

Naalya Food 26th March 2024

Bulletin

Rotary
Kampala-Naalya

CREATE HOPE
in the WORLD

Issue 12 | 2024



Inside This Issue



05

Customize your Rotary
Convention with Tours



07

Millions at risk of
Cholera

Editor's Note



Dear Friends,

I thank everyone who has devoted time and contributed to the Naalya Food Bulletin.

As we move forward into April, let's continue to work towards providing basic needs to those who lack them and help prevent the spread of diseases.

Our guest speaker last week, the Director of Public Health Services and Environment at Kampala Capital City Authority (KCCA), Dr. Daniel Okello Ayen highlighted the poor state of sanitation in Kampala especially in slum areas, reported to contribute to about 90 percent contamination of the protected underground water sources like spring water. We can take action to ensure clean water for those who need our help in the communities.

I also take this opportunity to remind you of some of the upcoming events - the 99th District Conference from 18 – 20 April 2024 and the Rotary International Convention - Singapore - May 25 – 29 2024

Have you registered?

Enjoy this issue of the Naalya Food Bulletin.

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**

Message from the President

GODFREY OKELLO-OMODING
HCP

Dear Rotarians and Friends,

Water from springs in Kampala City are contaminated including the so-called holy water". This was revealed by the Director of Public Health and Environment, Kampala Capital City Authority. This is one of the marks of the reflection of the month's theme- Water and Sanitation. Take hint on what source of water to use. As we prepare to enter the month of April, where the focus is on the environment, it is important to take concern on the water sources and sanitation facilities. Access to safe water and proper sanitation are critical in the daily living of people. Every person needs them.

Let us continue addressing issues of water and sanitation where we can amidst the challenges. The challenges are enormous already, yet different dimensions are emerging like climate change. The climatical challenges are making access and provision of water more expensive. The patterns of seasons are changing and not easily predictable. The intensity of floods, dry spells, landslides and soil erosion is increasingly high. Their effects impact on the water sources as well as on the access to clean and safe water and on the provision of sanitation. The costs of water extraction and infrastructure are increasing.

The unpredictable weather variations are imposing far reaching effects on water retentions/ reservoirs points such as wetlands. Coupled with human activities, more of the water reservoirs are getting depleted and polluted, causing high costs of providing safe and clean water. Also, they are causing ecological effects.

Therefore, the water and sanitation theme has been a reminder of the challenges confronting humanity. It is awaking call to act. When we come together to act, more positive trends can be achieved. It may not be directly on water and sanitation but indirectly through participation and contributions on others aspects and areas that enhance access and provision of water and sanitation.

Rotarians, there are number of areas where we can act and create hope. We can do some things that can cause a reduction on degradation of environment and natural resources such as wetlands. We can make contribution on the community economic empowerment. We can direct support to the improvement of agriculture practices hence causing a reduction on soil erosion and saving marginal and fragile natural areas. We can support conservation of



riverbanks, swamps and steep slopes. Such interventions have bearing on access to water and sanitation, water quality and extraction and the general care of environment.

For sanitation, there are simple technologies which access to many are constrained by resources. Among these resources are finance, technical know-how, information. With the wide network of Rotarians, there is a large web to tap from and channel resources where there is most need, and put into better use.

For certain, hope creation in water and sanitation is within the horizon, when we act. With actions and network of partnerships, more people will access safe and clean water and better sanitation. Water borne diseases and sanitation related diseases will be controlled. What it requires is continued mobilization and increasing interventions, interventions that include behavioral change and participation of the targeted communities.

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Customize your **Rotary Convention** with Tours.

The Rotary International Convention in Singapore will offer so many special events and exclusive experiences that you'll want to make a plan to make the most of your time.

Come early or stay after the 25-29 May convention to take a tour curated for Rotary members or meet with potential business partners in this economic powerhouse home to so many big corporations. And be sure to register for an extra event to mingle with fellow members.

The Host Organization Committee has tours for you in Singapore and the region. Book. One convenient three-day tour in neighboring Malaysia includes a Kuala Lumpur heritage walk and a batik fabric dyeing workshop.

