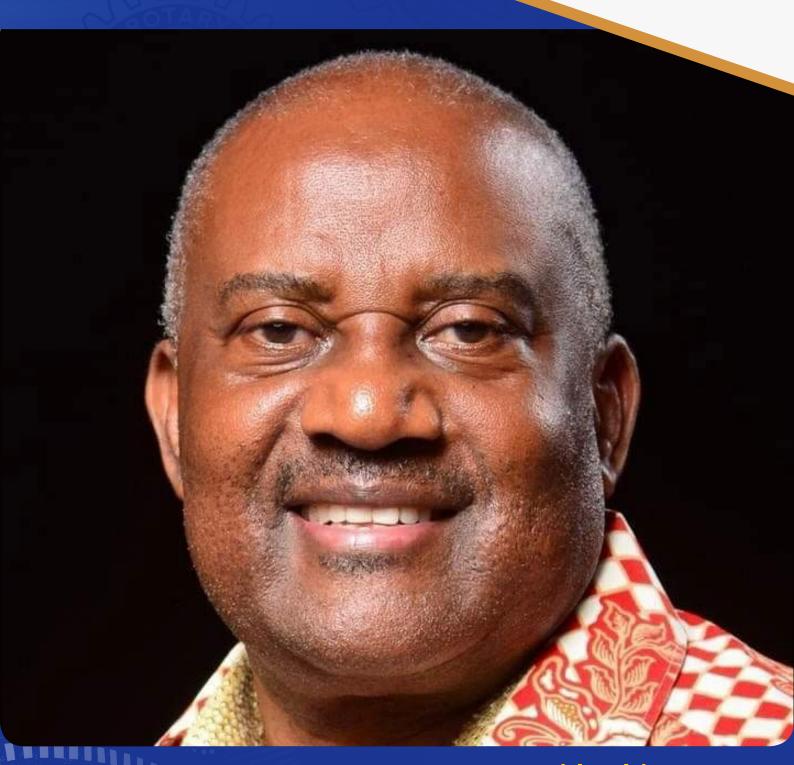
Naalya Food 1st October 2024

Bulletin





Issue 14 | 2024





PDG Katongole elected RI Director

Inside This Issue

Pictorial: Visit to Bandera Community Project



EDITOR'S NOTE



Dear Reader,

elcome to the month of October, the beginning of the second quarter of the Rotary Year.

This month is quite special because it signifies the one project that Rotary International has spearheaded to eradicate Polio worldwide. It is important that we continue to raise awareness, funds, and related support to end polio.

The theme of the month is Economic and Community Development. It provides an opportunity to reflect on livelihoods and the communities we live in and some of the interventions we have carried out as a country or Rotary.

This issue is packed with interesting items for which I invite you to enjoy and also share widely

Wishing you a blessed month.

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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President's Message

RTN SYLVIA JAGWE OWACHI Club President 2024-2025



Dear Rotarians and Friends,

■ or our last meeting for the month of September we joined the other Tuesday clubs for a joint meeting hosted by the **Rotary Club of Kololo Kampala**. I must say it was exciting to see over 20 magical presidents and their members in one room.

Since we all meet on the same day it has been impossible to join any of these clubs for their meetings. 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. It is always exciting visiting other clubs and connecting with other Rotarians united in a common purpose.

The topic for discussion Public diplomacy was equally interesting. The presenter

Margaret Kafeero broke it down so well. Public diplomacy are the ways in which governments, organizations and individuals engage with foreign publics to promote cultural understanding, build relationships and achieve foreign policy goals. The goal is to create a positive image of a country and its policies, foster mutual understanding and build trust with foreign audiences. Countries have been deliberate in this aspect through educational exchanges, cultural exchanges and international broadcasting. My key take away was that Uganda has a lot to offer and

we all need to be deliberate in promoting our beloved country.

Being the month dedicated to Basic education and Literacy our Rotarian of the month of September was our Magical Secretary Rtn Barbra Ninsima who graduated from the Rotary Learning Institute last month. Congratulations on this achievement!!!

