

Naalya Food October 2023 Bulletin

Rotary
Kampala-Naalya



CREATE HOPE
in the WORLD

Issue 16



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Editor's Note

DEAR READER,

I hope you had a wonderful week.

As we continue to observe the **Economic and community Development** month we encourage you all to become resources for your community, offering advice on new business development, and financial management.

Our Guest Speaker this week is **Ms. Catherine Namutebi**, an Insurance Financial Advisor, who will be taking us through the Topic - **Smart Financial Investments in Unit trusts**.

In this issue, **DGE Anne Nkutu** reminisces on her year as President, an interesting piece.

We also bring you a message from the **Rotary Action Group on Malaria (RAM-Global) Education Chair**, PDG Claudia Frost, HCP Godfrey Okello-Omoding and other attention grabbing articles.

I sincerely thank you for spending your precious time to read and share the Naalya Food Bulletin.



Keno Lillian
Bulletin Officer

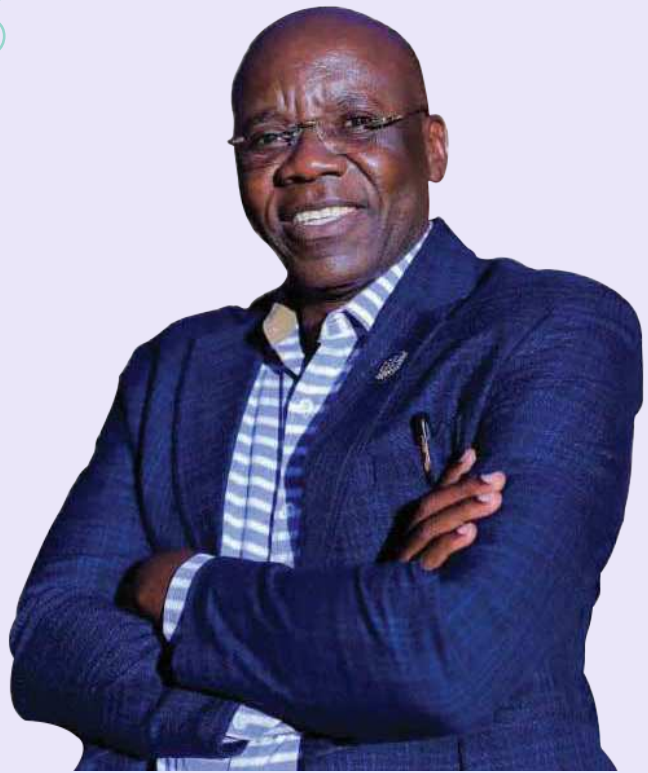
PRESIDENT'S MESSAGE

DEAR ROTARIANS AND FRIENDS

Did you know that it is very possible to sell the products of rural women on Amazon.com? Last week, Stella Nakawuki Lukwago, our guest speaker, gave a talk on the empowerment of rural women. She revealed how rural women in Mpigi are selling organic straws in high class hotels, Europe and Amazon.com. This is a typical case of an empowerment; from production, value addition, marketing to high valued priced sales. A lot to learn. This is what the month of October's theme -**Economic and Community Development** want us do. It is also telling us that there is a lot that can be done. Sometimes, it begins from sharing ideas; ideas that build. I thank Stella Nakawuki Lukwago for giving us her time and for sharing with us what she is devotedly does in economically empowering rural women.

Stella's sharing challenges us as a people. We need to move to action. We seem to have sloganized for so long poverty eradication. Since independence we have sloganized three words- **poverty, diseases and ignorance**. Down the lane we have added a number of words and introduced different approaches to eradicate the 'evils' of poverty, diseases and ignorance. We have set the timelines. They have come and passed, but the evils are still with us. The evils of poverty, diseases and ignorance seems also taking different forms, shapes and dimensions. Parameters to measure them are also changing. Today, we talk of human index in addition to per capita income, gender index and others. The changes in parameters still reveal the similar picture but painted in different shades. True, the challenges are many. What is therefore next for Rotarians? They must dive into action. Do what they can.

Challenges of economic and community development are here with us. We ought to confront them in our time. Each time has its people of good will. Such people are not shy to come forward to change things to the extend they can for better. Time avail different means of solving problems. Today, for instance, scarcity of information is no longer an excuse. Some of the economic challenges today holding down a section of society is access to the right information. In whatever opportunity a community may have, when there is no right information and right messengers, it slower the advancement of such a community. Rotarians come handy here. So, it is not the lack of people but of people willing to confront the tides.



