

Naalya Food Bulletin

December 2023

Rotary
Kampala-Naalya



CREATE HOPE
in the WORLD

Issue 23



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Editor's Note

Dear Reader,

Welcome to December, which is dedicated to one of the major themes of our Rotary lives; this month the theme is Disease prevention and treatment.

In many cases the health and vitality of a person or community can be impaired by a preventable disease.

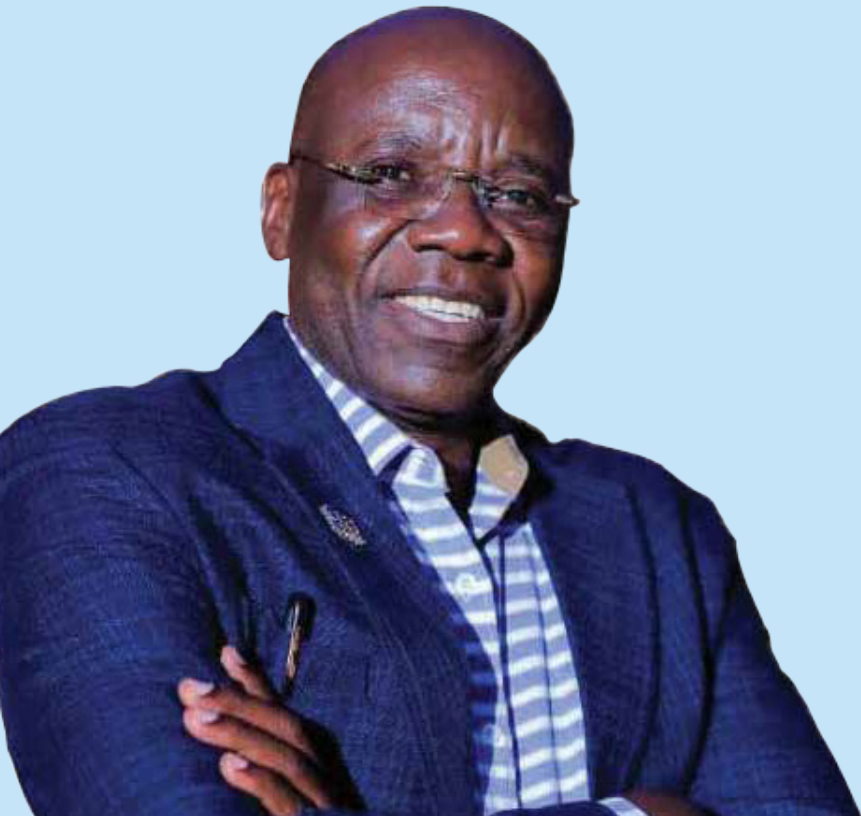
But through the several projects that are underway we can educate and equip communities to stop the spread of life-threatening diseases, setting an example for others to follow.

Thank You for always reading and sharing the Naalya Food Bulletin

Keno Lillian
Bulletin Officer



MESSAGE FROM THE PRESIDENT



**ROTARIAN GODFREY
OKELLO-OMODING, HCP**

Dear Rotarians and Friends,

Welcome to the month of December! The calendar year is coming to an end. It seems to have “rushed” quickly. A half the rotary year will be done. The month’s theme is **Disease Prevention and Treatment**- directly touching our very existence. We are all bound to catch a disease one time or another as living beings. Therefore, the theme is a reminder to us all of the presence of diseases amidst us and the need to prevent them and be treated. All of us are vulnerable. It is only the degree that varies depending on each person, and the coping mechanisms in place for one. The coping

mechanisms take different shapes and influenced by several factors such as economic status, social connectivity, level of development, etc.

This month has a number of festivals, celebrations and commemorations. Key among them is Christmas, the commemoration of the birth of Jesus Christ. Families come together, and some after a long time of staying away and working in far places. Gifts are exchanged and visits are made to the dear ones. To some people, it is time for finalization of the year’s planned projects. Indeed, this month is full of activities. I wish well for all our Rotarians and friends.

