

Naalya Food 8th October 2024 Bulletin

Rotary
Kampala - Naalya



Issue 15 | 2024



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EDITOR'S NOTE



Dear Friends,

Every year we celebrate **World Mental Health Day** on 10th October. The theme for 2024, set by the World Federation for Mental Health is 'It is Time to Prioritize Mental Health in the Workplace'

Of course it can be difficult for most people to come to terms with having a problem with their mental health, as depression, anxiety, and other disorders are on the rise. We encourage you to talk!

October is also an exciting month for Rotary as we celebrate **World Polio Day** on October 24.

In this issue we bring you messages for the month of October from the RI President Stephanie A. Urchick and DG Anne Nkutu.

Also, do not miss Magical President Sylvia Jagwe Owachi's weekly message and much more.

I thank you all who take time to read all that is written.

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



Tap to send a WhatsApp



Tap to visit the Club Website



WORLD POLIO DAY 24 OCTOBER

BY STEPHANIE A. URCHICK
RI PRESIDENT 2024-25

OCTOBER 2024

With **World Polio Day** on 24 October, I'm proudly rooting for Rotary as we team up around the world to **End Polio Now**.

I had the honor of attending a Strike Out Polio event in July at PNC Park, home of the Pittsburgh Pirates MLB team. The Rotary Club of Delmont-Salem hosted the event, which raised \$1.3 million for PolioPlus.

Later in the summer, I joined members of our Rotary family in supporting the Más Millas Menos Polio (More Miles Less Polio) bike ride. Felipe Meza Chávez and his team rode all the way from Ciudad Juárez, Mexico, to One Rotary Center in Evanston, Illinois, to raise money and awareness. The ride took 12 days, and Felipe and his team collected more than \$100,000 to support the fight against polio. It was a joy to greet them as they arrived in Evanston.

And I was thrilled to see Team End Polio raise global awareness around the 2024 Paris Olympics. This world-class roster of athletes, global leaders, and polio eradication supporters came together to advocate for a world where no child has to live in fear of being paralyzed by polio. Some of the athletes on Team End Polio are polio survivors themselves, adding weight to their advocacy.

These are just a few examples of the many ways Rotary has teamed up recently to End Polio Now. It is vital that we continue to seek



“

It is vital that we continue to seek out and recruit teammates in polio eradication...

out and recruit teammates in polio eradication, especially after the challenges our eradication efforts have faced this year.

The Rotary world was heartbroken to learn about the tragic passing in August of Aidan O'Leary, Director for Polio Eradication at the World Health Organization.

I knew Aidan and worked with him directly. He was a tireless advocate in the fight against polio and a kind, genuine man. We will remember him both for his advocacy and his warmth.

But where there is hardship, there is also hope. I feel hopeful whenever I consider the countless ways Rotary supports the fight every day to eradicate polio.

As people of action, we don't have the luxury of giving in to despair, even in the face of tragedy. The

best way to honor Aidan's memory is by teaming up and reaching our goal to End Polio Now.

We made a promise to the children of the world and their families. It is incumbent upon us, together with our global partners, to end this threat once and for all.

There are so many ways we can team up to eradicate polio. You can donate to the End Polio Now campaign, join or initiate a PolioPlus Society in your club or district, or take inspiration from the fundraisers I mentioned above.

I encourage Rotary members around the world to continue to seek out new teammates, so that together, we end polio.

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District 9213
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**END
POLIO
NOW**

WORLD POLIO DAY
24TH OCTOBER 2024

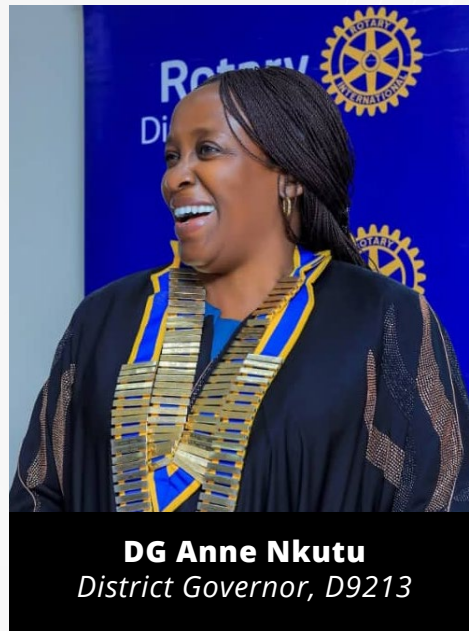
Giving Fish or Teaching how to Fish?

