

Naalya Food Bulletin

15th October 2024

Rotary
Kampala - Naalya



Issue 16 | 2024



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www.rotarykampalanaalya.org



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City & its challenges

EDITOR'S NOTE



Dear Reader,

As we continue to observe the Economic and Community Development Month, I encourage you to actively participate in community initiatives.

This month's theme reminds us to do something for those in need or less privileged, who face various challenges, including poverty, education gaps, environmental issues, and healthcare disparities.

Each small act of assistance can make a significant difference.

Our guest this Tuesday is an Economist, **Bob Twinomugisha**. He will be discussing the role of Rotary in fostering Economic Growth. Please join us.

Enjoy this week's issue of the Naalya Food Bulletin

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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Rotary
District 9213
District 9214



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**END
POLIO
NOW**

WORLD POLIO DAY
24TH OCTOBER 2024

President's Message

RTN SYLVIA JAGWE OWACHI
Club President 2024-2025



Dear Rotarians and Friends,

This week's meeting, we were joined by **Rtn Gorretti Masadde** to discuss polio and what Rotary has done to eradicate it. This is ahead of the World Polio Day on **24th October**. Polio is a highly infectious disease caused by the polio virus that invades the nervous system causing effects like permanent paralysis.

The virus is transmitted from person to person though the fecal – oral route or from water or food contaminated with feces from an infected person. Polio mainly affects children below 5 years. **It has no cure and can only be prevented. Rotary initially funded immunization of children in Philippines in 1978. Following its success, it launched a Polio Eradication program in 1985.**

The objective of the Program is to secure a **Polio Free** world through immunization. Rotary has since contributed over USD 2bn to the cause. Rotary has also partnered with WHO, UNICEF, CDC and the Bill and Melinda Gates Foundation. **It is heartwarming to hear that from 2018 every dollar donation by the Rotary Foundation the Bill and Melinda Gates Foundation gives two dollars up to USD 50M per year.** The initiative has helped reduce cases by more than 99.9% however there are still challenges such as misinformation, logistical challenges to reach every child, and recently for Uganda occurrence of vaccine derived poliovirus.

I must say I left the meeting more informed about polio and what still needs to be done. I implore

you to continue giving to the Rotary foundation in order to support fund this initiative. By donating a minimum of USD 25 and with the USD 50 from the Bill and Melinda Gates Foundation it makes USD 75 which can purchase 150 high visibility vests to help identify health workers or 75 vaccine carriers to keep the polio vaccine cool and effective or 600 purple finger markers.

As Rotary Club of Kampala Naalya, we are focused on achieving our Club giving target of USD 10,000 and ensuring we are 100% giving club. In addition to giving to the foundation, Rotarians can volunteer during health days and also be involved in the awareness and dissemination of accurate information. This year's activities will involve community immunization activations at health centers, a mega inter district fellowship and fundraiser for awareness and commemoration in Mbale Eastern Uganda where cases of polio virus reoccurrence have recently come up in Uganda.

“

The initiative has helped reduce cases by more than 99.9%

The month of October is dedicated to economic and community development. In our meeting this week we delve into our role as Rotary in fostering economic growth. **This weekend we joined the Rotary Club of Kampala South for the 2nd edition of the Wine festival fundraiser.** It is another fun way of raising funds to a good cause. Enjoy our bulletin and you are welcome to join us for our weekly meetings.

Be blessed

**END
POLIO
NOW**



**TOGETHER, WE
END POLIO**

Rotary 

5 REASONS WHY WE MUST ERADICATE POLIO

1 YOUR GIFT WILL IMPROVE LIVES.

Today, 20 million people who would otherwise be paralyzed by polio are walking, and 1.5 million people who would otherwise have died are alive.

2 YOUR GIFT WILL INVEST IN THE FUTURE.

If all eradication efforts stopped today, within 10 years, polio could paralyze as many as 200,000 children each year. A polio-free world will be a healthier world for children everywhere.

3 YOUR GIFT WILL IMPROVE CHILD HEALTH.

Polio surveillance networks and vaccination campaigns also monitor children for other health problems, like vitamin deficiency and measles, so we can address them sooner.

