

# Naalya Food October 2023 Bulletin

Rotary  
Kampala-Naalya



CREATE HOPE  
in the WORLD

Issue 17



## Inside This Issue



04

Celebrating  
PDG Henry Kyemba



10

Principles  
of Harvest



15

The Conflict In  
Israel And Gaza

# Editor's Note

## DEAR READER,

I hope this issue finds you well and provides you food for thought as we mark **World Polio Day, October 24**. It is not too late to make what could be your most important financial contribution to the Polio eradication campaign.

Rotarians around the world have over the years contributed generously to end polio, a reason we have special attachment to this day.

Through decades of commitment and work by Rotary and our partners, more than 2.5 billion children have received the oral polio vaccine. I know you want to see this number grow. Not so?

Let us know what you are doing as part of the drive so that we can feature you in our next edition of the Naalya Food Bulletin.

This week's issue honors PDG Henry Kyemba who passed on Thursday. In his tribute DG Edward Kakembo Nsubuga describes the late as an exemplary Rotarian and tells us to celebrate the spirit of Rotary that he embodied.

Get a glimpse into his Rotary Journey and much more as we honor his legacy and celebrate, a life well lived, a life that touched millions.

***Rest with the Angels PDG Henry.***

“**Do your little bit of good where you are;  
it is those little bits of good put together  
that overwhelm the world.**”

— **Archbishop Desmond Tutu**



Keno Lillian  
Bulletin Officer



# PRESIDENT'S MESSAGE

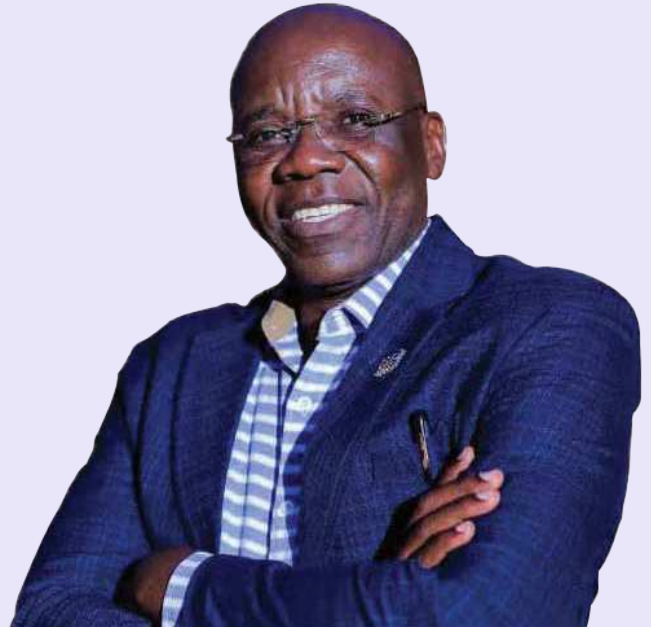
## DEAR ROTARIANS AND FRIENDS

As we come towards the end of the month of October, it is important to remember that Rotary worldwide had two important days to commemorate- World Mental Health Day and World Polio Day. In the case of Uganda, World Mental Health Day and World Polio Day were commemorated on 10th October 2023 and on 21st October 2023 respectively. Our Club had representation in all these days' commemorations. In addition, the Club is in advance stages in the development of project proposal on mental health. While for polio, besides the general commemoration, the Club invited Dr. Daniel Okello Ayena, the KCCA Director of Health Services, as a guest speaker to talk on polio during fellowship/meeting on 24th October 2023.

As we continue to reflect on economic and community development, the theme of the month, last week we had a talk on **"smart financial investments in unit trusts"**. It generated a number of questions; hopefully members have got another option to invest their money in. This, of course, is an alternative for those with "some income" to put a side. What about for those with very limited income or hardly any to save? They are there and they are many. These are the ones we ought to keep pondering about. Asking or looking out for models to transform them and pluck them out of the economic trenches they are in.

As a country, Uganda, we have the popularized Parish Development Model (PDM). This is another model addition to several models; Operation Wealth Creation, Youth Fund, Women Fund, and other projects aimed at striking off a large number of people from poverty statistics. A wish is push them to better income earning brackets. With all these models in place, could there be a missing link delaying or slowing anticipated transformation? One may ask. This and many other questions Rotarians may also be asking themselves this month. For Rotary, what economic and community development models is it engaged or using?

When one scans a cross Rotary Clubs, every Club is trying to do something or has at least a service project. You ought to do something because as a Club you should be seen having a project! One wonders whether Rotarians have asked themselves whether their Clubs' models of doing projects is bettering their intended beneficiaries. Of course, Clubs will say; "we did a community needs assessment". Therefore, we are targeting the right problem, and making an impact or we shall make an impact. A good answer if one argues from a point of "making or bringing in additions". Yes, you are adding. Whatever the case, additions when well targeted do transform



and empower communities. Sometimes they play a catalytic or an acceleration role. Building a school, for instance, can transform entire community. It can light a community.

This month, again, as Rotarians, we are challenged to remind ourselves on coherence and integration of our approaches to community development. And how they are intertwined with the developments that are on-going or going with transforming and empowering communities. Yes, there are cases, particularly in building facilities like health facilities and schools where missing links have surfaced at the end. We build wonderful structures but later there are no personnel to provide services. When building a facility, often the expectation is that there is someone else who will provide personnel. When this fails or delays to materialize, it becomes a missing link when it comes to the operationalization of such a facility.

