

Naalya Food December 2023 Bulletin

Rotary
Kampala-Naalya



CREATE HOPE
in the WORLD

Issue 24



Inside This Issue



Visit to Missionaries
of the Poor



Member
Spotlight



Rotary Family
Carnival



Keno Lillian
Bulletin Officer

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Feedback:

We'd love to hear from you about any of our stories this year 2023.

Contact the bulletin officer: **+256 782 601009**

Editors NOTE

Dear Reader,

As we approach the end of the year, I invite you to take time to reflect upon the great work we do as individuals and Rotarians.

Let us renew our commitment to Service and to each other.

We also congratulate team Uganda for winning the bid to host the 2024 Rotaract Africa summit. This will be the second time that Uganda is hosting the summit, a historic event which brings together dynamic young leaders from across the continent and beyond to share ideas, discover common interests and make new friendships.

Enjoy this week's issue of the Naalya Food Bulletin and thank you for sharing with a friend.

Wishing you a relaxed and stress-free week.

PRESIDENT'S MESSAGE

DEAR ROTARIANS AND FRIENDS

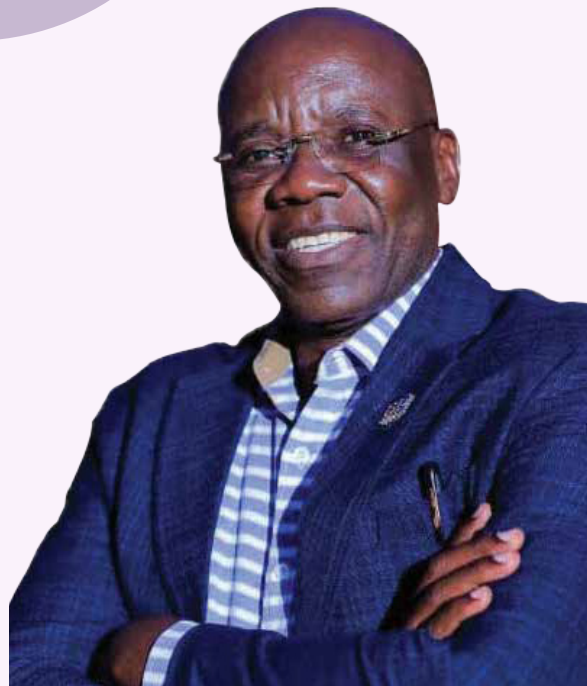
Gifting, Gifting and Gifting...! Here we come to the end of the year. A lot has come and passed in our individual and community life this year. A lot of memories are left, and the rest is past. We march into the future with lessons learnt, hoping for the best. As a Club, we are ending the month of December with gifting. We have dedicated this week's fellowship to gifting each other. What a great time to gift a friend! It is not the monetary worthiness of the gift that matters, it's the worthiness of knowing that you are being cared for. A gift is a token of expression of love in action.

Growing up, the December month I knew was family get together month- the month of the family. Preparations for families getting together climaxed with Christmas season that stretches to late January the following year. Christmas season was characterized with receiving gifts of all sort including garments, eating and drinking. Traditional and modern music and dancing spiced the season. As a Club, we too are not short of gifting. We are one big family that glorify our diversity. Our diversity creates our fulfillments and rejoicing in each other's company.

The Club has put a side Tuesday 19th December as a 'come together celebration'. It is gifts exchange and Christmas carols day. In addition, celebrating the far we have come together as a club and the people. Behind it, acknowledging that our Club has enabled us to express our spirit of selflessness and humaneness. The works of our hearts, minds and hands are touching many people. We rejoice that, at least, someone somewhere is touched or being touched. Near us, we continue to celebrate with the children of the Missionaries of the Poor (MOP). Our Christmas gifts to them release heart touching smiles. There is blossoming of hope. What more can we celebrate this season? May God continue to bless us.

As Rotarians, sharing is part and parcel of our life. This half rotary year, leading volunteers has shown me a lot. I have more than before felt a touch of members' hearts. They have surrounded me with their warmth; fueling my energy level. Their willingness to take on roles when called upon left me with a sense of belonging. All these and more I celebrate. I remain wishing for more in the remaining part of the rotary year. Let us be delighted in our being together. Let us celebrate this togetherness. It is this togetherness that makes a "festival". Let us be renewed during this season and our spirit be fired up.