As a Club, we too have series of activities lined for this month, namely; talks on diseases in general and their prevention and treatment, and also bringing in the role of religious institutions. We have our annual Christmas visit to the Missionaries of the Poor, a home for the abandon boy children and older male persons. Exciting time of gift exchange and Christmas Carols are among the landmarks of ending the month and the year.

The month of December usually comes with excitement and additional expenditure. Depending on the way one prepares for it, it is the month to look forward to. Importantly, it is the month to evaluate what was planned and renewing visions and goals for next year. Everything this month is wrapped in celebratory moods or bye sayings.

Messages of merry and wishes of prosperity are sent out to relatives, workmates, friends and family members. However, amidst these celebratory moods, there are people who are lonely and need company. There are people who are lacking what to eat and drink. There are people who are infected and affected by diseases and need treatment. There are people who need what to wear. And there are people living splendid life styles not caring about their neighbours. This month is beckoning to whoever cares to think of others and exercise generosity and humanity. The spirit of sharing should be high. While for rotary, on the other hand, is drawing your attention to disease prevention and treatment.

This month presents opportunities to all of us to act and it draws us to appreciate togetherness. Truly, it is the month of memory. This memory is appropriately remembered when it clicks in us that we are human beings with two seasons- healthy and unhealthy. We bear two faces- joy and sad, and two feelings- wanted and unwanted or hot and cold, or life or no life. When this sinks into us, the theme of the December comes fresh to us as, "it is all about life". For those with Christian doctrine can picture this month with lenses of the birth of a saviour, still life. Likewise, diseases when not prevented or treated destroy life.

Fellow Rotarians, as we plan to carry out different celebrations, we are reminded that there are diseases amidst us. They need to be attended to either through preventive measures or curative measures. How to prevent or treat is a matter of collective concern. Disease prevention begins with us, as individuals and as a society, and how we manage our environment. What practices do we exhibit towards our environment or what is our health practices like? For instance, this month tend to be packed with festivals with all sorts of foods and drinks. What is your practice in such plenty? Are you mindful of your health or taking preventive measures? Here, choice making is paramount.

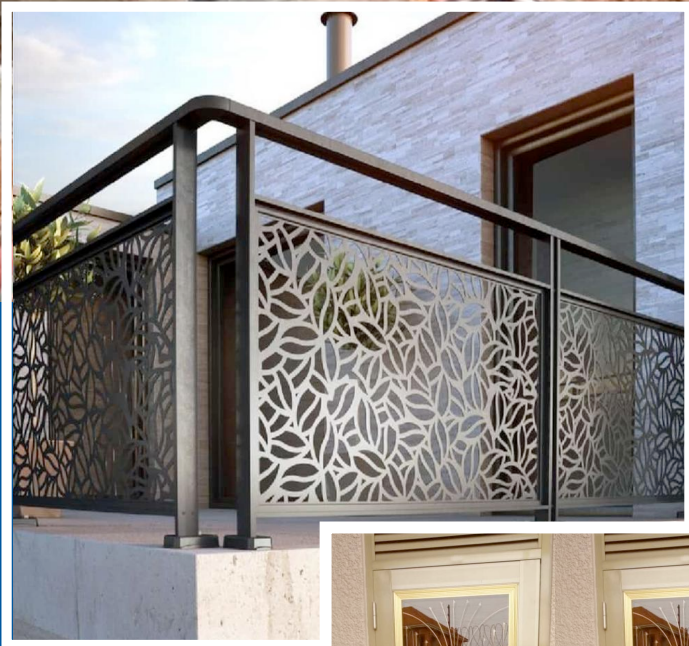
Disease prevention calls for examining our aspects of living. Where and how we live, work, play, interact and what we eat or drink are some of the aspects to look out. Therefore, creating hope in this regard is in creating healthier families, communities and nations. Hope is in the prevention that improves health, quality of life and frees humanity from diseases. Hope is in having treatment in place that is accessible for all.

Be blessed.





