

Naalya Food November 2023 Bulletin

Rotary
Kampala-Naalya



CREATE HOPE
in the WORLD

Issue 22



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Editor's Note



Keno Lillian
Bulletin Officer

Dear Reader,

As we end the fifth month of the Rotary year, dedicated to The Rotary Foundation, I encourage you to continue donating generously to the Foundation.

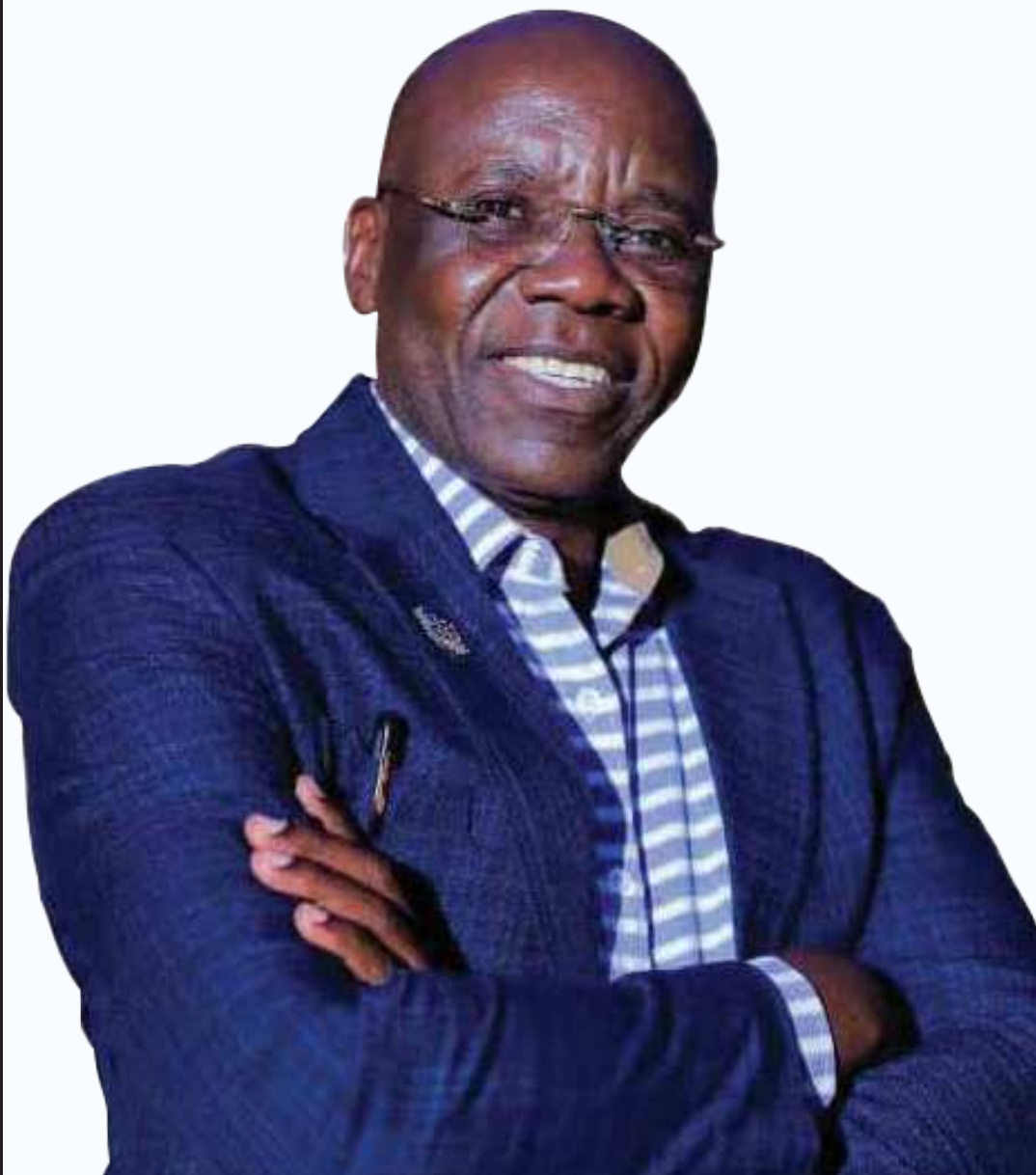
Our speaker last Tuesday PDG Xavier Ssentamu reminded us of this commitment, for the sake of the existence of Rotary International.

