

Naalya Food Bulletin

06th February 2024

Rotary
Kampala-Naalya



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Editor's Note

Dear Reader,

The Editorial team welcomes you to the month of February, which has been dedicated to Peace and Conflict Prevention by Rotary International.

As Rotarians, let us continue to empower and provide communities with the skills to resolve conflicts. This can be done through Peace Fellowships and service projects among other avenues that can foster peace, our efforts always make an impact.

This issue carries a message from RI President Gordon R. McNally and HCP Godfrey Okello-Omoding and many other interesting items.

The women in Rotary 2024 is also around the corner (9th March) save the date and we look forward to your attendance and participation.

Happy New Month.

Keno Lillian
Bulletin Officer

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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

February 2024

I am enthused and encouraged by your embrace of mental health initiatives throughout the Rotary world. More than 1,000 of you have responded so far to an ongoing survey by the Rotary Action Group on Mental Health Initiatives, offering your feedback on what Rotary can do to improve the personal well-being of members.

The top suggestions are illuminating. Rotary members are asking for more fellowship, camaraderie, conversation, cohesiveness, and connection. They also want more recognition, validation, and integration. They are seeking more service opportunities, and they want more wellness activities, including mental health speakers, awareness efforts, and education.

Our members not only appreciate the greater focus on mental health, but they also believe that making more of the Rotary experience will materially improve their lives. I find it interesting that members are not asking anything dramatically new of their club — rather they want more of what we do best. For example, connection can be improved during meetings simply by assigning seating once each month to encourage people to speak with someone new.

Here are some great ways that we can help achieve these results and make Rotary more appealing to those considering membership.

First, we need to acknowledge the importance of increasing belonging in our clubs and to encourage Rotary members to make the most of every opportunity for new and stronger connections. Public health experts worldwide are concerned about increasing levels of loneliness — the U.S. surgeon general has even declared it an epidemic. Mental health experts agree that finding groups and clubs around common hobbies and interests is a strong way to create greater connectedness. This is what Rotary is

all about. We need to make sure all of our members are fully engaged and that our communities are better aware of this inherent strength.

Second, if your club has found new ways to build connection, please share your stories with us at mindhealth@rotary.org so we can make them more broadly known within the Rotary world. Your good ideas might inspire others. Post your service project stories on Rotary Showcase.

And finally, I encourage you to share feedback from surveys like this with your club and bring forward your own ideas to improve your club

experience and meet your peers' expectations. The journey we have begun is about more than mental health. It is about taking advantage of the full strength of our wonderful organization and helping all members feel that they are part of a community that cares deeply about their personal well-being.

Everything you do to strengthen connections in Rotary, with each other and the people we serve, also helps improve mental health. And everything we do to improve mental health helps strengthen those connections.

LET'S CONTINUE THIS VIRTUOUS CYCLE.



Gordon R. McNally
Rotary International President

Message from the President

**GODFREY OKELLO-OMODING
HCP**

Dear Rotarians and Friends,

Welcome to the month of February. The rotary theme of the month is Peace and Conflict Prevention. It is also the month, supposedly, many people express love-the month of love. It is now one month down the new year. The milestones of the Rotary Year 2023-24 are glaringly coming to the end. New leaders are in place. Training of new leaders in their respective responsibilities is being conducted. The new rotary year theme is out, and more other preparations are on. What a peaceful gradually change of leadership! No wonder rotary always argues for peace, peace and peace.

The theme of the month is a reminder to Rotarians to deeply reflect on peace and conflict prevention. At the Club, talks have been organized to aid the reflection on peace and conflict prevention. Hopefully, provoking every Rotarian to be a peace champion at whatever level he/she can perform best. One can be a peace champion at the individual, family, community, national and global level. At all these levels, peace is needed for peaceful living and co-existence. More than before peace seems to be becoming a scarce "commodity" at all these levels. The price of peace is increasingly becoming high. There is an urgent need to rally Rotations to get involved

in peace and conflict prevention.

Peace can be a state of being. Because of its nature, peace is fragile. Therefore, to achieve peace it requires addressing what makes or constitutes the state of being. The degree of the state of being, of course, vary depending on the type of peace needed. It can be social, political, economic or cultural peace. Fragility of peace influences a number of things right at the very human existence and co-existence.

There are a number of things we ought to reflect on which are fundamental in pursue of peace and conflict prevention. Among them are attitude and environment. There must be a right attitude towards maintaining peace, in attaining peace and, in conflict prevention and resolution. One must be ready for resistance and frustrations. At all times, in what we do and, in our interactions, there are always conflicting things and issues. How to handle them makes a difference.