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Our Interventions in Disease Prevention & Treatment

MENTAL HEALTH



The Rotary Club of Kampala Naalya is mooting a new project that seeks to address mental health challenges in selected communities. The Project is built on the fact that the primary care system in Uganda is inadequately funded and ill-equipped to address mental health concerns at a time of immense need.

Records show that Uganda has only 53 psychiatrists, a ratio of one psychiatrist for every 1 million people, yet these are mostly located in urban centres leaving the communities in dire need.

Dr John Mugisa, a member of the Rotary Club of Kampala-Naalya club observes that with the recent COVID-19 pandemic, cases of depression skyrocketed in the country resulting in other long-lasting conditions like diabetes, heart disease, and stroke, yet for others, chronic conditions increased the risk for mental illness driving a vicious circle of illness' which needs urgent intervention.

Dr Mugisa and a team of club members are working with a team from Butabika Hospital to identify communities in the outskirts of Kampala where Rotarians will run school-based early intervention programs, mental health clinics and shelters for the provision of Mental Health Community Support and Psychosocial Services for young people, adults, and older people.

He says that the club's community-based services will bridge the gap between in-hospital care and community support through the provision of community care units, prevention and recovery care services, and outpatient clinical treatment. This is aimed at reducing stigma and enabling people with mental illness to live successfully in the community.

For the aged, the mental health community interventions will provide assessment and treatment, rehabilitation, case management services and support to care service providers, families and caregivers.

Dr Raymond Odokonyero, a Psychiatrist and Mental Health Advocate observed in a talk delivered to the Rotary Club of Kampala Naalya, that improving the mental health literacy of young people is of vital importance for mental health. He advised the club to come up with interventions to improve the environment experienced by the child, increase the protective factors, reduce the risk factors within the environment, and improve parenting skills and the socioeconomic status of parents.



Mental health affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood,



Dr Raymond Odokonyero observed.

More than 264 million people worldwide are affected by depression, according to the World Health Organization, and although many mental health conditions can be effectively treated at relatively low cost, many people who need treatment do not receive it.

Rotary International President Gordon R. McNally has also placed special focus on mental health and observed that while mental illness and emotional wellness can be difficult topics for anyone to discuss, even in Rotary circles, we have so much to gain by helping each other address mental health and wellness more openly.

“As Rotary members, we have a unique ability to reach out to people who may have no other access to this kind of care. And as an organization built on friendship and service, we can help guide our fellow Rotary members in a trusting, caring manner. All of us can serve our communities by engaging openly in discussions about mental health and wellness and establishing a solid foundation for preventative and interventional measures in your area.”

President, Gordon is asking you to help Rotary make progress towards these **three critical goals:**

1. *Erase the stigma associated with discussions of emotional well-being*
2. *Raise awareness of mental health needs*
3. *Improve access to mental health services*



Challenges around mental illness and emotional health affect us all. And research shows that performing acts of kindness is the single most effective way to improve your mood over the long term. Rotary is uniquely positioned to make a global impact on this effort, and I hope you will join me in showing this new level of care to each other — and to ourselves.



- RI President Gordon

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FAMILY MATTERS



John 1:40-42* One of the two which heard John speak, and followed him, was Andrew, Simon Peter's brother. He first findeth his own brother Simon, and saith unto him, We have found the Messiah, which is, being interpreted, the Christ. And he brought him to Jesus. And when Jesus beheld him, he said, Thou art Simon the son of Jona: thou shalt be called Cephas, which is by interpretation, A Stone.

NAMES MATTER

We are named according to our assignments. This pattern is very evident in the scriptures, cultures and traditions.

When He named Abraham, He told him, "Neither shall thy name any more be called Abram, but thy name shall be Abraham; for a father of many nations have I made thee." Genesis 17:5.

When He named Peter Cephas, He told Him, he would be a stone. Peter is the rock on which the church to build His church.

Some people have been frustrated in their pursuit of the divine mandate and assignment because their names are contrary to what God has ordained as the purpose of their lives.