OCTOBER 2024

I recall a discussion a few years ago in which one of the presenters accused charities like Rotary of creating “white elephants.” He argued that while many of the facilities we have constructed are important, they risk being underutilized because the beneficiary communities may not afford the cost of the services offered. His assertions sparked a lively debate, with many in the room contesting his views.

However, I later found myself reflecting on whether there might be some truth to his claims. **Are we giving enough attention to sustainability issues in our projects?** When we donate items, do we consider where beneficiaries will obtain their next supplies once our donations are depleted?

When we install water tanks or construct classroom blocks, are we thinking about how those schools will maintain them? When building or equipping health centers, do we take into account the resources needed to ensure a consistent flow of quality services? I believe that if we



don't consider these issues carefully, many of our interventions may end up being short-term fixes rather than the transformative solutions we aspire to achieve.

“

It's crucial that we reflect on how we are supporting communities to create lasting change.”

As we commemorate Economic and

Community Development Month, it's crucial that we reflect on how we are supporting communities to create lasting change. I am happy that more clubs are recognizing the importance of active community participation and local ownership. As a result, we are witnessing the formation of more Rotary Community Corps

(RCCs). Comprising local community members, RCCs serve as vital vehicles for sustainability. When sufficiently empowered, they can sustain project benefits long after the implementing Rotary clubs have moved on. However, this is only part of the solution.

Many of our project investments require a continuous flow of resources to remain fully operational. Therefore, I believe we should place greater emphasis on creating economic opportunities for communities, enabling them to generate the resources needed to sustain services and foster self-reliance. I commend all those clubs that are incorporating elements of economic empowerment into their projects, whether through microfinance schemes, skills training, or income-generating activities.

As the famous adage goes: **“Give a man a fish, and you feed him for a day. Teach him how to fish, and you feed him for a lifetime.”** I believe we can—and should—do both.

President's Message

RTN SYLVIA JAGWE OWACHI
Club President 2024-2025



Dear Rotarians and Friends,

Welcome to the month of October. **I must say that the Magical Rotary year is moving really fast!!** Whilst completing our Q1 report, I was happy with the progress we have made towards achieving our club goals. The focus for the next quarter is to ensure we meet our governance, membership growth and the Rotary foundation giving goals.

We started off the month with a club assembly, focusing where we are as a club and what needs to be done going forward. We also reviewed our governance documents; the bylaws, constitution and documentation at the Uganda Registration Service Bureau ensuring that these are updated to enable us qualify for Global grants.

This weekend we also spent time training our prospects. **Over 10 people have expressed interest in joining Rotary and specifically our club.** The trainers mostly past presidents took them what Rotary is and is not, the Rotary structure, the history of our club, our strategic plan where we are heading as a club and what it is we want to achieve. It is important while onboarding new members for them to clearly understand the why behind their decision. It has been said that a number of new members drop out in the first one or two years and I believe it is in the quality of their onboarding. It is also important that once one joins Rotary they become active.

Without being active and getting involved and giving of your time and resources you may lose your Why i.e the purpose. I liked the diversity in the room and we are look forward to inducting you all.

The fun activities in Rotary are quite many and it amazing how different clubs come up with exciting ways to fundraise. The club participated in the quiz nite by Rotary club of Kasangati. **Kudos to team Kampala Naalya that emerged 1st runner up.** We also joined the Rotaract club of Kampala Naalya for their Paint and Sip. I must say it was an exciting evening.

“

...our focus for the next quarter is to ensure we meet our governance, membership growth and Rotary Foundation giving goals.

The month of October is dedicated to economic and community development. This week's meeting we will discuss polio and what Rotary has done to eradicate it. This is ahead of the World Polio Day on 24th October. It is heartwarming to hear that for every dollar donation by the rotary foundation the Bill and Melinda Gates Foundation gives two dollars. I implore you to give to the Rotary foundation in order

to support fund initiatives such as this and the many other projects across various clubs.

