

Naalya Food October 2023 Bulletin

Rotary
Kampala-Naalya

CREATE HOPE
in the WORLD
Issue 18



Inside This Issue



7 Healthy Lifestyle
Habits



Home
Hospitality



PDG Kayemba
Memorial

Editor's Note

DEAR READER,

Last Tuesday, RC Kampala Naalya hosted the District Memorial fellowship in honor of **PDG Henry Kyemba**, conspicuously were eulogies of how he **embodied humility** and what that means for us Rotarians.

We would especially like to acknowledge all the hard work put in by members to make this event so successful.

As we end the ***Economic and Community Development month***, The Rotary Four Way Test challenges us to take a close hard look at the realities in our own communities. In particular we must ask the question ***"Is it Fair to All Concerned"***

Enjoy this week's issue and thank you to all who read and share the Naalya Food Bulletin.



Keno Lillian
Bulletin Officer



PRESIDENT'S MESSAGE

DEAR ROTARIANS AND FRIENDS

Yes, we have come to the end of the month of the theme- **Economic and Community Development**. What next? A call for actions. Rotary Club of Kampala-Naalya, as a member of the family of Rotary, we are raising our hands to be counted in action. Our actions are being manifested in Akwang Secondary School, Kamuli district with small community of women and youth groups, and in St. Mbaga Primary School, Kiwatule. We do share our love and friendship with these communities. We have learnt that sharing from the heart comes with satisfaction. Where we put our hearts, we put our hands too. Sharing empowers. We have known that what seems little given to a community in need, it is a big leap to someone in that community. Teenage mothers have returned to school out of the "little" giving from the club members; giving in terms of their skills, encouragement, time and financial resources.

A club which is in constant learning is also a moving forward club. Its roots are in the friendship of its members. The determination of any club member gets re-energizing when there is togetherness in action. Over time, in our Club, the energy and resources were mobilized and put in building Akwang School Computer Laboratory. Time has passed by but members' eyes are still fixed on the goal; completing the equipping of the

laboratory. It is a tough undertaking for the club based over 400km away from the site. Nothing has swung away the attention of the club members. So far, the distance moved in achieving the goal is more than the distance left. The completion of the task and handing over of a brand new and equipped computer laboratory to Akwang Senior Secondary School is just within the reach. We remain open for partners and any support to complete the equipping of the laboratory. For the Club, this month has been a month of 'retyring' and renewing energy for the last lap.

Any club project is borne out of a shared togetherness in action. This approach is our club's bedrock of undertaking projects. It is very essential where a project involves a community. There are number of things that get on the way during the execution and after the completion of a project. They are tasking and can break the bonding in the club. As a club, we have learnt to go as a partner. It is quite yielding. We leave the community to lead the process. Our partnership with communities is working.

Rotarians, this month's theme is a reminder to us that true giving is from the heart. Those who give from their heart never get reminded. They drive themselves. They are time conscious in their giving and feel obliged to do so. Action based on the heart is a rare privilege. This is where the Rotary Grace we keep reciting in our meetings and fellowships is tested. The theme of this month unfolds this and reminds members to do something for those in need and under privileged within us, among us and far from us.

In creating hope, there are opportunities for clubs to come together in action by sharing knowledge and skills, complementing and supporting community efforts, assisting in the delivery of services and raising people's hope. Let us take advantage of this to increase the horizon of hope.

Be blessed.

Rotarian
Godfrey Okello-Omoding
HCP

7 HEALTHY LIFESTYLE HABITS THAT CAN HELP PREVENT DEPRESSION.

Depression is such a common mental health disorder that it affects around 5% Trusted Source of all adults around the world, according to World Health Organization (WHO) estimates. While approaches like therapy and medication can help some people manage their symptoms, for others they are not that successful. Seven healthy lifestyle factors have been identified by researchers as reducing the risk of depression. The researchers listed these seven lifestyle factors as reducing the risk of depression:

- Having a healthy diet
- Regular physical activity
- Never smoking
- Limiting alcohol consumption to moderate amounts
- Having frequent social connection
- Keeping sedentary behavior to a minimum
- Getting adequate sleep

A healthy diet was found to reduce the risk of depression by 6%, moderate alcohol consumption reduced risk by 11%, regular physical activity by 14%, low-to-moderate sedentary behavior by 13%, and never smoking by 20%.