Peace sustenance and making as well as conflict prevention go with the environment (surrounding causes). Often there are things behind peace and conflicts that need to be



grasped. Things like interests need to be understood better. Where there is apparent peace, there may be commonality of interests. Such interests may be time bound or location bound, showing that peace is state of being. The state can change. It goes along with conflicts too. They are like a coin with two faces- peace and conflict

As Rotarians, we ought to know that human beings function through adjustments and compromises amidst their competing needs, choices, resources or in seeking co-existence. Some conflicts are merely results of poor judgements. In such cases, hope is lost on those impacted by the resultant effects. It is here where creating hope comes handy. This is one of the reasons this year's rotary theme calls on every Rotarians to be a hope creator. Be a resource at whatever level you are or suitable for you. Be that person whose works speak peace. Be that person whose presence radiates love. Be that person that gives hope, and be a peace torchbearer. May the theme of the month challenge us to act.

Be blessed.



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Meet our President Nominee **DESIGNATE**



Name: Christine Amucu

Qualifications

MBA _ ESAMI, PGD in Human Resource, BA (Hons) MUK.

Started her career in National Water and Sewerage Corporation - NWSC as a Personal Officer (1994) and grew to the ranks to the position of Director Human Resources.

As she prepares to retire she's currently the Training advisor.

Areas of expertise.

Human Resource Development, Employee Relations, People leadership and management, Change Management Employment and Placement Recruitment.

Interests - Her first passion is her family, helping out in communities, Adventuring and travelling. She also loves music. She is married

OUR CLUB OFFICERS FOR THE NEXT ROTARY YEAR



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Enid Kabunga
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Ronnie Mutebi
CANCER RUN



Jackie Mutimba
FAMILY OF ROTARY



Francis Lubulwa
INSTALLATION



Flavia Sserugo
WOMEN IN ROTARY



Sylvia Nankya
ONTO DISCON/RI CONVENTION



Denis Jjuko
CLUB FUNDRAISER



Margret Kugonza
ROTARY FAMILY DAYS



Herbert Oloka
POLIO OFFICER



Preparations for the Magic Year in High Gear

The magic team led by District Governor Elect Anne Nkutu has started preparations to usher in the next Rotary year, also known as the Magic Year.

A series of planning meetings have already taken off. One of these is the planning for the years District Conference dubbed Discon 100, a celebration of 100 years of Rotary in the region.

In one of the meetings held on Saturday February 2, DGE Anne appreciated the Magic team for accepting the call to serve and noted how interesting it was that the team was planning for the handover before coming into office.

She highlighted that the conference was about

celebration of service, and creating a new experience and a magical moment.

“This being a centennial Conference, it would be an opportunity to recognize our past leaders. The DISCON should celebrate the history of Rotary in Uganda”

The meeting was attended by several Past District Governors who all shared their experiences about hosting the District Conference and the excitement that comes with it.



Pictorial - Preparations for the Magic Year



TeamBuilding at TEMBUZI

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See you soon, Singapore

Singapore and Rotary have some things in common. For one, the Southeast Asian Island nation hosting the 2024 Rotary International Convention is known for bringing cultures together and celebrating business connections and innovation.

When Rotary chose the site, then-RI President Ian H.S. Riseley said Singapore was an excellent venue as a global business and knowledge hub. "Given our international scope and commitment to cultural diversity, our conventions are often described as a 'mini-United Nations' where our global network

of volunteers connect to address lasting solutions to local and global humanitarian challenges," he said.

Here's a taste of what makes tropical, sunny Singapore special: It has four official languages — English, Malay, Mandarin Chinese, and Tamil, reflecting a population with heritages rooted in many countries. Singapore is committed to environmental sustainability, and its main island — smaller than Rhode Island — is, quite simply, a beauty.

Nearly half is covered in green space, including lush plantings in public areas and tidy parks tucked among modern skyscrapers.

Nature and technology converge in breathtaking fashion in attractions such as several giant human-made waterfalls, including one in the main airport.

Gardens by the Bay next to the convention site mixes plants and artistic fantasy, featuring steel "super trees" and an artificial indoor mountain with piped-in clouds.

The convention is 25-29 May at Marina Bay Sands Expo & Convention Centre with general sessions at National Stadium. Join us in Sharing Hope with the World.

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



Rotary
Kampala-Naalya



**CREATE HOPE
in the WORLD**

9th Edition
WOMEN
In Rotary

SATURDAY
March 9, 2024

*Save
the Date*

*Inspire Inclusion*



OutToLunch: There is more to learn from Joseph Yiga than just his mega country home



BY DENIS JUUKO

In the early evening of the second day of this year, a video started trending on various social media platforms in Uganda. A guest attending a house warming party had recorded the video while narrating what the amenities were in the house. He concentrated on the visitors' toilets, guest house, flowers and the sheer size of the compound. Although he exaggerated the acreage of the land on which the house sits, the picture was clear for everyone. Photos eventually emerged as well.

For the next few days, social media discussions were centered on the house. Its sheer size and architectural beauty. One person tweeted that at least

Kampala's billionaires were finally building something Hollywood-esque. Others compared it to a five-star hotel in Kigo. Both the hotel it was compared to and the mansion borrow from the Mediterranean architectural themes. A well-traveled friend who was among the guests at the house warming party told me that he hadn't entered a house that big before and commended the owner's taste.