If God called you to be a mighty healer but your name means sickness, you cannot live in the healing like you should. If God called you to be an influence in the area of business but your name means a failure, you cannot operate in this light. Traditions and culture is intentional in naming individuals for specific assignments in life.

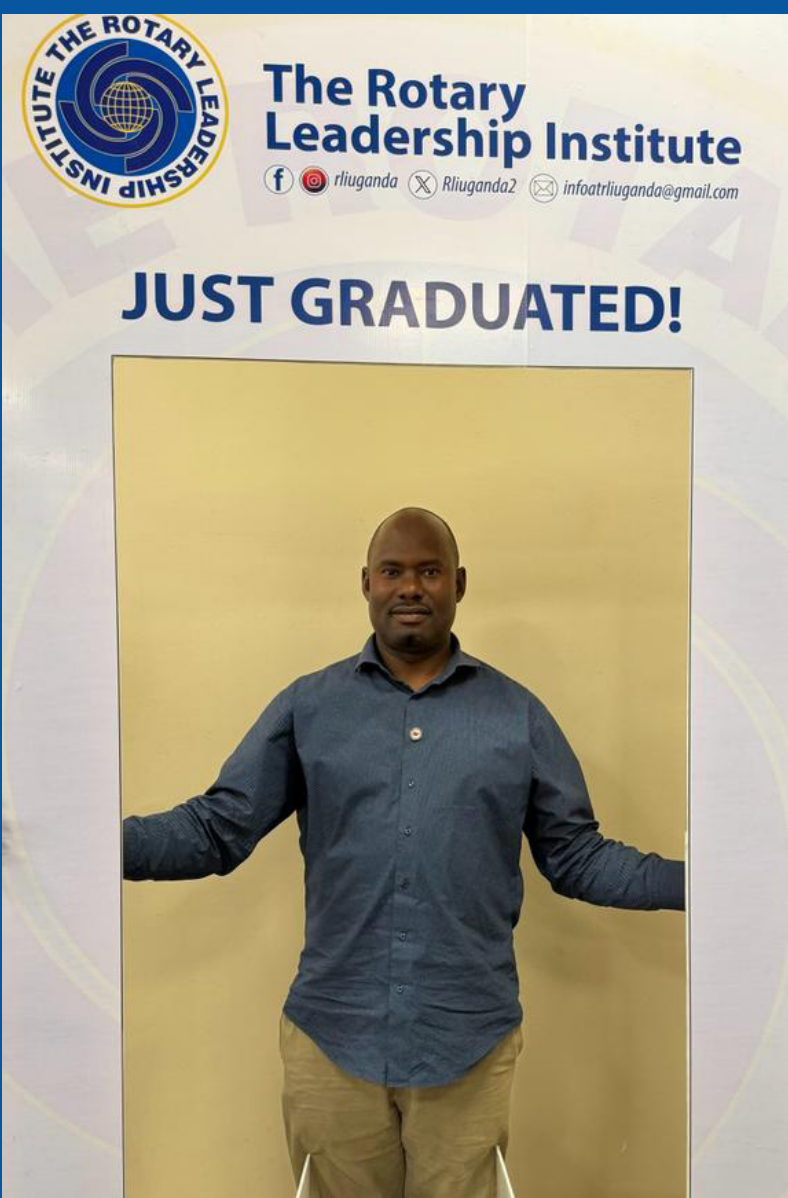
Your name is important because it has a bearing on your spiritual identity and functioning in the world. Take time to know the assignment expressed in your name.

Take home: Your name is important because it has a bearing on your spiritual identity that is revealed to the physical world



Pastor Ronnie Mutebi

Congratulations to PE Sylvia Jaggwe and OP Herbert Oloka upon your Graduation from the Rotary Leadership Institute



#OUTTOLUNCH:

IF PEOPLE CAN CONTRIBUTE TO KYABAZINGA WEDDING, THEY CAN DO SO FOR IMPACTFUL CAUSES TOO



DENIS JJUUKO

before the wedding. There were no previous social media posts of her past circulating everywhere. No groupies claiming, she is their bestie. At least I didn't see them. Not even her kwanjula photos. The first images we saw were of her farewell ceremony on the day of the wedding. Kudos to her and the team.