Therefore, in creating hope through economic and community development, there need to be synergy thinking and building. Short of synergizing is short of sight for hope creation. Short of synergizing is short of impactful results. Short of synergizing for and with a community is an isolation of a community. This can lead to short time hope.

**Be blessed.**

---

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

---

# CELEBRATING PDG HENRY KYEMBA

**T**he fallen Rtn was the son of Suleman Kisanjja and Grandson of Chief Luba of Busoga who is discredited for murdering Bishop Hannington on the orders of Kabaka Mwanga.

Rtn Kyemba's father was a prince of Bunya Chiefdom and his mother a Princess from the famous Daudi Mutekanga family.

Henry Kyemba was the last born of seven brothers and four sisters. All his siblings are deceased and his passing on October 18 marked the end of an Era.

Rtn Kyemba graduated in 1962 from Makerere University was a professional historian.

In his long and distinguished career, he served Uganda in various capacities including as Permanent Secretary and Minister in the government under three presidents - Dr. Apollo Milton Obote, Idi Amin and Yoweri Kaguta Museveni.

He was a Rotarian for over 35 years. During his time in Rotary, Kyemba served in various capacities including as the third indigenous Rotary District Governor 1995/96 after the late Sam Owori. He is a Paul Harris Fellow and a benefactor to The Rotary Foundation.

In one of his interviews with our own PAG Flavia Serugo, Rtn Kyemba said he got to know about Rotary when he was Private Secretary to Prime Minister Milton Obote and more when he became a minister during President Amin's time.

At that time in the 70s, Phan Ntende, the First Black District Governor and Sam Owori had a big project to help a girl who was, mauled by hyenas in Karamoja and had to seek treatment out of the country.

Besides being his tribe mate, Phan was Kyemba's personal friend and the best man at his wedding in 1965. Kyemba eventually joined Rotary in 1987 as a Vice president and charter member of Rotary Club of Source of the Nile.

He was persuaded by Sam Owori although he had reservations at that time because not only was



he serving as a member in the National Resistance Council in parliament, President Museveni had appointed him as a Minister. He recalls telling Sam Owori that there was no way he would make it for Rotary which by then had strict rules of attendance.

However, Sam told him he would make up for his absences in Kampala. He asked him to continue serving or else his qualification and Rotary cadreship would be affected.

"Everything I am in Rotary is because of Sam Owori. He was very special and I respected him for his principals and attitude to life. I do owe him a lot and proud of him."



During his tenure as Governor of D9200 Henry Kyemba's goal was to emphasize the importance of literacy and knowledge.

"As governor you get a lot of exposure and it's not just enough to go for conventions but make connections for your district. When I went for the Governor training I got close to Governor Steven Brown of District 9340 and we decided to collaborate on literacy and education. We organized a drive to donate encyclopedias - 200 volumes were distributed to schools within Uganda and later extended to Kenya and Ethiopia."

At the time the district (9200) consisted of Uganda, Kenya, Ethiopia, Djibouti, Eritrea, Seychelles, Mauritius, and French Union. Tanzania then was not part of the district.

He however observed that the challenges in the governance were putting more pressure on Rotary service.

"The more things change, the more things seem to remain the same. Uganda had a very good health system. Doctors and nurses were trained, and the hippocratic oath was taken seriously. We used to have a population of 5 million in the 70s and now it's 40 million. It's a challenge to Rotarians and other organizations to think more of what to do."

He stated that the Government was overwhelmed and their priorities get a bit side-tracked and while

Rotarians have contributed money to many people they have never seen, sometime they look as if they are living in outer space in a country where they were born.

His plea though is for people to put value to service, because even if they give you this whole country you cannot have 5 meals a day. "Let's commit to give good service."

Besides his Rotary Service, Kyemba said he decided to join the civil service as a District Commissioner in the Colonial Government so that he could get to serve his people despite the salary being low compared to those who went to private companies.

At the time, he recollects asking the colonial administrator to post him to Kabale or Mbale because he thought they were beautiful places. Instead, he was offered a job to work in Entebbe.

He later served as a Private Secretary to President Apollo Milton Obote, Minister of Health during Idi Amin's Era, Member of the Constituent Assembly, Member of Parliament and a Minister in President Museveni's regime.

In all these positions Kyemba was able to achieve his goal of meeting people from all walks of life including Chairman Mao, Pope Paul VI, Queen Elizabeth and several regional Heads of State.



**PDG Henry Kyemba (in Jean Shirt) pictured in March 2023 alongside DG Mike Kennedy Sebalu, PDG Francis Xavier Ssentamu, PDG Stephen Mwanje and DGE Anne Nkutu**



# 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. Tembuzi 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 Tembuzi space for team building, corporate parties and more.

# Legacy of light: homage to Henry Kyemba the African icon

In the land where the sun kisses the horizon,  
Where the spirit of Africa dances with pride,  
A great soul has departed, leaving a legacy,  
Henry Kyemba, a name etched in history's tide.

Born in the year of '39, a spirit awakened,  
A flame ignited in the heart of a young soul,  
In the midst of an era fraught with turmoil,  
He strived to make his mark and make us whole.