Last week we had some of our members visit our service projects in St Mbaaga

> **Kiwatule and New Hope Charity** Plant your Balance **Rotary in Action this Centennial** 100 and multiply by 100.

School Kamuli to "Plant our balance". is an initiative that was agreed upon by the Governors of districts 9212,9213 and 9214 ...it was exciting to to commemorate 100 years of see over 20 magical presidents and their Year. To compute the number of members in one trees to plant in the next 3 years each Rotary Club subtracts the years of their existence from

> As we get to the first 100 days the magic presidents got together to catch up and bond. It was a fun ride to Lakeside Adventure Park in Mukono and a day with lots of activities. In Rotary we value diversity and there are vast opportunities to network with different people which is amazing. Our meeting this week is our club assembly where we will review our progress this far under the different directories. Enjoy our bulletin!

Be Blessed.

room.





PDG Katongole elected Rotary International Director

DG Emmanuel Katongole will serve on the RI Board after being elected Rotary International Director.

The Rotary International Board of Directors serves as the governing body of Rotary International, responsible for establishing policies and guiding the organization's strategic direction.

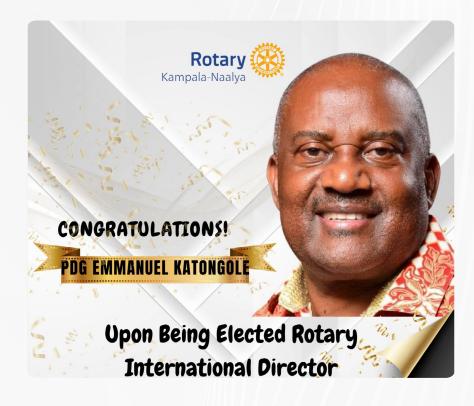
His election was announced at the just concluded Rotary Zone 22 leaders Conference in Mauritius.

PDG Katongole is the Cofounder and chairman of Quality Chemical Industries Ltd (QCIL), a leading pharmaceutical manufacturer in Africa.

Under his leadership,QCIL transitioned from a pharmaceutical distributor focused on animal health into a key player addressing critical health needs on the continent by providing affordable medicines.

His academic background, with a Master of Arts in Economic Policy and Planning and a Bachelor's degree in Statistics from Makerere University, has equipped him with a strategic approach to business and economic development.

On the global stage, Katongole has made his mark



as a member of the Initiative for Global Development's Frontier 100, a network of influential business leaders from emerging markets.

His leadership extends across various sectors, having served as the first Chairman of the Uganda National Oil Company, former Chairman of Mauritius Union Assurance (U) Ltd, and former Board Member of Absa Bank (U) Ltd. Currently, he chairs the Advisory Board of TLG Capital Ltd, a London-based private investment firm, influencing key markets internationally.

Katongole's commitment to public service is equally

commendable. In April 2020, President Yoweri Museveni appointed him to chair Uganda's National Response Fund on Covid-19, where he led the country's pandemic response efforts.

His contributions to education and faith-based initiatives are also noteworthy.

In 2021, he was appointed **Chancellor of Nkumba** University, and later that year, Pope Francis honored him as a Papal Knight for his extensive community work.

Katongole's Rotary journey - He began at the club level with the Rotary Club of Muyenga, eventually serving as Club President and taking on roles at the district level, including Uganda Country Chair and Assistant Governor.

His tenure as the inaugural District Governor of Rotary District 9211 (Uganda and Tanzania) in 2013-14 was a defining moment, driving significant growth and service initiatives in the region.

Internationally, Katongole has held prominent roles within Rotary, including Chairman of the Peace Major Gifts Initiative Committee.

A dedicated supporter of the Rotary Foundation, he is a member of the esteemed Arch Klumph Society, Bequest Society, and Paul Harris Society.

His service record includes participation in over 20 Rotary International Conventions and 24 District Conferences.

Notably, he was instrumental in establishing the Mengo Hospital-based Rotary Blood Bank and played a pivotal role in founding the Makerere University Rotary Peace Center.

