Literacy Enhancement Programme (BELEP) in the Bandera School Programme. The project initially started off as an initiative to support the less privileged in Kamuli through skilling under the Vijana Poa initiative. During the skilling project it was noted that there was a need for basic education and literacy hence the Bandera School.

There has been a steady rise in student enrolment to 203 students however only 25 are supported financially. The call to action is to sponsor more children i.e. UGX 50,000 per term for Primary School, UGX 150,000 per term for secondary school or USD 150 as a one off payment for a goat under the sustainability project. The club members will be visiting the project this week to donate items, A special thanks to the members who are already sponsoring these children and to those who have donated cash or items in kind.

As the Magic year is nearing the first 100-day our focus will remain on growing membership, ensuring that the governance

structures are in place, members have an excellent club experience and are donating to the Rotary Foundation. We are positioning the club to do more impactful projects in line with Rotary's areas of focus i.e.

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

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...members will be visiting the project to donate items..

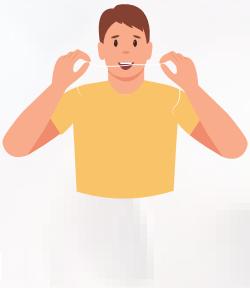
This week we will be joining the other Tuesday clubs hosted by the Rotary Club of Kololo Kampala. Rotary club meetings are the most common way for Rotarians to gather in fellowship, interact with each other and engage in the discussion of ideas and learning opportunities. "Rotary changed us and those we serve. I believe we can change the world one life at a time" Paul Harris. I implore you to join in this week's meeting.

Be Blessed.



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HOW TO TAKE CARE ✦ OF YOUR TEETH ✦



Clean between your teeth once a day with floss or interdental cleaners.



Eat healthy foods. Limit snacks and drinks that are high in sugar.

+



Visit your dentist regularly for professional cleanings and checkups.



If you smoke, quit. Smoking stains your teeth and increases your risk for gum disease, tooth decay, and oral cancer.

We are planting our balance

BY RTN SYLVIA NANKYA

The Rotary Club of Kampala Naalya has embarked on a tree-planting drive under the Plant Your Balance campaign. This is one of the multi-district initiatives to promote ecological balance and protect the environment.

The idea behind the “**Plant Your Balance**” campaign is for each Rotary Club to subtract the years of their existence from Rotary’s 100 years in Africa and then multiply by a hundred. The result is the number of trees that each club will plant in the next three years.

The Rotary Club of Kampala-Naalya was chartered in 2012, implying that the club has now been in existence for 12 years. Subtracted from 100, will give the club a total of 88 which has to be multiplied by 100 to give the club a total of 880 to be planted under the initiative.

The tree planting will be launched at St Mbaaga Tuziinde Primary School in Kiwatule on Thursday, September 26, followed by another day of activities at New Hope Charity School in Kamuli on September 27, 2024. The two schools are hosted in communities in which the Rotary Club of Kampala-Naalya is implementing Basic Education and Literacy activities.

Rotary is committed to supporting activities that strengthen the conservation and protection of natural resources, advance ecological sustainability, and foster harmony between communities and the environment. The organisation empowers communities to access grants and other resources, embrace local solutions, and spur innovation to address the causes and reduce the effects of climate change and environmental degradation.



Plant Your Balance



4PM



St Mbaga P/S, Kiwatule

JOIN US!



*Let's Help
Bandera*

Rotary
Kampala-Naalya



SEPTEMBER

27

**We accept various forms of
contribution, including:**

Monetary
contributions

In-kind donations
(such as clothing,
food, and scholastic
Materials)

Activities

- Donations
- Tree Planting
- Needs Assessment



New Hope Charity School, Kamuli

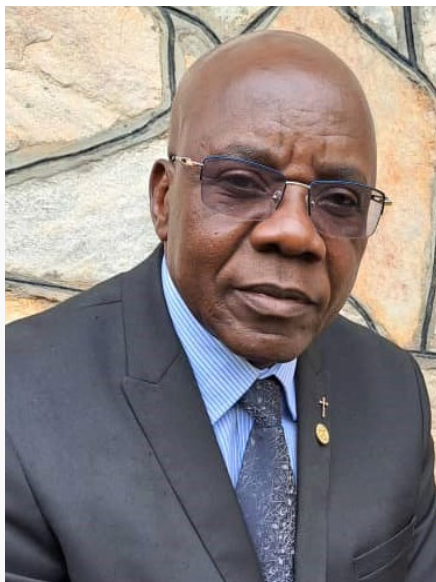
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 **Rotary Club of Kampala Naalya**