My dear Club members, I take this opportunity to remind ourselves of the District Conference coming up in April 2024. You know what is expected of us, the District Governor Elect's Club. Let us get prepared to lift our joy high with unique packaging of our Club. First, let us do the first thing first – ensure you are registered and paid up. The early bird is ending at the end of this month. Second, be part of the preparation team. Meanwhile, as a precursor, get ready for Women in Rotary event on 9th March 2024. Let us use this to rally ourselves and sharpen for the District Conference. I do know that our ways of doing things is great but we must take it to greater heights and memorable.



May we also use this season to create and extend hope to others in different ways. Be reminded that God extended love to hopeless world through the birth of Jesus Christ. Similarly, it is fulfilling to celebrate this season with exhibiting love to someone, at least. It is a season like this where just a word of hope makes one look forward to a new year with a sense of purpose. Take a moment and time to lift someone's spirit. Feel joyful to do it. May the sense of humanity engulf us to put a smile on someone's face. May we all obtain fulfillments that give complete happiness, contentment and new purpose to life.

See all of you on Tuesday 9th January 2024 as we celebrate Vocational Service month, starting with sharing our festive season experience and expectations of the new year.

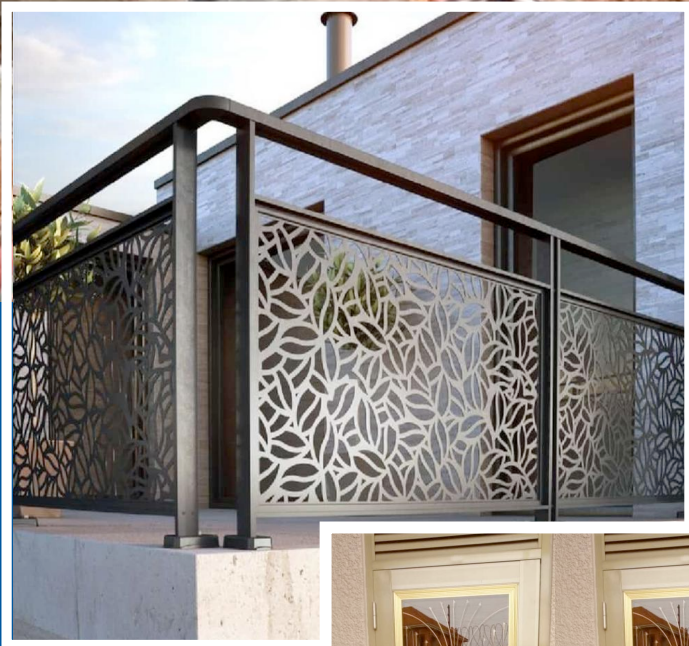
**MERRY CHRISTMAS AND
A HAPPY NEW YEAR.**

Be blessed.

Rotarian
Godfrey Okello-Omoding
HCP



**Aluminium and
Metal Fabrication**



**Najjera- Buwaate Rd, Kira
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DRRE Simeo Sebukulu's Plan for 2024 Rotaract Africa Summit

The Rotaract Africa Summit is the Continent's Premier event for Rotaractors to celebrate achievements of the preceding year, re-strategize towards new global challenges, share ideas, network and most importantly learn from one another, the most effective Rotary executions methods/practices to building better communities.

Uganda, through D9213 recently won the Bid to host the next RAS 2024 in Kampala beating 5 other Nations at this year's recently concluded RAS in Lagos, Nigeria.

The current most growing District on the Continent D9213 boasts of a Rotaract membership of 2,513 from 115 Clubs. All these shall stand a chance to attend this highly Prestigious Continental Rotaract Event come 2024. Only a handful have attended this before.

Our Chosen Theme for the RAS 2024 is "Unleashing Africa's Potential: Rotaract leading the Way". This Theme was chosen to reflect on Uganda's

demographic commitment to youth development and our District's belief in the power of Rotaract to making a positive difference in the World.

Known for our rich culture and history, the time has come to open this goodness to the World of Rotary to partake of.

Ranked as the most affordable tourist destination on the Continent in recent times, we look forward to using RAS 24 to expose our delegates to the physical meaning of "Pearl of Africa". A feel of nature as we focus on giving experiences that create long lasting memories to all the Delegates.

To the District, reclaiming our 1st position at the Zone level with regards to numbers is equally at the back of our mind. Expanding the Rotaract Family and contributing to the spirit of collaboration in our Nation is an objective to enable us reclaim the "Glory" rankings at the Zone through RAS 24.