Katongole's leadership and entrepreneurial spirit have earned him numerous accolades. In 2013, he was named the East African Winner at the Ernst and Young World Entrepreneur of the Year Awards and was inducted into the World Entrepreneur of the Year Hall of

He is also a recipient of the Africa Business Leadership Award and the Africa Entrepreneurship Award.

His election as Rotary International Director underscores his unwavering commitment to service, both in Uganda and globally.

Last week's joint fellowship

Last week's fellowship, we joined other Tuesday Clubs at Hotel Africana, hosted by **RC Kololo Kampala**, where we also had **Activation of the 100th DISCON**























7





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POLIO CHAIR D9213

POLIO CHAIR D9214

WORLD POLIO DAY 24TH OCTOBER 2024

Dear Rotarians, Rotaractors, and Friends of Rotary,

s we continue to make strides towards eradicating polio, we are excited to offer you an opportunity to contribute by purchasing branded items. Proceeds from these sales will directly support polio efforts. The following items are available:

Collared T-shirts at 50,000 UGX, with 5,000 **UGX** going back to the club Collarless T-shirts at 35,000 UGX, with 5,000 UGX going back to the club Notebooks at 25,000

UGX, with 5,000 UGX going back to the club Pens at 5,000 UGX Breakable Cups at 35,000 UGX, with 5,000 UGX going back to the club Wristbands at 2,000 UGX If you'd like your club's name engraved on any of the items, kindly inform us when placing your order.

We encourage group orders to make a larger impact. The deadline for placing orders is 11th October. Kindly make your orders by contacting 0754803749 or 0784735997.

Celebrating Additions

reality.



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

e are now in the month of October whose theme is **Economic and Community** Development. It comes at the time we are making additions to our membership. Certainly, with are getting into celebratory mood; seeing our membership grow and more hands coming in. It is an opportunity for the Club to do more.

Important now is how we give new members the exposure and appreciate what Rotarians do. It is a duty of every old member to create areas of interactions for new members. Well, there is a lot of information about rotary available and accessible. But this information alone is not transformative. The key is proper mentoring. Mentoring narrows gaps ...we are getting between what is into celebratory written about the mood; seeing subject and the

grow and more In my journey hands coming in. in rotary, I have personally noted that I learned more through interactions. I continue to do so. Most times the best instruction materials are obtained through participation in club activities and interactions with the wide rotary fraternity.

The Club celebrates in moments when its strength is being re-enforced. To new members, the remaining days to inductions, let them be a period for connecting yourself to reach out to others, and open yourself to be reached to. You ought to exercise eagerness to learn, bring in addition fuel to fire your vocation.

> As we reflect on the trigger us to think of what you can contribute for such a theme. For instance, the theme of this month is Economic and Community Development, deeply think about developmental

things that you can do or initiate. The magic of rotary flows in the veins that are ready to act, and act sacrificially. May each of us bring in the magic of rotary to transform the lives of people.

and building memories. Open up the Club, and ready to use themes, let them

our membership





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Visit to the Club's Project -The Bandera Community in Kamuli

On Friday 27th September, 2024 the RC Kampala Naalya team visited the Club's Project - BANDERA Community in Kamuli where we delivered donations, conducted tree planting and a needs assessment.



Rtn. Joachim Buwembo to return to class this term.

will cover her school fees starting this term, after she had dropped out.

Teenage Mothers Step up to Self-discovery and Hope



BY KOMUNTALE RACHEAL RUTARO

n a Friday cold bright morning,

I set off to join Rotarians of Kampala Naalya gathered at Ndere Centre on a trip to Kamuli, in Eastern Uganda. It was my first time travelling with senior Rotarians on a journey. As a prospective ...we briefly got in Rotarian, I looked forward embrace with the to familiarize with them. village folks as they That slight anxiety creeped greeted us with a in on how I should carry warm welcome... myself, and cautious of the conversations I could pick on. Yet this was a moment I was looking forward to the week before. So, when I climbed into the van that would ferry us, I said unto myself, this is it, let me open my mind.

