

# Naalya Food Bulletin

October 2023

Rotary  
Kampala-Naalya



CREATE HOPE  
in the WORLD

Issue 14



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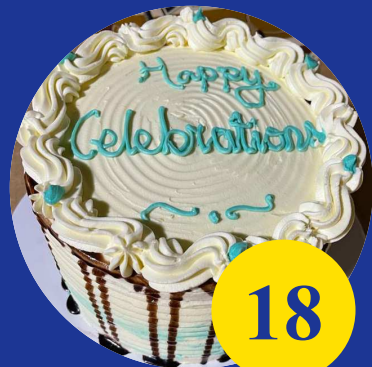
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# Editor's Note

DEAR READER,

We hope September has been a great month for you.

We now welcome October where we will be focusing on the area of **Economic & Community Development** as highlighted in **HCP Godfrey Okello-Omoding's** message this week.

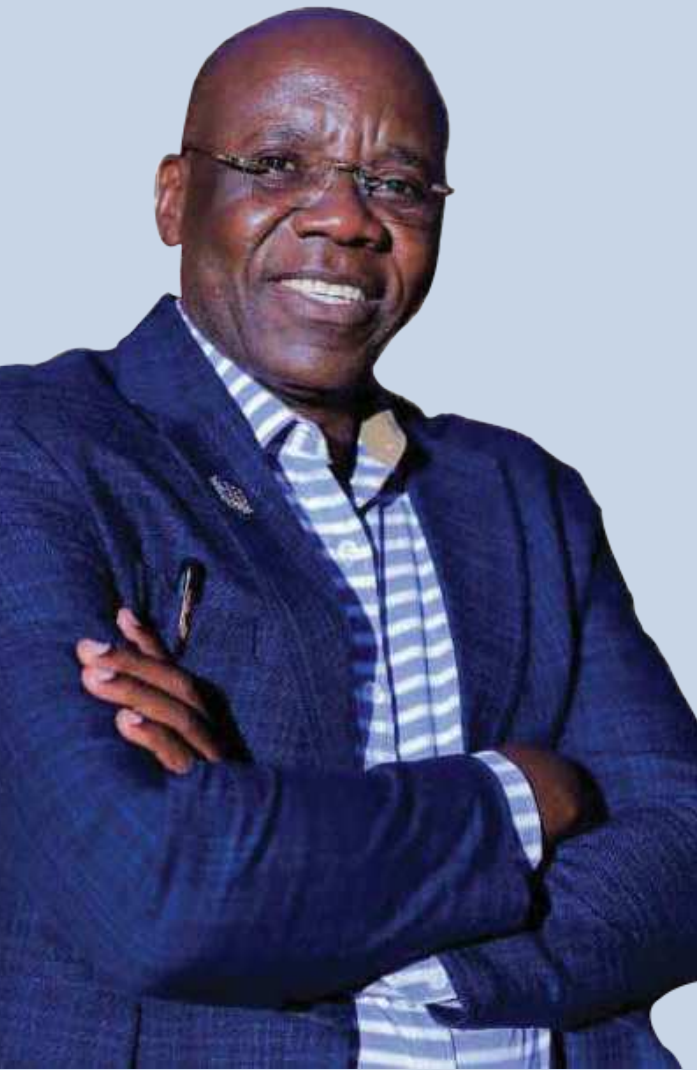
This month is special, as it denotes the key humanitarian initiative - **End Polio now**, spearheaded by Rotary International.

In this issue **RI President Gordon McInally** reminds us that **October 10** is **World mental Health Day** and encourages each Rotary Club to help. He suggests that right now, there is someone you know in the Rotary world who could use a little more of your time and attention.

**Wishing you a happy month of October.**

Keno Lillian  
Bulletin Editor

# PRESIDENT'S MESSAGE



## DEAR ROTARIANS AND FRIENDS

The month of October is here, the beginning of the second quarter of Rotary Year. The theme of the month is **Economic and Community Development**. It gives us an opportunity to set time aside to reflect on livelihoods. Livelihoods of: people we live with; communities we live in, belong to and beyond; and ourselves too. This comes at the challenging economic times in families, communities, countries and among individuals. The post COVID-19 economic effects are yet to go away or scale down. This has been coupled with apparently harsh and hostile world. Economies are yet to

stabilize. Economic adjustments are taking long. The demand and supply sides of the majority of people's life are yet to reconcile. The poor seemly sliding into further deeper side of deprivation.

