

Naalya Food November 2023 Bulletin

Rotary
Kampala-Naalya



CREATE HOPE
in the WORLD

Issue 19



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Editor's Note

DEAR READER,

The Editorial team welcomes you to November which is the Rotary Foundation month.

This is the month when Rotarians throughout the world take time to reflect on the work of The Rotary Foundation, the charity that sets us apart from other service organizations.

The Board of Directors of Rotary International recently elected **PDG Ijeoma Pearl Okoro** District 9141, Nigeria as a Member of the Board of Trustees of the Rotary Foundation, effective **1st July, 2024** and our issue this week features her profile.

Also, don't **miss HCP Godfrey Okello- Omoding's** message, and **Rotary International President's** November message.

Thank you for always reading our weekly Bulletin.



Keno Lillian
Bulletin Officer

PRESIDENT'S MESSAGE

DEAR ROTARIANS AND FRIENDS

Welcome to the month of November, the month dedicated to the **Rotary Foundation (TRF)**. And therefore, the theme of the month is **The Rotary Foundation**. It is the month for remembering, for being reminded and for sharing about giving; giving without expecting individual returns. You expect returns in the bettering of humanity. This month is about the heart of what enables Rotary to do what it does. As we journey throughout the month, there are things that need deep reflection. For instance, does one give because he/she has plenty or excess? Is giving an act of show off? Where does giving start from? What ought to be a nature of giving where there is pooling of resources together? These and many other questions and aspects of giving is what this month's theme is about. Indeed, the Club has prepared a monthly package for you on the theme. This is going to be unfolded over the month.

There are intriguing aspects of giving particularly where it comes to rotary giving. It is a joyful sacrificial giving. Giving not from plenty but still leaves a giver cheerful. Therefore, Rotarians ought to know their giving: why, how, when and what. Sometimes some Rotarians are tempted to extend or translate giving into a certain status; status of elevation. This makes people outside rotary to assume Rotarians are financially rich people. Well, in nature, there are people who get motivated to give for an elevation. They too need to be catered for as the rest are guarded from being demotivated.

District Governor, Edward Kakembo Nsubuga, has always appealed to every Rotarian to give even small amounts. He strongly believes in the power of "small givings" and their multiplication effect. True, small givings from many Rotarians brings in participation, encouragement and the mathematics of numbers. Very often, small givings hold alive the spirit of giving. Once the spirit of giving is held propelling, more people are attracted to give. This seems to suggest that giving can be transformed into a culture through small givings. Seldomly do people remember when they do the giving when it becomes a culture.

Also, voluntary giving detests pride. Giving ought to radiate immeasurable satisfaction especially when what is given is put into a better use. Extending help to others should be a source of happiness rather than pride. Let the behavioral part of our humanity be amplified through giving.



My time in Rotary, I fully appreciate that many Rotarians are sacrificial givers. They give because they understand the cause. They earnestly give to causes in which they are closely associated with or get associated with out of different reasons. They give not necessarily that they want to be recognized. They give out of conviction that someone somewhere can benefit, and also be part of the cause for creating hope for humanity.

In this month, there is a collective call to give regardless of the amounts. The focus is creating hope through giving. Let the feeling of creating hope convict you to give, get you belonging to the givers of hope, and get you sharing with the world the spirit of giving regardless of the amounts.

Be blessed.

Rotarian
Godfrey Okello-Omoding
HCP



WE ARE HIRING!

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- GENERAL SUPERVISOR
- BARMAN
- WAITRESS/WAITER
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RI PRESIDENT MESSAGE - NOVEMBER, 2023

THE ROAD TO PEACE

This month, Rotary takes a step toward supporting peacebuilding in the Middle East and North Africa region.

In November, Rotary and District 2420 are hosting a signing ceremony for our newest peace center in partnership with Bahçeşehir University in Istanbul.