The trip was taking us for a service project needs assessment in Bugumira Village, Kisozi Subcounty near Kamuli district. The Club had discussed the project during its

weekly meeting, with a presentation from Rotarian Fathila Nannozi. It addressed the rising cases of teen pregnancies and challenges especially nursing unwanted babies in lowly conditions, but also building hope among the girls by attracting them to return to school formal education and get vocational skills to survive on for a better

We departed from Ndere Centre at 10:00am heading through Seeta, Mukono and took the Katosi road, a detour to avoid the repair works along the main route to Jinja city through Mabira Forest ahead. Little did we expect it would cost us more time to the destination. We ended up almost an hour and half late at Bandera Farmers Network in Bugumira village, our destination. One lesson, I picked is to carry popcorn on such trips, it offset my nausea. I had packed dissolvable Panadol, which was handy to soothe Rtn Buwembo's drowsy

> discomfort. You can tell my pleasure for carrying some first relief drug items, is it something that was forgotten on the trip?

Upon our arrival at Bandera offices, we briefly got in embrace with the village folk as they greeted us with a warm welcome, the girls flashing dazzling smiles and warm

hugs. A sigh of relief, it was. We had carried pull-ups of Rotary Kampala Naalya that we set up quickly in the Bandera carpentry workshop. This was the meeting place where the village community sat waiting for us. If you expected your clean cemented meeting place with plastic chairs like I had, welcome to the form bench, cutting machine table as your high table, and wood cuttings for your

floor. It was business now.

The meeting started with lengthy introductions from mostly women and teenage mothers. So, heart breaking it was as some of the teenage mothers broke down in tears due to the heavy pain in their hearts. Each made requests for help from the Rotarians. The Rotarians' introductions had powerful messages of hope and encouragement towards the people, whose expressions were a mix of anxiety and the delayed start of the meeting. One Rotarian Jimmy Serugo's message was, "What has brought me here is to learn from you", which to me truly speaks a lot of volumes on our mission.

My attention was drawn to one Mirembe Racheal, surprisingly my namesake, who displayed joy and relief at benefiting from the support of RC Kampala Naalya, having rejoined school after a pregnancy. By the looks, she was really transformed, confident and articulate telling her story. She was a living example of hope that 'your past does not define who you are'. I came to learn Racheal is a pioneer student of the Bandera School program. She was also part of the project started by RC Kampala Naalya, which started during Rtn Sylvia Nankya's Presidency and implemented under the *Imagine year* of Past President Evelyn Mulinda. The Club worked with Rotary Vijana Poa project to skill twenty youth including teenage mothers under the Bandera Youth Group.

Assistant Governor Kimberley Kasana, took some time to explain another initiative, 'The Rotary Fellowship for Empowering Women' and considered extending support to some of the teen mothers and women in the community. She recounted pressing

situations women and girls suffer. In regard to the abuse, a representative from the Uganda Women Network, advocate Matilda Natukunda urged girls and women to report cases of Gender Based Violence to their office located in Kamuli town.

Meantime, the pictorial documentation by Rtn Brian Mayanja that had kept him on his feet brought smiles as he closed up on faces of the teen mothers. You could tell there was a feeling that we are saviours but hope they appreciate we were carrying good hearts, companions responding to stories of personal challenges reading on their faces. We divided them into three groups, forming Focus Group interviews in categories consisting of the teenage mothers, women and men.

Most of the teen mothers' occupation is farming; maize, beans, soya and chicken rearing. Most of them tilled half an acre for a living. The struggles faced by the less fortunate include lack of capital for their maize growing, and tools to apply skills from training in tailoring, wood carpentry, soap and shoe making conducted by the Bandera Farmers Network.

The Rotarians further visited New Hope Charity School, built with mud and reed serving the neighborhoods, saving their children long distances the nearest government schools. The school was established by the community and is currently supported by the **Bandera Famers Network** Internation under their School program. So far it runs has classes from baby class to Primary 5 with 189 pupils and seven (7) teachers. We found the children smearing cow dung on the floors of their classes. We learnt they do this every Friday to reduce on the dust discomfort during class the following week. The few Staff members that run the school were indeed in want, outlining the lack of scholastic materials and computers. The Rotarians donated; several dozens of books, pens, pencils. Further they donated two bags of assorted clothes for the teen mothers.