4 YOUR GIFT WILL LOWER HEALTH CARE COSTS.

The global effort to eradicate polio has already saved more than \$27 billion in health care costs since 1988, and expects to save \$14 billion more by 2050.

5 YOUR GIFT WILL MAKE HISTORY.

Polio eradication will be one of history's greatest public health achievements, with polio following smallpox to become only the second human disease eradicated from the world.



At the end of the 1980s, more than 350,000 children were paralyzed by polio every year. Today, Rotary and its partners have reduced the incidence of polio by 99.9%. However, until we see the last of the poliovirus, eradication efforts need additional funding to:

IMMUNIZE

more than 400 million children against polio every year

IMPROVE

disease surveillance systems to detect any poliovirus in a person or the environment

HIRE

more than 150,000 health workers to go door to door to find every child

Donate now at endpolio.org



943-EN—(123)



Rotary awarded Oswaldo Cruz Medal of Merit

We are delighted to announce that Rotary International has been awarded Brazil's **Oswaldo Cruz Medal of Merit**, in the gold category, for Rotary's advocacy work and partnerships to end polio and increase vaccination coverage.

Marcelo Haick, a member of the International PolioPlus Committee and past Rotary Foundation trustee from Brazil, accepted the award from Luiz Inácio Lula da

Silva, president of Brazil, and Nísia Trindade Lima, the country's health minister, at a ceremony on 11 September.

Named after Oswaldo Cruz, a renowned Brazilian physician and bacteriologist, the medal honors the work accomplished by individuals and organizations to strengthen the Brazilian health care system.

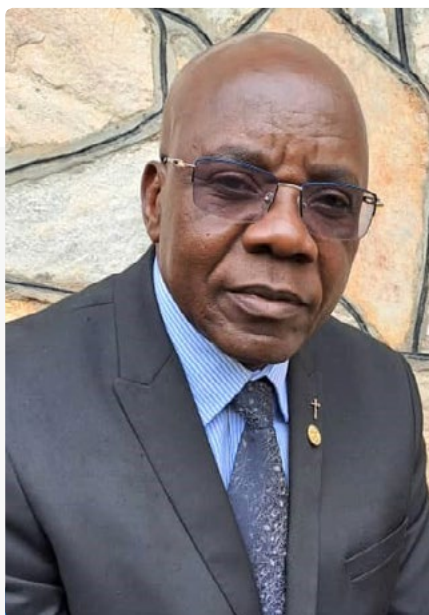
Appreciating Transformative Training

BY IPP GODFREY OKELLO
OMODING
Club Training Facilitator

On the first Saturday of this month, the Club organized a training for new sixteen members due for induction in November, 2024. **The turn up was very good. The participation of both the trainers and trainees was very interactive.** One can feel the penetrative messages of commitment, voluntarism and actions. It was experience sharing training with a focus to propel the Club to another level.

Indeed, learning through sharing experiences for adults is very good. It spurs individual internal transformation. Aware that experience is never taught, it is felt. What is left is appreciating the impact the transformative training can bring. For the Club training, it was evident that the training was transformative. Trainees defined what they can do as individuals, and what they are bringing to the Club. It was such an uplifting moment to see trainees making wonderful offers and ideas to the Club projects. The trainees put spikes on their shoes, ready for action. This is the power of a transformative training.

Sharing of the experiences in the training provides opportunity to visualize some of the aspects of rotary better. It becomes life connecting experiences.



It's about how a member fits and feels better, where they derive passion and express or obtain compassion.

Mentioning of similar situations relate better. The highlights of such bring in diverse stories that cause transformation.

Training where immediate actions are set and rolled out is what a Club needs. **It is a point of testing the working of a Club; its responses, and its goals' implementation.** There is an interplay here; readiness to deploy new knowledge, ideas and skills. This is an

opportunity which must not be lost, it must be tapped on. Sometimes, the interplay is a blessing which if not quickly acted upon easily "evaporates".