The ceremony is the first in a series of events recognizing the new center at BAU and Rotary's work to promote peace. The 2024 Rotary International Convention in May will mark 25 years since the first Rotary Peace Centers were announced — coincidentally at the Rotary Convention in Singapore in 1999. Recruitment for the first cohort of Rotary Peace Fellows at BAU also starts in 2024, and selected candidates will begin their program in early 2025.

Since its beginning, the peace centers program has prepared more than 1,700 peace fellows working in more than 140 countries to create a more peaceful world. That is certainly worth celebrating, but Rotary Peace Fellows are more than statistics on a page. Their actions have helped Create Hope in the World and will continue to do so.

For example, Jennifer Montgomery and Gorett Komurembe — peace fellows from the program at Makerere University in Uganda — are co-founders of Magenta Girls Initiative. The international nongovernmental organization equips Ugandan girls and young women with the support and tools to overcome harmful gender norms, generational poverty, gender-based violence, trafficking, and trauma.

Ndzi Divine Njamsi, another peace fellow who studied at Makerere, has taken lessons learned about Positive Peace and is sharing them with students of his own in Cameroon. He became interested in the Rotary Positive Peace Activator training program after witnessing extremism, online hate speech, and violence in Cameroon. Since completing the program, he has brought his lessons on peace to students at the Yaoundé International Business School and other organizations in the Central Africa country.

The world needs more people like the graduates of the program at Makerere and our other peace



fellows. To that end, we can all advance peace by encouraging our local peacebuilders to learn more about Rotary and apply for this impactful fellowship. Rotary members can also mentor candidates for the fellowship. Or you can work with peace fellows who have already graduated. They probably have an initiative or two that would benefit from your help.

Our peace centers in North America, Europe, Africa, Australia, and Asia depend on financial support as well. The program at BAU was made possible thanks to a generous gift of \$15.5 million to The Rotary Foundation from the Otto and Fran Walter Foundation.

This new Rotary Peace Center will offer a one-year professional development certificate in peace and development studies for fellows focusing on peacebuilding within the Middle East and North Africa region.

Peace must be waged persistently; it is the soil where hope takes root. But as with any journey, we take one step at a time. Let's take those steps together.

Gordon McNally

President,
Rotary International

PDG Pearl Ijeoma Elected to RI Board of Trustees

Ijeoma Pearl Okoro, District 9141, Nigeria - Elected as a Member of the Board of Trustees of the Rotary Foundation, effective 1st July, 2024

District Governor 2015-16 Rotary District 9140 Nigeria

Assistant Regional Rotary Foundation Coordinator (ARRFC) Zone 20A 2016-17 District Trainer, District 9140 & 9141 2016-2018

End Polio Now Zone Coordinator Zone 20A 2017-2019

Member, 2018 Toronto Convention Promotion Committee

Member, Basic Education and Literacy Major Gift Initiative, 2017-18

Member, Nigeria Polio Plus Committee, 2017-22

Member Rotary Peace Centres Committee, 2018-21

End Polio Now Zone Coordinator, 2017-20

Endowment and Major Gifts Adviser, 2021-24

Co- Chair 2018 Lagos Rotary Institute

Co-Chair, Rotary International President's visit to Nigeria, 2021

Ijeoma, joined the Rotary Club of Port Harcourt in 1999. She emerged Best Club President and Best Assistant Governor



when she served in 2008 and 2010 respectively. She has served her District in many capacities, received several Awards from Regional and Rotary International. She loves travelling and has attended 21 Rotary International Conventions, several Rotary Institutes and events within and outside her Country, been to all States of Nigeria, several African Countries and to all the Continents of the World.

She created Africa Zone of Rotary Global History Fellowship, and received Awards in Portugal in 2013 for the preservation

of Rotary History and the 1905 Society Award for Exemplary Leadership in Sydney, Australia in 2014. She has a Stone raised in her honour at the Paul Harris Memorial Walkway in Chicago, USA by RGHF.