We look forward to another exciting month powered by the Rolex buddy group. Enjoy our bulletin and you are welcome to join us for our weekly meetings.

Be blessed

Quiz

RC Kampala Naalya's Wins at the Quiz Night



BY RTN SYLVIA NANKYA

The Rotary Club of Kampala-Naalya emerged as the **first runners-up** in the annual quiz fundraiser organised by the Rotary Club of Kasangati on Saturday.

The club was represented in the hot seat by a team of three members whose task was to answer correctly all questions in the eight categories and gunner as

many points by taking on questions that others had failed.

The categories were; Rotary -Global, Rotary -Africa, Famous Cities, Wonders of the World, Animal Planet, Famous Politicians, Football and Riddles. In the first round, each question had 10 marks and a team would get five additional points for answering a question that had been failed by another team.

“

It's crucial that we reflect on how we are supporting communities to create lasting change.”

questions that had been failed by other clubs. The team performed extremely well in the Rotary Categories, Famous Cities, Football and Wonders of the World but slowed down

in the Animal Planet and Riddles categories.

A youthful team from Kampala South emerged winners of the Quiz and took home a prize of 500,000 Shillings. For the First runner-up position, the Rotary Club of Kampala Naalya took home a prize of **250,000 Shillings** while the Rotary Club of Kyanja Metro won a prize of **100,000 Shillings**.

The event aimed to raise money for the construction of 7 staff quarters blocks at Kidudu Primary School in Kyenjojo District.

The other clubs that Competed include the **Rotary Club of Kyanja Metro, The Rotary Club of Kasubi, and The Rotary Club of Bweyogerere Namboole**, among others.

Quiz Night organized by RC Kasangati



Rotary Foundation receives highest rating from Charity Navigator for 16th consecutive year.

For the 16th consecutive year, The Rotary Foundation has received the highest rating — four stars — from Charity Navigator, an independent evaluator of charities in the U.S. The Foundation earned recognition for adhering to sector best practices and executing its mission in a financially efficient way, demonstrating both strong financial health and commitment to accountability and transparency.

“We are delighted to provide the Rotary Foundation with third-party accreditation that validates their operational excellence,” said Michael Thatcher, president and CEO of Charity Navigator.

“The Four-Star Rating is the highest

possible rating an organisation can achieve. We are eager to see the good work that the Rotary Foundation can accomplish in the years ahead.”

Charity Navigator analyzes nonprofit performance based on four key indicators, called beacons. Currently, nonprofits can earn scores for the impact and results, accountability and finance, culture and communities, and leadership and adaptability.

Charity Navigator is the largest and most utilized independent charity evaluator in the U.S. Since 2001, the organization has been an unbiased and trusted source of information for more than 11 million donors annually.



CHARITY NAVIGATOR

RECOGNIZES

THE ROTARY FOUNDATION

AS A 4-STAR RATED CHARITY



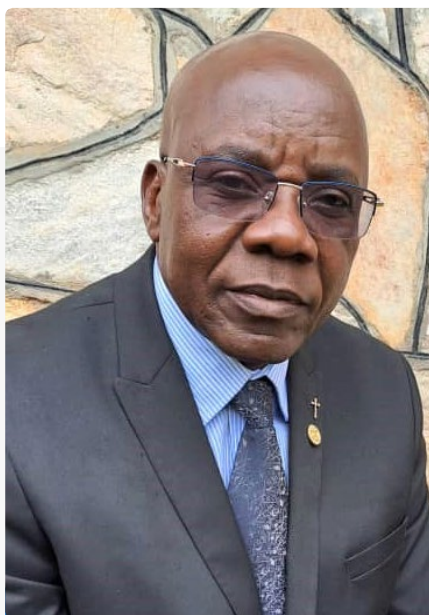
Purposeful Training of New Members

BY IPP GODFREY OKELLO
OMODING
Club Training Facilitator

Overtime training has increasingly become very essential in the world of rotary. The engagements of rotary continue to get complex.

Different demands are emerging, making it a necessity to prepare members to handle them. Members need to be continuously equipped and updated. For the new members, it starts with having to undertake preparatory activities and emotionally being prepared. These play a very crucial role in a member's rotary life. Right from the beginning; in the making of informed and confident decisions in joining rotary.