And now the time has come for the Rotary family in Uganda under the African skies, to create a symphony of service as we unleash Africa's potential to craft a legacy of impact.

Dear Rotarians, Rotaractors, Interactors, Guests and Friends of Rotary, each of us has a role to play in making the Rotaract Africa Summit 2024 an extraordinary chapter in the history of Service.

Karibu to Uganda

Ssebukulu Simeo, DRRE D9213



CONGRATULATIONS TEAM UGANDA FOR WINNING THE NEXT BID FOR RAS

Nigeria gave us a thrilling and unforgettable experience and now, Rotaractors across Africa can't wait to have an amazing experience in Uganda.

From all of us here at Rotaract Africa, we wish you the very best.



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.

A sister's Journey:

Navigating through a brother's addiction, family turmoil and pathways to healing.

On Friday December 8th 2023 I was at the main gate Butabika Hospital at 6.05am. Reason? Joining the Soul Foundation team as a volunteer for their 4th annual Cookout festival for patients and staff of the hospital. A few weeks back, in one of the many groups I am in ,a flyer was shared and I immediately contacted the person and signed up! What caught my eye was this year's theme, "UNITING IN LOVE TO HEAL FAMILIES". When I asked why that theme, Ms. Gerry Opoka the team lead at Soul Foundation explained that usually the focus is on the patients and this time



she decided to focus on what families of patients have to navigate as they find solutions, and it hit home!

In the tumultuous landscape of family life, there are chapters that etch deep scars upon the heart, a story of my family's unwavering love entwined with the agony of witnessing a beloved member succumb to the clutches of addiction. This is a tale not only of my personal strife but family journey punctuated with brokenness, resilience and the pursuit of healing.



I was so elated and first of all the number of volunteers that showed up to support the cause. Making lunch for 1500 both patients and staff on time is no easy task! Our head Chef, Mr. Gonahasa gave us prior warning that it's going to be hard and we should get ready to be snapped at! None of that happened at all, by 10am almost all was done he reported that we can actually slow down. We had soul rejuvenating tea, snacks, music and the chapatti making section had the best vibe! The most humbling moments were patients jumping in to help especially at the chicken section, cleaning, singing, dancing when they could and taking time to speak to us.



By one clock sharp we were ready to serve, the patients were so excited and one of them had sternly warned us in the morning "Do whatever running around you are doing, but if you serve beans today you will see!". As volunteers we had a choice to serve either the male or female wards. As a person who has been affected, I chose to prepare for service but did not go to the wards. I stayed behind talking to other volunteers and the stories shared resonated with me very well. Many have had family members who had similar challenges and some losing life to addiction.

Living and supporting a family member with addiction has had me carry a weight and chaos no one understands. My family which was a sanctuary of love is now a battleground with unspoken anguish. There is a strain to the family relationships, the rift has grown wider and sometimes feel stranded in a sea of brokenness. Serving as a volunteer with Soul Foundation shed a light on many issues and exemplified redemption and courage. While scars may linger, there is a beacon of hope for those navigating similar journeys reminding us that healing and unity are attainable even amidst the greatest trials.



FAMILY MATTERS

Genesis 17:5.... 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.

SEEK TO KNOW YOUR NAME

It's always important to know the meaning of your name for purpose to prevail.

It's a reality that many people cannot respond to the question when asked what their names mean and majority say they have no idea.

How can you not know what your name means?

You may take it lightly but names are very powerful. It is important to know the meaning because every time it is called, two entities answer, you and some other spirit in the unseen world.

Some people are named after pagan gods and goddesses and these spirits are stirred with every mention of yours or child's name.

As a parent, take time and pray about the name you give your child. Do not name him or her after some movie actor



Pastor Ronnie Mutebi

or actress with no idea what the name means.

If you are serious about your life and family, find out the meaning of your name and if it frustrates your identity, seek to understand it to change your destiny and legacy.

Take home: It is important to know the meaning of your name because every time it is called, two entities answer, you and some other spirit.

The Rotary Family Carnival In Pictures







99TH DISTRICT CONFERENCE

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<https://discon.rotaryd9213.org/>



99thDISCON

OUTTOLUNCH: CHANEL MOBILE MONEY INTEREST PAYMENTS TO PENSION SAVINGS

Some old people in Uganda receive some Shs25,000 a month from the government to enable them to “afford life.” The people who are involved in this activity claim that the elderly on this program look forward to this money as it enables them pay for some household needs.