I also extend a heartfelt thank you all for attending the TRF recognition dinner, one of our key activities towards raising money for The Rotary Foundation.

This year, Giving Tuesday Falls on November 28. This global day of giving is an opportunity for all Rotary members to make a big impact with a gift of any size to the Fund. How will You give?

*Enjoy this issue and have
a blessed week.*

MESSAGE FROM THE PRESIDENT



ROTARIAN GODFREY OKELLO-MODDING, HCP

This month of November is one that a number of events took place in the Club. The District Governor (DG) officially visited the Club, new members were inducted into the Club, three members attained giving fellowship recognition, and three Club members received recognition and appreciation from the Club. Also, very useful talks on giving to the Rotary Foundation (TRF), the buddy groups' giving initiative to the TRF introduced, community assessment conducted in Kamuli, the Club qualified to apply for global grants, and four rotaractors were inducted. After such events, we

are closing the month with fun Tuesday. Good time to reflect on the events of the month.

What next for the Club on giving after November month? The month was just for the rekindling and reawakening. Otherwise, the wheel of giving was already in motion. What next is increasing the speed, while acknowledging that giving is a response to shaping lives of others for better. As Rotarians, we ought to take it as obligation to see to it that the world we live in there is care for each other. Let us make a choice of bettering the world. Our choice of a better world today

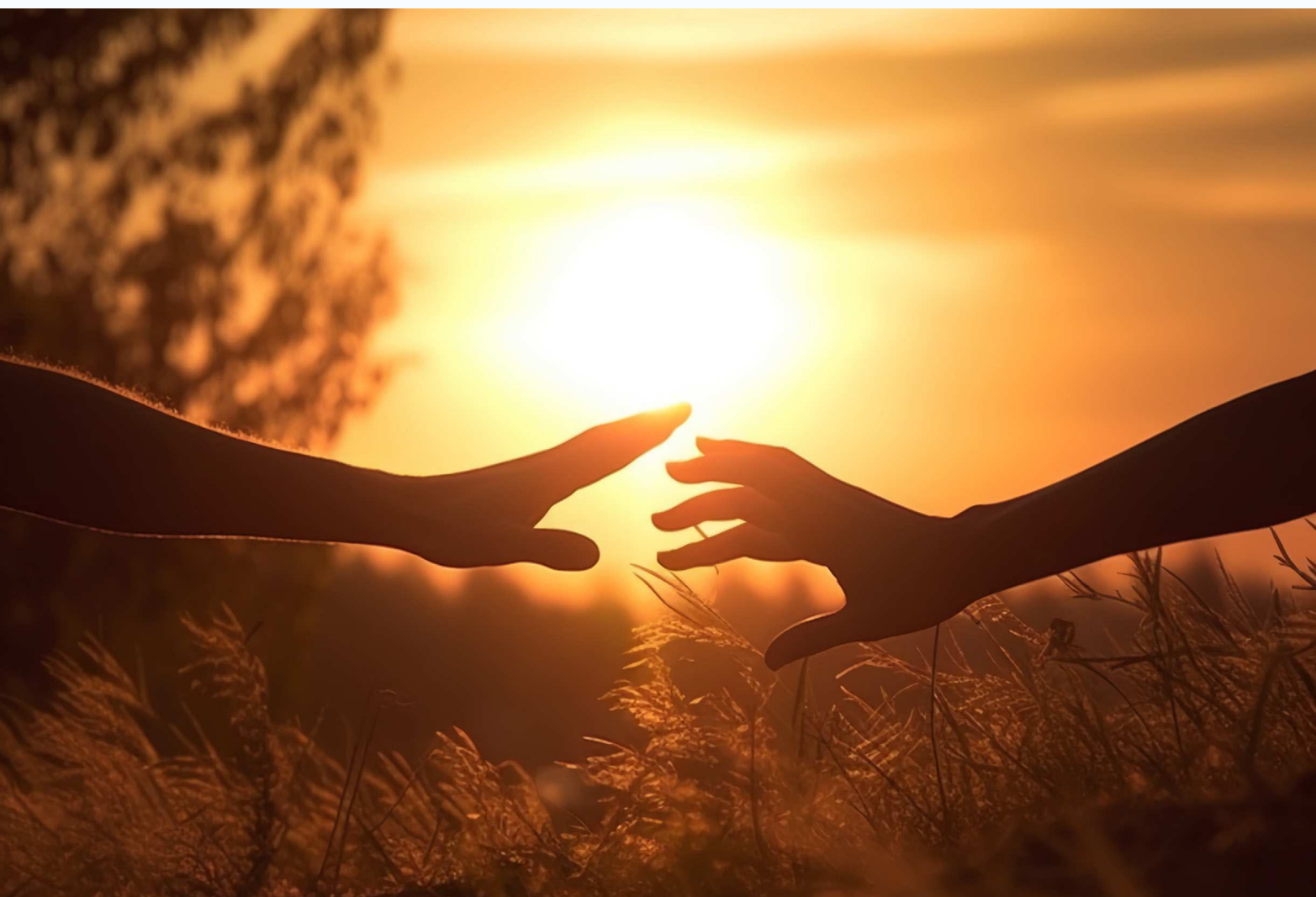
nurtures a better tomorrow, tomorrow of hope. The hope of tomorrow comes out of today's intentional activities.