This is the month we are confronted with reflecting on the economic realities of life. We will be asking a number of questions and attempting to find answers. There will be a lot racing in our minds. Wondering and pondering will form part of the race. Pondering on how people are coping with. Experts may give advice, but does it work? Government may paint rosy figures of growth, but are the figures reflective in the majority of the people? This month's theme too calls for sharing experiences. There will be a need to learn from where certain interventions have worked or working. Possibly share some models. May be dive deep into analyzing some interventions we have carried out as a country or rotary. All these require asking tough questions and making bold moves, be it at an individual level or community level.

Development, where it happens, it goes beyond arguing with numerical figures. It is felt by people. People experience it, they feel it and literally they touch it. Even the person you wish to tell the rosy figures has his/her experience. True, economic situations may be different but the feelings of the "bites" are similar. Therefore, the concerns of the theme this month is to bring us together as humanity, looking beyond our shoulders and frontiers. Start appreciating our common humanity and looking at the economic welfare of each other. Not long ago COVID-19 had reminded us of this common humanity. If we picked any lesson, it should have been a lesson of care. We all looked for care within the homes, communities and a cross frontiers. In some instances, care was defined by and manifested through inward looking.

Community development best brings out **the care aspect of humanity**. Where communities prosper together, the develop together and smile together. All go to bed happy. There are enormous benefits that accrual to all beyond the economics. For example, the health of people will be better, lawlessness will reduce, pride of belonging is regenerated and the spirit of togetherness will flourish. There is a lot to benefit for all and in all.



As a Club, this month, we shall have an opportunity to re-energize ourselves from the insights of our key guest speakers. We shall be having a prominent lady community entrepreneur. This is a lady who has assisted in setting up women enterprising groups in many parts of this country. She will be sharing with us basics to community development. A number of small women enterprises are prospering out of her devotion. Also, we shall have a chief executive officer of the biggest local bank in the country giving us tips on the importance of saving. Remember in simplified economics, saving is an investment, put this way

**“Saving (S) = Investment (I)”**

Our other guest speaker will be talking to us about polio. Yes, this month, we shall be celebrating World Polio Day. We shall have a key note speaker at the level of senior health manager in our capital city. Don't miss these experts as they share their immeasurable knowledge.

Rotarians, let us create that economic hope, hope that causes one to live for tomorrow. Do not mind how small it may be, but mind about a beneficiary who gets transformed even by the smallest difference. It is that smallest difference where one's hope lies. It is that smallest difference that brings satisfaction. It counts much. It is satisfaction of life with a smile, it is satisfaction of bright tomorrow, it is satisfaction of economic freedom and belonging. We belong to various communities, let us endeavor to create hope, this is what this month's theme is reminding us.

***Be blessed.***

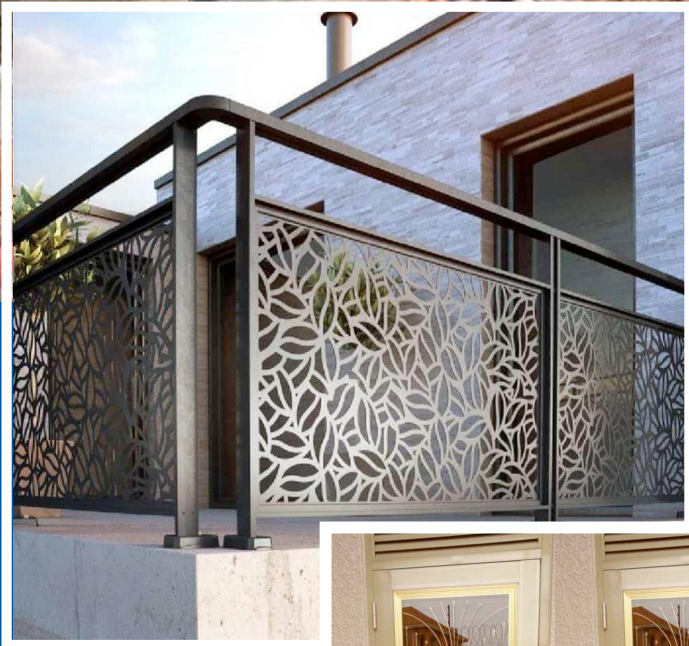
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**Rotarian**  
**Godfrey Okello-Omoding**  
**HCP**