Two students who had failed to report to school this term got support to return to class. Nambogwe Maureen S3 will be assisted by Assistant Governor Kimberly Kasana while Nabirye Joan S.2 will get fees from Rtn Joachim. Both had dropped out of school.

Our day was not just about giving; it was about fostering self-discovery and empowerment, through our interactions, we learned valuable lessons in empathy, innovation, and the strength found in unity. The community welcomed us warmly and surprised us with a lavish feast featuring a delicious spread of pilau, and meat with smoked groundnut sauce, hot steamy matooke and sweet potatoes. The meal was cooked by one of the community people who is also a Maize farmer fronting her good cooking talent skills that left a lasting impression of their generosity and hospitality, which we were truly grateful for.

As the day close came to 5:30 pm, we departed, passing by the majestic Isimba Dam, more landscapes of rice plantations and lush trees. Our hearts full and minds enriched, we left with a deep appreciation for the resilience of this community and a renewed commitment to making a positive impact, one creative endeavor at a time..







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ome parts of Uganda have started experiencing harsh weather events. Flooding is one of them. In the last few weeks, rivers Nyamwamba in Kasese and Semiliki in Ntoroko have burst their banks leading to flooding. The latest incident in Ntoroko displaced more than 24,000 people, submerged 11 schools thereby affecting more than **4,000 learners**.

Ntoroko leaders say that this is the worst flooding in more than 50 years. The flooding took place in late August after torrential rains in the nearby Democratic Republic of Congo. The rains in Ntoroko are expected between September and November and the place is already flooded!

What will happen when the Ntoroko rains start falling? More people will be displaced. Ntoroko is such a low-lying area surrounded by the Rwenzori Mountain ranges, River Semiliki and Lake Albert. Rains in the DRC lead to rising water levels in Lake Albert and River Semiliki hence flooding that not only destroys people's houses but also entire livelihoods.

Ntoroko leaders say that this is the worst flooding in more than 50 years.

The people of Ntoroko have three major economic activities — farming, fishing and cattle keeping. The floods affect all those activities. Food gardens and pastures get submerged while roads are cut off. The people then start relying on donated food to survive while living in internally displaced people's camps.

The flooding in Ntoroko is not out of the blue. Given its terrain, flooding is always expected and has intensified since 2019. Nyamwamba in Kasese has been causing havoc for a long time.

Some people who claim to know these things say that both Semiliki and Nyamwamba are so silted that the only result

is flooding.
Although
I was in
Ntoroko a
week ago,
I didn't
manage to
visit Semiliki
but for
Nyamwamba,
they have a
point.

Nyamwamba carries big boulders from the mountains into its path. Previously, after it had rained, tractors would remove these boulders so that whenever it rained again in the mountains, there would be space for water and other boulders. Probably this explains why facilities such as Kilembe hospital and residences were built so close to River Nyamwamba. The river was never a threat. People knew what to do. When I was in Kilembe last year, many boulders were not being removed from the river's path.

Given the neglect, Nyamwamba had to find its way. The end result is people losing their lives and properties. Some



people will blame it on climate change. The real reason is that we forgot the basics — something as mundane as having a tractor removing the boulders from the river's path!

Most of the disasters affecting our people can be solved. In Ntoroko, flooding is always followed by a prolonged severe drought from December until the next rains around March. The price of a cow during this period falls by 90% if a farmer is lucky to find a buyer. The main reason is because of lack of water and pasture. In a place that was flooding a month or so before.

With schools submerged, children are likely to abandon their education and resort to other activities like fishing immature fish. The girls will be married off before they even experience their first menstrual cycle.

I heard that those who aren't being married off

are instead being booked by parents and guardians eager to earn a small fee that wouldn't even enable them to purchase a scraggy cow.

How difficult is it to dig up valley dams? How

difficult is it to create an irrigation scheme so that livelihoods are not lost during the dry season? This would

also ensure that kids are kept in school instead of fishing in dangerously rising waters or becoming mothers and wives before age.