Investing in training members is not just about attendance numbers and following trends. It is deeply intertwined with tuning emotions and causing a change in one's outlook of rotary. There are myths and different pieces of information about rotary out there. Such information is often peddled by those who are yet to appreciate the working of rotary or just not take time to read about it. So, training gives one an opportunity to get grounded. It also affirms one's decisions or choices. It enables taking better actions, and it contributes to retentions of members.



“
For the new members,
it starts with
having to undertake
preparatory activities
and emotionally being
prepared.”

Training does involve helping a member to understand and take control over his/her engagement in rotary for day-to-day operations. **Taking part in several trainings effectively is good in widening one's knowledge and understanding of different areas of rotary.** This, in turn, is instrumental in enhancing a member's long-term goals in

rotary, commitment and participation.

Different areas of training in rotary avail a member different coping mechanisms in life generally. For instance, there are aspects in life that call for managing challenges such as relationships and conflicts, these are touched in some of the trainings. **A person who undergoes some of these trainings tends to be calm in such challenging times and exhibits confidence. They help to build resilience.**

Rotary life too has challenges; challenges of allocating time, resources, volunteering and leading. In a face of setbacks, what is learned from some of the trainings enables one to manage and stay committed. It fosters patience; a key trait for successful long-term stay in rotary.

One thing several trainings in rotary try to achieve is to bring out the relevance of a member. **For instance, it prepares one to take on different roles through understanding them.** When different roles are understood, one's capabilities are appropriately tapped on and deployed. Through training; learning, unlearning and relearning are attained.

Members, equip yourselves through taking advantage of available trainings and training materials.

Prospective Members' Training on Saturday 5th October, 2024





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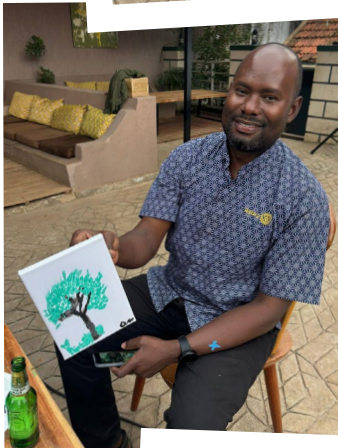


Congratulations!

*Happy 25th Wedding Anniversary
PP Jimmy and Rtn Flavia*



Paint and Sip organized by Rotaract Club of Kampala Naalya



My Rotary Journey



BY RTN JP KADIMA

I used to be very close to Rotarians but I had never considered joining Rotary.

In 2012, I was working with Denis Jjuuko in the same office and he told me of a new Rotary club that would be fun for me to join, I never considered at that time. I however attended Rotary fellowships in a few clubs and some

of the Rotary activities that I found to be quite fun, Mission green was quite interesting for me due to my love for environmental protection. I planted some trees then.

Fast forward, Denis Jjuuko became President of the Rotary Club of Kampala Naalya, he invited me and some few other friends to attend the installation. We did attend and afterwards I started attending fellowships. He told me it's time to be pinned. During that time I joined the team visiting Missionaries of the Poor in Busega, and I had not seen that side of Rotary, I had seen more of the fun. Seeing the children and the old people over there and the joy with which they received what we had taken for them moved me so much that I decided from there to pay my dues and Join Rotary. January 2019, I was inducted.

I think I have not regretted, the people I have met, the projects we have done and the impact I see not just through my club but Rotary as a whole, is reason enough for me to be proudly associated.

Minneapolis, Minnesota, USA to host 2028 RI Convention

Rotary has announced that Minneapolis, Minnesota, USA, will host its convention in 2028.

The Rotary International Convention welcomes tens of thousands of members and their friends and family each year from around the world. Rotary and Rotaract clubs in the Twin Cities of Minneapolis and St. Paul are excited to showcase their beautiful metropolitan area and the incredible community service projects they have underway.