Transformative training is impactful in that it strikes satisfaction. Where there is satisfaction, there is a difference. It is this satisfaction that counts and transforms into member retention, and active membership. It is not necessarily the amount of funds a Club commands that holds members. True, funds are important but it does not necessarily bring hope, bright tomorrow and belonging to an individual member. To rally the participation of a member in a Club affair is more than availability of funds. It is about how a member fits and feels better, where a member derives passion, and how a member expresses or obtains compassion.

Rotarians, may we continue to support our new members as they embark on their rotary journey. May you be that one person they can refer to and emulate. May you be an anchor they can hold on in times of challenges. May they see your light illuminate them. May they receive sincere information from you. May they receive good courtesy from you. And, may the magic of rotary flow among us.

Last Week's Fellowship





DG Anne Nkutu receives painting of Tororo Rock From Rotary Club of Kampala West. Painted by Rtn. Nuwa Nyanzi



Finding Purpose in Service: The Rotary Path



BY **BETTY DOREEN NAMONO**
Prospect

Confronted with several competing engagements, I prioritized **Saturday 5th October 2024**, the orientation of prospective members at the Rotary Club of Kampala Naalya which was very insightful and informative.

I was very delighted to interface with the Rotary leadership and much more honored to meet all the club Past Presidents; a demonstrated symbol of their zeal and commitment to serve. The training was majorly aimed to ensure that prospects get up to date information about the club and the entire Rotary organization worldwide.

To stimulate interest and set realistic expectations, Assistant

Governor Kimberly Kasana asked, ***"What are we going to expect from you our prospects?"*** which literally underscored the club's expectations for new members. Her key message centered on ensuring that each member understood their roles and potential contributions.

She further stressed the importance of active participation in projects that align with individual strengths, interests and availability—whether through direct involvement, donations or organizational efforts. AG Kimberly also reiterated that Rotary's mission thrives on voluntary contributions, thereby urging new members to identify their passions and carve out their unique niches as would be guided by the loaned classifications.

Her key message centered on ensuring that each member understood their roles and potential contributions.

Kimberly reassured the prospects that they were not expected to engage in every project but rather focus on where they could be most impactful, without feeling guilty for declining tasks that do not suit their

circumstances. She concluded by emphasizing that even those not ready for full membership could still take part in club activities to foster a culture of inclusivity and service.

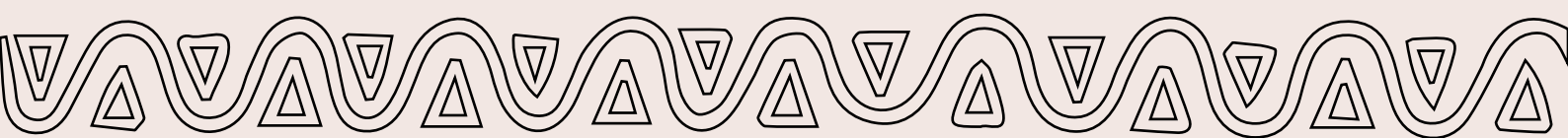


Rotary
Kampala-Naalya



Happy Birthday
RTN JULIE KISEKKA

October 15





NOMINATIONS

Last Call for Nomination

Do you know someone whose peace-building efforts have made a lasting impact in their community? Now is your chance to honour them as a Champion of Peace

Submit your nomination today and help us recognize the incredible leaders who are driving peace and resolving conflict through Rotary projects.

 **Submit Nomination** 

Let's celebrate the changemakers of tomorrow with the 2024-25 Rotary People of Action Honors!

Rotary International's Champions of Peace are **Rotary members, Rotary Peace Fellows, Rotary alumni, or global grant scholarship recipients** who are recognized for their work on projects that promote peace and resolve conflict.

The 2024-25 Rotary People of Action Honors: Champions of Peace will be recognized at the 2025 Rotary International Convention in Calgary.

Born out of a White House Initiative in the United States, the Honors highlight impactful, sustainable and scalable projects.

For over a century, Rotary has committed itself to addressing the needs of communities across the globe. In recognition of this commitment, Rotary honours six projects each year that create change – not only in member communities but around the world. These projects demonstrate how Rotary members are truly people of action.

Why are the People of Action Honors important?