Most people would like and even pray every single day to live long lives. I don’t know though how many would love to survive on this Shs25,000 (US\$6.5) a month. Nevertheless, one is better than zero.

Uganda’s workforce stands at more than 18 million people today. The majority of these people will in about 30 years retire from their jobs either because they have reached their age for retirement or too old to hustle. Most of these people today are unsalaried and will remain so for all their working lives as they work in the so-called informal sector.

Even though most of these people will not be able to kuyiriba (hustle), many will still be alive given the improvements in medical treatment technologies, availability of information and living generally better lifestyles. The challenge they will face will be consistent income.

For decades, many people banked on their children to look after them during retirement especially those that managed to pay school fees for these offspring. Although that may have worked in the past, it is one sure way of suffering as you wait for the benevolence of the children, who themselves may not have much or may prefer to spend their money elsewhere. We are increasingly becoming capitalistic. The social system that most people in Africa depended on is getting broken as the continent urbanizes.

And if millions of people retire or unable to work every year, the government cannot be



DENIS JJUUKO

able to pay those on regular pension (retired civil servants), those being retrenched from public service and the elderly. Even if they pay, the Shs25,000 a month is too little to enable anyone live a decent life.

Uganda isn’t the only country that has this problem. Africa is the youngest continent where the median age is 19 but with a working population of 788 million people. Like Uganda, the majority of these people will be retiring in 20-30 years. Again, like Uganda, the majority of these people (600 million) have no pension savings. When they retire, they will become destitute.

In Uganda, employers are supposed to contribute to NSSF for their workers but the reality is that many people in informal jobs can’t do this. We are known as the most entrepreneurial country in the world but the majority of these entrepreneurs are kuyiriba-

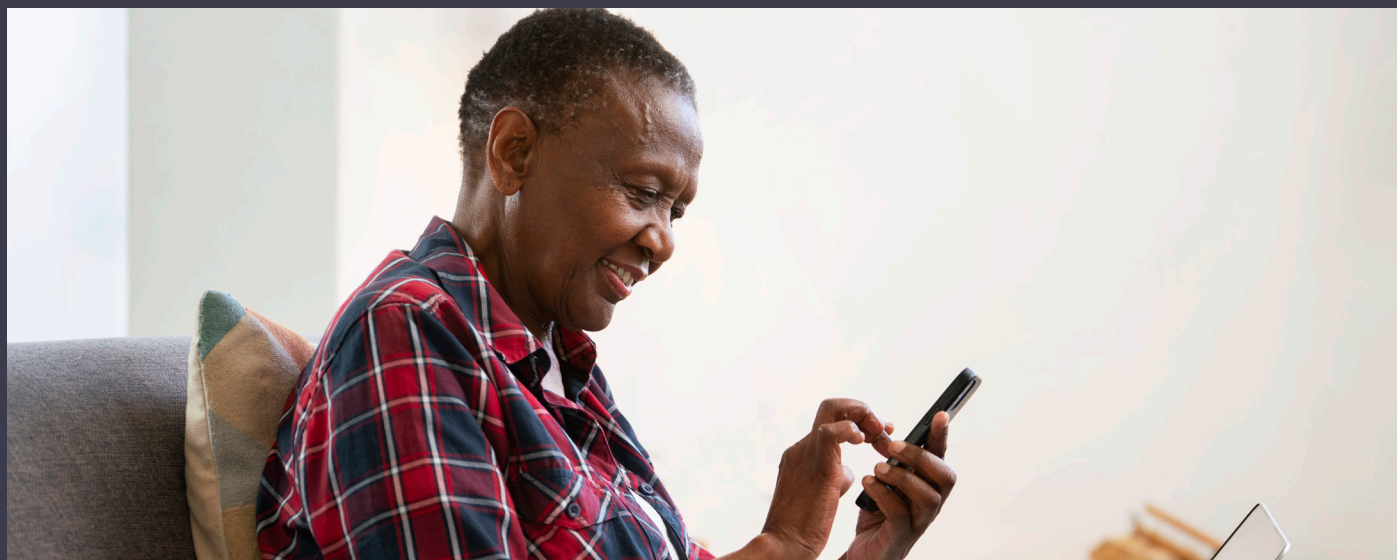
ring such as hawking, being paid for work done or per a day etc. Just study those who claim to own online shops or the guy slashing your compound where he comes once a week during the rainy season and maybe once a month during the dry season. Who will pay his NSSF? They may be catered for in the law but the reality is different.