Money spent on infrastructure like roads, schools and health facilities is always lost due to flooding. Yet there are sustainable measures that the government can put in place to solve these challenges. Some of these measures can be implemented by the communities

themselves. Others through entrepreneurship. People who own thousands of heads of cattle need technical advice to find sustainable solutions.

And we can also learn from Egypt, a desert that supplies

The price of a cow

during this period falls

by 90% if a farmer is

lucky to find a buyer.

our markets with fruits that we have failed to grow. If you buy oranges from supermarkets, they are probably imported from

Egypt that gets its water from the Nile for irrigation. They built the delta barrage that has saved them from flooding while use that water for irrigating their crops. And the delta barrage was constructed nearly 200 years ago. In the 21st century, we should be solving some of these challenges.

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

Mauritius



















Tree planting drive under the Plant your Balance Campaign

ast Thursday the Rotary Club of Kampala Naalya embarked on a tree-planting drive under the Plant Your Balance campaign. This activity was at St Mbaaga Tuziinde Primary School in Kiwatule This is one of the multi-district initiatives to promote ecological balance and protect the environment.



Magical Presidents' First 100 days catch up and bonding







Family Matters



BY PASTOR RONNIE MUTEBI

atthew 7:1-2 (KJV): Judge not, that ye be not judged. For with what judgment ye judge, ye shall be judged: and with what measure ye mete, it shall be measured to you again.

DO NOT JUDGE

The scripture warns us not to judge lest we also be judged.

How does a man who judges another end up being judged in exactly what may seem similar?

The perfect answer is simply found in the ironies and experiences

of life. People usually find themselves in situations they judged others about or propagated to ensnare who they victimized. In such moments, they then become the objects of the scorn they had meted out.

There are people who have taken to social media to comment and give their opinions about the failures of other people's, relationships, marriages, children or businesses.

Usually, it is a matter of time, the same normally finds it's way to their rest condos or common spaces. It may take a year, two years, five years or even ten years. Such people find themselves in similar situations as the new targets for the sharp tongues of critics.

It's common decency if any person be overtaken in a fault, ye which are innocent or of repute, restore such an one in the spirit of brotherhood and meekness; considering thyself, lest thou also be tempted."

To those who are inclined to judge others, let's be more succinct in its warning, "If a person falters in anything, forgivingly restore them in love.

Take Home: People usually find themselves in situations they judged others about. If someone falls short in anything, forgivingly restore that person back, saving your critical comments for yourself.





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Boundaries...Way to Freedom

BY RTN PAMELA KAWADDWA

n the realm where hearts entwine, Boundaries stand, a sacred line. They define our sacred space, Granting freedom, a tender grace.

Boundaries, like gentle shores, Guide our steps, our souls explore. They protect what's dear and true, Respecting others, me and you.

In friendships, boundaries thrive, Honouring what helps us thrive. They foster trust and mutual care, A haven where souls can share.

In love's embrace, boundaries glow, Balancing closeness, let feelings grow. They shield us from harm's cruel sting, Preserving the sacred, love's truest ring.

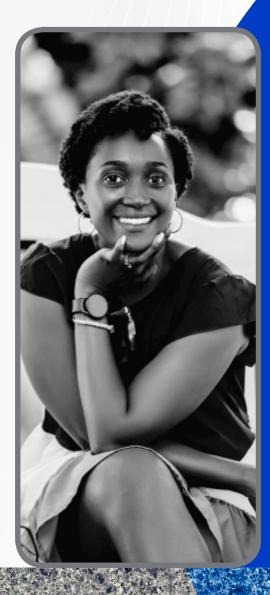
Boundaries bring harmony's sweet song, Helping us discern right from wrong. They teach us lessons, bold and wise, Empowering souls to truly rise.

Let boundaries be our guiding light, Creating spaces, shining bright. For in the realm where hearts are free, Boundaries blend love and liberty.

Never fear to set boundaries is pursuit of your peace.

Till again!

Plwy



Boundaries









CLUB ASSEMBLY

TUESDAY OCTOBER 1, 2024

Ndere Cultural Center





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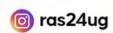




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