People of Action Honors are given to Rotary projects that exemplify everything our organization has to offer. Born out of a White House initiative in the United

States, the People of Action Honors highlight impactful, sustainable, and scalable projects that are models of service for clubs around the world.

For more than 10 years, the People of Action Honors have brought attention to Rotary projects related to disease prevention, mental health, community development, education, youth empowerment, sustainability, and many more areas of service. The Rotary People of Action honorees represent the standard for the type of change Rotary members create in their communities and across the globe.

Similar to the 2017-18 honors, the 2024-25 program will highlight Rotary projects that foster peace, resolve conflict, demonstrate impact, and align with our Action Plan and strategic priorities.

Wine Festival organized by RC Kampala South



Celebrating *the Impact of Women* in Rotary

Women of Rotary have contributed significantly to the growth of Rotary in Uganda through their **Leadership, Giving to The Rotary Foundation** and **implementing projects** that have transformed lives of other women in the communities.

Join us as we celebrate 10 years of
WOMEN IN ROTARY-UG

Secure your ticket by tapping on the button below.

Proceeds go towards Skilling of teenage mothers in Kamuli District.

[#AccelerateAction](#)
[#EndTeenagePregnancies](#)
[#WomenInRotaryUg2025](#)
[#EndPoverty](#)



Tap here to secure your ticket

Rotary
Kampala-Naalya



10 YEARS OF
WOMEN
In Rotary
Transforming Lives Together

Save the Date

Date: Sat 8th March 2025

Venue: Serena Hotel, Kampala

Fee: UGX 200,000

[#AccelerateAction](#)



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My Rotary Journey



BY RTN HADIJAH NANKANJA

My name is **Rtn Hadijah Nankanja** from RC Kampala Naalya. In 2021, my elder brother shared a flyer with me detailing the famous Rotary House of Friendship that happens at every District Conference. **The general public is invited to showcase their work to the Rotary**

fraternity. As a social entrepreneur, I often participate in exhibitions showcasing local products made by youth and women in our organization. I was immediately intrigued. I went to the district office, paid for a full tent and got ready for the event. For the three days, we not only made sales but also received incredible feedback.

On the final day, Rtn Fabian Kassi visited our stall, bought several products, and asked two critical questions: **'Are you Rotarians?'** and **'Do you have Centenary Bank accounts to receive payments?'** To the first question, he added that if we were not, we should consider joining Rotary immediately! The entrepreneur in me was sparked. I began learning about Rotary, sought guidance from Rotarian family members, and found a club close to home. I reached out to Rtn Sylvia Nankya, and the rest, as they say, is history!

Rotary has provided me with a platform to serve and a profound sense of belonging.



**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**



Meet our Guest this Tuesday

BOB TWINOMUGISHA

Bob Twinomugisha is a **Senior Economist, Macroeconomics, and Trade** at the **Uganda Development Bank (UDB)**, specializing in macroeconomics, trade, and development finance.

He holds a **bachelor's degree in development economics** and a Master's in Economic Policy and Planning from Makerere University and is currently pursuing a Ph.D. at Makerere University Business School.

Bob is an expert in economic research and policy development, having developed the Business Health Index (BHI) to assess the economic well-being of businesses in Uganda.

He has authored numerous publications, including the Uganda Macroeconomic Digest, and analyses on industrial development and agro-industrialization financing. **His work in macroeconomics and trade research has guided key investment decisions and policy dialogues.** Bob enjoys reading about global economic trends and engaging in debates on economic policy and development.

With his deep understanding of Uganda's economic landscape, he continues to drive impactful research and policy recommendations that promote sustainable growth and development.


Rotary
Kampala-Naalya



Rotary's Role in Fostering Economic Growth

Bob Twinomugisha

Tuesday October 15, 2024
Ndere Cultural Centre
7pm

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A mere change of guards won't transform Kampala City

BY RTN. DENIS JJUUKO



If you have been to Kampala, you may have seen cows strolling on the streets. Sometimes, you may have seen them chilling on the pedestrian overpass on the Kampala Northern Bypass. Cows, apparently, know how to scale the stairs.

If you are unlucky, like my friend, you will knock one or two around Mulago as you drive to your office. If it is not cows suddenly trying to cross the road, it is a stray dog sniffing a rotting piece of meat a mile away.