For the past nine years of William Gabula Nadiope as the Kyabazinga of Busoga, it has been hard to tell what the kingdom is doing from an outsider's perspective. He seemed to be largely holed up in his palaces, appearing once in a while at events before disappearing from the public view. We even heard at one stage that he had been appointed an ambassador by the central government.

And when his prime minister announced the wedding date and unveiled the future queen consort, everything seemed to be going awry. A corporate bank issued a famous letter that they have no money to contribute followed by an audio allegedly of a woman he married in a small island country in Europe. But the kingdom didn't panic. They stayed on course with their strategy, only issuing a statement when some lawyers had written about the existence of another marriage albeit without any iota of evidence at least for us watching from the distance.

Undeterred by such allegations, organizations and even individuals continued to line up to the prime minister's office to donate and wish the king and his future wife happy nuptials. That confidence that people had in their king even when many allegations were flying on social media and even in some newspapers is something Busoga Kingdom must build on.

Kingdoms today don't have the mandate to fight poverty and provide social services to their people. That is the sole responsibility

Many times, the Busoga region appears in the press for the wrong reasons. High levels of poverty largely blamed on sugar cartels that disenfranchise farmers and even higher cases of teenage pregnancy that are sometimes above the national and East African average.

But earlier this month, the focus was on the royal wedding. Globally, people love weddings and more so if it involves royals or very famous people. Television stations left no stones unturned in broadcasting the event live. Many people on social media claimed to have spent the day glued to their TV sets to capture every aspect of the ceremony.

Jovia Mutesi, the Queen Consort, had done a great job of ensuring there wasn't much known about her

of the central government, which enjoys absolute authority yet the people demand social services from the kingdoms — at least the kingdom that have legitimacy.

It is not possible for these legitimate kingdoms to sit back and tell the people who are desperate that your social contract is with the central government. The people actually know that but they have learnt to manage their expectations. So, for Kyabazinga to continue enjoying his legitimacy, he must do something.



The wedding has shown him what is possible. If people can contribute billions to a wedding, they can contribute to kingdom programs that alleviate people from biting poverty. The organizing committee of the wedding already know this and I saw that they committed themselves to do something in the first 100 days of this wedding. It is good that they don't lose momentum but they should also be thinking long term. You can't significantly reduce teenage pregnancy in 100 days.

They also committed themselves to ensuring the people of Busoga participate in the parish development model. Good stuff. But they should avoid portraying themselves as an extension of the central government or ruling party. They wouldn't want to be blamed for its excesses. At one stage during the wedding, it looked like a political party event. Towing an independent line would ensure that they don't alienate the Kyabazinga's subjects that belong to other political parties. They should work with all people across the political divide.

For many reasons, they can look west to Buganda which manages to deliver social services to its people without the resources from the public till. If corporate bodies see value in the work of Busoga Kingdom, they will partner with it just like they collaborate with Buganda.

The Kyabazinga already has a team that he can rely on and he shouldn't allow them to go into hibernation mode after the 100 days they talked about. It will also be important to put administrative structures in place that are watertight to safeguard the interest of the kingdom.

Since the Nnabagereka of Buganda was Inhebantu Mutesi's witness in church, she now has a direct line she can use to learn how she can create an office that can address some of the challenges children and young women in Busoga face today. Just like her husband, she already has the will of the people.