The essence of dedicating this month to economic and community development is to remind Rotarians of a calling for a better society. And also, that there are various ways of making contributions. These various ways can be, for instance, through interventions in education, mental health, polio and peace. Rotary has even provided avenues of service. What matters is the extend in which one is willing to participate not a shortage of areas to participate in or through. Generally, our participation enables us to contribute in improving the welfare of humanity. It demonstrates our humanism. Besides, it gives satisfaction.

As rotary, no challenge is greater than our spirit. It is our spirit that enables us to create hope. Together we can create economic and community development hope. We can create differences in people's lives. We can respond to the community's beckoning hands of assistance. Every step made forward definitely touches and brings a difference to someone and hope is created.

Be blessed.

Rotarian
Godfrey Okello-Omoding
HCP

Recollections of My Year as President

I have fond memories of the Rotary year 2014-15 when I was privileged to serve as the first “Madam President” of RC Kampala Naalya, under the leadership of PDG Harish Bhatt and with the support of PAG Fred Masadde. The theme of the year was “Light Up Rotary” and it is exactly what we did!

That year we started the “Mic Nite” on the last Wednesday of every month and what a jolly good time it was! Each month had a different flavor - from magic shows to comedy and karaoke aka “karawo -ke” – so much so that we had become a singing club. Although we had one hit – a special rendition of “We are the World” – we proudly referred to ourselves as the Naalya Angels!

It was also the year when we embarked on our Peace & Literacy project in Agago. Our choice of this project was triggered by a short documentary on



NTV News featuring the dire conditions at Akwang Senior Secondary School that tugged at my heart. I immediately picked up the phone and called CP Francis Lakor. By coincidence he had watched the news too and by the end of the call – we both agreed that we needed to do something in that school. It was like a divine calling!



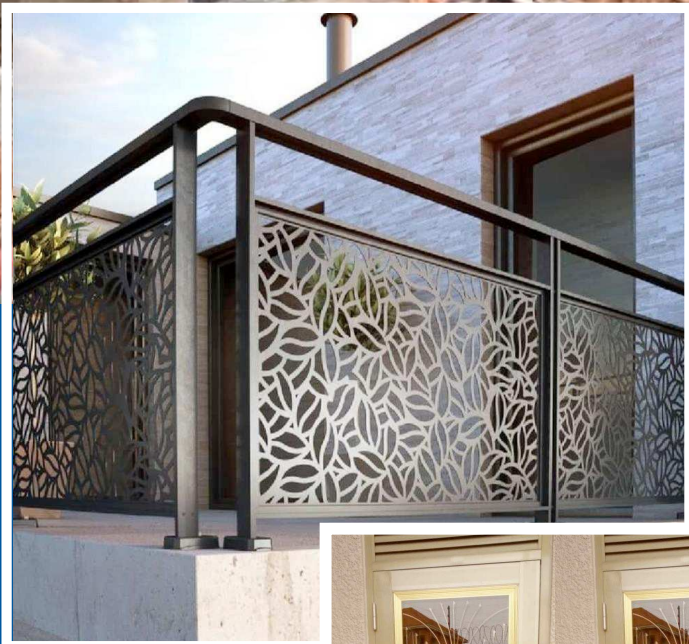
Two months later we set off at dawn for Akwang in the company of our departed friends – PP Lad Ategeka and Rtn Charles Okolong. The 10 hour journey was unforgettable. It had rained and the roads were impassable and slippery. Each time the car zigzagged – my heart sank and I silently questioned the wisdom of considering this project. But what carried us through was Rtn Jimmy Mayanja's incredible humor and when we finally arrived at the school at dusk – what we saw, confirmed that we had made the right decision. We found a school that had so many needs – it was difficult to tell where to start. But we also found a school community that was so resilient and welcoming – it was difficult to just walk away. Because of their enviable spirit of community, one of our first interventions that year was the establishment of a Rotary Community Corps and Akwang Secondary School Interact Club – that later became one of the most active Interact clubs in our Rotary district.

We have been with the school and the community in Akwang for the last seven years and I am so grateful to the club members and the successive Club Presidents for picking up and running with the dream!





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A Message From Our Education Chair

Rotary International President Gordon McInally recently announced that in partnership with the Bill & Melinda Gates Foundation, and World Vision, Rotary is launching the Rotary Healthy Communities Challenge. This initiative will provide \$30 million to combat malaria, diarrheal diseases, and respiratory infections. These afflictions are the leading causes of death among children under five years old in four Sub-Saharan African countries: Zambia, Nigeria, Mozambique, and the Democratic Republic of Congo.