Makeshift markets are set up on the streets every day, selling all sorts of things including foodstuffs leaving garbage everywhere.

Boda Bodas, the notorious motorcycle taxis in Kampala, move at high speeds from all sorts of directions.

Kampala is one of the cities you look left, right, left, right and left again several times before crossing a one-way street!

You simply don't know where a boda boda will come from. And they will hulk insults at you should you look at them sternly.

At signalized traffic junctions, when lights turn red, they instead rev up their motorbikes. The traffic police look on haplessly. Passengers have no helmets. Riders hung the helmet somewhere at the front of the bike. The national referral hospital ends up with many broken limbs and crushed skulls. Government prefers to treat them than preventing the accidents! Living in a third world can be strange.

Uganda's economy is mainly based in Kampala and makes losses of approximately US\$800m or Shs3 trillion a year in gross domestic product according to the World Bank. KCCA itself carries this unwanted statistic on

Kampala is one of the cities you look left, right, left, several times before crossing a one-way street!

its website. The reason is traffic congestion. Kiira Motors has buses that can solve this problem easily. But we fear to annoy the taxipreneurs and their

backers. We can't inform and support them to transition. We can't ban street parking on Kampala Road to create a bus lane. We are happy to collect a paltry Shs 2,000 an hour while losing Shs 3 trillion. We are that strange.

Anyway, perhaps aware of how bad Kampala is managed, the president decided to do something by sacking the Kampala Capital City Authority (KCCA) executive director and her deputy. The news didn't surprise anyone who has ever been to Uganda's capital. Some of her workers, the ladies who try to clean the streets, threw a party and this time sweated under the midday sun celebrating her sacking.



They claim she hadn't paid them for months.

The official reason for her sacking is the collapse of the Kiteezi garbage landfill that killed dozens of people in August.

Yet it isn't just Kiteezi. The roads, if you can call them that, are deeply potholed sending motorists to garages on a daily to replace suspension parts and other stuff. The air pollution is responsible for the ever-increasing respiratory diseases.

Thieves surround you at midday and beat the hell out of you so they can take your fourth-hand Chinese phone. They know nobody will do anything to them.

In the endless traffic jams, guys majestically walk looking at who is driving with windows down or checking who forgot to central lock the car doors. They open and take a phone or handbag. They don't even run. They majestically walk. They know nobody will do anything to them.

Others start removing side mirrors, car emblems and anything removable from the car. They even

show it to you and inform you that they have taken it but you can buy it back from Kisekka Market an hour or so later. If the

thieves who remove the parts are unknown, what about the shops that sell the stolen parts? They remain untouchable. They even pay a trading license to sell stolen car parts. What a city to live in!

But the problems of Kampala can't be just blamed on the executive team alone tasked to manage the city. Sometimes I sympathize with them. If you go to City Hall (somebody called it City Hole), you will see falling ceilings in some offices or those which have fully fallen off.

You will see paper files everywhere on desks of officers (watch the hand over clips of the sacked officers). Yet on social media you will read about Kampala being a smart city. Whatever that means. You can't have a smart city when desks of officers are full of paper files. You won't have smooth roads when the officer responsible sits under a

You can't have a smart city when desks of officers are full of paper files.

falling ceiling.

Anyway, Kampala died. It needs to resurrect. Government must put in the money while hiring

technical people who have the skills and mettle to run a sprawling emerging city. The Kampalans must adhere to living in the city.

Some force may be required. If your cows are seen walking along Acacia Avenue, they should be slaughtered and meat distributed to people there. The herders will find suitable pasture in Nakasongola. If they know nothing will be done, they will continue keeping them in the city.

A functional capital city is possible but the national government must do its job. A mere change of guards won't do. All government agencies must be deliberate about Kampala's transformation.

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



16

**DAYS
REMAINING**

EARLY BIRD REGISTRATION

For Rotarians

For Rotaractors

\$200

\$120

DEADLINE - 31ST OCTOBER



Family Matters



BY PASTOR RONNIE MUTEBI

Proverbs 22:6. Train up a child in the way he should go: and when he is old, he will not depart from it.