Oh, Henry, a proud son of Busoga College Mwiri,  
Where knowledge is nurtured, and dreams take flight,  
You walked that great Hill, full of vigor,  
Absorbing wisdom, embracing the gift of light.

With the courage of a leopard, you soared beyond,  
Becoming a beacon of hope, a guiding star,  
A Past District Governor in the realm of Rotary,  
A testament to your dedication, near and far.

Minister and author, a man of many talents,  
You wielded your pen to speak truth without fear,  
In your book 'State of Blood,' you ripped open  
The veil of darkness, exposing a dictator's sneer.

Your words were a sword, cutting through the lies,

Unveiling the atrocities, revealing the pain,  
You shed light on the horrors faced by many,  
Awakening a nation, empowering the slain.

Henry, your energy was boundless, your  
commitment unwavering, A true embodiment  
of Africa's vibrant soul, You waltzed through life  
with a smile and purpose, Leaving footprints  
behind, our hearts console.

As your spirit takes flight, soaring to the heavens,  
Know that you will forever be cherished and  
revered, Your legacy lives on, your memory etched  
in time, Henry Kyemba, a legend, in whom we'll  
find solace dear.

Rest now, O great one, in the embrace of eternity,  
Where the spirits of our ancestors welcome you  
home,  
Your words, your deeds, your spirit shall inspire,  
For you have left an indelible mark, wherever you  
roam.

***CPA Frederick Kibbedi***





# HOME REMEDIES TO IMPROVE MEMORY

Are you having trouble recalling where you placed your car keys or your smartphone? Do you occasionally forget to get a thing or two from the supermarket? Has the meeting with your specialist you booked a week ago completely escaped your mind? Having a poor memory can make even those regular day-to-day activities extremely difficult and frustrating.

## 1. Almonds

There is some science behind this cerebrum nourishment called the almond. Almonds contain a huge amount of solid supplements that can improve your general brain well-being, as well as strengthen particular mind capacities. Almonds are known to be quite rich in lean proteins. These protein gives you a much-needed boost of vitality, as well as repair the cells of the brain; hence enhancing your brain's thinking capacities, as well as its memory.

Almonds contain the mineral, zinc, which is known to keep your body's immune system working. Zinc is a cell reinforcement nutrient that fights the damaging free radicals in your circulation system. These free radicals easily attack and destroy the brain cells in the absence of zinc.

Notwithstanding that, almonds also contain supplements like vitamin B6, which helps in maintaining the well-being of your mind. It also brings you vitamin E, which slows down the aging of brain cells that negatively affect memory. The omega-3 and omega-6 unsaturated fats in almonds enhance brain function, and the magnesium in almonds helps ensure that the nerves in your brain are strong.

In addition to that, this nut is thought to be one of the most highly-nutritious brain foods available. Incorporate this nut in your meals and snacks, and you could see a difference in your mental sharpness over time. You can also try almond milk, almond butter and almond paste in your recipes and meals.

## 2. Rosemary

Rosemary (*Rosmarinus officinalis*) is one of the most seasoned known therapeutic herbs. Both the leaves and flowers have been utilized for medicinal purposes for quite a number of years to enhance memory. Scientists found that the most prominent dynamic compound in

rosemary, plasma 1,8-cineole, causes an expansion in acetylcholine, the neurotransmitter in charge of memory and learning. Medications to treat Alzheimer's illness work by hindering the breakdown of acetylcholine. Incidentally, rosemary basic oil is a great way of getting 1,8-cineole specifically to the brain cells. After rosemary basic oil is breathed in, 1,8-cineole atoms go straight from the circulatory system into the brain cells by passing the liver for processing.

Some memory losses are viewed as a typical sign of aging. Rosemary protects the mind in an assortment of approaches to minimize harm and reduce the rate of brain cell maturing. It significantly increases the blood flow into the brain cells, which thusly supplies the cells with more oxygen and nutrients.

Rosemary contains carnosic acid, a powerful cell nutrient that protects the





mind from harm. Free radicals are usually unattached oxygen particles that accelerate the aging procedure and add to neurodegenerative sicknesses like Alzheimer's. You can utilize rosemary in the kitchen as a flavoring or as a tea.

### 3. Black Seed

Meet the new super-seed, the dark seed, also called black cumin, which is edging into the well-being spotlight. This dark seed boasts some high levels of mind-sharpening properties that were recently published in the *Ethnopharmacology Journal*. Black cumin has antioxidants, neuro-securing and anti-inflammatory characteristics that are responsible for brain-boosting capabilities. This is according to Muhammad Shahdaat Sayeed, who is a lecturer at the University of Asia Pacific in Bangladesh. He adds, "At the point when neurotransmitters in charge of memory repair is degraded, ordinary memory is affected."

Medical practitioner Kevin Spelman, Ph.D., is an established medicinal strategy in enhancing memory reports that black seeds are rich in essential oils, which have been connected to stimulation of the brain, and may put the brakes on the breakdown of the neurotransmitter known as acetylcholine.

### 4. Indian Gooseberry

Indian gooseberry, occasionally called amla, has been used in Ayurveda to improve the power of memory, while making the nervous system stronger. For this reason, amla is often mentioned in the treatment of mental conditions or issues that are related to the nervous system. Its capacity in advancing memory control and enhance the quality of the sensory system is adequate enough for the Indian gooseberry to show up in the rundown of home solutions for enhanced memory.