A private tour to learn about the city's immigrants and hawker center culture includes tastings at the food markets in Chinese, Indian, and Malay neighborhoods.

Rotarians from the area invite you to Host Hospitality Night, with cultural and food events at exquisite venues in the heart of the city. At the Rotary Foundation Donor Summit, a general session-style event, members will hear stories about the impact of their support. Major Donors and members of the Arch Klumph, Legacy, Paul Harris, and Bequest societies can register on the convention site.

Rotary Youth Exchange alumni can connect and share ideas at the Youth Exchange Officers Preconvention 24-25 May.

And stick around after the convention for the Asia Pacific Regional Rotaract Conference 1-4 June. Whichever Rotary-only experiences you choose for your trip, you'll be Sharing Hope With the World.

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

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Millions at risk from **Cholera** due to lack of clean water, soap and toilets, and shortage of cholera vaccines

The International Coordinating Group (ICG) on Vaccine Provision calls for urgent fast-tracking of life-saving measures. March 2024

Immediate action is needed to stem an unprecedented multi-year upsurge in cholera cases worldwide, according to the International Coordinating Group (ICG) on Vaccine Provision.

Actions include investing in access to safe water, sanitation and hygiene, testing and detecting outbreaks quickly, improving quality of and access to healthcare, and fast-tracking additional production of affordable oral cholera vaccine (OCV) doses to better prevent cases.

The ICG manages the global cholera vaccine stockpile. The group includes the International Federation of Red Cross and Red Crescent Societies, Médecins Sans Frontières, UNICEF and WHO. Gavi, the Vaccine Alliance, finances the vaccine stockpile and the delivery of OCV. ICG members are calling for governments, donors, vaccine manufacturers, partners and communities to join in an urgent effort to halt and reverse the rise in cholera.

double those reported in 2021. Preliminary data for 2023 reveal further increases, with over 700 000 cases reported. Several of the outbreaks have high case fatality rates, exceeding the 1% threshold used as an indicator for early and adequate treatment of cholera patients.

These trends are tragic given that cholera is a preventable and treatable disease and that cases

had been declining in previous years.

Cholera is an acute intestinal infection that spreads through food and water contaminated with faeces containing the bacterium *Vibrio*

cholerae. The rise in cholera is being driven by persistent gaps in access to safe water and sanitation. Although efforts are being made to



Cholera has been surging globally since 2021, with the 473 000 cases reported to WHO in 2022, more than

close these gaps in places, in many others the gaps are growing, driven by climate-related factors, economic insecurity, conflict, and population displacement. Safely managed water and sanitation are prerequisites for stopping the transmission of cholera.

Currently, the most severely impacted countries include the Democratic Republic of the Congo, Ethiopia, Haiti, Somalia, Sudan, Syria, Zambia, and Zimbabwe. Now more than ever, countries must adopt a multisectoral response to fight cholera. Members of the ICG call on currently and potentially affected countries to take urgent steps to ensure their populations have access to clean water, hygiene and sanitation services, and the information critical to prevent cholera's spread.

The establishment of these services requires political will and investment at the country level. This includes creating capacity for early detection and response, enhanced disease detection, rapid access to treatment and care, and working closely with communities, including on risk communication and community engagement.

The severe gap in the number of available vaccine doses, compared with the level of current need, puts unprecedented pressure on the global stockpile of vaccines. Between 2021 and 2023, more doses were requested for outbreak response than the entire previous decade.

In October 2022, the ongoing vaccine shortage necessitated the ICG to recommend a single vaccine dose, down from a previous, long-standing two-dose

regimen. Approximately 36 million doses were produced last year, while 14 affected countries registered a need for 72 million doses for a one-dose reactive strategy. These requests understate the true need.

Preventive vaccination campaigns have had to be delayed to preserve doses for emergency outbreak control efforts, creating a vicious cycle. The change in strategy enabled available vaccines to protect more people and respond to more cholera outbreaks amid the ongoing supply shortfall, but a return to a two-dose regimen and a resumption of preventive vaccination would provide longer protection.