There are different forms of choices today's Rotarian can make to create tomorrow's hope. Among them, leave alone the giving, is to participate in the recruitment of new members. New members increase the hands through which tomorrow's hope is created. Make no mistake to underrate the hands of today's Rotarians in shaping tomorrow in different communities. For forward moving is based on what we do now.

From DG's talk, the Club was challenged to go for global grants; creating expanded hope. Where the Club is now, the best suitable option is to go for global grants to support its projects. Indeed, the Club has attained the first pivotal step; being qualified to apply for global grants. Proposals are being written with a proposal on mental health in advanced stages. This is yet another step under process. Indeed, through giving to TRF, we are in turn confidently parading ourselves while applying for global grants.

In totality, the November month comes to an end with the Club having a renewed spirit to move forward. Yet still, a spirit with refreshed outlook to TRF. The qualification attained, mental health proposal just at the corner, I dare say the Club is opening a new chapter. We are redefining ourselves better, taking into recognition that there are many "eyes" on our Club- the District Governor Elect's Club. We are working on our shape and image better. We shall not only be givers to TRF but also implementers of projects funded with global grants. We are going to expand the betterment of humanity. Translating the opportunities that come with global grants for the wider service to humanity. We are recommitting ourselves to hope creation.

Be blessed.





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FAMILY MATTERS

Genesis 35:19-22* And Rachel died, and was buried in the way to Ephrath, which is Bethlehem. And Jacob set a pillar upon her grave: that is the pillar of Rachel's grave unto this day. And Israel journeyed, and spread his tent beyond the tower of Edar. And it came to pass, when Israel dwelt in that land, that Reuben went and lay with Bilhah his father's concubine: and Israel heard it.

KNOW WHEN TO SPEAK

When you study the unfortunate circumstances under which Reuben, Jacob's eldest son decided to sleep with his father's concubine Bilhah (Rachel's handmaiden), you will find that it was because he wanted to ruin her in his father's eyes and frustrate the continued attachment of his father to Rachel.

The root of this was in the bitterness that Leah, Jacob's first wife and his mother, had nursed all her life because Rachel was preferred and loved by Jacob while she did not enjoy such favor with her husband. This same bitterness had infested her children.

There is a fundamental lesson herein for any parent. Never speak ill of your spouse or whine about how terrible they are in the presence of your children. A child should never be put in the very uncomfortable position of having to pick sides between parents.