Rotarians and Projects - Gratitude Aspect



BY IPP GODFREY OKELLO OMODING
Club Training Facilitator

Very often people express gratitude in different ways for different things. Because gratitude is a memory of the heart, its expression is out of convictions. How does a Rotarian express gratitude? One way a Rotarian expresses gratitude is through participating in projects. Projects are synonymous with Rotarians. Therefore, the first thing in a life of a Rotarian is to participate in a project activity.

Rotary as an organization has provided its members, Rotarians, seven areas of focus, namely; Peace and Conflict Resolution/Prevention, Disease Prevention and Treatment, Water and Sanitation, Maternal Child health, Basic Education and Literacy, Economic and

Community Development, and Environment. With these areas, every Rotarian ought to be able to, at least, find an aspect to express his/her gratitude.

We come to rotary, apparently, knowing what to expect. Unlike a baby who is born to the world not knowing what to expect.

Instead, it is the world that avail a baby with various aspects of life. Rotarians, when joining rotary, they breath in the "air" of rotary. The "air" of rotary constitutes knowing and eagerness to participate in projects. All the avenues of service of rotary are about projects- doing something. They tell us the expected life of a Rotarian.

As we carry out the mentoring of our potential members, who are to be inducted in November, let us remember the common message of the Past District Governor, Edward Kakembo Nsubuga, "*rotary is not social club. We must do projects.*" Rotarians are people of action; intentional action

“

Rotarians are people of action; intentional action to make the world a better place.

to make the world better place. It is in rotary where you find participating in a project satisfying.

Critically, reflecting on the seven areas of focus, they are about creating a complete holistic life of a

person, and a community. With projects, the life of a Rotarian is fulfilling; basically, doing good. Where solving human problems brings satisfaction. It becomes a creed which a person's proclamation and works give happiness.

Always looking forward to undertaking tasks upon tasks which transform lives: lives now, lives in near future, and lives in the far future.

The more Rotarians do projects, the more they make the world better. Also, the more they are fulfilling the purpose of rotary. This month, Rotarians are having the opportunity of taking time off to deeply reflect on the theme of the month - **Basic Education and Literacy**. This is an area of focus which has a number of aspects one can pick out something to do very easily, and even at a low cost yet touching someone.

As a Club, we are fortunate that, as we reflect on this theme, we are actually reflecting on our projects at St. Mbaga Primary School, Kiwatule.

The Club's undertakings in this school are having positive impacts on pupils' reading skills, and transforming boy children. Our BELEP, DEAR and BCUP programs are still on. For our new members to be, join and take part on 26th September 2024 as we climax the month with planting trees at the school- **"plant your balance."** Come we make magic at the school!



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OPERATING HOURS

| | |
|-----------|-----------------|
| MONDAY | 8.00am - 8.00pm |
| TUESDAY | 8.00am - 5.00pm |
| WEDNESDAY | 8.00am - 8.00pm |
| THURSDAY | 8.00am - 5.00pm |
| FRIDAY | 8.00am - 8.00pm |
| SATURDAY | 9.00am - 5.00pm |
| SUNDAY | 9.00am - 5.00pm |

Rotary Zone 22 Leaders meet in Mauritius



BY RTN SYLVIA NANKYA

Mauritius is the place to be this week, as Rotary in Africa gathers on the Paradise Island to share ideas and express Rotary's commitment to the future.

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

This year's gathering started on September 23 and will run until September 28, 2024, at the tropical island, known for its beautiful

beaches, turquoise waters and awesome sceneries.

