

Naalya Food 9th January 2024 Bulletin

Rotary
Kampala-Naalya



Issue 1 | 2024



THE MAGIC OF ROTARY

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Editor's Note

Dear friends,

I hope that you were able to have a safe and happy period of holidays. And I thank you for your work and all the contributions you are making in our communities, to 'Serve to Change Lives'

January is Vocational Service Month. Vocational Service calls on Rotarians to empower others by using their unique skills and expertise to address community needs. It is also a time to learn more about the vocations of our club members and the wider community.

Keno Lillian
Bulletin Officer

This issue features our members from the medical profession and other interesting articles including messages from HCP Godfrey Okello-Omoding, DG Edward Kakembo-Nsubuga and RI President Gordon R. McNally

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Thank you for taking the time to read the Naalya Food Bulletin and remember to join us for fellowship on Tuesday 7pm, at Ndere cultural centre.

The Editorial team wishes you a Happy New Year, 2024



Feedback

We'd love to hear from you about any of our stories this year 2024. Contact the Bulletin Officer: **+256 782 601 009** or Email: **rcklanalyafoodbulletin@gmail.com**

RI President's Message

GORDON R. MCLNALLY

Light the path out of dark days

In difficult times like these, it's impossible to avoid feeling heartbroken over the devastation and loss of life caused by war and destruction.

Rotary always stands against harming and displacing civilian populations and using armed aggression instead of pursuing peaceful solutions. We advocate for the observance and respect of international law. We believe in strong action to defend and promote peace, even in the darkest of times.

But we also take our position as an international, nonpolitical, nonreligious organization seriously. To respect the global perspectives and experiences of our members, and to work most effectively in our peacebuilding efforts, we do not choose sides in conflicts.

Rotary is made up of 1.4 million people in communities all over the globe who are united in our commitment to building a peaceful world. We strive to ensure that our words and actions prioritize the health and safety of our global membership and the communities where we live and serve.

Our members seek to offer humanitarian assistance to those affected by conflict, and our global reach requires that we promote peacebuilding and conflict prevention with cross-cultural, cross-border connections and friendship through Rotary.

For decades, Rotary has harnessed these connections to carry out service projects, support peace fellowships and scholarships, and establish programs like Rotary Peace Centers to help build lasting peace. Our members also take action to promote Positive Peace, addressing the underlying causes of conflict, including poverty, discrimination, ethnic tension, lack of access to education, and unequal distribution of resources.

Rotary members who wish to wage peace can use district grants and Rotary Foundation global grants to support projects with other Rotary members that help refugees and displaced people, provide medical support, and more worldwide. Members can also work with or join peace-focused Rotary Action Groups, Friendship Exchanges, Fellowships, and intercountry committees. And District Designated Funds or district cash can support our peacebuilding and conflict prevention efforts.

Members and nonmembers alike can learn more about peacebuilding through the Rotary Positive Peace Academy, a free online course available

to anyone with an internet connection. You can find it at positivepeace.academy/rotary.

There is no denying that incidents of violence and atrocities being perpetuated around the world seem to be escalating. Global peace is fragile, and the stakes are getting higher.

Still, we know that it is possible to bring all people together to work toward a shared goal. Rotary members do so every day in every part of the world. May our ability to unify in common purpose be a spark that helps light the path out of these dark days.

TOGETHER, LET'S CREATE HOPE IN THE WORLD.



Gordon R. McNally
Rotary International President

RI President-elect announces 2024-25 Presidential Theme

Rotary International President-elect Stephanie Urchick announced that the 2024-25 presidential theme is **The Magic of Rotary** and called on members to recognize and amplify the organization's power to save lives.

"Don't misunderstand me – we are not going to end polio or bring peace to the world by waving a wand and saying some funny words," Urchick told incoming district governors at the Rotary International Assembly on 8 January. "It's up to you. You create the magic with every project completed, every dollar donated, and every new member."

Urchick, a member of the Rotary Club of McMurray, Pennsylvania, USA, said she saw the magic of Rotary on display when she was helping install water filters in the Dominican Republic.

Two boys were watching as dirty water entered the filter, then ran out clean at the other end.

"One of the boys grabbed my sleeve and said, 'Show me the magic again,'" she said. "Obviously, the water filter wasn't magic. We worked hard to transport those filters, install them, and work with community leaders in the area to maintain them. But those boys knew that easy access to clean water would change their lives. Knowing that I played a small part in that certainly changed my life."