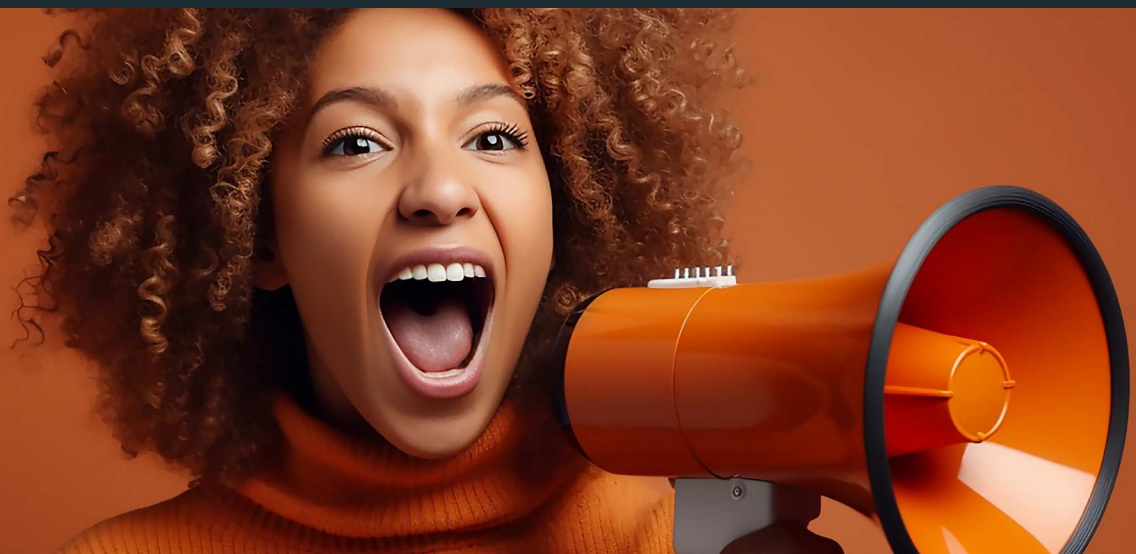
I have known women who have sat down with their children and expounded to them all the evils of their fathers. Some men also indulge in this bizarre habit and point out their spouse's weakness in the hearing of their children.



Pastor Ronnie Mutebi

If you have an issue with your spouse, do not complain to your children. Take it to God. The covenant that you entered is between you, your spouse and the God who joined you together.

Take home: Never speak ill of your spouse or whine about how terrible they are in the presence of your children. A child should never be put in the very uncomfortable position of having to pick sides between parents.





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

Giving Tuesday is Here!

Every Act of Generosity Counts



GivingTuesday is a global generosity movement unleashing the power of radical generosity. The Day Re-imagines a world built upon shared humanity and generosity, a world in which the collective recognition of humanity fundamentally respects what each of us can give, receive, and learn from one another.

The day celebrated was created in 2012 as a simple idea: a day that encourages people to do good. Since then, it has grown into a year-round global movement that inspires hundreds of millions of people to give, collaborate, and celebrate generosity. This year, GivingTuesday falls on November 28.

Whether it's making someone smile, helping a neighbor or stranger out, showing up for an issue or people we care about, or giving some of what we have to those who need our help, every act of generosity counts and everyone has something to contribute toward building the better world we all want to live in.

Across six continents, hundreds of thousands of leaders and millions of people work together to change, and in many cases, transform their communities for the better. By participating in GivingTuesday, we inspire generosity around the world, with a common mission to build a world where generosity is part of everyday life.



This year, consider making a special gift to The Rotary Foundation and together we can continue Doing Good and sharing Hope with the World. Although it happens once a year, your gift of Rotary will make a difference for a lifetime.



Together, let's create a future where generosity knows no bounds, collaboration fuels change, and innovation paves the way to a thriving Africa!

Rotary
Club of Kiwatule



CREATE HOPE
in the WORLD

22nd
NOV

**Happy
Birthday**

PP Florence Lunkuse

#OUTTOLUNCH:

NYEGE NYEGE AND THE CASE FOR LOCAL GOVERNMENTS TO IDENTIFY THEIR NICHE ATTRACTIONS

For many years, Jinja had lost its status as the industrial hub of Uganda when many factories closed following their privatization to private entities. The private investors preferred setting up in Kampala near to the market or executives didn't want to abandon their Muyenga mansions for life on Kiira Road on the banks of River Nile.