Global production capacity in 2024 is forecast to be 37-50 million doses but will likely continue to be inadequate to serve the needs of millions of people directly affected by cholera. Only one manufacturer, EuBiologics, currently produces the vaccine; while the company is doing its utmost to maximize output, more doses are needed. Currently, new manufacturers are not expected to join the market before 2025; they must be fast-tracked. The same urgency and innovation that we saw for COVID-19 must be applied to cholera.

Additional manufacturers planning to enter the market need to accelerate their efforts and make doses available at affordable prices.

We appeal to vaccine manufacturers, governments, donors and partners to prioritize an urgent scale-up of vaccine production, and to invest in all the efforts needed to prevent and control cholera.

Pictorial - Rotary Inter District Leaders Summit

brought together Rotary leaders from D9212, D9213 and D9214





99TH DISTRICT CONFERENCE

KEEPING HOPE ALIVE

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OutToLunch: Addressing how politicians get elected, key in fighting corruption



BY DENIS JUUKO

In most parts of rural Uganda, rice is considered a delicacy that is only devoured on special occasions such as Christmas, Easter and big events like weddings and funerals of big people. This could be because rice is largely sold in shops and not grown by most households same way, they do matooke, maize, potatoes, cassava or millet. It is also largely imported even though it

is grown in some parts of eastern Uganda.

Understanding the special place rice enjoys on the dining tables or in utensils of households somewhere in rural western Uganda, a candidate for Member of Parliament is said to have turned up with semitrailers carrying 40 foot-cargo containers full of rice. His agents were said to be at hand to deliver the rice to the constituents.

He didn't stop there, he understood that many young women that form a big part of his constituents lacked sanitary towels. Another container was delivering branded sanitary pads that are usually used by middle- and upper-class women in Kampala.

At church events, he delivered millions of shillings as contribution to the building projects in his

constituency. Whoever lost a relative, he or his agents showed up with stuffed brown envelopes marked condolences fees.

For the weddings, he generously contributed. Roads that were impassable, he hired the graders and bulldozers. The electorate were elated. They finally had somebody who understood their problems.

His opponents were floored. Some dropped out of the race. A stubborn one, the incumbent, refused to do so but decided not to spend as much as the new boy on the block. He told those close to him, that it would be an exercise in futility. He knew he would not win. He, of course, lost.

Although most candidates for parliamentary office don't turn up with Actros trucks carrying foods

considered exotic by constituents, many pay their way to the hearts of the electorate. Some people who know the cost of a campaign in some constituencies claim that some people spend nearly Shs3 billion to get elected. Most of this money isn't spent on operations such as fueling the candidate's car, campaign posters or paying for a public address system. Most is spent "oiling the throats of voters" and pretending to be the government by working on stuff such as roads that are outside the MP's mandate. Each MP contestant buys an ambulance as a standard campaign item. Water bowlers donated by MPs are everywhere.

At one stage, the Parliament of Uganda run adverts on radio urging the electorate not to demand for public services from MPs. By the time parliament decided to do that, it must have been a crisis. The cost of running a successful campaign is high. The cost of returning to parliament is even higher given that the majority are never elected back. Maybe because the voters realize they stand a better chance of getting rice and

sanitary pads from somebody contesting for the first time than the incumbent, after all they have been eating from him or her for at least five years.

We have had stories that most MPs are indebted to the bone due to high costs of the campaign and then maintaining their positions. They pay huge sums to get party endorsement and then must donate as much as possible if they expect to be re-elected. Some party primaries are as highly contested as the main election. They must outspend their more cash liquid competitors as well. The money earned as salary and allowances may never be enough.

That is why most MPs are breathless whenever they hear an impending cabinet reshuffle. They want to do anything under the sun to get into cabinet. It increases their pay and perhaps lowers their expenses on stuff like fuel and car repairs.

Those who don't get into cabinet are said to try to use their positions on committees to gain any advantage legally, morally or otherwise. Perhaps that explains the clamor for travel within and

outside Uganda. That way they get to pocket huge allowances.