The Rotary International Board initially selected Minneapolis to host the convention in 2029. The change to 2028, with the convention occurring 27-31 May, gives members a chance to explore an additional location in 2029 before Rotary's 125th anniversary convention in Chicago, Illinois, USA, in 2030. **A replacement host city for 2029 has not yet been chosen.**



**10TH
TO
12TH**

JANUARY, 2025

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**Passion
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Rotary
Kampala-Naalya



Topic :

The Status of Polio and Role of Rotary

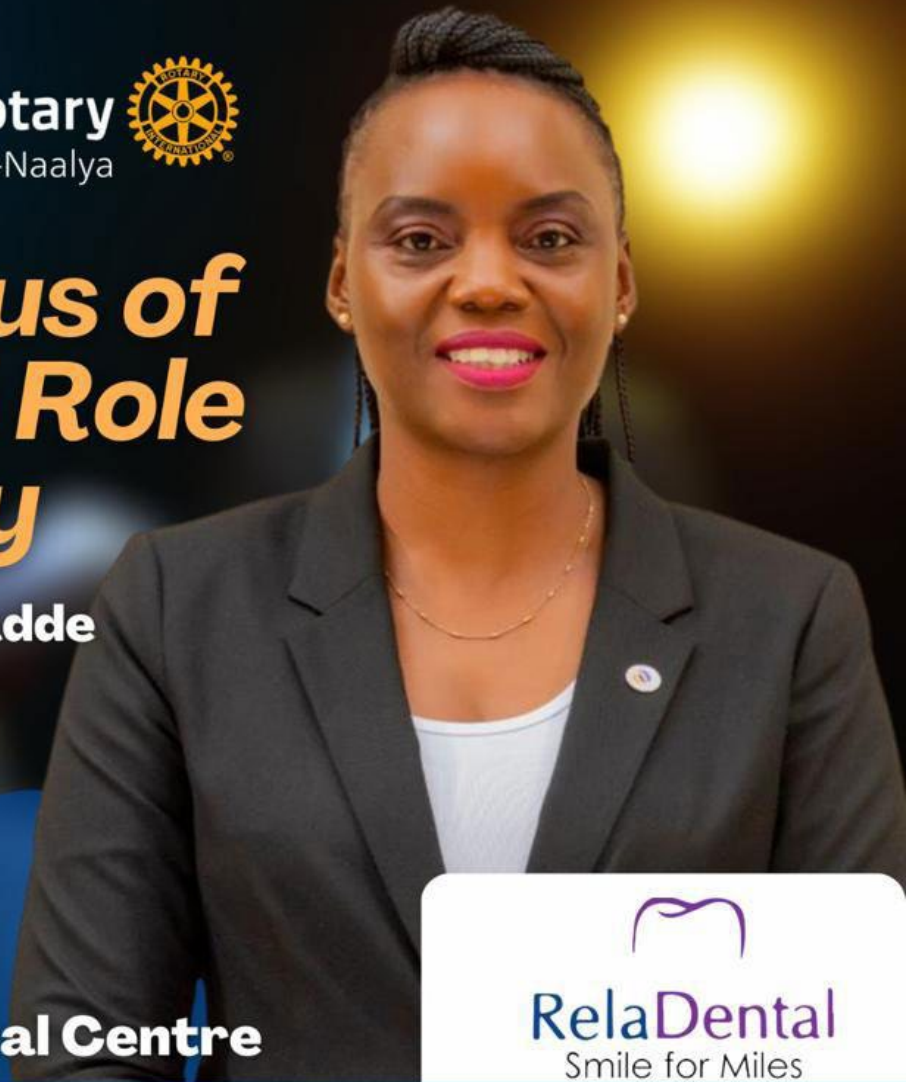
Rtn Goretti Masadde



October 8
7pm




Ndere Cultural Centre



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Karuma Bridge should be rebuilt with tourism in mind

BY RTN. DENIS JJUUKO



As you read this, the main bridge to northern Uganda has been closed to pave way for repairs. The authority responsible says that they need three months of zero disturbances from vehicular traffic. For some time, the bridge has only been accessible by small vehicles with trucks and buses diverted to other routes.

Originally constructed in 1963, the Karuma bridge has since outlived its purpose. It is too narrow for today's traffic to the region and neighboring South Sudan and Democratic Republic of Congo (DRC). Access to the bridge is through winding corners, which could explain why some vehicles have in the past plunged into the river killing many people.