Jinja, with its wide streets, became somewhat sleepy, eventually known for making chapattis! But the picturesque location that is Jinja was always going to be key for its revival. Residential houses where once factory executives resided became bed and breakfast lodges. And tourism players started building hotels and lodges on cliffs where people could see the majestic Nile flowing towards the Mediterranean. Sports such as kayaking and bungee jumping were introduced. Someone brought in quad bikes and horse riding.

Soon, Jinja became a preferred destination for tourists, honeymooners and those seeking a nook to break away from the hustle and bustle of Kampala. Many young people spend their weekends in Jinja. Located a mere 80km away from Kampala, the town is a cheaper option for those seeking gateways. Transport fares are reasonable and accommodation is affordable and there are lots of stuff to see and enjoy on budget.

Eventually, factories returned to Jinja and many are being set up increasing the number of people in town. But also, Jinja still has big open spaces where big events can be staged. The agricultural show is a permanent fixture on the town's calendar and of recently, the famous Nyege Nyege that took place over the last weekend.

There is no event that divides opinion like Nyege Nyege in Uganda. It has been debated in parliament and at one stage, MPs wanted to ban it even though people questioned if they had the legal mandate to do so. The ethics ministry termed it an immoral event. Busoga political stalwart Rebecca Kadaga showed up to preside over its opening ceremony, like she did again this year.



DENIS JJUUKO

Pictures and videos will emerge of a few people who have drunk a little too much or who are dancing seductively or dressed in clothes the size of handkerchiefs. Those against the four-day music festival will use such images to justify their opposition to the event as one that is leading to the erosion of the country's moral compass.

Regardless, young people arrive in Jinja in droves to enjoy the event. Many fly in from overseas and turn the town upside down for four days to the chagrin of the country's morality police.

Wherever people converge in large numbers, some may do certain things that many won't

approve of. People 'misbehave' at workplaces or even worship 'crusades.' There is no way, a few people wouldn't let their passion take over during a musical festival.

Anyway, it is during this event that Jinja experiences some bit of traffic gridlock and have the many lodges filled up. Some people turn their homes into temporary hotels while those in the camping tent business make a killing. Boda boda riders, chapatti makers and all sorts of small businesses make lots of money during this festival. Jinja local government authorities and the Uganda Revenue Authority must be smiling all the way to the bank. Banks themselves are smiling as well.

However, if you are a local government in one of the major towns or cities as some are called, you should have taken keen interest in Nyege Nyege. Local governments need to promote their towns so that businesses can blossom which in turn will mean increased revenues.

They don't necessarily have to do music festivals. Masaka, for example, could do more about grasshoppers during the two seasons a year (hopefully they return). They can promote the season and open up collection or gathering centres where at night, people can get involved. They can make the exercise a fun event for four days each season.

Uganda is food rich. Another town can do a food festival. Actually, that can be done in each region of the country given our peculiarities when it comes to culinary stuff as long as we portray it as fun event. Packwach's Nang Nang fish is delicious just like the cassava in Kafu. Malewa in Mbale. Malakwang in Gulu. Firinda in Tooro and potatoes (chips festival?) and Enturire in Kabale.

What about games? Wrestling (ekigwo), board games (mweso, dduulu), okwepena (what is it in English?), skipping the rope, and blend it with modern ones people have come up with these days like Otyo and a town's fortunes may change forever. Towns like Arua have golf courses.

They also don't have to be events held once a year. Local governments with support from their mother ministry or that of tourism or the Uganda Investment Authority may help towns identify their niche attractions and work on a plan to promote them.

The writer is a communication and visibility consultant. djuuko@gmail.com



TeamBuilding at TEMBUZI

ABOUT US

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PK's Corner by: Pamela Kawaddwa

Let Love In Always

The little woman on the left, tells me I should guard my heart. She wants me to make it colder. Then, people won't take you for a ride. She murmured. Don't give too much of yourself she says. Your independence will bring you safety. #missindependence

Isn't it too lonely and heavy being miss independent? The weight on your shoulders will crush you! Women are born to be princesses and be taken care off. So was my dad's advice always.