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



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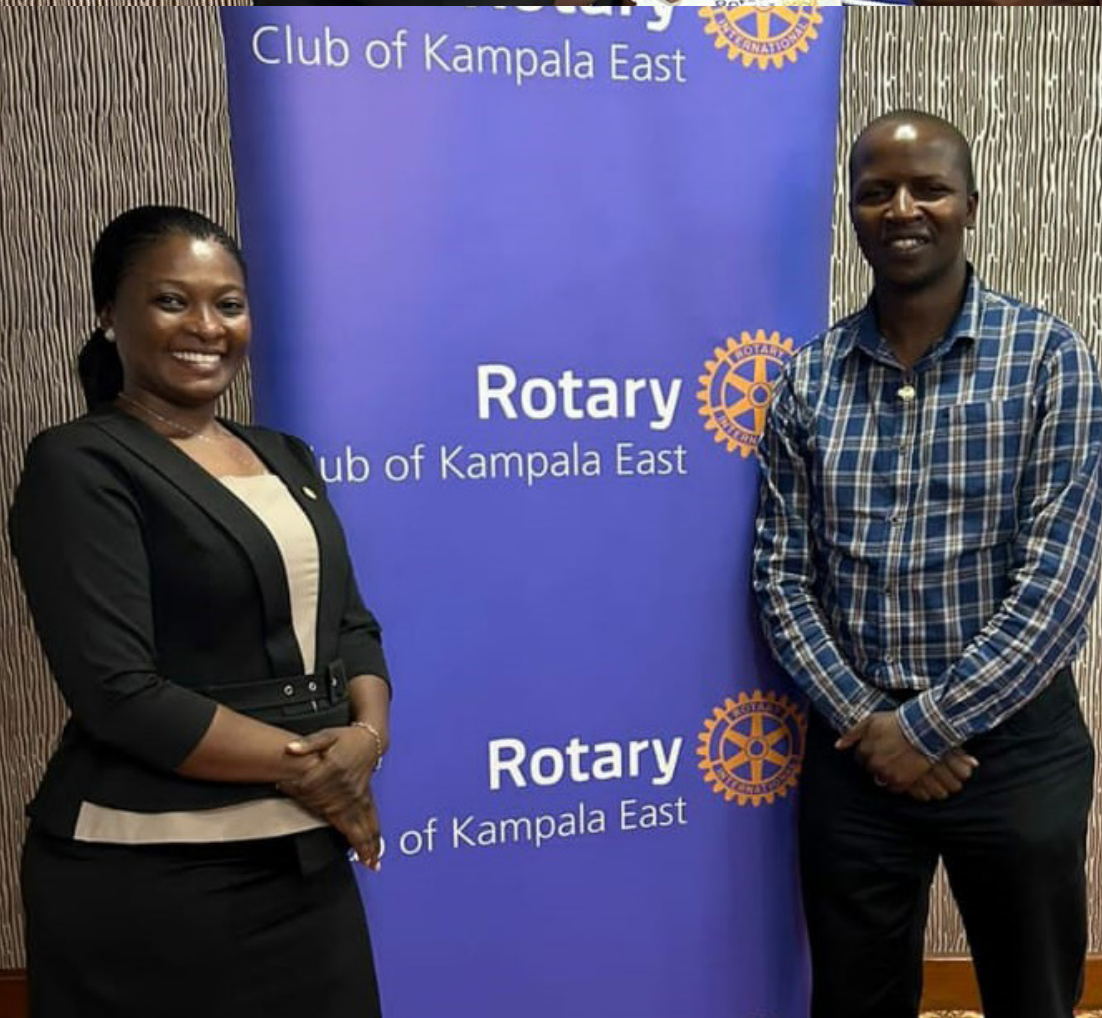
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Club Visit at RC Kampala East



Member

Spotlight

Joachim Buwembo



Joachim Buwembo, is the Chairman Board of Directors at Uganda Printing and Publishing Corporation, a public corporation mandated to provide printing and publishing facilities to government ministries, departments and agencies.

He is a veteran Journalist whose journalism journey started in 1989 as a reporter-trainee at the now defunct Weekly Topic Newspaper of Uganda before undertaking professional graduate studies in Mass Communication at the University of Nairobi's School of Journalism. He subsequently became the Deputy Editor of the Weekly Topic.

Joachim has also served the profession as the Uganda Bureau Chief of the East African newspaper under Nation Media Group (NMG), and supported the growth of its circulation by addressing local interests over what had initially been a rather Kenya-centric media.