She is a great Volunteer and passionate about the cause of the girl child and the less privileged. She is currently the Endowment and Major Gifts Adviser for Region 27 Africa and a Member of the Promotion Committee of the Rotary International Houston Convention, 2022. She is committed to eradicating Polio in the World and serves in the Nigeria National Polio Plus Committee.

She has a Rotary International Regional Award for a Polio Free World, a Certificate of Appreciation from The Rotary Foundation for her significant role in achieving a Polio Free Africa and named in 2019 as one of the Five women in Rotary leading the Fight against Polio in the World.

She is the Regional Director of Consolidated Hallmark Insurance PLC and spent 27 years in the Insurance Industry. She has interest in Agriculture and Horticulture and runs a small pet project as a hobby. A devoted Catholic and a Knight of St. John's International (Laux).

A Charter Member of The Paul Harris Society, she is passionate about Family and happily married to Kingsley (Okoro, (KSJI) a former Rotaractor, committed to Family values and loves Community service.

They are both 3rd Level Major Donors of The Rotary Foundation, First Level Bequest Society Members and Paul Harris Fellows. They are blessed with two beautiful children; Keleremchim and Imammachim, all Paul Harris Fellows.



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;

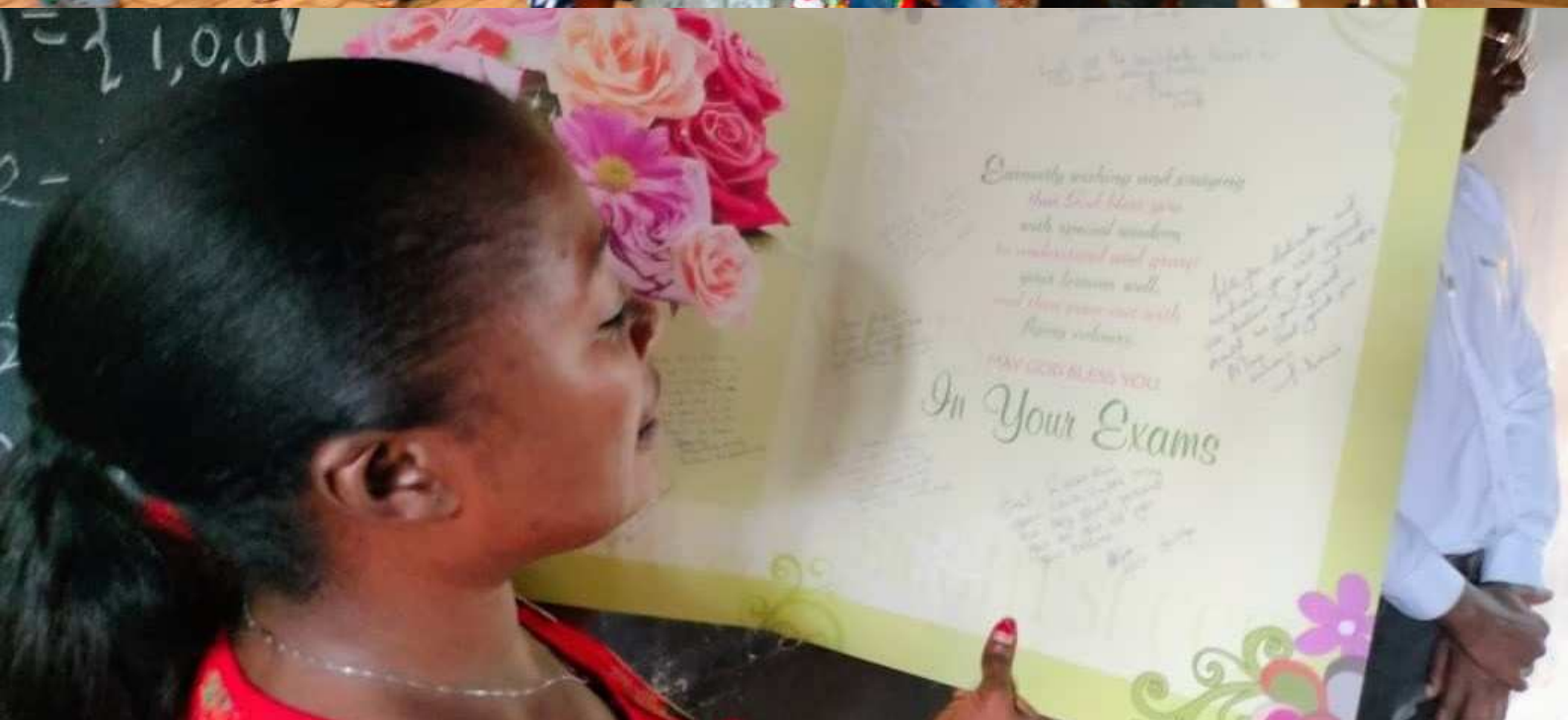
- Restorative (Fillings)
- Root canal Treatment
- Crowns and Bridges
- Orthodontic Treatment/Braces (For clients with teeth mal-alignment)
- Denture for clients with missing teeth
- Periodontal Treatment (scaling and polishing or Cleaning)
- Provision of mouth guards to sports men and women
- Teeth whitening.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