You are the only one you can depend on! If you never allow anyone in, you will never again have to mend. Her still voice echoed!

There is a woman on my right that looks just like the other, but she screams at me to love.
To give my heart away This fear you must

erase. Don't keep yourself from feeling. We live to love and be loved. Isn't that the greatest gift of ALL?

You only live once.mbu!

These two women on my shoulders both want the best for me.

They are only trying to protect myself from a life of misery.

But I don't know who to side with because they tell such different things.

One says don't take the chance.

The other wants what love brings.

I listen for who's louder

but their volumes match the same.

I wonder how much longer
in limbo, I will remain.

Let's catch up again!

TRF RECOGNITION DINNER

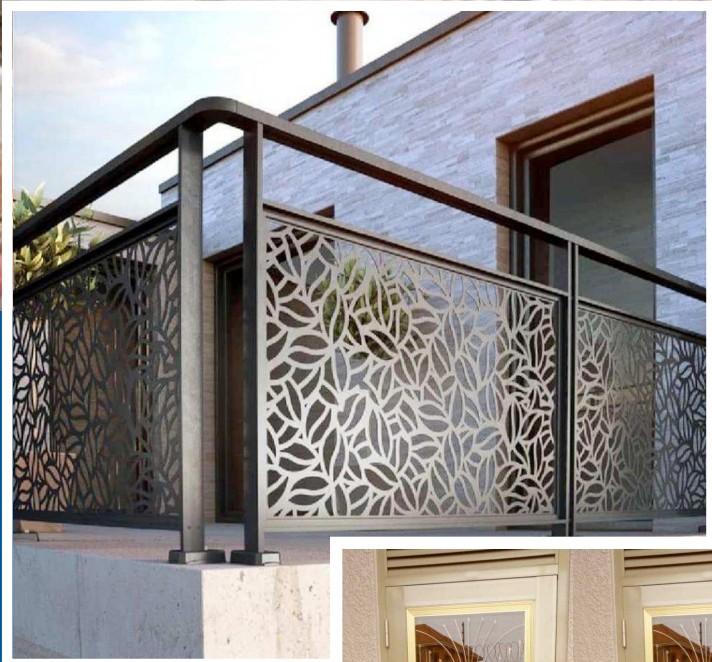
Pictorial







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Eating is the ‘national pastime’ in the host country of the 2024 Rotary Convention

By Wen Huang
Photography by Juliana Tan

It's half past 5 on a dark Saturday morning in July, and I've just landed at Changi Airport in Singapore. The long flight from New York City has left me a little wobbly, so the sight of a tall young man holding a tablet computer with my name emblazoned across its screen is more than comforting.

His name is Goh, and he's been dispatched by my hotel to collect me from the arrivals gate. I tumble into his car and pose a simple question: "What counts as an authentic Singaporean experience?"

It's a harmless bit of small talk, so I am surprised by his animated response. "Food, sir," he replies. "Eating is our national pastime. There's a funny saying that we have a population of 5.5 million, and there are 5.5 million serious foodies here."

Now Goh has my full attention. He recommends that I ease into my food journey by visiting a hawker center

— an open culinary market near my hotel. "Street food is at the heart of our culture," he adds, before rattling off the names of the famous Singaporean dishes I should try. "The reason our food tastes so good is that it draws its flavors from many regions and countries in Asia."

Two hours later, I'm greeted by Joanne Kam, a vice chair of the Host Organization Committee for the Rotary International Convention that kicks off in Singapore on 25 May. She immediately echoes what Goh has told me. "Singapore," she says, "is the perfect destination for Rotary food lovers."

As Kam explains, Singapore's rich culinary landscape — which ranges from street food to ethnic eateries to Michelin-starred restaurants — reflects the country's multicultural identity. It began to take shape during the 19th century when Great Britain, recognizing Singapore's strategic location at the crossroads of Asia's busy trade routes, established a trading post here. The outpost attracted traders and laborers from China, the Malay archipelago, India, and Europe. Each of these populations

brought its own food traditions to the island. Over the decades, those different approaches to dining saturated the Singaporean palate, creating a new cuisine of evolving traditional dishes mixed with a fusion of cultural influences. As a result, Singapore has become a unique crossroads for our taste buds.