A recent report that was published in the *Physiology and Behavioral Journal* concluded that preparation of Ayurvedic anwala churna, also known as amla churna, can greatly enhance your memory and help in the control of Alzheimer's disease. Because of its high vitamin C and cancer prevention content, amla can easily be used as a decent resistant supporter.

Despite the fact that Indian gooseberry is extraordinary at treating issues identified with the sensory system, it can also treat many conditions identified with inside organs, for example, fatty liver disease.

Indian gooseberry can help you keep your memory intact, and additionally slow down the progression of memory loss. Here's how to use Indian gooseberry for memory enhancement:

- Take one to three teaspoons of amla three times a day for two weeks.
- Grind one teaspoon each of Indian gooseberry root powder and white sesame seeds into a powder. Add one teaspoon of honey to this blend. Consume it once a day for two weeks.

This remedy for better mental cognition and memory is inexpensive and easy to prepare, so give it a try. It is also natural and doesn't come with any troubling side effects, too.

### 5. Fish Oil

Eating oily fish like mackerel, salmon and trout can significantly increase the capabilities of your memory, according to researchers. A recent study found that an unsaturated fat found in fish and fish can help memory work 15 percent better. Researchers are currently highlighting the significance of a fish-rich eating routine for maintaining mental well-being and keeping the onset of dementia at bay.

Analysts have found people who neglect to eat enough fish could be harming their brain function. Fish has been proven to be a healthy part of a person's diet, but it is oily fish, in particular, that deliver more DHA, an omega-3 unsaturated fat found in fish and seafood like salmon, mackerel, sardines, trout, prawns and mussels. If you don't like fish, you can take a fish supplement instead. Be sure to ask your doctor to help you determine exactly how much you need to take each day.

### 6. Coconut Oil

There's a considerable buzz right now about coconut oil being important for your brain cells. The main contention is that coconut oil is rich in medium-chain triglycerides, or MCTs, which are metabolized uniquely in contrast to most other fats. The MCTs in coconut oil are broken down into ketones, which can be utilized by the brain cells as fuel. The thought is that providing the mind with some additional fuel may make it run better.

You can use coconut oil in a variety of dishes and recipes. It is a great oil for cooking, since it has a high heat capacity. It is also affordable and easy to find in your local grocery store.

### 7. Cinnamon and Honey

Both cinnamon and honey are useful for relieving tension in your nerves and enhancing memory. Research demonstrates that even smelling cinnamon can upgrade your memory and subjective capacity. This may sound funny, but it is just like using aroma therapy, which has been proven to work.

Also, eating honey around evening time before going to rest may help you avoid nighttime metabolic anxiety. It additionally encourages rest, which can help improve your brain's activity and memory.

***There are many things you can do to keep your brain healthy and sharp. Be sure to try these tips, but if after a time, you find they are not working, make an appointment with a Doctor.***

Extracted from Medical News

# Improve Mental Health with these foods





# *THE PRINCIPLE OF HARVEST.*

Harvests are governed by principles. It is not a matter of merely reaping what you have planted. These principles are vital because if you do not understand them, you may frustrate your yield in the next season of your harvest.

One such principle which is remembering the poor in your time of harvest.

When God blesses you with an opportunity, always seek the opportunity to help and support the poor, service beyond self.

In doing so, you confirm to yourself that you trust the God of the harvest to bless you through the coming seasons. This helps you in your faith beliefs, testifying to the fact that during the next month, you will still have a job; that the next deal for your business is guaranteed.

When you help the less privileged, it is an acknowledgment to God that He is your source making you a source to others too.

*Ps. Ronnie*







# 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

#OUTTOLUNCH:

# Capital Markets, Not Chickens, Better Option For Your Investment

Lost a job unexpectedly? Side income to supplement the family income? What about that elusive job? Stay home mum being urged to do something with her time beyond looking after babies?

Well, if they are in Uganda, they would most likely turn to poultry. A business heralded as one with quick returns — two months or so in and you are on the market either with broilers or supplying eggs to rolex makers.

Poultry is one of those businesses Ugandans love but also the one they least learn from. Drive or take a walk in your neighborhood and if you are a keen observer, you will come across a few gigantic buildings, some storied with wire mesh on either side.

At first, it will be a beehive of activity. A guy who arrives at dawn every morning wearing a necktie and in a rush to beat Kampala traffic to be at his desk by 8.00am. If you eavesdrop, he would be urging workers to offload the chicken feeds.

Many times, “Madam” will be visiting as well on some days in her Toyota Wish which would be loaded with trays of eggs.

A few months in, the chicken house will be expanded and you will hear chicks chirping. Stoves being lit and more loads of feeds arriving at the “farm” this time by a truck.

Soon after, “Madam” will stop showing up alone, only appearing whenever “Mr” is around especially over the weekend. As an outsider watching this business from the sidelines, you realize there is some tension. Sometimes “Madam” doesn’t even get out of the vehicle to check on the chicken and bellow out instructions. She remains in the car on her phone, perhaps whatsapping her buddies or enjoying reels of TikTok and Instagram videos.

At the bar in the trading centre, the story is that “Madam’s” Toyota Wish was sold, which explains the feeds being delivered by a truck.