St Mbaaga Tuzinde Primary School Kiwatule, PLE candidates' *Thanks Giving*





FAMILY MATTERS

Deuteronomy 28:12The LORD shall open unto thee his good treasure, the heaven to give the rain unto thy land in his season, and to bless all the work of thine hand: and thou shalt lend unto many nations, and thou shalt not borrow.

THE WORK OF YOUR HANDS.

The diminishing desire for work among today's youth is alarming. We are noticing a trend where the younger generation has developed an apathy for employment or engaging in productive activities.

God has promised that He will bless the work of your hands. This work is your labour. He will not extend His blessing to anyone who is daydreaming away in his house and hoping that the world will dedicate more time to making him happier. God must find your hand on the plough and your hands or mind exercised in some form of work; that is what He blesses.

There is also a delusional approach to employment by many youths, hoping to be made managing directors of great companies without going through the process by which one climbs the corporate ladder. Right now, there is some unemployed youth boasting to his friends and saying, 'Me, I cannot carry boxes in some factory. That is beneath me!'

Well, what if God wants you to start from there before He elevates you? It might be the bridge to your next level and there you are, ignorantly despising small beginnings. "Tonyooma ntandikwa ntono." Oftentimes, when God trusts you with such meagre



starts in life, He is not looking at the pay but your work ethic, so if you are faithful in the little, He trusts you with much.

Take home : Learn to work hard! Don't idle away at home, suffering from the 'waiting-for something-to-happen syndrome' that afflicts many people. Find something to do and give yourself to it wholly. God will bless that work and increase you

Pastor Ronnie Mutebi



Rotary

Kampala-Naalya



**CREATE HOPE
in the WORLD**

HAPPY
Birthday



Rtn Pamela

**From all of us, happy birthday!
May your day be as bright and
joyful as your smile**



99TH DISTRICT CONFERENCE

KEEPING HOPE ALIVE

DATE

18-20
APRIL 2024

VENUE

MUNYONYO
SPEKE RESORT



EARLY BIRD REGISTRATION

FOR ROTARIANS

\$200

FOR ROTARACTORS

\$120

DEADLINE: 31ST DEC 2023



AT THE AFRICA PEACE CONCERT

The third Africa Peace Concert, held on Friday, November 3, to raise funds for the Africa Peace Fund.



L-R: DGE Agnes Batengas D9214, PDG Alex Nyaga D9212 and DGE Anne Nkutu D9213.