Kam and Megan Feng, a young official at the Singapore Tourism Board, have promised me an immersive dining experience alongside several more Rotary members, with each introducing me to one of their favorite dishes. By the time I'm done, I'll learn that the cuisine of Singapore is a harmonious collision of regional and cultural flavors — and every bite tells an enchanting story about this island nation's rich history and heritage.

I'm eager to start.

Tea party

At Yum Cha, a restaurant in the heart of Singapore's Chinatown, I'm greeted by members of the Host Organization Committee. Among them is Ghim Bok Chew, an RI director. The host for our gathering is Jack Tan, a past president of the Rotary Club of Changi and the restaurant's owner.

Before I can express my gratitude to the Rotarians for joining me, Feng whispers, "We're using your welcome lunch as a cover for a surprise birthday party for Director Chew."

"Killing two birds with one stone," I joke. "Another example of Singaporean efficiency."

The Chinese phrase yum cha literally means "drinking tea," but in practice it involves tea paired with small plates of snacks such as dumplings, steamed buns, egg custard, and sticky rice. The food itself is known as dim sum, a tradition that originated in China's southern province of Guangdong, where tea houses offered a quick breakfast

of two or three small dishes along with tea. Eventually it spread throughout the region, especially in Hong Kong.

Tan's restaurant offers classic Hong Kong-style dishes, such as savory pork and shrimp dumplings (siu mai or shumai), steamed buns filled with barbecued pork (char siu bao), and chicken feet braised in a flavorful sauce (feng zhao). Tan has expanded his menu to include many local specialties, such as salted egg prawns, but since I'm allergic to shellfish, he serves me deep-fried boneless chicken marinated in soy sauce and Chinese wine and wrapped in parchment.

An hour into this feast, a small, squat robot staggers into the room singing "Happy Birthday." Chew, the birthday boy, seems both startled and delighted by the digital serenade. As we join the chorus, a waiter walks in with a plate of longevity peach buns, or shoutao bao: fluffy steamed buns in the shape of peaches and filled with red bean or lotus seed paste or custard. Legend has it that divine peach trees bear fruit every 3,000 years, and anyone who eats a magical peach will enjoy immortality. Symbolism aside, in this very mortal moment, the only thing that matters is that the buns are delicious.

Simply divine

Lye-Wah Lee, a past president of the Rotary Club of Marina City, claims that the Hainanese chicken rice that she cooks for her Rotary friends tastes better than any restaurant version of the dish. After all, she and her husband, Edward Quek, a member of the same club, are of Chinese descent and have ancestral connections to Hainan, an island province in southern China that's home to free-range Wenchang chickens. Locals poach the chicken in salted boiling water and serve it with a ginger sauce.

Around the start of the 20th century, many farmers from Hainan, like Lee's and Quek's great-grandparents,



migrated to Singapore and Malaysia. Those early immigrants brought with them this simple chicken dish and enhanced it with local ingredients. Moreover, frugal families tried to stretch the chicken by cooking the rice with the broth to extend the nutrients and flavor.

Nowadays, the meal is considered one of Singapore's national dishes, and each time I visit, I make a point of sampling it — for instance, at the Tian Tian Hainanese Chicken Rice stall in the Maxwell Food Centre or at Boon Tong Kee, which has multiple outlets throughout Singapore.

On this occasion, Joanne Kam takes me to her favorite, Chicken House, a restaurant on Upper Thomson Road. We are joined by Ghim Bok Chew, Quek, and Lee, our self-declared Hainanese chicken expert. When we arrive, rain is pouring down, yet there is a long line at the takeaway counter. Lee warns me not to be fooled by the simple appearance of the famed dish, which requires meticulous preparation. After simmering a whole chicken in a broth flavored with ginger, garlic, and scallions, chefs briefly submerge it in a bath of ice water to preserve the skin texture — and many add extra chicken fat to enrich the taste of the rice.