The World Health Organization (WHO) has reported that last year 247 million people in 84 countries were infected and 619,000 of those infected died. During the years before Covid, there were about 400,000 victims per year. The victims are mainly children below 5 years old and pregnant women. 95% of all infections and deaths are in regions of Africa between the Tropics of Cancer and Capricorn.

PDG Claudia Frost recently joined the efforts to eliminate malaria and serves as Chair of the Education and Information Committee of the Rotarians Against Malaria (RAM) Global Rotary Action Group (RAG). Claudia's interest in malaria comes from Rotary trips to three African countries: Nigeria, Zambia and Kenya.

District 7780 has an opportunity to access some of the funding for RAM-Global through the Rotary Healthy Communities Challenge. Clubs that can contribute smaller amounts are encouraged to



step up and join the effort. A good start is at the website for RAM-Global: www.ram-global.org.

All Rotarians are welcome to join this Rotary Action Group to learn more about the initiative and to join in the fight to eliminate malaria. She would be happy to speak to individuals, Rotary Club Boards or present to clubs. (Reach out to Education via info@RAM-Global.org to make arrangements for presentations)

PDG Claudia Frost

2023-2024 Education Chair

FOODS THAT HELP IMPROVE MENTAL HEALTH

Avocados for the Soul

Fats have a pretty bad reputation, as many people falsely believed that eating fat, well, makes you fat. But studies have consistently shown that sugar, not fat, is the source of excess pounds. There are a lot of good, healthy fats, such as those in avocados. Avocados are rich with healthy fats and are a great food to incorporate into your diet if you're trying to lower your cholesterol. The monounsaturated fat in avocados can help trim your waistline while also boosting your mood. They also contain vitamin E, which is a fat-soluble vitamin, meaning your body can only absorb it if you eat it with fats.

Avocados are also rich in fiber and lutein, the latter of which is ideal for a healthy brain. The B-complex in them helps your body create neurotransmitters, which allow messages to travel between nerve cells. One of the most important neurotransmitters, as far as regulating your mood, is serotonin, and it depends on the B-6 vitamin that is abundant in avocados. B vitamins, especially when combined with vitamin E, are also great for reducing stress and inflammation, both of which can lead to poorer outcomes in mental and physical health. Eating at least one fresh avocado a day leads to a vast improvement in problem-solving skills and memory. Smash some up in some guacamole and get to snacking!

Oatmeal Warms the Heart

Eating foods that are rich in fiber are great for keeping your digestive system regular. Oatmeal is one of them and is also good at slowing down sugar absorption by the gut. That's a great meal option for people with diabetes. This slow release of sugar into the body can help you concentrate better without giving you a sugar high. Oatmeal also helps the brain produce serotonin, which is the mood-stabilizing hormone. Eating a bowl of oatmeal in the morning can help boost your mood while also stabilizing your blood sugar levels, setting you up for a successful day of positivity and productivity.

Add oatmeal to more of your recipes, like baked goods, or simply soak it overnight for some great porridge in the morning. If you haven't tried steel-cut oats, you may find that even though they require a bit more effort to cook, the effort pays off. Steel-cut oats are much less processed and have a longer cooking time, but they also have a higher nutrient value and will keep you feeling full longer. You can also add your favorite berries or even mash up a banana into a bowl of oatmeal to provide extra flavor and nutrients. And if you need some extra protein, add a spoonful of peanut butter.

Turmeric

Extracted from a ground root, turmeric is intensely flavored and used in Indian cuisine for a very long time. Its vibrant color is what most people think of when it comes to curry. And there's a good reason Indians add to a lot of their cuisine. It has excellent anti-inflammation properties so that pain and swelling are minimized throughout the body, and it's known to ease the symptoms of Alzheimer's. For those struggling with depression, the compounds inside turmeric have been shown to relieve the symptoms of depression. Further studies need to be done, but turmeric's regular servings may be just as beneficial as antidepressants for those with mild depression.

There are so many ways to add turmeric to your diet, and with its myriad health benefits, who wouldn't want to? The easiest way is to start eating curry, which uses turmeric as one of the primary spices. You can also begin to season soups with turmeric and even add it to breakfast smoothies, but be aware that alone, it has a bit of a mustard-like taste. If you want to reap turmeric's health benefits but are having difficulty adjusting to its flavor, consider taking turmeric supplements. But do not swap out your antidepressants for turmeric supplements, especially not without first consulting a doctor.

Leafy green vegetables

Not only is broccoli the broom of the stomach – meaning that it's excellent at keeping your gut clean – but it works wonders at keeping your brain healthy. Broccoli contains a decent amount of lutein, which studies have called

“crystallized intelligence.” What it does is that it helps the adult brain use and maintain the skills they've learned throughout life. This is a breakthrough, as the adult brain tends to deteriorate over time and lose much of its mental elasticity. Leafy green vegetables, including broccoli (though many people may not think of it as “leafy”), are powerful in the fight against age-related dementia and memory loss and improving overall cognitive function.