Prioritizing peace

Urchick urged members to champion Rotary's Action Plan, find a balance between continuity and change, and work for peace. She plans to host a presidential peace conference in 2025 with the theme "Healing in a Divided World."

Rotary has a long history of

promoting peace through its network of peace centers, Urchick noted. Located at top universities around the globe, the centers have trained nearly 1,800 peace fellows who are now working in more than 140 countries. The newest center, located at Bahçeşehir University in Istanbul, Turkey, will welcome its first class of fellows in early 2025.



"The Rotary Peace Fellowship began more than 20 years ago to equip peace and development professionals from communities around the world to become

effective catalysts for ending and preventing conflict," Urchick said. "This conference will focus on Rotary's peace efforts and provide opportunities to learn together."

In addition to emphasizing peacebuilding, Urchick reiterated Rotary's commitment to eradicating polio. She urged the incoming governors to join or initiate PolioPlus Societies in

their districts and do all they can to help end the disease.

"Contact elected officials and other government leaders. Remind them that polio is still a threat. Push them to support polio eradication," she said. "Polio remains our top priority and requires our fullest commitment, but there is so much important work to do."

Balancing continuity and change

Urchick also underscored the necessity of balancing continuity and change, both of which animate Rotary's Action Plan.

"The plan is all about building on our best ideas, not abandoning them," she said. "We face a tough balancing act. We must change ourselves and stay true to who we are."

She asked the governors to do whatever is needed to make the club experience irresistible to members.

"That might mean changing how things are done in your district," she said. "If your district has been



doing things one way for 50 years, it's probably time to reassess. If a club in your district isn't active or is losing members, maybe it's time to start a new club that fits better with the community. Just because a club or district hasn't changed in a while doesn't mean no one is hungry for change."

One way to make positive change, she said, is to embrace the principles of diversity, equity, and inclusion within clubs.

"I hope you'll join me in opening your arms to future people of action, even if – and in some cases, especially if – they don't look or act like the typical member of your local club," she said. "With DEI, it is easier to be united in a common purpose. It's in those moments when we are committed and focused that we are the most effective and relevant."



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Message from the President

GODFREY OKELLO-OMODING
HCP

Dear Rotarians and Friends,

Happy New Year! Warm welcome to the new year. And very importantly welcome to the vocation service month. A good coincidence of time, like many people do with making new plans, Rotarians too make their plans. However, for Rotarians, they begin the year with celebrating vocation service. Each has an opportunity to exhibit his/her passion.

Generally, the month of January is characterized by renewal of hope, refocusing of plans and defining visions and missions. It takes both an internal and an external expression of hope; hoping for better things and situations. Everything is pivoted on hope, and even the greetings. Here one appreciates the essence of having periodic breaks and changes of calendar seasons. It's a natural renewal process and therapy of life. With terminal breaks, life in some people gets presumably new lease. Every outlook of things; socially, economically, politically, spiritually, culturally and technologically is given new dimension of hope.

For rotary, we are entering into the last half of the rotary year. This is yet another "rushing" and turning trend of time packed with several activities

and events. Prominent among these events is the changing of leadership both at the club and district levels. These events set continuous renewal of hope and a refreshing course of rotary.

As for our Club, we have an array of activities and events to perform this half segment of the year. Beginning this vocational service month, the Club will be having a closed club assembly purposely for electing new leaders. There will be awarding of vocational awards and guest talks spicing the month. The subsequent months are marked with the key club events, beginning with Women in Rotary on 9th March. Other activities include preparatory undertakings for the District Governor Elect installation. In addition are the undertakings of Club projects-School Akwang Senior Secondary School Computer laboratory equipping, family health day, and Kamuli malaria project. Also, the Club retreat is planned for the month of May. Club members take note of these activities and events. Keep checking on your annual planner and for updates.

The beginning of new year is associated with the making of resolutions or reviewing of plans. The Club will be having an update of the implementation of the approved annual plan this month during the Board meeting and



the club assembly. This will enable members together to gauge the far the implementation of the annual plan has reached and what is being achieved. Through the review; the challenges will be discussed and solutions shared, re-energization set, and redefining of targets and strategies will be done too.