She is unhappy about the project but has been promised a Subaru in a few months' time when the eggs or chicken are sold. She doesn't think that would be the case but she doesn't want to be accused of being unsupportive to the family business. She already feels poultry is the source of her unhappiness.

The business is not turning any profit but entrepreneurs whose business is speaking at conferences have told her that when you decide to do something, you shouldn't give up. Success is for those who are patient. Those who are in it for the long haul.

With an unhappy "Madam" at home, "Mr" is starting to realize that she was actually right. The business is not making any money and has only been surviving because of his salary loan and the benevolence of "Madam" who agreed to sell her Wish.

To cut costs, he decides to only visit two times a week. The workers simply call and he sends mobile money. But there is another reason for his lack of visits too. He owes the feeds guy in the trading centre some money. He can only show up if he has the money. The guys at the farm meanwhile are now the suppliers of chicken to all the Mchomo guys in the town. But "Mr" is not aware of this.

Then as "Mr" navigates heavy traffic in Kampala, he hears an advert over the car radio that if you invest money in some company in an office suburb of Kampala, you would earn a 40% return within five months. If you invest a lot, you are guaranteed 15% profit every month.

The beauty of this is that you won't have to run to the farm every morning, quarreling with workers and having an unhappy spouse at home because her car was sold to support the family business. You will be monitoring the business on mobile app on your phone.

You are a man of your word, so getting her a Subaru is high on your mind. It will rekindle your love. The family will be happy again.

So you approach the bank again or sell off some family assets. With the money, you visit a well branded, well-advertised company with an office in the most expensive parts of Kampala and hand over the cash.

They give you some document printed on paper with marked margins to append your signature. And then you go back home and wait for a few months to get paid so you are happy again. Only to hear that the guys have closed office and have run to the hills.

On reporting to police, you find another 50 people some with complaints of having spent hundreds of millions of money. You realize you were scammed. But you're happy you were not the biggest loser.

Sounds like fiction? Yet it happened with Capital Chicken. The founders ever so careful not to have public profiles understood the frustrations of a Ugandan poultry farmer and devised a strategy on how to scam them. By the end of the day, some 50 people according to reports had lost Shs2 billion. Many won't come out. They don't want you to know that they aren't that sophisticated to be conned like that.

Of course when a deal sounds too good to be true, you need to run. And the first sign of such a business is the promise of high returns when doing nothing. How would somebody invest Shs1m in chicken and get Shs400,000 in five months? It is too good to be true. How would you invest Shs100m and get a return of Shs15m every month. Would those chickens be laying the proverbial golden eggs?

But the story of Capital Chicken is ironical because it comes at the time when there is an initial public offer (IPO) of a telecom company, where you would think people should be investing. Instead, we go into a business with people who are faceless and a model likely to scam most people while leaving a regulated telecom to literally beg (they have extended the period of the IPO, a sign of low subscription) people to buy its shares.

This calls for more education regarding investments in capital markets (not chickens) and ensuring that we provide an environment that enables these businesses to grow to provide regular returns to their shareholders.

The stock exchange needs to be vibrant so people can trade in shares as often as they wish without losing a lot of value. Thereby increasing the shareholders liquidity options.

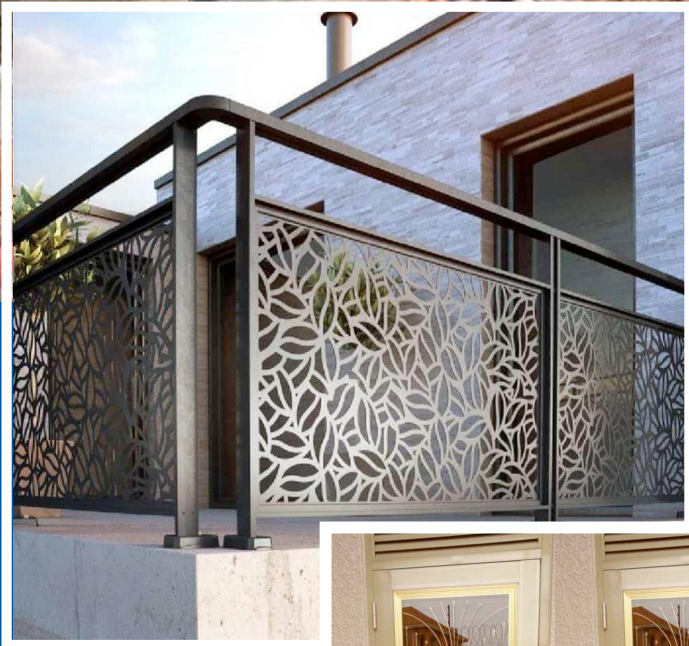
Although pyramid schemes like Capital Chickens cannot be fully eliminated, if people learnt more of other genuine options where they can invest without hustling, they would put their money there.

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





**Aluminium and  
Metal Fabrication**



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



# ROTARY STATEMENT ON THE CONFLICT IN ISRAEL AND GAZA



Recognizing there has been protracted suffering in the long history of conflict between Israel and Palestinians in Gaza, Rotary International urges all parties to seek avenues to peace.

At the same time, we unequivocally condemn the horrific attack by Hamas on Israeli civilians and are appalled at the number of people who have been injured, killed, and kidnapped.