The long-term plan for Karuma should be a replacement bridge like what happened in Jinja over the same River Nile. However, Karuma should be different.

Recently, King Mswati III of Eswatini was in the country and stopped by the Jinja Nile bridge to take in the beauty of the majestic river and some photos. **The bridge design doesn't seem to have been fully planned for tourism. There was supposed to be a small restaurant on the bridge, a very small car parking area and what looks like a pathway people could stand. Nothing really much.**

The restaurant has never been opened and hardly anyone stops to take in photos or view the imposing Nile. Like Karuma, the meanest soldiers are usually seen patrolling the bridges. Photography is not even easily permitted. I don't know if this is to protect them from terrorists but any serious terrorist doesn't need some photo taken on a smartphone to blow up a bridge.

The long-term plan for Karuma should be a replacement bridge like that one in Jinja.

The Jinja bridge is a landmark structure that could have brought in a lot of money if we had not, as usual, missed the chance. Some thinking was

needed to turn it into a tourist attraction and not just as a bridge that eases traffic.

In many global cities that attract thousands of tourists, such bridges are planned with an eye on tourism. High-altitude walking ways that provide sightseeing are common. Towers with telescopes from which people could view the Nile snaking into Kayunga and beyond would have created magic.

Right now, all we offer for anyone who wants to explore the Nile in Jinja is largely a canoe that takes you to the point that is marked the Source of the River Nile. There is no



proper marina, accessing the canoes is through a jungle of wooden dilapidated curio shops that make the entire place look like a slum. I don't know how many tourists want to experience that.

Imagine ziplining on the Nile in Jinja for those who love adventure or sightseeing through a cable car. People would be lining up from all over the world to experience this. A proper restaurant that enables you to experience the Nile. I believe many young people would be proposing marriage here.

Karuma is even more beautiful than Jinja and could offer more. Imagine walking over a glass bridge that gives you a 360-degree view of the water falls? Imagine a sightseeing elevator that enables you to see River Nile cutting through the thick vegetation of the Murchison Falls National Park? And maybe even catch a few animals in the distance.

The Karuma 600MW power dam would even add more attractions to this area and most importantly the electricity required to power cable cars and sightseeing towers and elevators. We know that we now generate more electricity than we consume. It is stuff like these that will enable us consume that electricity while creating millions of sustainable jobs.

We are struggling to build another bridge at Katonga on the highway to Masaka, Tanzania, Rwanda and DRC. **The NRM claims to have fond memories of Katonga given the battle that eventually led them to capture power in 1986.** They went around at one stage and installed an ugly billboard that featured the late Muammar Gaddafi of Libya. Tired of its ugliness and lack of imagination, the termites ate it away!

Imagine walking over a glass bridge that gives you a 360-degree view of the water falls.

Then the Katonga bridge collapsed. It has been a few years of a temporary bridge since. What about building an iconic bridge with a museum that tells that Katonga battle? **Add in the legends of River Katonga from the Baganda who have lived there for**

hundreds of years and you have a sellable product to international tourists.

The guys at the Uganda National Roads Authority

and other ministries and agencies particularly responsible for tourism need to work together to see how they can make bridges attract tourists. Money should not be a problem. They can ask Bank of Uganda to issue a bridge bond. It would be oversubscribed.

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

Family Matters



BY PASTOR RONNIE MUTEBI

Mark 4:12 That seeing they may see, and not perceive; and hearing they may hear, and not understand; lest at any time they should be converted, and their sins should be forgiven them.

THE TEMPLATE OF CONVERSION

Life is designed to operate within the commanding templates that rest on every functional head.

If you have been struggling with some malady that seems unending or find yourself in a vicious cycle of one form of struggle and frustration, you must take off a silent moment to ask, 'What have I failed to hear, what am I not seeing? What have I not understood?'

These moments are both defining and creative avenues. when we do not seek help on the persistent and recurrent issues in our lives, burying our heads in the sand is just a vain hope that they will eventually disappear.

It is hopeless to default to self-blame or laying the cause of your troubles at the door of anyone around you or accusing the world of not devoting more time to making you happier.

Flash that torch inwards and ask the voice of reason within, what it is you must hear, what you must see through the lens of divine vision and what you must understand.