Having frequent social connection was found to be the most protective factor against recurrent depressive disorder. It reduced overall risk of depression by 18%.

Getting adequate sleep - Of all of the healthy lifestyle factors identified, the researchers concluded that sleep was the most important factor.

They said that getting between seven to nine hours of sleep a night reduced the risk of depression, even treatment-resistant depression, by 22%.

Extracted from MedicalNewsToday





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.

WHAT WE OFFER AT RELA DENTAL

CONSERVATIVE AND REHABILITATIVE DENTAL TREATMENT WHICH INCLUDES;

- Restorative (Fillings)
- Root canal Treatment
- Crowns and Bridges
- Orthodontic Treatment/Braces (For clients with teeth mal-alignment)
- Denture for clients with missing teeth
- Periodontal Treatment (scaling and polishing or Cleaning)
- Provision of mouth guards to sports men and women
- 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

Rotary
District 9213



CREATE HOPE
in the WORLD

ANNUAL ROTARY GOLF Tournament

FORMAT: Stableford

FRIDAY
24th
NOV 2023

FEES

INDIVIDUAL
PLAYER

75k

ROTARY
CLUB

2M

CORPORATE
SPONSORSHIP

10M

📍 Uganda Golf Club Kitante

🕒 8:30AM

Payment Details:

MTN MOMO PAY

***165*3*648672*amount#**

AIRTEL UG PAY

***185*4*9*4298410*amount#**

Powered by
Rotary Club of Kyadondo



LIFE MATTERS

Ecclesiastes 3:1..... To everything there is a season, and a time to every purpose under the heaven:

UNDERSTANDING TIME

There is something to be learnt from Greek philosophy on time. Greeks were ardent readers of seasons.

For example, they were very concerned with repeated occurrences during particular periods.

They studied patterns in time and searched for the reasons for such patterns.

This wisdom ought to be applied to your very own life.

For example, you may want to ask yourself why some things befall you in specific periods.

Understanding these patterns is the beginning point for any changes you wish to see in your life.

Days speak and the years teach wisdom. Maturity requires that you listen intently enough to know what is being said because repeated incidents and patterns in your life have a bearing on your destiny.

Pastor Ronnie Mutebi



#OUTTOLUNCH:

HIGH TEENAGE PREGNANCY RATE CALLS FOR A RETURN TO THE BASICS

For many years, we have heard that many young people fear becoming or making somebody pregnant than acquiring some sexually transmitted diseases including those that have no cure. Preventing pregnancy while having live sex is one of their preoccupations, which ends into, in most cases, an effort in futility. I am not sure if this is what prompted government to make a plan where 15-year-old girls could have access to birth control methods.

The issue of teenage pregnancy is one of those that is keeping health and education and perhaps the planning and finance officials awake. Uganda's teenage pregnancy rate stands at a national average of 24%, shoulders above that of East Africa according to the country's National Strategy to End Child Marriage and Teenage Pregnancy (2022/23 – 2026/27) of the Ministry of Gender, Labour and Social Development. In regions like Busoga, some counties have in the past recorded rates as high as 40%!

Some reports from the National Population Council indicate that Uganda's health facility expenditure on the healthcare of teenage mothers stands at almost Shs250 billion a year. And it is estimated that at least 1,000 girls aged below 18 get pregnant in the country every day! The overall cost of teenage pregnancy to the economy is said to be a whopping Shs1.2 trillion annually.

Some of the adult men responsible for these pregnancies are the people entrusted with taking care of these young girls. Teachers, cousins, uncles and in some cases even biological fathers.