As the war between Israel and Hamas intensifies, we remain deeply concerned about the potential for further escalation as well as the loss of life and the humanitarian crisis that is occurring in Gaza. We denounce the violence against innocent civilians and support upholding international humanitarian law.

Peace building is both a cornerstone of Rotary's mission and one of our areas of focus. At our core, Rotary is a common ground for people to come together – across nationalities and religions, cultures and histories – and connect around their shared belief in a better tomorrow. That connection is what humanizes us in times of conflict and builds a foundation for lasting peace.

Rotary remains committed to working with our members, partners, and communities to find long-term, sustainable solutions that support peace and development in the region and elsewhere.

# THE 2024 ROTARY CONVENTION CITY DAZZLES WITH ITS CONSTANT REINVENTION

Rediscover Singapore By Wen Huang



In June 1999, a year after I joined the staff of Rotary International, I attended my first convention. It was then that I first witnessed the global power of Rotary and made my first batch of Rotary friends. And it was then that I was introduced to Singapore for a second time.

My first trip to Singapore occurred five years earlier when, as a journalist, I covered the third Europe-East Asia Economic Summit. At that time, Western financial media were referring to Singapore as the 20th century's most successful development story, which meant that the summit lured scores of policymakers, economists, and businesspeople from across Europe and Asia.

Once a British Crown colony which subsequently merged with Malaysia, Singapore broke away and was founded as an independent sovereign nation in 1965. Despite predictions that a string of small islands that lack natural resources to survive, Lee Kwan Yew, who was referred to as the founding father of modern Singapore, turned the tattered outpost of the faded empire into a thriving modern nation. The archipelago of 64 islands that was once plagued by malaria and rife with ethnic conflicts among its Chinese, Malay, and Indian populations, now stands as a gleaming city state, known in the 1990s throughout the world as one of the four Asian Tigers for its robust economic transformation along with Hong Kong, South Korea, and Taiwan.

Having grown up in China, where decades of Mao's draconian rule had impoverished the country, I, along with millions of other Chinese, became enamored of the Singapore model of economic success. My first impression of Singapore in 1994, which will forever be associated with the brightly illuminated skyscrapers that dotted the banks of the Singapore River, confirmed my belief that this was a place of modernity and prosperity.

My return in 1999 for the Rotary International Convention only reinforced that impression. Singapore, like many of its neighbors, was still reeling from the Asian financial crisis of the previous two years. So the arrival of nearly 18,000 business and professional leaders from around the world helped reinvigorate the tourism industry while also signaling the resurging presence of Singapore and eastern Asia.

For me, that feeling of prosperous modernity still prevailed, but in other ways, I had arrived at an entirely different destination. As I explored multicultural Singapore, my senses — especially my tastebuds — exploded with new impressions. I shopped for spices in Little India, visited the majestic Sultan Mosque in Kampong Gelam,



savored the famed Hainanese chicken rice in Chinatown. The experience was like a slice of mille crêpe cake, a locally popular dessert whose nine layers of treats and colors blend toward something inscrutably delicious. Finally, I thought, I knew Singapore.

That is until recently, when I watched the 2018 movie *Crazy Rich Asians*. Partially filmed in Singapore, the romantic comedy displayed breathtaking shots of the country's architectural landmarks, lush gardens, and mouthwatering food. Much to my surprise, many of those scenes were almost unrecognizable to me. I realized that my perceptions of Singapore were frayed and outdated.

But that is just another aspect of the place, no matter how recently or how often you've traveled there. "One of the secrets of Singapore's success is our ability to keep reinventing what we need to survive and grow," says Joanne Kam, a vice chair of the 2024 Host Organization Committee who served as the 2022-23 governor of District 3310 (Brunei, parts of Malaysia, and Singapore). "Each year and each decade brings new changes. So, the Singapore you see in May 2024 will be very different from what you and others remember."

That message was reiterated at this year's convention in Melbourne when I saw a promotional video at the Singapore booth. "You think you know Singapore?" intoned a deep voice. "Think again."

It was as if the voice were summoning me back — and this July I complied, re-visiting Singapore in anticipation of the 2024 convention. Next May, thousands of Rotary members will follow in my footsteps, some of whom will be visiting Singapore for the first time. Until then, sit back and imagine that same deep voice enticing you to make that trip as I describe just a few of the delights of this vibrant and dazzlingly modern nation.

## A city in nature

Even in July, the sun rises late here — after 7 a.m. I'm newly arrived in Singapore, cruising in a taxi along Orchard Road, an upscale shopping strip. That's when I see it: a 23-story tropical forest sprouting from an ascending stack of open terraces, each one supported by mammoth concrete columns that are themselves festooned in lush green creepers. It's as if sentinels of the equatorial jungle have overcome gravity. I squint my eyes and, from this distance, it's as if I'm looking at a giant block of Chinese script wreathed by nature.

This is the newly opened Pan Pacific Orchard Hotel, recommended to me by the Host Organization Committee. As a smiling front desk agent processes my papers in an open-air lobby, I ask a bellhop to show me the second-floor terrace, which is essentially a mini-tropical forest populated by exotic trees that I couldn't begin to name. Sitting on a stone step, I close my eyes. The sound of a cascading waterfall soothes my tired mind.

A man's voice startles me awake. "If you go up to the fifth-floor terrace, you will find tropical palm trees encircling a languid lagoon," says the receptionist. "You could relax on a lounge chair beneath a woven canopy of palm fronds."