For those who join parliament as young men or women, the pressure is even higher. If they don't get re-elected, who would ever employ them again? A certain journalist who once joined parliament and lost the re-election approached his former employer for a job. The employer told him that he was willing to hire him as a parliamentary reporter since he knew the corridors of parliament better than anyone else. The former MP couldn't imagine running around his former colleagues with an audio recorder taping interviews and declined the offer. We heard he became a truck driver.

As long as MPs and other politicians spend more money to get elected than they can easily get paid officially back as their emoluments, corruption will never be nipped in the bud. If we want to fight corruption, we need to start on how politicians get elected in the first place.

The writer is a communication and visibility consultant.
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Family Matters



BY PASTOR RONNIE MUTEBI

Philippians 3:12. Not as though I had already attained, either were already perfect: but I follow after, if that I may apprehend that for which also I am apprehended.

WHY PURPOSE?

In the walk of life, there are some questions designed to prove one's maturity. Such questions are wise and

learned as opposed to the foolish and unlearned questions. Maturity here is not of age but also experiences from which we earn our place to be considered mature.

For example, why did God choose you? Why did He lay hold of you and invite you into all those life experiences?

When He looked at your entire family, why did He single you out?

These questions can align your path and set you steadfastly on the course of your destiny.

With such questions, the choices you make will always be God-centred and not self-centered. Your marriage, career path, business and service will have a humanitarian pool as their foundation.



In this light, you will always pursue things because of their connection to the will and purposes of God and not because they feed your fleshly desires and carnal appetites.

Take Home: Why are you the most desired and advantaged in your family? Why did God single you out? These questions can align your path and set you steadfastly on the course of your destiny.

Always seek purpose for the better good of those God set below you to advantage.

Pictorial - DGE Anne Nkutu representing Rotary at the Water & Environment Week event



Our visitors last week:

- RC Najeera
- RC Ssonde
- RC Kitante
- RC Mukono Central
- RC Kampala Life Stars
- RCT Cape Munyonyo

Clubs visited last week

- RC Masaka
- RC Kitante



PK's Corner: UNSTUCK

BY PAMELA KAWADDWA

I'm living proof that we can get unstuck. I've been stuck many times in my life, and I can safely say there's always a way out.

You may be stuck in an old life routine, and it's become so boring and stale. Doing the same thing, but expecting different results. That's insanity.

I've been stuck in fake relationships, dwindling finances, poor habits, name it, and I have been there. So you are not alone. You aren't the first or last one in that bubble.

Allow me to talk about a few ways to jump-start your life, have a brighter life, and create a new path for yourself. These have been tried and tested, so enjoy the ride.

Face the difficulty

Burying your head in the sand doesn't make it go away. If you've been avoiding thinking about that difficult project, your exercise routine, or diet, not much will change until you face the difficulty and do it.

Make a decision and be intentional to follow it through. A clear decision means we let go of all the doubts and double minded attitudes and commit fully.

Be kind to yourself

As you sprinkle kindness to others don't leave yourself out of the equation. This is the power of self-acceptance and growth,

and this breeds happiness and confidence. Celebrate the little victories on the journey and keep moving.

Do it with others

Like the saying goes, "walk alone, and you will move faster, walk with others, and you will move further". Find a group, or get an accountability partner to walk with you. You will find that it helps to not be alone on a tough journey and to get support whenever you feel like giving up.

Consistency is key

Set a time and place and commit to it. Create a 20-day "Obey yourself challenge" and soon it will become a habit. Small victories, slow change, amazing progress. Focus on small victories at first. On my #antiaging journey, I tell myself every morning, "Pkwy, get up and drop some sweat!" I exercise at least four times a week. The news of my scale does not show much progress. However, I decided to celebrate the victories I see in my glowing skin, body flexibility, toned body, and how beautiful I feel inside and out. Gradual change equals huge progress over time.

Progress over perfection. Missed 2 days of exercising, focus on the 3 days you did do! Keep making progress and let go of small misses.

Don't overthink it. Just do it. Just start now. No excuses...

Let's catch up again!



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