The assurance is that once you see what you need to see, hear what you must hear and receive understanding, you will be converted—the answer will come.

Take Home: All conversion requires seeing, hearing and understanding. Delays are grounded in the failure of these faculties.



D9213 DISTRICT
**GOVERNOR'S
AWARDS**

CLUB AWARDS

CATEGORIES & CRITERIA FOR RY 2024-25

Saturday 12th October

8:00am

Participants: Club Presidents,
Club Directors, Interested Rotarians
& Rotaractors

Facilitators: District Awards Committee
with District Learning Team

ONLINE WEBINAR

Rotary District 9213





Proposed RLI Training Calendar 2024-2025

Particulars	Dates
27th Intake Undergraduate and 19th Intake Graduate Courses	
Module I Undergraduate Course	20 th July 2024
Module I Graduate Course	20 th July 2024
Module II Undergraduate course	24 th August 2024
Module II Graduate Course	24 th August 2024
Module III Undergraduate Course	21 st September 2024
Module III Graduate Class	21 st September 2024
28th Intake Undergraduate and 20th Intake Graduate Courses	
Module I Undergraduate Course	26 th October 2024
Module I Graduate Course	26 th October 2024
Module II Undergraduate Course	23 rd November 2024
Module II Graduate Course	23 rd November 2024
Module III Undergraduate Course	14 th December 2024
Module III Graduate Course	14 th December 2024
29th Intake Undergraduate and 21st Intake Graduate Courses	
Module I Undergraduate Course	1 st February 2025
Module I Graduate Course	1 st February 2025
Module II Undergraduate Course	1 st March 2025
Module II Graduate Course	1 st March 2025
Module III Undergraduate Course	5 th April 2025
Module III Graduate Course	5 th April 2025



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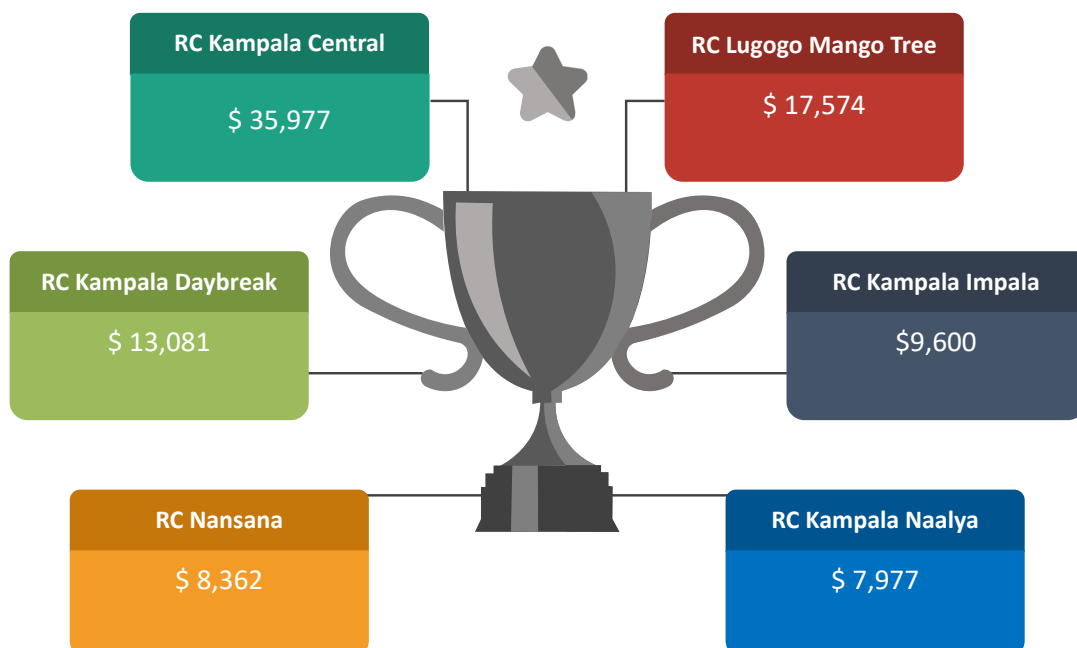
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Clubs with the highest giving as of 5th October 2024





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