In addition to protecting your brain, broccoli helps protect your second brain – your gut. Broccoli is one of many foods considered prebiotics, which helps establish a healthy environment for the probiotics that your stomach needs for overall health and well-being. Many people do not realize that much of their mental health is controlled by the gut. An unhealthy gut is laden down with processed food residue and lacks probiotics (the good bacteria you need to keep the harmful bacteria at bay). Broccoli is one of the best things that you can eat to keep your second brain functioning optimally.

Steak or Tenderloin

Beef of any kind is a red meat that's rich in protein. It's a great way to build muscle or just keep you feeling full for a lot longer. But beef is also great at boosting your memory, making it easier to recall individual facts or essential pieces of information. It works by increasing the amino acids' levels in your brain, forcing it to commit to the task at hand. Beef is also the ultimate comfort food for many people, making them feel satisfied and content. Enjoying an occasional hamburger with friends or a steak at a nice restaurant may be helpful.

But be careful about overeating red meat. There are no conclusive studies that show that meat-eaters have better mental health than vegetarians (there have been studies performed by the meat industry, and these studies are flawed). However, eating red meat every day can lead to other health problems, including inflammation that can cause heart disease. Make sure that brightly colored fruits and vegetables are the bulk of every meal that you eat, and enjoy cuts of beef occasionally to reap the benefits that it has to offer. Eating red meat once a week while enjoying lots of fruits, veggies, and fish in the bulk of your diet will improve mental health.

Chocolate -The Darker, The Better

Some people read or watch Harry Potter and, instead of wishing that they could do magic and defeat Lord Voldemort, they could eat chocolate, and it is healthy. But here's the thing: chocolate is healthy. It is made from cacao, a type of bean similar to coffee, and loaded with super-powerful antioxidants. You may think we're joking, and we're just trying to give you an excuse to eat chocolate, but we're not lying. Chocolate is pretty good at keeping your brain healthy, and not from stress eating. It is loaded with healthful compounds that reduce inflammation and can even heal damaged cells.

Dark chocolate works best because it has less sugar than milk and white. Milk chocolate is so over-processed that the cacao bean's health benefits are gone, and the high levels of sugar counteract any residual antioxidants that are left behind. While you may not be inclined to eat 90% cacao chocolate, 70% cacao retains many cacao bean properties but with lots of deliciousness. Dark chocolate is rich with flavonoids that boost brain power and reduce your risk for other conditions like Alzheimer's. Just be sure not to overeat it, as these beneficial properties can be counteracted if you're putting on too much weight.

Carrots

Turkey Eat your carrots, your parents said, if you want to see better at night. It's a myth that you actually can, but carrots are pretty

good for your eyes because they are rich in vitamin A. But some studies suggest that eating carrots raw may boost mental health, including mood, at least in part because the high nutrient content is so critical for optimal brain functioning. In addition to vitamin A, carrots contain luteolin, which reduces inflammation in the brain and boosts your memory for years. That means fewer headaches and better concentration, both things college students are looking for these days!