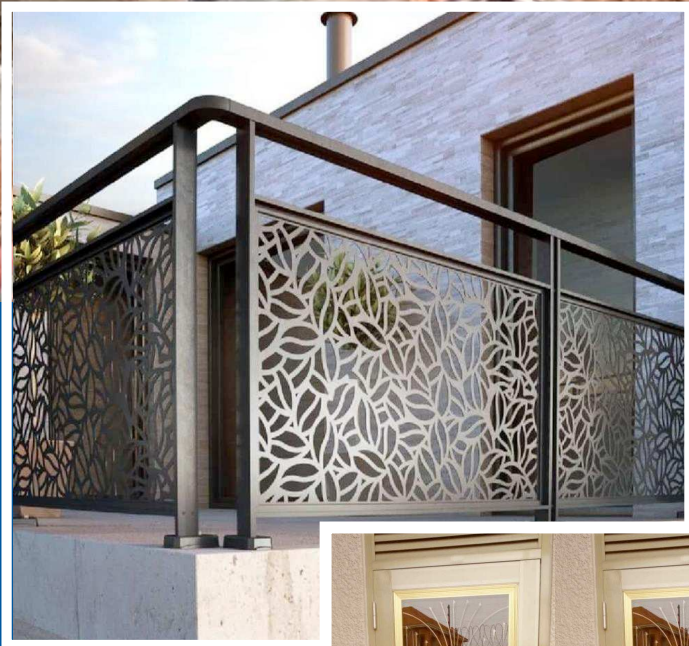




Vinka - one of the entertainers
of the night



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#OUTTOLUNCH:

IS THE VILLAGE THE BEST PLACE TO RETIRE?

One Friday night, around 10.00pm, a friend who was enjoying a date with his wife in one of Kampala's hotspots saw his phone ring. It was his father. He felt that the phone call had come at the wrong time and was unusual for his father to call that late in the night. But also he didn't want his date to be interrupted. He didn't want to answer either but he thought what if there is something urgent and there is something he could do. He didn't want to spend the rest of his life feeling guilty.

He moved to corner where he could hear what his father was saying. "Your mother is very sick. You need to pick her up tomorrow morning. Good night," the father said. The wife was eager to know what the call was about. So the date ended prematurely and they returned home in preparation for a trip some 150km or so to the village. Before dawn, they were already on the road to pick the old woman.

My friend's parents used to live in Kampala. A few years ago, they decided that they had had enough of the urban life and returned to the village. This is the life they had planned for some time. They managed to set up a farm of sorts, built a comfortable house and planned to live happily thereafter.