There is also the issue of poverty. Parents trying to cash in on their girls through bride price as soon as they see signs of a protruding breast or hear that their daughter is now menstruating. In order to get an emaciated cow and a few cheap gifts such as nylon or polyester clothing, they start looking for men with some means to pay. Many such men even pay in installments.

Teenage girls also trying to run away from biting poverty at home, agree to sleep with whoever they think has the means to make their lives better. Many times, such men are also struggling to survive and are unable to look after themselves.

Maternity wards of public health facilities are full of teenage mothers struggling with the after effects of



DENIS JJUUKO

either giving birth or unsafe abortions. School dropouts are increasing by the day. A generational crisis is on the horizon.

Research shows that the more years one spends in school, the more chances of living a better life by earning better but also being able to make informed decisions such as when to have a baby. And importantly, who to have that baby with.

In many parts of rural Uganda, children delay to start school. It is not uncommon to find a 16-year-

old girl or boy in primary four yet they should be towards the end of their lower secondary education. By the time they are in primary six or seven, they are already adults by any standards who are now being pressurized to give their parents what they consider an ultimate reward — a grandchild. For the boys, many times they go for the girls in lower classes. A cycle of teenage pregnancies then is established in the family leading to continued household poverty.

If we are to reduce the rampant teenage pregnancies, there is need to send kids to school early so that by the time they are pressurized into sexual activities, the majority have matured to understand the consequences.

Fighting household poverty is critical. A parent who isn't looking for a cow or gomesi will think twice before offering their daughter for marriage.

Also, we need to go back to the basics like it was in the 1980s and 1990s with the advent of HIV/AIDS. Sexuality education was key in the fight against HIV/AIDS. People understood from a young age that indulging in sexual activities without a condom was a one-way ticket to the graveyard even though there was also emphasis on abstinence and being faithful.

Teenagers need to understand their sexual rights but also the dangers of engaging in sexual intercourse and more so doing it without using condoms. Pregnancy is not the only consequence of having sex. Sexually transmitted diseases still exist.

We may prefer to concentrate on pregnancy but the same teenagers will be returning to health facilities for treatment of STDs. They will drop out of school too because they are sick. The burden on public social services will be high. So why not use the abstinence, being faithful and condoms model? Family planning could be preached to those older enough to make these decisions. We should spend less time holding national prayer breakfasts and impart teens with the sexuality education they need to make informed decisions.

The writer is a communication and visibility consultant.
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TeamBuilding at TEMBUZI

ABOUT US

Tembuzi Cultural Fun Park is designed as a family-friendly leisure park, with recreational facilities, kid's play area, restaurants and bars. Tembuzy is a place where individuals and families can chill, catch-up and celebrate themselves.



WHAT WE OFFER

Tembuzi Cultural Fun Park offers you the most appropriate venue for all kinds of outdoor corporate events, including team building activities to increase communication, motivation, leadership skills, goal setting abilities and productivity.

Along with an amazing space, we offer food, drinks and a games master to guide the experience. Book the Tembuzy space for team building, corporate parties and more.



Pk's Corner

After All Is Said And Done

For most of The years have passed by
In the blink of an eye, Moments of sadness
And joy have flown by.

People I loved Have come and have gone,
But the world never stopped, And we all
carried on.

Life wasn't easy, And the struggles were
there, Filled with times that it mattered,
Times I just didn't care.

I stood on my own, And I still found my
way,
Through some nights filled with tears,
And the dawn of new days.

And now, with old age, It's becomes very
clear; Things I once found important
Were not why I was here.

And how many things I managed to buy
Were never what made me Feel better
inside.

And the worries and fears That plagued
me each day, At the end of it all, Would
just fade away.

But how much I reached out To others,
when needed, Would be the true measure
Of how I succeeded.

And how much I shared Of my soul and
my heart Would ultimately be What set
me apart.

And what's really important, Is my opinion



Pamella Kawaddwa

of me, And whether or not I'm the
best I can be.