He was also in charge of Vision Group's Sunday paper and supported the growth of its circulation from 17,000 copy sales to 45,000 in two years. More than the numbers, Joachim's greatest qualitative contribution to the Ugandan media scene happened during his time at Sunday Vision between 1997 and 2004, a time of transition to computerization, internet based communication and digital photography.

Joachim oversaw the re-orientation of journalists at the media house to 'humanizing' content and outgrow the 'civil service' approach to reporting from putting the authorities at the centre, focusing on the people, the affected.

In 2005, Joachim crossed back to Nation Media and opened their operations in Tanzania, with the launch of The Citizen newspaper at a time when the country was emerging from Socialism then, from protest-driven sensationalism on one hand and for very official pronouncements on the other, to professional and appealing people centered reporting. The Citizen is still Tanzania's premier media.

He briefly returned to Uganda as Managing Editor of the Daily Monitor before he was asked by the Washington-based International Center for Journalists -ICFJ to return to Tanzania and promote developmental journalism through the Knight International Fellowship. This he did from 2009 to 2011, and resulted in the Kilimo Kwanza (Agriculture First) supplements for the coverage and promotion of Agriculture.

Joachim was later appointed to head the editorial training team for the Africa Climate Change Adaptation Programme of the UNDP, based in Nairobi. His role was sensitizing and training journalists in different countries in West, East, Central and South Africa from 2012 to 2013. He also had to engage media owners in the different countries where he taught to secure their buy-in to prioritize coverage of climate change issues.

He continues to mentor journalists in developmental matters, mostly online, in different parts of the world. This he has done for the ICFJ (in Health) and the African Media Initiative (Energy and Environment matters). He also continues to train and mentor in-service journalists to date, as well as working as editor for Uganda Radio Network, the largest news agency in the country.

He speaks English, French, Swahili and Luganda.

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.



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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.

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SINGAPORE CONVENTION NEWS

Hello to everyone who has registered for the 2024 Rotary International Convention! We look forward to gathering with you in Singapore, 25-29 May.

Save your space in the House of Friendship
The priority application period for club and district projects, Rotary Fellowships, and Rotary Action Groups has ended, but you can still apply for exhibit space.

Non-Rotary entities, such as nongovernmental organizations and merchandise vendors, can also rent booths. Space is limited, so apply soon to save your spot!

Write to exhibitor@rotary.org to request the exhibitor application today.

Rotary Foundation donor events

The Rotary Foundation will host four donor events at this convention. Attendance is by invitation only, and eligible convention registrants will receive their invitations by email soon. Learn more about donor events and special amenities for donors in Singapore.

Learn, develop, and grow with breakout sessions

Breakout sessions will be held Monday and Tuesday afternoons and Wednesday morning.

As you plan your convention experience, mark your calendar! Each day will be full of sessions that you'll want to attend. A preliminary list of topics will be announced in January, and the full schedule will be posted in February on our Breakout Sessions page.

Invite a friend or a fellow member

Don't forget that 15 December is the last day to get our discount for early registration. Nonmembers are welcome at the convention, so invite a relative or friend. And remind members of your club to register now so they can join you in Singapore, where we'll be Sharing Hope With the World!

Start planning your tours

The Host Organization Committee is very excited to welcome Rotary members and guests to Singapore for the 2024 Rotary International Convention. This bustling metropolis is an ever-evolving wonderland of bold new experiences to complete your Rotary adventure. And our hosts have arranged for travel opportunities in the rich cultures of surrounding countries, too. Visit the host committee's website, rotarysingapore2024.org, to learn about all of your tour options, from murals and gardens nearby in our convention city to the thrills of a tiger reserve in India or an enchanting stay in Bali exploring temples and a monkey forest.

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KIKOMANDO BUDDY GROUP MEMBERS



Ritah Aciro Lakor



Mathias Mulumba



Ann Natukunda



Denis Jjuuko



Dorcas Karungi Mwanje



Anne Nkutu



Godfrey Okello Omoding



Julie Nabwire



Sam Byagweri



Elizabeth Wamalwa



Christine Amucu



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