It is the largest and most important annual Rotary event for all of Africa comprising the Governor Elects Training Seminar, Governor Nominees Training Seminar, the Rotary Zone Institute, and its adjunct seminars. The week-long training course prepares the District Governors Elect to lead their Districts the following year.

The Institute also features, updates on The Rotary Foundation and its programs, a report on polio eradication efforts, a five-year forecast and an open forum where participants can make recommendations to the Board.

The Institute is a chance to network, reconnect with friends, and find inspiration for continuing service and leadership through its interactive, peer-based discussion and learning sessions, inspirational speakers and presentations as well as service activities.

Rotary institutes also include a session for Council representatives and alternates and a general session for discussing Council proposals. In the spirit of Rotary, it never ends without entertainment and social outings.

The Institute is a chance to network, reconnect with friends, and find inspiration...



Rotary
Kampala-Naalya



Don't Bounce

**We are Joining RC Kololo-Kampala
for the Joint Fellowship of Tuesday
Clubs**



Hotel Africana



6pm



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Teenage Pregnancy: *A Fight for Uganda's Future*



BY **PE CHARLES OWEKMENO**

Teenage pregnancy remains one of Uganda's most pressing challenges, threatening the health and futures of countless young girls. For over four decades, the rate of teenage pregnancies has stubbornly persisted between 24% and 30%, with some regions, like Busoga, reporting rates as high as 40%. Each year, millions of girls face

the harsh realities of early pregnancy, including dropping out of school, undergoing unsafe abortions, and in some tragic cases, even losing their lives.

A particularly shameful statistic reveals that Uganda's youngest grandmother is only 24 years old, having given birth at 12. Her daughter followed the same path, becoming a mother at the same tender age. This worrying cycle of early motherhood is not merely a statistic; it is a national crisis that requires immediate and collective action.

The key questions that we must all ask ourselves are: **Who is responsible for these pregnancies? Why do they persist despite the available**

laws? And most critically, what can be done to reverse this trend?

One underutilized yet powerful strategy to reduce teenage pregnancies is sexual and reproductive health education. Countries that have successfully

curbed teenage pregnancy rates have ensured their youth receive accurate, age-appropriate information well before adolescence. Unfortunately, many Ugandan parents,

schools and religious leaders focus solely on academics, neglecting the crucial conversations around sexual health.

Creating a safe environment where discussing sexuality is normalized is essential.

For over four decades, the rate of teenage pregnancies has stubbornly persisted between 24% and 30%.

With proper knowledge, young people are better equipped to resist pressures and make informed decisions about their sexual health.

Further, misconceptions have persisted to be a major barrier to providing sexual and reproductive health education, yet millions of boys and girls continue to be exposed to the risks sexual abuse. In the past and across most tribes in Uganda, aunts, uncles, and extended families played a critical role in guiding adolescents through these discussions. It is time to revive and modernize this practice, ensuring young people have access to the information needed to navigate their sexuality responsibly during adolescent period.

Disturbingly, about 90% of teenage pregnancies result from defilement. This raises an urgent question: **Why are those responsible not held accountable?** Community leaders, parents, and religious figures must unite to foster a culture where defilement is condemned, and justice to the survivors and parents made non-negotiable. Strengthening local enforcement of existing laws is essential to ensure perpetrators face the consequences of their actions. While the police play a vital role, it is the responsibility of communities to lead in protecting their children.

Access to adolescent health services is also a crucial tool in

combating teenage pregnancy, yet it remains less prioritised in Uganda. Recent data show that half of Uganda's population is aged 17 or younger, yet our health services fail to prioritize these young people. Adolescents report feeling judged and scrutinized when seeking medical help, deterring many from accessing vital services and information in time to prevent teenage pregnancies.

In countries where teenage pregnancy rates are under 5%, adolescent health services receive special attention from government and communities, with some even establishing dedicated health care facilities for adolescent and youth across their respective countries.

The urgency to reduce teenage pregnancy cannot be overstated. Without decisive intervention, the cycle of early parenthood is likely to continue for many generations in Uganda. This is not only costly to the young people and their families but will also continue to undermine efforts to attain Uganda's national development goals like achieving the middle-income status.