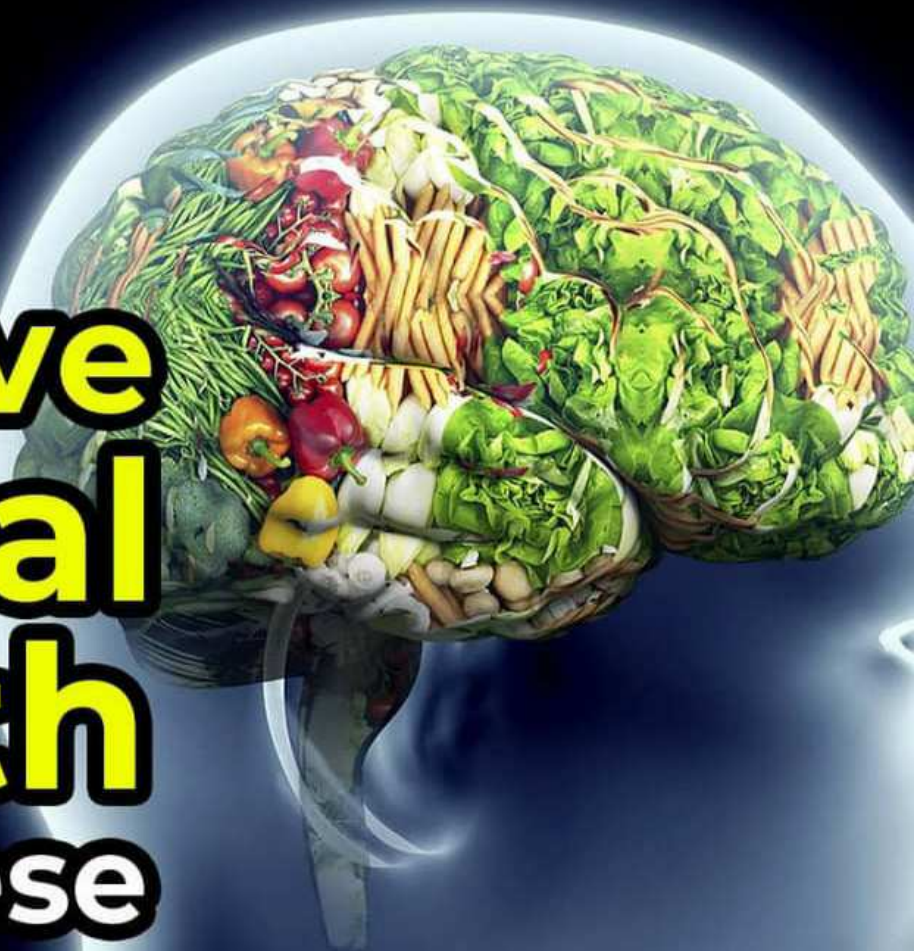
If you are not a carrot eater, starting to incorporate them into your diet may seem like a challenge. You may want to start with carrot juice, which sounds icky to those who have never tried it but is very sweet and refreshing. Mixing fresh-squeezed carrot juice with fresh-squeezed orange juice is a nutrient-dense treat that will leave you feeling all-around better. You can also add shredded carrots to salad and smoothies. While carrots are best raw, they make an excellent base for soups, the ultimate comfort food during the dark and cold winter months. There are plenty of ways to start loving carrots and reaping their rewards.

Beets

Beets aren't the most popular vegetable in the world, but they're great for salads, and beet juice is slowly becoming a popular health drink for those looking to lose weight. Did you know that beets contain any nitrates? Nitrates are also found in beef, which the body uses to build muscle. Nitrates promote blood flow to the brain, which gets the memory jogging and makes you feel less tired throughout the day. In the long term, beet juice may ward off Alzheimer's and other forms of age-related memory loss. A healthy brain is a happy brain, and drinking a cup of beet juice may also boost your mood.

If the taste of beet juice is too earthy for you (the nitrates in them are the same chemical that gives the air a distinctive smell when rain is about to fall), you could enjoy beets the way that Russians have centuries: in borscht. Borscht is a vegetable soup made with beets as the base; cooking the beets and adding other vegetables removes some of the earthy flavors. Be careful when buying beets; many commercially grown are genetically modified, and with beets, in particular, you should assume that they are genetically modified unless the label says otherwise. improve your mental health.

Improve Mental Health with these foods



LIFE MATTERS

Ephesians 6:2... Honour thy father and mother; which is the first commandment with promise;

Family Values 2

I have known many who do not care whether their parents are alive or not, probably because they were not very present in their lives while they were growing up.

Worse, some parents made unimaginable sacrifices for their children and were misunderstood by their children in the process. Now that the children are older, they prefer to live as far away as possible from their parents with no care for their well-being.