An American social media influencer once marveled at the simplicity of the dish, describing the delight of eating Hainanese chicken rice as a poetic experience. But after I bite into the moist and textured chicken, the best I can do is rhapsodize unlyrically: "Oh, so good!"

Night moves

In Southeast Asia, night markets are social centers: a warren of stalls, umbrellas, and awnings draped in flowers and punctuated by flaming kitchen pots and fryers. In Singapore, food-focused markets are called hawker centers because years ago, peddlers used to travel from

street to street hawking the food they carried in baskets suspended from shoulder poles. One of those hawker centers, the Newton Food Centre, rose to fame after its appearance in the 2018 movie *Crazy Rich Asians*, and this year, four of its food stalls made it to the Michelin Guide's 2023 Bib Gourmand list for Singapore.

The colonial-style main entrance with its red gabled roof leads to an open square surrounded by food stalls. Neon signs depict a dizzying array of dishes, from satay to fried noodles. I make my way to an empty table, though its surface is littered with packets of facial tissues. "This table has already been taken," Kam says. "People place packets of tissues to reserve seats while they go to order their dishes. It's called *choping*," which rhymes with "hoping," as in, "We're hoping someone unfamiliar with our traditions doesn't try to sweep the tissues off our table." (Guilty as charged.)

Kam says this Singlish word originates from *chop*, an official seal or stamp used in parts of Asia to authorize documents. She adds that the practice of *choping* — stamping or marking your spot — is ingrained in Singapore's hawker culture, even though many Singaporeans consider it rude.

After we *chope* a table in the middle of the open square, my Rotary friends disperse to different food vendors. Kwai Wah Wong, a vice chair of the Host Organization Committee, brings back a plate of *chye tow kway* from one of the Bib Gourmand stalls, Heng, which specializes in carrot cake — though Singapore's carrot cake, which comes in black and white varieties, is more like a radish omelet. Joe Han Tohkingkeo and Clara Tan, members of the Rotary Club of Singapore East, have chosen fried Hokkien prawn noodles, while Kam likes the fried oyster omelet, served with a tangy chili sauce, from Hup Kee.



I order beef satay from another popular stand, TKR Chicken Wing & Satay. After being skewered and seasoned in a concoction of spices such as tamarind and galangal, the beef is grilled over a charcoal fire; the rich peanut and chili dipping sauce only enhances the underlying flavors.

One dish that embodies Singapore's multicultural society is a salad called rojak, from a Malay word for "mixed." Each ethnic group has its own spin on the dish. For example, the Chinese combine cucumber, lettuce, pineapple, jicama, and deep-fried bean curd with a special dressing of salty shrimp paste, ground toasted peanuts, sugar, and rice vinegar. Indians use boiled potatoes and deep-fried lentil and prawn patties and top with a spicy dip. Whatever version comes to the table, you can count on it being distinctively Singaporean.

A parting gift

The night before my departure from Singapore, I book my travel to the airport through the hotel. The next morning, when the car arrives, I open the door — and am surprised to see Goh smiling at me. "I saw your name on the assignment list," he says, "and I told my boss I would take you."

Once I'm in the car, Goh turns around and hands me a small container with six bite-size cakes in rainbow colors. I bite into the chewy, steamed green cake and am rewarded with a rich coconut flavor. "I got them for you at the market this morning," Goh says. "It's Nyonya kuih, part of the Peranakan culture."

The story goes that, centuries ago, when Chinese traders settled in the Malay peninsula and archipelago, many of them married Indigenous women. Their children were known as "peranakan," which means "local born," as I had learned only the day before when Kam took me to the Katong and Joo Chiat neighborhood, home to Singapore's rich Peranakan culture.

There couldn't have been a better symbol of the diverse, flavor-infused cuisine I enjoyed over the last few days than the rainbow-colored Nyonya kuih. "And with this dessert," Goh says, "your feast of Singaporean food is complete." I take another bite. Heavenly.

This story originally appeared in the November 2023 issue of Rotary magazine.



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



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