We must therefore do everything to break the cycle of teenage pregnancy and prioritize keeping our sons and daughters in school, empowering them with knowledge, and equipping them to become productive members of our society.

Last week's club fellowship



Rotary Launches Celebrity Ambassador Program

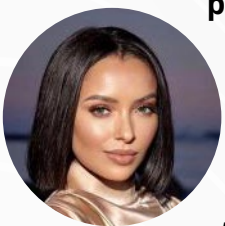
Rotary International has launched a [celebrity ambassador program](#) welcoming Kat Graham, Sibongile Mlambo, Gaby Moreno, and Archie Panjabi.

"We are pleased to announce this initiative, especially with the help of these remarkable individuals who are devoted to using their platforms to make the world a better place," Rotary International President Stephanie Urchick said. "As Rotary's work has touched each of the ambassadors, we're honoured for them to amplify our organization's impact and vision."

Through traditional and social media, events, advocacy and more, ambassadors will have the opportunity to immerse themselves in Rotary's work and engage with supporters to amplify the organization's mission and impact.

The inaugural Rotary ambassadors include:

[Kat Graham](#), actress, singer, producer, humanitarian - "I



have been fortunate enough to have a long history with Rotary, from promoting women's health and safety around the world to gathering with Rotary members in California to promote peace. Rotary empowers regular people to become extraordinary changemakers by launching their unique initiatives using their unique skills and passions. By doing so, they improve the lives of others far beyond their communities. I've seen the profound difference Rotary members make, and I'm honoured to serve as a Rotary ambassador."

[Sibongile Mlambo](#), actress, producer, philanthropist - "I had the incredible opportunity to travel to Uganda with Rotary and see their work firsthand. Witnessing their dedication to helping refugees and their unwavering commitment to peace left a

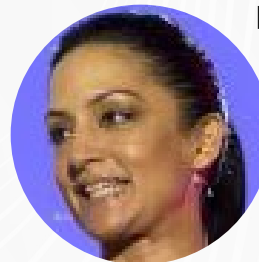
lasting impact on me. Rotary members show respect for those displaced, empowering them through education, job training, and more, helping to create the conditions for stable, sustainable, and peaceful communities. As a Rotary ambassador, I will enthusiastically help to amplify their message of hope and resilience."

[Gaby Moreno](#), artist, producer - "Returning



to my home country of Guatemala with Rotary exposed me to the life-changing impact its members have had on early education and literacy in the country. I met children who now are inspired to dream big, and who have been given the tools necessary to make their dreams a reality. As a Rotary ambassador with deep personal connections to its members, I want to help spread the word about this remarkable organization that's giving hope to so many children around the globe."

[Archie Panjabi](#), actress, producer - "My first visit



to India at the age of 10 opened my eyes to the heartbreaking reality of children suffering from polio. Years later, I returned to administer the polio vaccine and witnessed the dedication of health workers, inspiring my commitment to this cause. For over a decade, I've proudly served as a Rotary Polio ambassador and continued the fight to eradicate polio while shining a light on the full scope of the vital work Rotary members undertake to create a brighter future for all, from safeguarding our environment and improving maternal health, to providing clean water and promoting peace."



**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**



Aluminium and Metal Fabrication



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China Town: Protectionism and partnerships critical for African economies

BY RTN. DENIS JJUUKO



China Town, a retail shop, in Lugogo without placing a single advert became the talk of town providing invaluable lessons for advertising and marketing executives. Shoppers looking for bargain deals claimed to have queued up from morning and left when the shop closed without having even stepped into the store.

In March 2023, I wrote about China Square in Nairobi that was giving Kenyan traders sleepless nights while making consumers happy. Obviously, we may not have paid attention as a country until a company with a similar name showed up. I have heard that they are similar China something everywhere on the continent, selling stuff at laughable prices.

At 1.4 billion people, Africa has a huge population that needs goods and services and even though it is the poorest continent, the volumes businesses can push cannot be entirely

ignored. That is why retailers like China Town, China Square, China Mall and a plethora of others are here. Their model is the same—lower prices than elsewhere. I hope that they are selling high quality goods that have passed the tests of Uganda National Bureau of Standards (UNBS).