TRAIN UP A CHILD

It's divine wisdom to realize how God connects everything to the mode of family. God gave us a divine pattern of parenting—to train up children in the way they should go and not necessarily the way they should not go.

As a parent, Himself, this is how He instructs and teaches His own children. He is keen to open our eyes to the good and not the bad.

Apostle Paul highlights the spirit of this parenting when in his book of Romans 16:19.....he says that God desires that we are wise concerning what is good and simple concerning evil. However, society seems to easily be attracted towards all negatives and flaws.

In His instructions to us, God continually wants us to be conscious of what He has done and not what is lacking in our lives.

"That the communication of your faith is designed to become effectual by the acknowledging of every good thing which is in you.

The better of life is governed by a personal initiative to always acknowledge the good things at work in you.

God wants you to acknowledge what is working in your life, and He will deal with what is not working. He wants you to be alive to what is increasing in fruitfulness and He will address what is dying. He wants you to see what brings life and He will deal with what may be destructive.

Take Home: God gave us a divine pattern of parenting—to train up children in the way they should go and not necessarily the way they should not go. As a parent, Himself, this is how He instructs and teaches His own children. He is keen to open our eyes to the good and not the bad.

FOCUS ON THE DO's NOT THE DON'T 's. Show the children the HOW TO's and not on the HOW NOT's.



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JAN. 2025**



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18H (EAT)**



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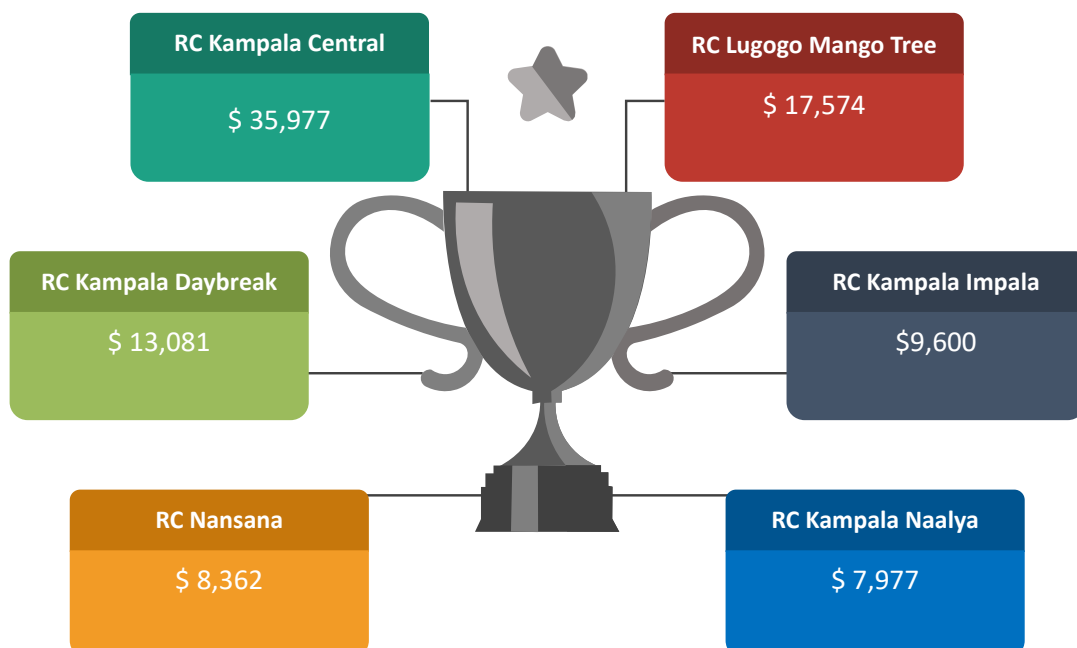
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Dennis Osikol



Efrance Nakitto



Evelyn Mulinda



J.P. Kadima



Francis Lubuulwa



Hadijah Nankanja



Lactitia Kiyingi



Brian Mayanja



Stephanie Gacukuzi



Stephen Kakonge



Pr Ronnie Mutebi



Barbara Ninsiima

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www.rotarykampalanaalya.org