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**Aluminium and  
Metal Fabrication**



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# ROTARY INTERNATIONAL PRESIDENT OCTOBER 2023 MESSAGE

The World Health Organization designates 10 October as **World Mental Health Day**, and with Rotary placing a special focus on mental health this year, I would like to help answer the question posed to me most often when I travel to meet members: **How can my club get started?**

There are some wonderful examples of Rotary members taking action already. In the Philippines, the Rotary Club of Tiaong-Hiyas held a 12-week health challenge for mothers in the community to promote some baseline health screenings and coaching on a healthier lifestyle.

By the end of the challenge, the mothers had a special bond and decided to form a Rotary Community Corps called Ilaw ng Tahanan (“one who lights up the home”) with the goal of involving more mothers in health education and wellness support — and later youth services, teen pregnancy prevention, and help with unhealthy substance use. Almost a year later, the RCC is preparing to open its own health center where mothers can come for peer-to-peer support.

Another strong example is in Colorado. In the fall of 2021, a small group of stakeholders from the Rotary Club of Highlands Ranch formed the Rotary Clubs of Colorado Endowed Fellowship for Pediatric Mental Health, which enhances the ability of Children’s Hospital Colorado to recruit and train pediatric psychiatry providers and allows the hospital network to make additional appointments. This increases

access to mental health care for children and decreases provider shortages.

Since then, the project has brought on new supporters and is now fully funded with a **\$500,000 endowment. Investment** income from this endowment will support a fellow — a psychologist or psychiatrist — at Children’s Hospital. A new fellow will be named every one to two years, beginning spring of 2024. Over time this will create a cohort to bolster the mental health workforce, treating kids from all 64 Colorado counties and neighboring states.

There are many more great mental health project stories on Rotary Showcase, and I invite you to share your experiences as you begin your own projects. Also, please reach out to **[mindhealth@rotary.org](mailto:mindhealth@rotary.org)** with any thoughts or ideas you would like to share about mental health in the Rotary world.

On 10 October, I will host a Facebook Live event when we will recognize World Mental Health Day and further explore how Rotary members can begin this journey. But I would like to leave you with one way every Rotary member can make a difference.

Right now, there is someone you know in the Rotary world — in



your club, from a project you’ve worked on, in a Rotary Fellowship or Rotary Action Group — who could use a little more of your time and attention. Rotary is this great gift of global friendship, and that also means being there for each other.

Discovering the human connections that bind us is what we do through our membership every day. It’s what Rotary has always been about, and we can build on it by helping each other find peace at home.

We need to learn how to ask not just **“How are you?”** but also **“How are you really?”** By doing so, Rotary can continue to Create Hope in the World.

**Gordon McNally**  
President,  
Rotary International





ROTARY'S BEST  
Rotary  PEOPLE OF ACTION

# KING CHARLES

ROTARY CLUB OF BANCHORY-TERNAN

## CLASSIFICATION

**King of England.** Charles Philip Arthur George - Charles III is King of the United Kingdom and the 14 other Commonwealth realms. Charles was born in Buckingham Palace during the reign of his maternal grandfather, King George VI, and was three years old when his mother, Queen Elizabeth II, acceded to the throne in 1952, making him the heir apparent.