Fellow Rotarians, let this last half of the rotary year be filled with hope; hope within us and hope that will radiate to others. This matters a lot. As individuals, we must be driven by a mission centered on putting smiles on the faces of the needy. Our internal drive ought to be seen shining with hope and honesty with what we do. Creating hope calls for sharing, calls for interactions and interfacing with those in need, and calls for expression of humaneness in action. May this remaining period of creating hope in the world be memorable time for all of us. Let us not leave creating memorable time to the leadership only. Let us get creating hope in the world consolidated in our hearts starting with this month of vocation service through our several vocations.

**BE BLESSED AND A
HAPPY NEW YEAR.**



DGE Anne Nkutu Joins Rotary Leaders in Florida for Annual Assembly

District 9213 Governor-Elect Anne Nkutu has joined Rotary leaders from across the globe for the Rotary International Assembly taking place in Orlando, Florida, USA

This annual training meeting prepares District Governors-Elect's for their role as Governor, introduces organizational priorities for the coming year, and provides ample opportunities to network with fellow governors-elect's from around the world.

The meeting which started on January 7, 2024 will give incoming District Governors the chance to share ideas for strengthening clubs and

improving communities with Rotary leaders from around the world.

The Assembly also provides a chance for Incoming Governors to meet and partner with other districts from around the world to accomplish good internationally.

It features an engaging and informative program for governor-elect partners, designed to appeal to their diverse interests and experiences.

DGE Anne will receive the Governors' chain during the District Conference in Munyonyo in April and take over office effective July 1.



TeamBuilding at TEMBUZI

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Happy
BIRTHDAY

Rotarian Denis Osikol

Life Skills

#OutToLunch: Lifetime skills for S6 students on vacation



BY **DENIS JJUUKO**

If you visit some of the malls in Kampala these days, you would not fail to notice young people milling around the rails, dressed in damaged jeans and taking selfies with their peers. Many are on vacation having completed their advanced level secondary education even though there are many who may not be in this category.

Some end up catching a movie or having some chips and chicken served in cardboard boxes. The majority though are just hanging around.

For the next eight months or so, such students especially from middle income families will wake up to do nothing for nearly a year as they wait to join university and other

such higher institutions of learning. Parents will be happy to let them hang around the city with reckless abandon.

Yet this is the time for these young people to acquire some skills, do some work and gain experience or gain some lifetime skills. So what can students on a long senior six school break done during this time? Here are some ideas.

Learning to drive

Self driving vehicles are many years away even in the developed world. So driving will remain an important lifetime skill for

many people. Some jobs such as sales and marketing in big organizations require somebody who knows how to drive. But also it is a job itself for many people. Somebody who knows how to drive has an advantage over someone who doesn't. It also enables one to be responsible as drivers make decisions every second. If you want your child to improve their decision making capabilities, teach them how to drive.

Don't just teach them how to drive though. Let them learn how to change tyres, washing the vehicle and even changing oil.

Cooking and baking

There will never be a day when people won't need food. Most people will always eat cooked food. So instead of the child eating food in cardboard boxes as I mentioned earlier, let them learn how to cook. You can take them to a school that teaches people to cook or bring a teacher at home to teach them. You can pull this together with your friends or relatives in the same neighborhood to reduce the cost. Even if they don't end up doing this as a business, they will still be able to cook food for themselves and their families.

If you teach them baking, they would even start

earning income during this period. They can make cookies (or is it daddies?), cakes and such other stuff and sell to their colleagues or shops nearby using the same amount of money as capital that they were spending loitering in Kampala malls.

Content creation

Creating content is now a source of income for many. Many content creators or social and digital media influencers have no formal qualifications in the work they do. They get a smartphone and generate content. I believe that those who will get trained will become better and earn better. So teach the child photography and videography basics so that they don't necessarily have to just spend their time taking selfies or photographing the food before they eat it so they can share with their buddies for bragging rights on Gram! Along the way they will become experts and start earning as soon as possible. You can hire a photographer or videographer to teach your children these skills.

Even if they don't become content creators, in whatever career they choose, content creation will be critical as all professions need it to communicate better. There are also some skills offered by companies like

Google online such as digital marketing and data analytics that they can enroll for and many are free of charge. Instead of simply watching Netflix, they can spend some of their time getting these skills.

Money skills

Ugandan schools don't largely teach people money skills. We learn it when we start earning it and we make many mistakes. So if people learn about money when they are still young, they will make informed decisions later. So the kids taking this long break from academics, can be taught about money by ensuring they manage the budget at home. Send them to markets to buy items and manage the entire process. If they can work somewhere in a place where they have to deal with money, that is even better even if they aren't paid a lot. Do you have a friend who runs a fuel station, supermarket or restaurant? Those are great training areas on acquiring some money skills but also gaining some work experience especially customer care service and even income if possible however little it can be.