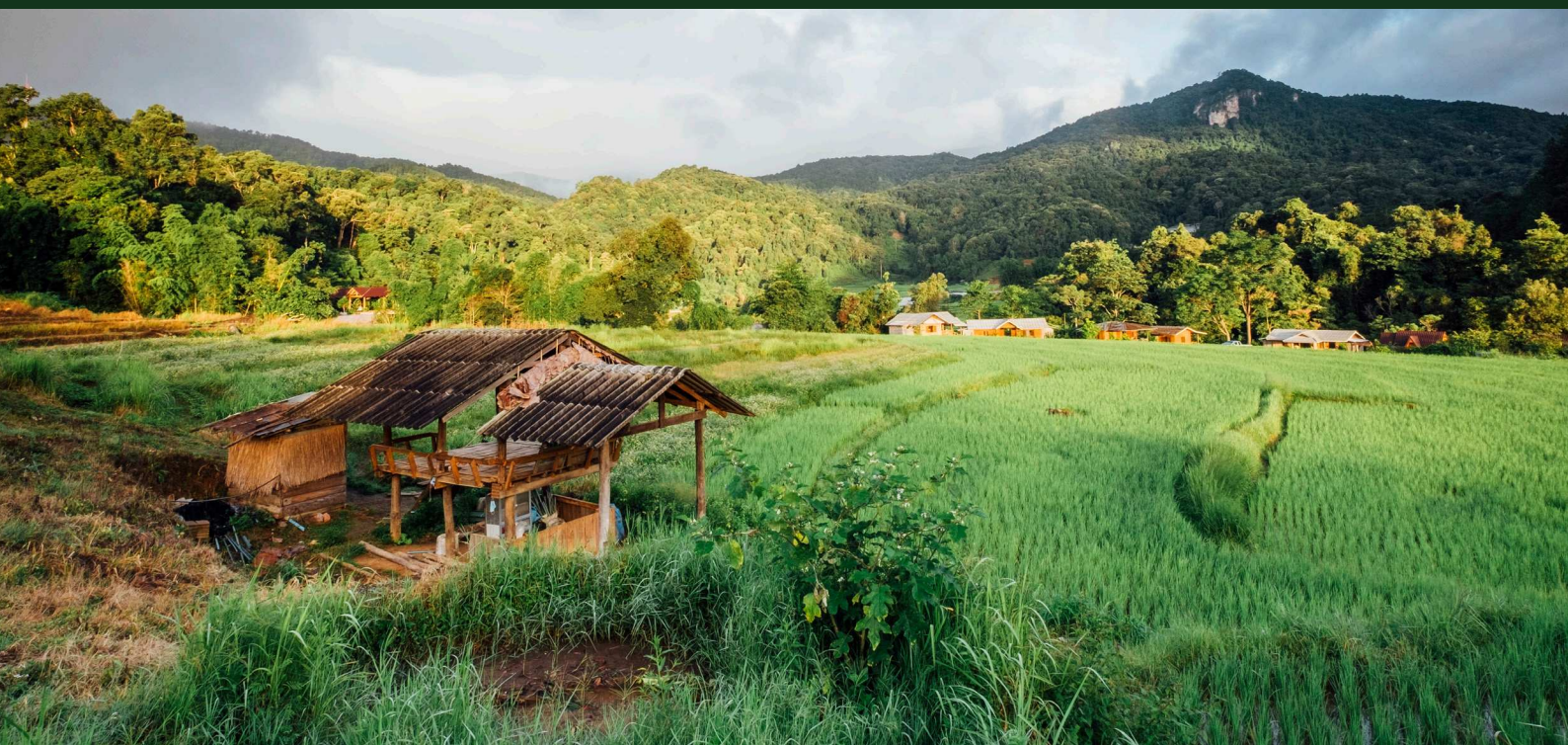
For the majority of Ugandans who work in urban areas especially greater Kampala and have any slight plans for retirement and came from rural Uganda for their education and work, returning to the village is usually



DENIS JJUUKO

top on their retirement priority list. They spend enormous amounts of time and resources planning for this.

Some don't even bother building a house in Kampala, the only plan is in their rural areas. The problem is that rural Uganda doesn't have health facilities that can enable them live the life they



have spent so much time and resources planning for.

As we age, our bodies start depending on medication. A regular visit to the doctor's office is almost guaranteed. In our healthcare system, rural areas are serviced by health Centre IIs, which are run by registered or enrolled nurses. They can't handle most of the ailments people in old age suffer from. They also don't have a lot of equipment in working conditions. Laboratories? We can talk about that later.

The specialist doctors obviously don't work in rural

areas. There is no money for them to make. So they are concentrated in urban areas and the very good ones are only in Kampala. Retirees need to have access to these specialist doctors. They need modern labs and scanners.

I was telling my friend that his parents need to start planning to return to the city. His mum is going to need care all the time and his village is too far for him to be driving there to pick her whenever there is an emergency. What if he had travelled? What if his phone that Friday night was off? He then cut me off



mid-sentence. "The old man is also becoming sickly," he said. I told him that is the reason they need to return permanently to Kampala. They planned for many years to be away from the city and now looks like they have no choice.