And how much more kindness And
love, I can show Before the Lord tells
me It's my time to go.

Showing kindness is a choice.

Pkwy

Rotary International Board Votes to Eliminate Annual Theme, Logo

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.

The Rotary International Board of Directors has voted to eliminate the annual presidential theme and logo. The change is taking effect on July 1, 2025. Over the years, Rotary International Presidents had to come up with a theme to guide activities for the largest Humanitarian Service Organization.

This year's theme focuses on creating hope in the world. But during their October board meeting, the directors considered the data that shows that Rotary needs to increase continuity and brand consistency despite its leadership changing year over year.

By using consistent and unified messaging and visuals to tell the Rotary story, the organization can focus on what's important to it: increasing public awareness and understanding of who we are and what we do, offering a memorable membership experience for all, and raising contributions for The Rotary Foundation.



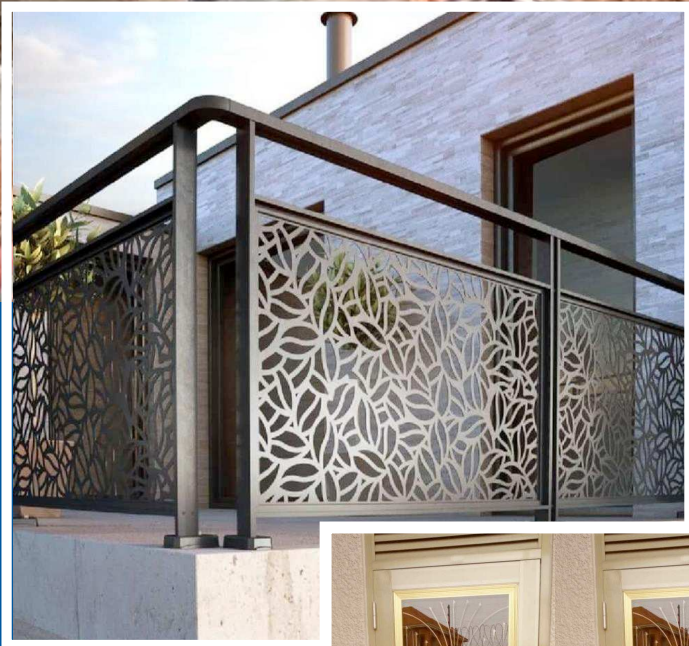
MEET AND GREET

DGE Anne Nkutu meets PEs, PPs and PDGs at Tembuluzi cultural Fun park, Saturday, 28th 2023





**Aluminium and
Metal Fabrication**



**Najjera- Buwaate Rd, Kira
+256 75 811 1409 +256 740 863 399
vipventuresltd@gmail.com**

Rotary
Kampala-Naalya



CREATE HOPE
in the **WORLD**

LET'S CELEBRATE!



Rtn Joachim Buwembo

Happy Birthday

The Home Hospitality

***Thank you Rtn Joachim Buwembo
for hosting us***





PDG Kyemba Memorial Fellowship Pictorial





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



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 
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

Rotary
District 9213



**CREATE HOPE
in the WORLD**

TRF

RECOGNITION
Dinner

MOST GIVING CLUB TO THE ROTARY FOUNDATION

First Place
Cow

Second Place
3 goats

Third Place
2 goats

Rotary District 9213 @rotaryd9213 rotaryd9213



TRF

RECOGNITION

Dinner

Individual Recognition

1. New Arch Klump Society
2. New Major Donors & Major Donors +
3. New PHF & PHF+
4. Rotary Sustaining Members
5. New Bequest Society Members
6. Benefactor

Club Recognition

1. Most Giving Club to the Foundation | Rotary & Rotaract
2. 100% Foundation Giving
3. 100% Paul Harris Fellow Club
4. 100% Every Rotarian Every Year Club
5. Per capita in Annual Fund Giving
6. End Polio Now | minimum of USD 1500 from a club