## SERVICE ABOVE SELF

Research & Compiled by: Rtn Tony Cama

anbrama

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NOTABLE ROTARIANS AROUND THE WORLD  
**FAMOUS ROTARIANS**



# RelaDental

## Smile for Miles



### RELA Dental is located

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

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- Periodontal Treatment (scaling and polishing or Cleaning)
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- Teeth whitening.
- Dental implants
- Tooth Extraction

#### MAXILLOFACIAL IMPLIES ONE DEALS WITH THE FACE, MOUTH AND THE SURROUNDING AREAS. THIS INCLUDES;

- ORIF (fixing broken jaws)
- Reconstruction surgery to Patients who might have lost their palate due to cancer.
- Face Lifting



# WHO ARE ROTARY ANNS

In many Rotary clubs throughout the world, wives of male members are affectionately called “**Rotary Anns**”.

This designation was never one of disparagement, but rather grew out of an interesting historical occasion.

The year was 1914 when San Francisco Rotarians boarded a special train to attend the Rotary convention being held in Houston. In those days few wives attended Rotary events, and until the train stopped in Los Angeles, the only woman aboard was the wife of Rotarian Bru Brunnier. As the train picked up additional convention-bound delegates, Mrs. Ann Brunnier was introduced as the Rotarian’s Ann. This title soon became “Rotary Ann.” Since the clubs of the West were inviting the Rotarians to hold their next convention in San Francisco, a number of songs and stunts were organized which would be performed in Houston. One of the Rotarians wrote a “Rotary Ann” chant. On the train’s arrival at the Houston depot, a delegation greeted the West Coast Rotarians.

One of the greeters was Guy Gundaker of Philadelphia, whose wife was also named Ann. During the rousing demonstration, someone started the Rotary Ann chant. The two petite ladies, Ann Brunnier and Ann Gundaker, were hoisted to the men’s shoulders and paraded about the hall. The group loved the title given to the two women named Ann. Immediately the same term of endearment was used for all of the wives in attendance, and the name “Rotary Ann” was here to stay. Guy Gundaker became president of Rotary International in 1923 and Bru Brunnier was elected president in 1952. Thus, each of the two original Rotary Anns became the “*first ladies of Rotary International.*”

Very few clubs have Rotary Anns, but many have Partners organizations, some are still called “Inner Wheel.” The word Rotary Ann can be heard on a rare occasion, and now you know where it came from.