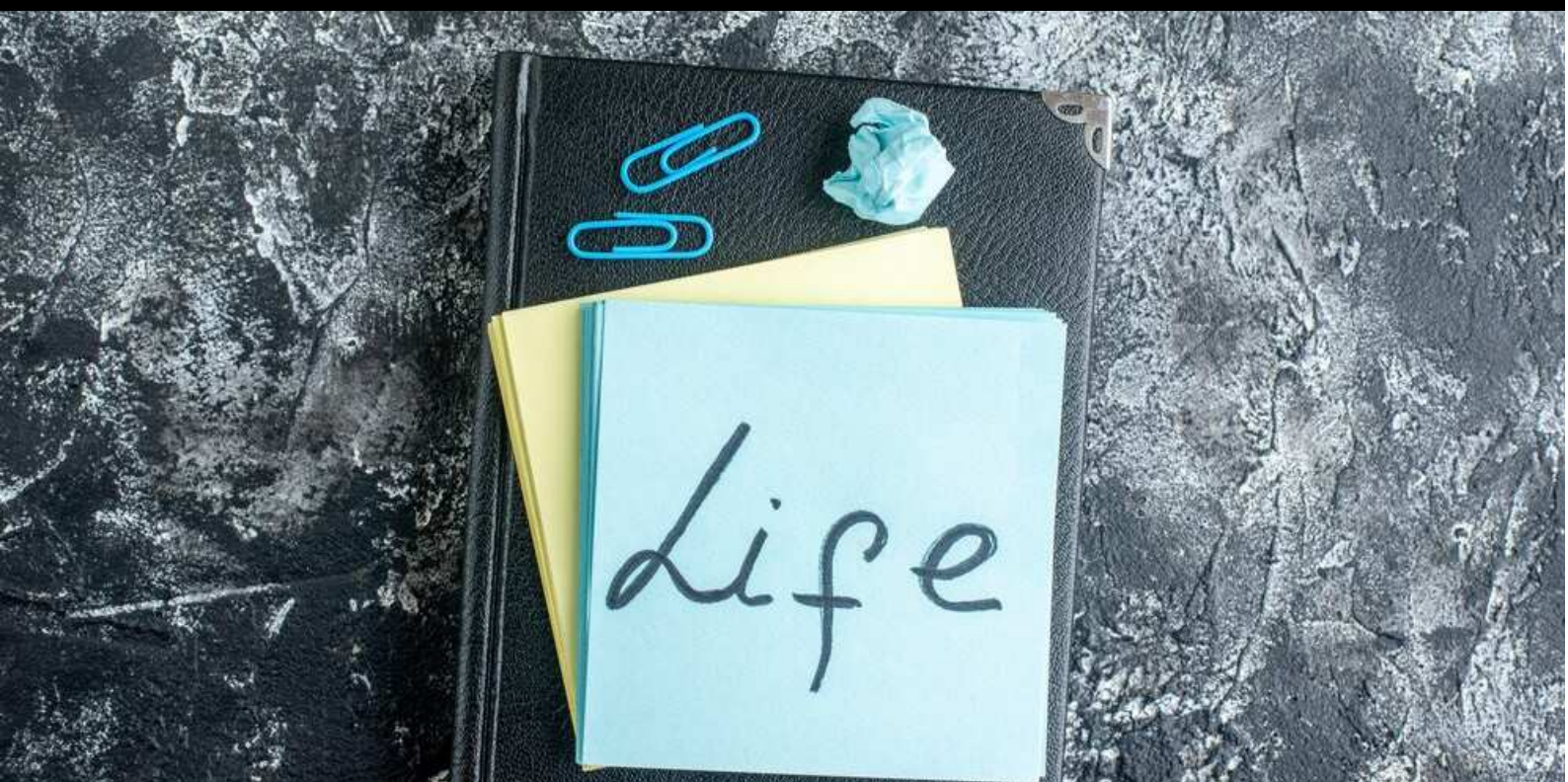
The Bible urges you to honour your father and mother. This goes beyond having respect for them but also blessing them with material things.

Are you the kind who does not care if your mother or father slept hungry last night? Are you the sort of person who splurges his entire monthly salary on himself and does not bother to think about how he can make his father or mother's life a little easier?

Are you that child who has never blessed your parents with a gift ever since you were born?

Please re-examine your life because something this simple might be the reason why you are struggling with some aspects of your life.

Pastor Ronnie Mutebi





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- Face Lifting

PK's Corner

SELF-DISCOVERY

For most of my life, I've been on a quest
To discover just who I might be,
Earnestly searching, day after day,
So desperate to recognize me.

I've felt moments of utter fulfillment
And moments I couldn't go on,
But I knew for the sake of my heart and my
soul,
To succeed, I would have to be strong.

But the people around me seemed so lost
themselves
That I feared I might be on my own.
But then there'd be someone who would
reach out and help
And remind me I wasn't alone.

I've wanted so much to be happy,
To know what it was to feel peace,
And I thought if I finally felt sure of myself,
Then the pain and the struggles would
cease.

But I've learned that this journey is endless;
The discoveries are fresh every day,
And no matter how much I might know of
myself,
They'll be times I will still lose my way.

And as I've grown older, I truly believe
I may never know all I can be.
But the answers are not waiting out in the
world But have always laid right inside me.

We're all on this quest to discover ourselves,
Together but through our own ways,
Overcoming whatever might get in our paths,
So we can feel better someday.



Pamella Kawaddwa

But always remember not to stray far
From what matters and what's really
true.

***In this life you don't have to
be perfect. In the end, you just
have to be you.***



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MY ROAD TO BECOMING A #BERLIN LEGEND: BMW 49th BERLIN MARATHON EXPERIENCE

There are marathons and then there are Major Marathons usually referred to as World Majors.