Many traders are worried that their business models are being disrupted and their enterprises will collapse. They claim that they can't compete anymore. That could be true. The Chinese are probably enjoying incentives from their home governments. The more products sold in consumer markets; the more days factories remain open in the producer markets. The more days factories remain open, the more people remain employed. The more taxes governments in producer markets earn. And the entire value chain is huge.

Many traders are worried that their business models are being disrupted and their enterprises will collapse.

Of course, these shops may not always sell imported products. Some may be locally made. The owners of such shops may approach

manufacturers and sign contracts that give them lots of stuff in bulk at low rates. If a manufacturer is guaranteed a market at a certain price, they can be able to supply and remain in business.

With better experiences, technologies, capital, systems and structures, these retailers may become very hard for local businesses to compete. So what countries usually do is that they decide to protect their businesses.

The Americans have imposed high taxes on electric vehicles not made in the US because they know that Chinese automakers would make the likes of Tesla collapse or see a significant chunk



of their revenue shrink. They have also imposed bans on some Chinese smartphones like Huawei. They have been toying with the idea of banning TikTok, the popular addictive video streaming app. The Chinese also banned American apps, which enabled their messaging apps like WeChat and Weibo become so big in China.

The Europeans do the same. They have provided huge subsidies for their agricultural sector. In France, if you own a cow, you get an annual subsidy of EUR280 (Shs1.16m) annually.

If you add in subsidies on land and other incentives, the farmer is in business. That also means that a farmer elsewhere can't easily penetrate that market. There are also restrictions on importing beef and dairy products.

In Africa, South Africa has some of the continent's biggest assembling plants

for cars. To protect them, South Africa doesn't allow the importation of vehicles at their end of life from Japan or elsewhere. In fact, they don't allow you to import any used vehicles.

You can only import a brand new car which is not made in South Africa.

Uganda needs to put in place some protection policies and implement them.

Basically, you can only import Ferraris, Lamborghinis, Rolls Royces and such other luxury brands. They impose hefty import duties on them as well. They know that if they allow anyone to import any car they want, the auto industry will die.

Uganda needs to put in place some protection policies and implement them. If Kiira Motors is making buses in Jinja, then they should not allow the importation of buses from anywhere else. You either buy the bus made in Uganda or forget about it.

If there are people making household electronics in Kampala's

industrial area or Kapeeka, then others should not be imported.

That way the guy who set up his plant can keep their factory open. Of course, UNBS would have to double down on its quality inspection protocols so that they ensure that only products of highest standards are made and supplied. Government would have to nip corruption in the bud for this to take place.

However, in a globalized world, foreign investment cannot be fully eliminated especially in poor and transitioning economies. Global retailers and businesses would have to set up shop. Ensure that these global businesses are in partnership with local entrepreneurs that way they can learn a thing or two and will remain even if the foreigner decides to go. There will also be some capital that won't be evacuated.

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

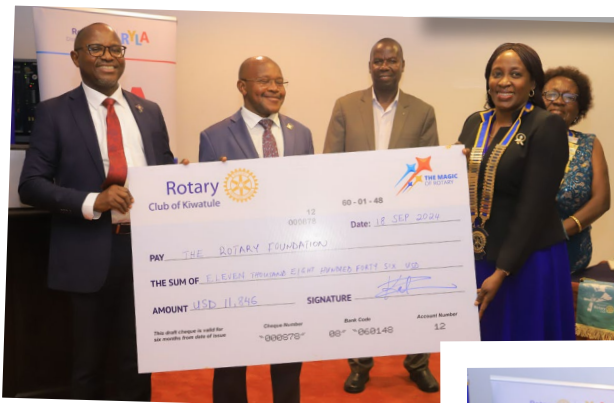
Joint Visit with Rotaract Clubs in Mbale



Joint Visit with RC Elgon Maisha & Mbale Metropolitan



RC Kiwatule



RC Makindye



RC Mbale City



Family Matters



BY PASTOR RONNIE MUTEBI

Genesis 1:2 (KJV): And the earth was without form, and void; and darkness was upon the face of the deep. And the Spirit of God moved upon the face of the waters.