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



“I am thrilled to announce **14th to 16th November 2024** as the dates for the **Rotaract Africa Summit**.

Let your calendars take note. We are geared up in planning, to give you a Pearl of Africa Memorable experience.

DRRE Simone Ssebukulu



member SPOTLIGHT

January is Vocational Service Month.

This week we celebrate our members in the Medical Profession



Dr. John Mugisa

Rtn John is a Public Health Specialist: Holds a Masters Degree in Public Health Medicine and Epidemiology from the University of Nottingham, United Kingdom and a Bachelor's degree in dental surgery from Kuban Medical Institute, Russia.

He has served in various capacities in both government and non-government sector managing a number of public health programmes including malaria, HIV/AIDS, Immunisation and Reproductive Health.

Dr. Francis Lakor

Dr Lakor is Senior Consultant Oral and Maxillofacial surgeon MD Stomatology (Ukraine) MDS Oral and Maxillofacial surgery (Russia) Dip. Public Health Dental (Uganda).

He is a Senior Consultant at Mulago National Referral Hospital and an Oral maxillofacial surgeon with C-Care Dental Clinics

Dr Lakor is the founder of RELA Dental Clinic which he established in 1999 with a mission to restore people's Smiles with highest quality of service and Technology.



Dr. Arnold Ntege

Dr Ntege is a General Surgeon at Kiruddu National Referral Hospital.



RI Convention is for Families

Picture this: You get the chance to treat your family to an unforgettable vacation in one of Asia's top sunny destinations. How? By bringing them along to Singapore for the Rotary International Convention.

You'll already have your hotel and flight booked, with a great base for sightseeing because the venues are close to museums, adventure parks, and activities for all ages. By registering as guests, your loved ones can enjoy the big-name entertainers and inspiring keynote speakers at the 25-29 May convention and join you and the entire Rotary family in Sharing Hope With the World.

Book tours in Singapore and nearby countries on the Host Organization Committee

site, rotarysingapore2024.org. Stay on the island to learn about food, sustainability, or the nation's rich culture. Or hop to Bangkok, for example, to take in the city's famed street life and wander the ruins of the ancient city Ayutthaya, a UNESCO World Heritage Site.

In Singapore, here are just a few family-friendly spots. At the Marina Bay Sands complex hosting breakout sessions, an ArtScience Museum exhibit transforms your drawings into computerized art on a "lush digital jungle" canvas you walk on.

Adjacent to the National Stadium convention site is a small water park on top of a building with sweeping skyline views. Splash-N-Surf has a kids playground and a wave pool for prebooked skim-boarding.

Venture to Singapore's Sentosa resort island (take the cable car!) to explore S.E.A. Aquarium, Universal Studios Singapore with its Jurassic Park zone, or Skyline Luge where you zoom down tree-lined trails on carts. — Eva Remijan-Toba

This story originally appeared in the January 2024 issue of Rotary magazine.

**JOIN US FOR THE
ROTARY INTERNATIONAL
CONVENTION IN
SINGAPORE, 25-29 MAY**

Family Matters

BY **PASTOR RONNIE MUTEBI**

Matthew 21:12-13
And Jesus went into the temple of God, and cast out all them that sold and bought in the temple, and overthrew the tables of the moneychangers, and the seats of them that sold doves, And said unto them, It is written, My house shall be called the house of prayer; but ye have made it a den of thieves.

GOD IS OUR STANDARD

Have you ever asked yourself how the temple of God became a marketplace?

This was a place of worship and deeply revered but at some point in time, it became a hub of trade.



Until Jesus overturned the tables of money changers and drove out those selling doves and other merchandise, no one had complained about this state of affairs.

Why? Because it was condoned by the religious leaders of the time.

What is the lesson herein?

There are things some Christians or believers do simply because they see

some religious ministers doing them even when those things are wrong.

Some people are willing to go against their innermost convictions because of the actions of men and women of God.

The minister or religious leader is not the standard, God is. You follow him only because He follows God. If He gets off the path of following God, you have the right to flee.

We serve men of God or our religious leaders because they serve God. We submit to men of God because they are submitted first to God. God is the standard.

Take Home: The minister or religious leader is not the standard, God is. You only follow him if he or she only follows God.





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Fathila Nanozi



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