There are only 6 World Majors globally organised by Abbot World Marathon Majors: Berlin, Tokyo, Boston, New York, Chicago and London.

Completion of all earns one the coveted 6 Star Medal. PS. A Marathon is 42.2 kms or 26.2 miles

For any serious runner these Bucket List runs are a MUST DO in your running experience. There are various ways of gaining entry into a World Major; entry by lottery, by time qualifiers and paying for a start card. Preparations and reservations usually start a year earlier. Training starts about 4 months/ 16 weeks before the race.

Having run several 10kms and 21km runs over the last 4 years, I felt it was time to step up my running game and together with a couple of running friends signed up for the 49th BMW BERLIN-MARATHON In December 2022. Running connects, creates a common goal and generates historic moments.

We got a tour agent to make our reservations and bookings as we started our training for the big day.

As I built up towards my inaugural full marathon which I run in Hoima at the Great Escarpment Ultra Marathon. I trained for a couple of marathons along the way completing two regionals: Standard Chartered Nairobi Marathon in October 2022, Kilimanjaro Marathon in Moshi in February 2023. I also took part in several local runs organised by Activate Uganda such as the Activate Easter Challenge where for the 4-day Easter break we had to run a set number of kms each day and submit distance and time results.

I then did the Kyambogo Ultra Marathon where I run 25kms and a couple of Lubowa Entebbe routes (28kms) with my Team Matooke crew; a running club whose ambition is to train runners to run local, regional and international marathons.

To say the training was easy would be a lie especially towards the 14th week where one long for days where a run or strength training isn't in the training schedule, a day where one could just wake up and go about your day without counting the kms or the pace.

Training for a marathon takes its toll on you especially because you build up to a peak point and the taper down towards D- Day. The peak point is where one has 30km /32kms long runs on a particular day. The goal being that for one to run a full marathon they need to be running a minimum of 42kms a week.

Pre Marathon, we had emails every week from the organisers updating us about the event with training guides and an App to download that had all the information we needed; from an interactive route map, tracker for track participating athletes, information hot lines, tips etc. We also received our public transportation passes which was free for all participants for the 4 days from start of exhibition to after the marathon.



I was diagnosed with severe malaria 6 days to the marathon but managed to arrive in Berlin on Thursday 21st to get my body acclimatized before race day and to attend the pre marathon exhibition at the former Airport Tempelhof where all sports gear manufacturers were exhibiting.

We as a team of 22 Ugandans both from Kampala and those working abroad were fully constituted on Saturday before the race day which was on Sunday the 24th of September.

Kit collection was still ongoing for 3 days at the old Tempelhof airport exhibition venue 2 train rides away from our hotel. You receive an athletes wristband put on you at the entrance and is not be taken off until you have finished on race day, personal bib number and Goodie bag with information & treats from our sponsors.

We managed to do a pre marathon 5 km run on Saturday morning as we continued hydrating water and electrolytes no alcohol.

The hotel planned an early dinner for carbo loading on Saturday evening and we were all in our rooms by 8.30pm.

6.30 am on Sunday the 24th of September we had an early breakfast so the food could get digested before

start time which was 9 am. We headed to our individual starting points at 8 am.

Runners start in waves, which are divided into starting blocks from A- K. You are allocated to a specific starting block on the basis of your best or target time. You find your starting block allocation on your race number on collection.

If you are running your first marathon and do not have a training or planned finish time, you start from the last block.

We had been allocated different start times according to individual running times submitted at registration. I started my run at 10.30 am and from then on it was mind over body for the entire 42.2 kms.

Time to put all the weeks of training to the ultimate test.

Running is hard - we run as a team, but we also run as individuals. It is you who will push yourself from start to the finish line but knowing our Captain and other team members are keeping track of you online.

The race was very well organised with hydration water and tea alternating with fruits and energy drinks much later in the race. Refreshment points along the running course

- All points have refill-stations for hydration systems.
- At the end of every refreshment point are toilets available

The atmosphere was exuberant to energise us to keep moving. By-standers and marshals kept reading our names on the bib and calling out to support us from start to finish. Massages for tired legs are allocated every 5kms from 25kms.

We even had a Ugandan living in Germany who arranged fruits for the Ugandan team at 22kms.

At 33km muscle pull kicks for the first time in my running experience but I kept pushing to the finish line ...mentally I was determined to walk or crawl, but I had to finish and return with my medal. That is the point where prayer comes in, I told God I need energy and wings to fly and finish this because if I don't return with that medal its Your Name on the line not mine.

That is how I jogged and walked the remaining 9.2kms to the finish line passed the iconic Brandenburg Gate to receive my medal. After which I received my poncho to warm up and had my medal engraved.