# UGANDA & THE CHRONICLES OF THE EL NIÑO ADVENTURE

By: **Crispin Kaheru**

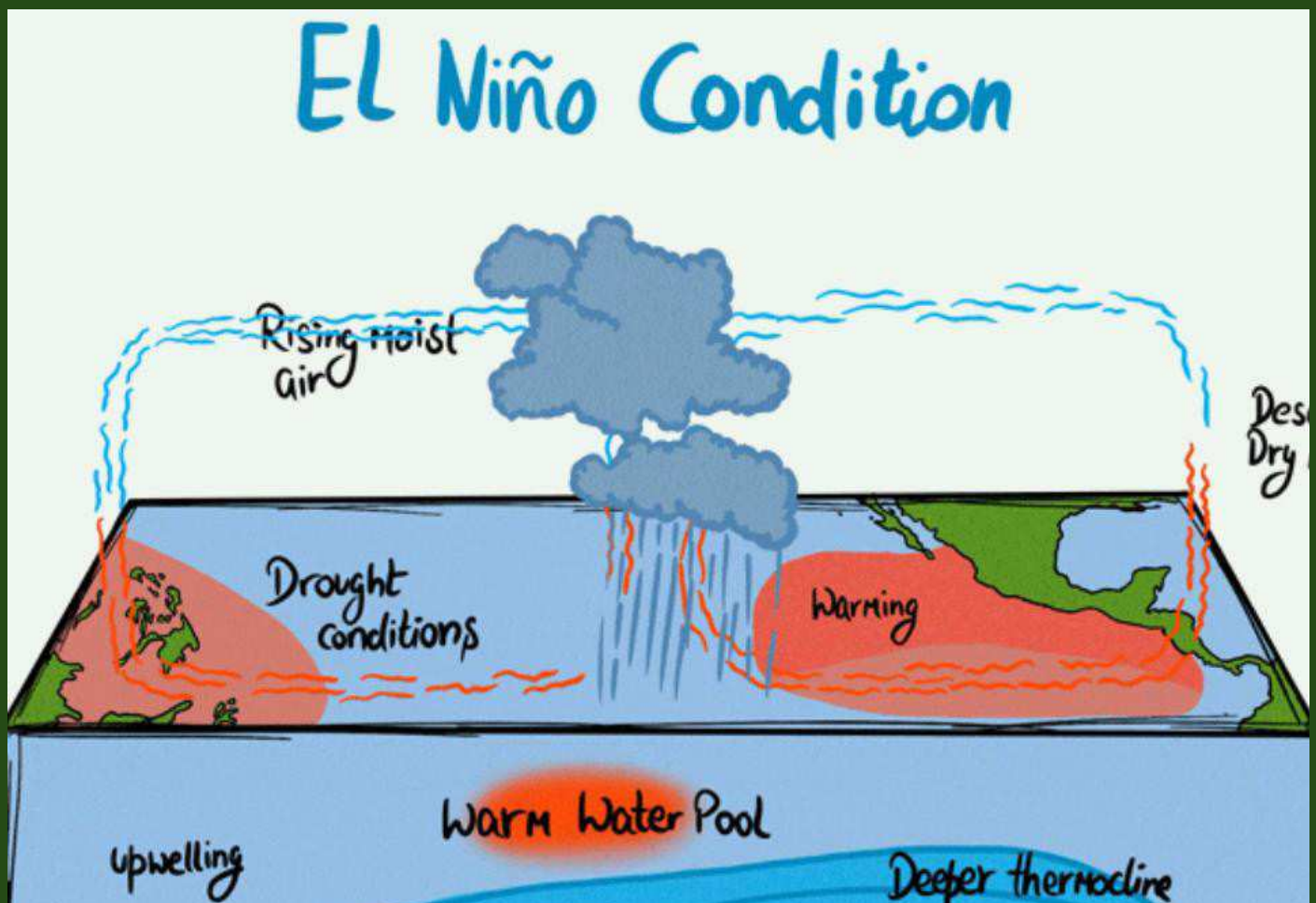
In Uganda, The Rotary fraternity for this year has a signature project to uplift the boy child. The boy child program is not about empowering young boys, it has profound implications for how young girls view boys as peers. The innovative program challenges traditional gender roles, fostering an environment where both genders learn to appreciate and support each other as equals. In this article we explore what young girls in St. Mbaaga primary School in Kiwatuule think about boys as peers.

It is with a soggy heart that I recount to you the aquatic misadventure that has recently befallen our beloved Uganda. Kampala, the capital, seems to field the hardest beating though. Picture this: a country with a landscape as diverse as its people, where vibrant metropolises, sprawling savannahs, and shimmering lakes and rivers coexist. But alas, Uganda's latest escapade is nothing short of a watery comedy, a plot twist even the best screenwriters couldn't conjure. Let me set the stage.

It all started when El Niño, that notorious party crasher of the weather world, decided to make an uninvited appearance.

Oh, El Niño, you 'unpredictable' troublemaker, you! As our dear meteorologists were sipping tea, El Niño unleashed a flood of biblical proportions upon our 'unsuspecting' nation. The result? A country without a Noah's ark awash in H<sub>2</sub>O. Houses turned into soggy sponges, markets became impromptu swimming pools, roads morphed into treacherous waterways and the Elgon threatened to slide.

Just last week in Kampala, it was more like a scene from the fun-factory comedy, with cars performing reluctant water ballets and pedestrians attempting waterlogged interpretive dances. But here's the kicker: Was Uganda was 'caught off guard'? It's as if we invited El Niño over for tea and forgot to ask if it had any plans to flood the party.





Our drainage systems, which seem to have taken a vacation during this aquatic escapade, proved as effective as a chocolate teapot. Streets are becoming raging rivers, and our once-proud infrastructure – roads, and more – have decided to take a well-deserved dip. And the potholes are back!

Now, let's talk about the rivers. Uganda boasts some mighty rivers including the award-winning Nile. Thank to El Niño's shenanigans, some rivers like Nyamwamba in Kasese are contemplating joining the party, a river rave, if you will. Bursting their banks like teenagers at a music festival, flooding fields, disrupting livelihoods, and turning fertile lands into soggy swamps.