On social media, eventually everyone asked who the owner was. It turned out, the house on the shores of Lake Victoria in Kasanje Buwaya belonged to Kampala businessman and papal knight Joseph Yiga and his wife Regina. Many people had never heard of Joseph Yiga before and many actually confused him with a dealer in real estate with whom he shares both names.

Yet Joseph Yiga is the founder of one of Uganda's most known brands — Steel and Tube and before that, Hardware Deals. I would never blame them for not knowing him. I have been to events where Yiga has attended but he keeps a low profile. He will never arrive at an event where he would ask the protocol people whether they knew who he was. That is for wannabes who actually have nothing to their name or have just fallen into things the other day.

Yiga didn't become a captain of the industry the other day. He has been in the trenches of business for the better part of his life. Before he founded Hardware Deals, the precursor to Steel and Tube, Yiga had been involved in the cosmetics business among others. As Kampala expanded, he saw opportunities in the construction sector and eventually started his steel manufacturing empire. Steel and Tube is said to be among the top five steel manufacturing businesses in Uganda.

That means he can afford the mansion in Kasanje that

rivals some of the best five-star hotels in Kampala. But I don't want to write about his mansion. We know he can afford it. But what do we learn from him?

The story is in his move from a hardware stockist to a large manufacture of steel products. He was never contented with playing second fiddle to businessmen from Asia who came here and set up manufacturing businesses and controlled the market.

Many Ugandan businesspeople travel to Asia, particularly China, for decades importing stuff and stocking them. Most of the stuff they import can easily be made here but they don't look at business that way.

Countries develop when nationals can control some of the sectors of the economy. If we concentrate on being traders of stuff we can make, we are always at the mercy of those who manufacture them. Manufacturers set the price of their products. They determine the quality and quantity you can get. They can even remove the business from you and start dealing with another trader who may be can deposit more money

with them than you. There is nothing you can do about it. That way they determine how much money you can make and you will never make more than them. Many times, they use your money.

Had Yiga remained a hardware dealer in Nakasero in the Kampala Central Business District, he would have been wealthy but not able to control any percentage of the steel market in Uganda and the region as he does today. He would probably have built a mega country home but not as luxurious as the one he built in Kasanje Buwaya.

He would have employed many people but not the thousands that work in his factories today. If there is anything Ugandan businesspeople can learn from Joseph Yiga, it is the need to move from trading to manufacturing and of course other sectors like banking. We can't be leaving this to only foreign entities

**The writer is a communication and visibility consultant.
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Family Matters

BY PASTOR RONNIE MUTEBI

Luke 19:1-5(KJV)*:
And Jesus entered and passed through Jericho. And, behold, there was a man named Zacchaeus, which was the chief among the publicans, and he was rich. And he sought to see Jesus who he was; and could not for the press, because he was little of stature. And he ran before, and climbed up into a sycamore tree to see him: for he was to pass that way. And when Jesus came to the place, he looked up, and saw him, and said unto him, Zacchaeus, make haste, and come down; for today I must abide at thy house.

A SERVANT'S HEART

As a Rotarian you are called to a life of service beyond self, you should never be unapproachable and impossible to reach.

Most importantly however, you should be ready and available to reach men



when they cannot reach you.

This is regardless of how greatly you are blessed and honored.

When Zaccheaus could not access our Lord, Jesus instead reached out to him.

I know men and women highly positioned who live with the attitude that if someone needs them, then that person must come to them.

Sometimes, some people cannot genuinely get to where these persons are because of physical or

financial constraints. You must be broken enough to reach those who, because of uncontrollable factors, cannot reach you.

God always allows the less privileged to live amongst us so that we can "privilege them" and that's "Service beyond Self"

You have to be humble enough to drive to the home of a man, a child care center, home of the elderly, missions of the poor, a school who needs you and extend a hand of service to them. You should be broken enough to go to a hospital in the middle of the night to pray for the ailing.

Take Home: As a Rotarian you should never be unapproachable and impossible to reach. Most importantly however, you should be ready and available to reach out and serve when they cannot reach you.



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PK's Corner: Start over

BY PAMELA KAWADWA

**Within every life, there comes a time
when you need to take a break, to start something new.**

A point at when your life seems stale
and starting over is the only thing to do.
Not everyone wants to do it,
in fact, most refuse to try.
They idle away each day,
not realizing they need to do something new.

The world passes by them
as they stand at the garden gate, and before they know it
starting over for them is too late.
Therefore, if you need to get out of a rut before it is too
late, start looking for something new to enhance your life
with beauty,
which you have forgotten what it was like.

Starting over can make you a new person, sometimes even
better than before.



Pictorial - We visited our Motherclub



Pictorial - Vocation Recognition Award Moments





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MEETS EVERY TUESDAY AT 7-8PM**