Every run is different ...different terrain...different temperatures ...different emotional state of mind...running through them is what matters. Just like life challenges get thrown at you from different angles learning and adjusting to navigate your way through them is what matters.

In summary, I concur with this marathons adidas slogan "Impossible is Nothing"; anyone can run a marathon it doesn't matter where you start what matters is that you are committed and disciplined enough to put in the work and train consistently.

I am grateful for my family who put up with my loads of training gear but also who understand that running is my me time and

give me my wings to fly.

My training buddies Team Matooke and Activate Uganda as well as my Personal Coach & strength trainer who inspire me to keep running and pushing on to improve my running. I am now considered a 1-star General having completed 1 of the Abbot World Major Marathons.

All in all it surely was a magnificent and unforgettable marathon weekend in Berlin. Running through some of the city's iconic sites ... such as the Victory Column, the Reichstag (German Parliament Building) the Kaiser-Wilhelm-Memorial-Church one of the most famous landmarks in Berlin. It was severely damaged in the Second World War in 1943 and is considered a "memorial against the war" among others. We passed the memorial church just before kilometer 35.

I will hold onto fond memories of this event and look forward to the next as we say in Team Matooke its ON...ON... to the next starting line



Rotary

Kampala-Naalya



**CREATE HOPE
in the WORLD**

**HAPPY
BIRTHDAY**



**Rtn Elizabeth
Wamalwa**



The Rotaract Kampala Naalya Movie Night Fundraiser



This fundraiser which was pioneered by Ms Monica Abere, a member of the Club and championed by Mr. Joshua Asiimwe, the Club President was organised with the sole intention of mobilising funds to support the club's ongoing "Suubi Mu Kalaamu" project as well as facilitate the Club's goals for the year.

The event was graced with the presence of Mr, Micheal Wawuyo Jr a renowned Ugandan Actor, Film Maker and Producer who shared snippets of his knowledge and wisdom with regards to the Ugandan Movie Industry to inspire those interested in pursuing a career in the industry.

Mr. Wawuyo encouraged those in attendance to network as widely as possible saying that it was one of the best ways to garner support for anyone trying to accomplish big things with their life. The Club was happy to have attracted a good number of guests and club members alike to the fundraiser, and intends to continue pursuing this kind of venture in future.

October 7, 2023 saw the Rotaract Club of Kampala Naalya host a one-of-a-kind fundraiser, the first of its kind in the history of the Club so far. The Club organised a Movie Night Fundraiser in an outdoor setting that was hosted at Gazebo, a beautiful spacious garden located in Najjera.

Abere Monica
RCT Kampala Naalya.

Rotary
Kampala-Naalya



**CREATE HOPE
in the WORLD**



Happy Birthday

Rtn Julie Kisekka.

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 Kiyangi



Rtn Sheila Kawamara Mishambi



Rtn Stephanie Gacukuzi



Rtn Stephen Kakonge



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MEETS EVERY TUESDAY AT 7-8PM**

Song theme:

Arise/Stand up Africa

11th November
2023

Venue:
Kampala Parents School

**GRAND
PRIZE:**
2.5 Million

Tagline:
*Creating impact
beat by beat*

Registration:
Rotary club/Corporate Company:
200,000 ugx
Rotaract Club: 100,000 ugx

Entrance Fee:
Adults: 20,000 Ugx
Children: 10,000 Ugx
(12Years and below)

Time: 10:00am

**Scan to
Register**

#RotarySDC23



Rotary 
District 9213

 **CREATE HOPE**
in the WORLD

TRF

RECOGNITION

Dinner



5PM

**SATURDAY 25TH,
NOVEMBER 2023**

**VENUE: KABIRA
COUNTRY CLUB**

**ROTARIANS / ROTARACTORS
FEE: UGX 200,000/=**

CORPORATES

PLATINUM
GOLD

UGX 10,000,000
UGX 5,000,000

SILVER
CLUBS

UGX 3,000,000
UGX 2,000,000

RSVP

JOE NUWAMANYA
Chair organising Committee
0776720280

FABIAN KASI
Chair Fundraising / Treasurer
0772791541

RONALD OINE
Chair Paul Harris Society
0772730201

Powered by RC Kiwatule & RC Kyadondo

Rotary

District 9213
District 9214



**END
POLIO
NOW**



WORLD POLIO DAY

Commemoration

21st

**October
2023**

**Save the
Date**

Venue:

Kitante Primary School

Time:

9:00am (EAT)

For More Info

PAG Margaret Okello

+256 772 406 273

+256 702 406 273



**World Health
Organization**