What needs to be done is to create systems that can enable people to save by seeing the benefits of it. Many people are increasingly becoming members of village saving schemes, saccos or investment clubs (building societies), and Nigiina (where people raise money for one person on a regular basis until every member has received their share) among others. But these are usually short term and not looking at pension 15 or 30 years later.

I recently attended the African Pension Supervisors Association (APSA) conference and as experts debated pathways to sustainable inclusive pension in Africa, I kept on thinking about mobile money and how it can revolutionize pension in Africa.

Periodically, I receive some mobile money. Little amounts. Last month, I got Shs2,695 as interest payment. There about 40 million mobile money users in Uganda. There are two major mobile money companies in Uganda and they each pay out an average of Shs5 billion per a quarter to customers like me. That is Shs10 billion every three months. In a year, that is Shs40 billion on average.

Imagine if this money was instead of sending it directly to me, they opened a pension account for me linked to my National ID where it is saved and invested? Growing at a net income of about 12% annually, this pension scheme would bring in Shs4.8 billion in net profit in the first year. If you compound this for 15-30 years and telcos contributing every quarter, many people would be able to retire with something.



It can also be linked to the national health insurance scheme and allow each member to voluntarily contribute. It would require innovative incentives to work such as withdraws of a certain percentage every five years or funeral covers for parents, spouses or offspring.

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



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.

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



4th
DEC

happy
Birthday

To You

Rtn Barbra Ninsiima



Member Spotlight

Charles Owekmeno

Charles is a Public Health and Management Specialist with over Thirteen (13) years' experience of programme design and management in the field of Sexual Reproductive health, HIV/AIDS, Water Sanitation & Hygiene as well as Gender Equality.

He holds master's degree in Public Health and Postgraduate diploma in Project Planning and management, Postgraduate Diploma in Policy Advocacy and Bachelor's degree in Social Sciences. He is also a Sustainable Development Goal (SDG) global Champion and Fellow with DANIDA Fellowship Centre-Copenhagen- Denmark.

Charles has over the last six years served as the Country Director, SRHR Alliance Uganda and Interim Regional Director-African Network of SRHR Alliances (ANSA). He currently works with Water Aid as a Technical advisor on partnerships with African Network of SRHR Alliances (ANSA).

Charles' favorite hobby is travelling because he loves discovering new places. He also loves networking with new friends. He is equally a big fun of sports, especially playing and watching football and basketball. Charles is married and equally loves participating in community service especially through Rotary International and the Church.

He is the President Nominee of the Rotary Club of Kampala-Naalya.

NDERE TROUPE *Weekly* SHOWS



ADJUSTMENT OF SHOW RATES

Our esteemed Patrons,
In order to comply with the government's statutory (Tax) requirements and still be able to sustain exceptional quality of our performances, continue supporting the education and welfare of the invaluable artistes and maintaining the beauty of the Ndere Cultural Centre, we have to adjust our prices by adding the 18% VAT on our current rates.

The new rates are as follows;

CATEGORY	CURRENT RATE	NEW RATE
Adult (Nationals)	Ugx 45,000	Ugx 55,000
Adult (Internationals)	Ugx 80,000 / US\$ 25	Ugx 95,000 / US\$ 30
Children (3-12Years)	Ugx 25,000 / US\$ 8	Ugx 30,000 / US\$ 10
Dinner Buffet	Ugx 50,000 / US\$ 16	Ugx 60,000 / US\$ 19

This adjustment is effective 6th December 2023. We humbly beg for your understanding and deeply appreciate your continued support.

We pledge to continue unreservedly exerting all our mental and physical energies to offer you the best of Uganda's / Africa's heritage.

info@ndere.com
www.ndere.com

0414 288123 / 0772 700105 / 0772 700112 / 0772 200104



08th
DEC

happy
Birthday

To You

Rtn Jackie Mutimba



Rotary



“ We educate and equip communities to stop the spread of life-threatening diseases like polio, HIV/AIDS, and malaria. We improve and expand access to low-cost and free health care in developing areas.



**DISEASE PREVENTION
AND TREATMENT**

Our visit to the Missionaries of the Poor(MOP)

It Was Heartwarming.





BUDDY GROUP IN CHARGE

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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MENTORSHIP**

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