My reverie on the hotel's Forest Terrace was an appropriate introduction to Singapore, which is rightly known as the Garden City — though Singaporeans prefer to call their metropolis "a city in nature" as they strive to be the world's greenest urban center. More than 40 percent of the country is covered in greenery, be it in the form of nature



reserves, parks, gardens — or a rain forest clinging to a skyscraper. The city-state has mandated that all new commercial and residential developments use landscaping such as green roofs, leaf-lined walls, or luxuriant gardens to help curtail the heat island effect found in almost all major cities.

Over breakfast the next day, Peng Sum Choe, a past president of the Rotary Club of Pandan Valley and CEO of Pan Pacific Hotels Group, introduces me to the concept of “biophilia,” a term defined by the late naturalist E.O. Wilson as humankind’s irresistible urge to affiliate with other forms of life. Choe says biophilic design now permeates Singapore, where nature — greenery — has been artfully integrated into the cityscape.

The pioneering concept of a garden city was the vision of Singapore’s first prime minister, Lee Kuan Yew, who became known as the “Chief Gardener.” In 1971, his government inaugurated an annual Tree Planting Day on the first Sunday in November, and Choe says that tree planting and other environmental projects have been a priority for Singaporean Rotary members over the past two decades.

And the city is slated to become even greener: The Singapore Green Plan 2030 calls for more than 200 acres of new parks and doubling the annual tree planting rate.

“Each time I return from an overseas trip, I’m grateful to the lush greenery in Singapore,” says Choe. “It puts me at ease, bringing me close to nature.”

If you want to see this abundant verdancy concentrated in one colorful and futuristic spot, visit the 250-acre Gardens by the Bay, home to a series of natural attractions. Flower Dome, declared the largest glass greenhouse by Guinness World Records, gathers orchids, magnolias, and a multitude of other plants from around the world. Cloud Forest is a tranquil dreamland of unusual flora and breathtaking panoramas, while towering overhead, the forested slopes of Cloud Mountain soar to a height of 115 feet. Is it any wonder that Choe calls Singapore a “beacon” for sustainable tourism?



## ***Where cultures meet***

In May, when Rotary leaders gathered at the convention in Melbourne to appear in a Welcome to Singapore video, Ghim Bok Chew presented them with silk scarves adorned with a radiant, multihued orchid called the Vanda Miss Joaquim. Chew, an RI director and the chair of the Host Organization Committee for the 2024 convention, later explained to me that the orchid is named after the woman of Armenian descent who first cultivated the hybrid flower in Singapore more than a century ago. “This orchid is Singapore’s national flower and a symbol of our history and national identity,” he said, and this particular orchid is an apt symbol of the island country’s multicultural heritage.

I get a glimpse of that heritage on my first day in Singapore when Joanne Kam, my Rotary guide and adviser, leads me to Chinatown, a sprawling enclave tucked alongside the city’s glittering skyscrapers. Here we see a five-story pavilion-style temple — where a holy relic, one of Buddha’s teeth, is on display — a Chinese heritage center, and dozens of Chinese restaurants, including Hawker Chan, a funky diner famous for its soy-sauce chicken rice dish that was once known as the least expensive Michelin-starred meal. Shops along the narrow streets display a colorful array of teas, silk dresses and robes, gold and jade jewelry, medicinal herbs, and porcupine-shaped durians, a sweet-tasting tropical fruit with a notoriously pungent smell.



Chew joins us for dim sum at the bustling, Rotarian-owned Yum Cha restaurant and tells me how his grandparents left their ancestral villages in China's southern province of Fujian and journeyed to Singapore for better economic opportunities. While his cousins attended Chinese schools, his parents broke with tradition and sent him to study in English; after graduating from the University of Liverpool, he returned home and, with a degree in computer science, launched a career in information technology and finance.

After our meal, as we make our way through the Saturday throng, Chew points out an imposing green structure, the Jamae (Chulia) Mosque. "There is a Hindu temple down the road," he says. "Different religions coexist peacefully here."

On my third day, Kam accompanies me to Kampong Gelam, a Malay district, where I meet Tengku Indra, a business consultant who has his own family history to share. He is a direct descendant of Hussein Shah, recognized by the British in the early 19th century as the sultan of Singapore. The family eventually lost the title, but its royal heritage lives on in Tengku Indra's name: *tengku* means "prince" in Malay.

Dressed in a traditional *baju melayu* outfit, Tengku Indra, the charter president of the Rotary Club of Kampong Gelam, shows me around one of Singapore's oldest urban quarters. As we walk and talk, Tengku Indra gestures toward the golden dome of the Sultan Mosque, which his ancestor had built for his subjects. Streets and bustling byways lined with halal restaurants and specialty stores surround the mosque. Here visitors can find handcrafted jewelry, perfumes, and accessories for the annual Islamic pilgrimage to Mecca. And, as Tengku Indra emphasizes, the neighborhood is also home to Indian and Chinese people, who have set up businesses there.