And just when you thought the comedy couldn't get any better, enter Cholera, plotting to be the uninvited guest of honor. With stagnant water everywhere, Cholera is eyeing Uganda as an all-you-can-infect buffet. Poor sanitation and contaminated water? Check and check. Suddenly, our healthcare system could find itself in the midst of a medical maelstrom.

Amidst this watery chaos, a valuable lesson emerges: Uganda, like any host, should always be prepared for 'unexpected' guests. El Niño's RSVP may be 'unpredictable', but our readiness doesn't have to be. It's time to upgrade our infrastructure, fortify our drainage systems, and invest more in disaster preparedness.

Think of it as hosting a party with a reliable backup plan – just in case El Niño decides to drop by. Yet, let's not forget the resilience of the Ugandan spirit. Despite the comical challenges, trust Ugandans to always display incredible strength; helping one another navigate the soggy roads and lending a hand to those in need. It's a testament to our ability to find hope even in the wettest of situations.

So, as we dry off our rain-soaked spirits, let's remember that life's surprises, whether from the weather or otherwise, are part of the human experience. If we approach them with a dash of seriousness and a dollop of preparedness, we might just turn this comedy of wet errors into a tale of resilience and growth.

Uganda's El Niño adventure, while undoubtedly challenging, can be a catalyst for change. Let's use this soggy chapter to build a stronger, more resilient nation. After all, as any good comedian will tell you, it's the unexpected twists that make the best stories.

So here's to Uganda – a land of diverse landscapes, resilient people, and, occasionally, a touch of liquid hilarity. May we weather the storm, learn from our wet errors, and continue to find some wit in the most unexpected of places.



28th  
SEPT

happy  
*Birthday*

To You

**Rtn Fathila  
Nanozi**

#OUTTOLUNCH:

## THE UNINTENDED OUTCOME OF THE CINDY-SHEEBAH BATTLE

One of this year's most anticipated music shows took place weeks ago and lived to its billing with thousands of people filling up the Kololo Independence Grounds for a music 'battle' between perhaps two of Uganda's most sought-after musicians — Cindy and Sheebah. I am not qualified to discuss who won the battle between the two. However, the fans and maybe even music or the music industry won given the interest people had in the show. Other areas may have won too.

One of the issues that attracted attention in the run up to the 'battle' was the promoter of the show — Victoria University. It is perhaps the first time that an academic institution was not promoting a research paper, an innovative product, or a debate on some of the major challenges of our time. So, the question is should universities busy themselves with concerts like the Cindy-Sheebah one?

Universities teach music and drama and lots of other stuff in the entertainment sectors and many of them are known to own theatres. I have attended several shows in auditoriums that belong to universities and located on campus. I have also attended music concerts on university grounds. So, if universities can organize musicals on campus, they can organize them as well at independence grounds.

Ugandan private universities for many years have relied on tuition fees to do their work. That model has many challenges because fees alone are not sufficient. Ugandan private universities charge less than primary and secondary schools. This is because private universities compete with Makerere University, which is subsidized by the government. So, they put their fees lower than Makerere yet without subsidies. In fact, many Ugandan private universities are struggling to stay afloat and many will either close or ask government to buy them like we saw with Kabale and Mountain of the Moon universities.

Those that will survive need to do what universities in Uganda may not usually do — aggressive marketing. I used to teach at a university and I urged them to consider setting up a marketing department to improve their student enrolment, grow their brand and look for other ways to increase their income beyond student fees. Many universities in developed economies do that. They organize roadshows in markets where they expect



DENIS JJUUKO

prospective students and approach corporate brands to fund certain activities.

At many universities, private and public companies fund research in certain areas or sponsor the training of students in some courses. The stock exchange regulator would sponsor business journalism courses on securities and the central bank would do the same on treasury bonds and bills. Others like Harvard are known for their endowment funds from which they get money to supplement tuition fees.

In Kenya, universities own private hospitals and some even shopping malls. I think Makerere also owns a printery but I am not sure it does a lot of work beyond students' thesis booklets and some university publications. The university hospital down the road I think is more of a clinic for the students yet it could be one of the biggest hospitals in Uganda bringing Makerere a lot of extra income. But again, Makerere is a public university!