It isn't just healthcare that is a challenge to live in the village for retirees. They largely have no social network in the neighborhood. The majority of the people they knew are long dead. The sons of their former friends spend most of their time "killing snakes", euphemism for being idle and disorderly. Apart from church, they really have nobody around them they can sit with as friends and talk about the good old days. They despise some of these guys anyway having spent most of their lives in abject poverty!

The workers are hard to find. Domestic workers (who you call maids) don't want to work in rural areas. They rather earn less but, in the city, where at least once a year they can watch fireworks, see the water fountain when they visit the mall, 'storied' roads (flyovers) and buildings that carry each other (read towers).

In the city, they can plan to eventually go to Saudi Arabia or Jordan or Dubai. In the village, life is not that exciting for a young person. Church and then milking the cows. Even if it could pay more!

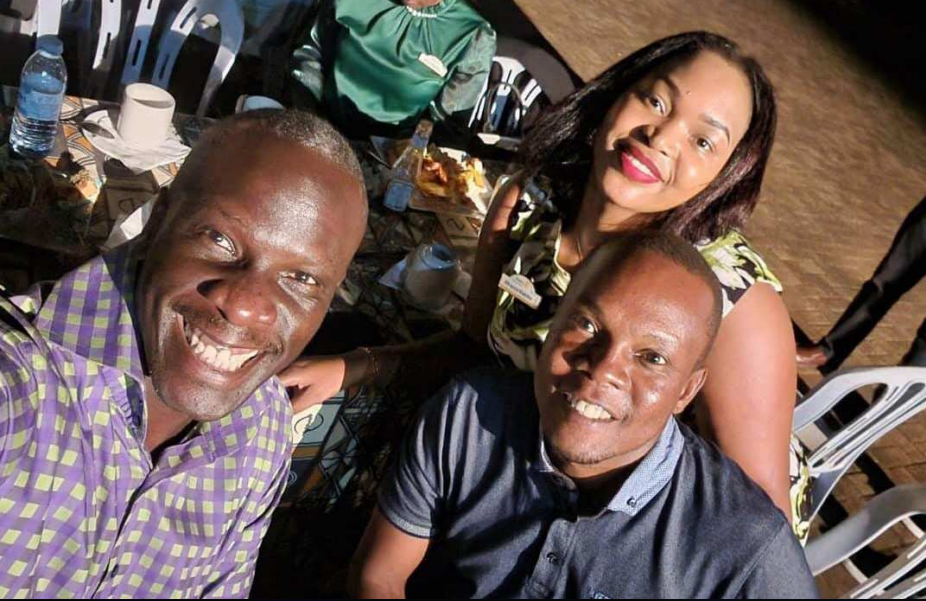
So, if you are planning to return to the village, think about a system that will enable you live the life you want in the location that you choose.

The writer is a communication and visibility consultant.

djuuko@gmail.com

LAST WEEK FELLOWSHIP

Pictorial





KITOOBERO BUDDY GROUP IN CHARGE

OUR MEMBERS



Rtn Bobby Louis Ogwal



Rtn Charles Owekmeno



Rtn Esther Babirye



Rtn Faith Nambozo



Rtn Flavia Serugo



Rtn Jackie Mutimba



Rtn John Mugisa



Rtn Julie Kisekka



Rtn Margaret Harriet Kugonza



Rtn Paul Jerome Luyima



Rtn Sylvia Nankya



On-to Singapore Launch

13th
Nov
2023

Venue:
Speke Resort Munyonyo
6:30pm

Hosted by the
Rotary Club of Kampala
Munyonyo

Rotary
Kampala-Naalya



Join Us For The
**DISTRICT
GOVERNOR'S**
Official Visit



TUESDAY
Nov 14, 2023



7:00 PM



**Ndere Cultural
Centre Ntinda**

Buddy group in charge
Kitoobero



DG EDWARD KAKEMBO NSUBUGA
DISTRICT 9213



WOULD YOU LIKE TO JOIN OUR CLUB?

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DIRECTOR FOR GUIDANCE AND
MENTORSHIP**

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