My next stop is Little India, where two other Rotary members, Rajamohan Munisamy and Anil Changaroth, both of Indian descent, await me. Changaroth treats us to a sumptuous meal at Madras New Woodlands, a south Indian restaurant in the center of Little India, where you will find the Corinthian pillars of the Abdul Gafoor Mosque, a 50-foot tall statue of Buddha in the Sakya Muni Buddha Gaya Temple (known as the Temple of a Thousand Lights), and colorful shophouses on Serangoon Road that sell traditional Indian dresses, dried herbs and spices.

Over *paratha*, an Indian flatbread, and *dosa*, a thin pancake, Changaroth, the charter president of the Rotary Club of Peace Builders Singapore, informs me of the different types of South Indian food in his flawless Mandarin and English. I sit next to Munisamy, a past district governor and vice chair of the Host Organization Committee. A practicing Hindu, he is married to a Catholic woman of Filipina descent. Their three daughters follow their mother's religion.

"Diversity is very important to us," says Munisamy. "Singapore does not have many natural resources. But we're rich in human resources. We want people of all races, both established immigrants and new arrivals, to live and work together peacefully. That's our valuable asset."

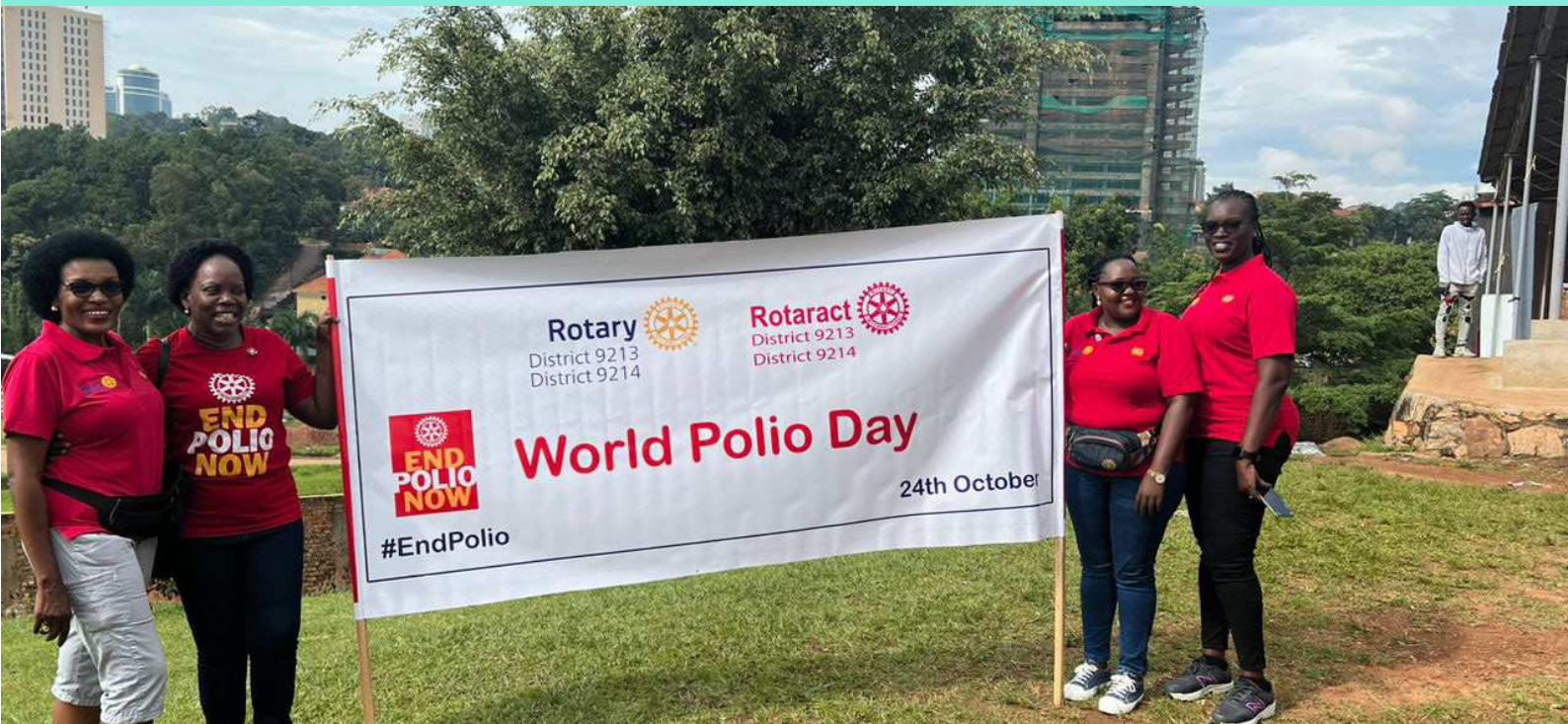
When I characterize Singapore's multicultural model as a melting pot, Kam corrects me. "A melting pot is a society where people blend together to form one basic cultural norm based on the dominant culture," she says. In Singapore, each ethnicity is encouraged to preserve its unique culture and traditions, and appreciate that of others.

And, as Chew told me earlier, "Rotary in Singapore embodies our multicultural society," adding that at a time when racial and ethnic conflicts are roiling many societies, it is his hope that the 2024 convention will enable Singapore — and Rotary — to showcase their unique approach to ethnic and cultural harmony.

***Join us in Singapore to connect with other Rotary members and discover new opportunities through Rotary.***



# **Pictorial from the District Polio Day commemoration**









# 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

**Powered by RC Kiwatule & RC Kyadondo**