The success of the Cindy-Sheebah battle with a private university as the major promoter shows that academic institutions can do some of these



things, first to supplement their income, use them as marketing platforms and wean themselves off their overreliance on tuition fees. Universities like Witwatersrand in South Africa once owned a successful football club that even won that country's premier league. American universities and colleges own basketball teams and get some of their income from this sport.

Can Ugandan universities own music studios? Why not? But they could also do more than just organizing concerts. Using the Cindy-Sheebah show, they could look for new academic courses and programs to introduce that are relevant today's young people. Courses that can lead to meaningful and decent sustainable jobs.

I don't know if there is a university in Uganda that teaches events management yet to organize a show as big as the Cindy-Sheebah one, there is a lot that that needs to be done: planning, venue selection, sales and marketing, security, vending and lots of stuff.

There are events almost every weekend everywhere many of which are poorly organised due to lack of expertise. Look at weddings where hundreds of millions are spent and how the majority are poorly organized. Many of the so-called wedding planners simply learnt on the job and are as unprofessional as they come. What about an academic program in events management with wedding planning as one of the courses? What about another academic program or course in decoration? Influence marketing, anyone?

Such programs and courses would make universities more relevant, teaching stuff that could lead young people to getting real jobs, a key perhaps unintended outcome of the Cindy-Sheebah 'battle.'

The writer is a communication and visibility consultant.  
*[djjuuko@gmail.com](mailto:djjuuko@gmail.com)*



# PK's Conner

## MYDAD

There wasn't enough time to give you what you deserve. Do you think if I begged the sky hard enough, my dad's soul would return to me as my son, so I give him the comfort he gave me my whole life?

I want to go back in time and sit beside him. Document him in a movie so my eyes can spend the rest of their lives witnessing a miracle.

I want to know what he laughed about with friends. In the village within houses of mud and brick. Surrounded by acres, plants, and cattle.

I want to sit with the teenage version of my father and ask about his dreams. How possible will this be? Will he have your smile? Your big heart? Warm hugs? Will he be as vulnerable as you? Could this be a perfect plan? **What do you think, Dad?**

Talk to me

---

**Pamella Kawaddwa**

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# AFRICA PEACE CONCERT

3<sup>RD</sup> EDITION

The  
Rotary  
Foundation



In Support of the  
**Makerere University  
Rotary Peace Centre**

#APeaceConcert23

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# **Last Week** **Joint Fun fellowship** **with Rct Kampala Naalya**







## ***OUR VISTORS LAST WEEK***

Pablo Kimuli - RC Kla North

Maria Muzaaki - RC Kla Central

Priscilla Baylock - RC Kla Impala

Moureen Kawoombe - RC Naalya States

RC Kulambiro

Rct Cape Munyonyo Tunde

Rct Kampala North

*Thank you for visiting. Please come again.*



# CLUBS *Visited*





# ROLEX BUDDY GROUP IN CHARGE

## *OUR MEMBERS*



Rtn Arnold Ntege

---



Rtn Dennis Osikol

---



Rtn Efrance Nakitto

---



Rtn Evelyn Mulinda

---



Rtn Francis Lubuulwa

---



Rtn Hadijah Nankanja

---



Rtn Laetitia Kiyingi

---



Rtn Sheila Kawamara Mishambi

---



Rtn Stephanie Gacukuzi

---



Rtn Stephen Kakonge



**WOULD YOU LIKE TO JOIN OUR CLUB?**

**GET IN TOUCH WITH OUR MEMBERSHIP  
DIRECTOR FOR GUIDANCE AND  
MENTORSHIP**

**SEND AN EMAIL TO  
RCKAMPALANAALYA@GMAIL.COM OR  
CALL 0778120939**

**THE ROTARY CLUB OF KAMPALA NAALYA  
MEETS EVERY TUESDAY AT 7-8PM**



Rotary



# WE'RE LOOKING FOR...

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Community Minded People  
Passionate & Fun People  
Practical & Resourceful People  
Helpful People

If you're one of these people, then get in contact to see how you can change the world starting in your very own community!