KNOWLEDGE FILLS SPACES

The power of knowledge can never be underestimated in

“

A person who feels this way does not know the plan of God for their future, career, business or even marriage.

the transformation trail to greatness. Darkness represents ignorance, a vacuum of uncertainty.

Ignorance by its nature creates voids. Knowledge on the other hand fills up spaces.

You may have heard someone say, 'I feel empty.'

That emptiness can best be explained as a form of ignorance by which visions are frustrated. A person who feels this way does not know the plan of God for their future, career, business or even marriage.

You cannot experience the knowledge of your future and feel empty.

If you ever find yourself in such a place, simply incline yourself to a place of knowledge, read more, study more and listen to the right people.

As His knowledge floods your understanding, all manner of emptiness will flee. That's what the knowledge does.

Take Home: Ignorance by its nature creates voids. Knowledge on the other hand fills up spaces.

Don't limit how much space you should fill by limiting your knowledge search.



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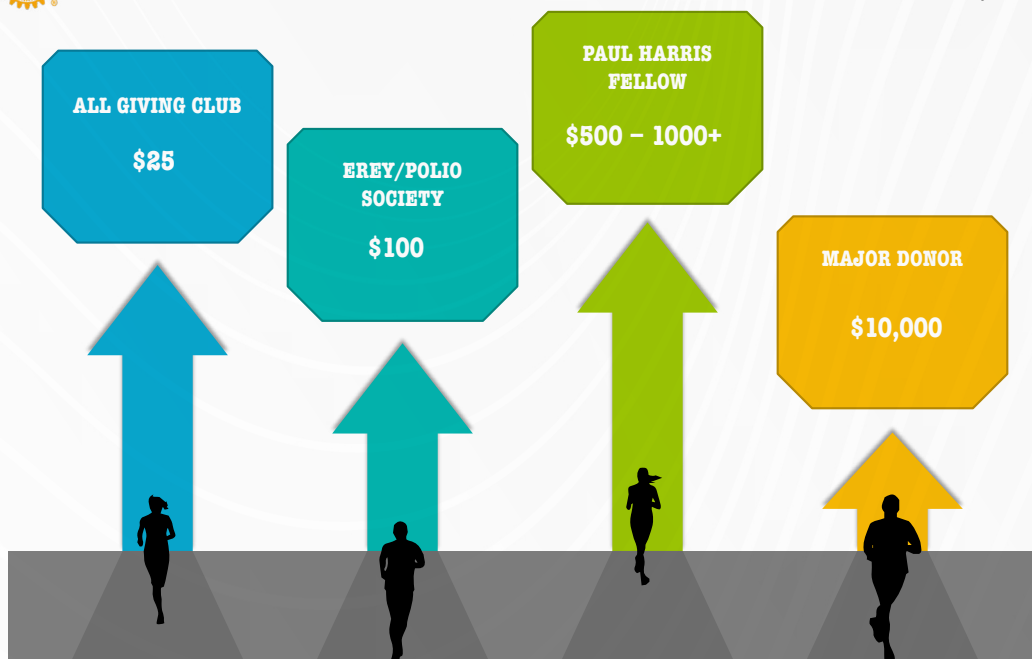
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2025



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Singing & Dancing Competition

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PRIZE OF
3,000,000UGX**

THEME SING, DANCE,
GIVE - CHANGE LIVES

**SAT. 7TH
DEC. 2024**

**TIME
10AM**

VENUE: KAMPALA PARENTS' SCHOOL

FEES: ADULT - 20K | CHILDREN - 10K (BELOW 12 YEARS)

CLUB REGISTRATION:

ROTARY: 200,000UGX | ROTARACT: 100,000UGX

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#RotarySDC24

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Fathila Nanozi



Grace Mutungi



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Keno Lillian



Joachim Buwembo



Pamela Kawaddwa



Johnson Akanyijuka



Ruth Mugisha

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OUR MEMBERSHIP DIRECTOR FOR
GUIDANCE AND MENTORSHIP

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or CALL 0752 964 448

OUR CLUB MEETS EVERY TUESDAY AT 7-8PM

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