

# Naalya Food Bulletin

JULY 2023

Rotary  
Kampala-Naalya



CREATE HOPE  
in the WORLD

Issue 3



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# Editors Note

Dear all,

This is our third Issue of the Naalya Food Bulletin, and I must say am overjoyed with the feedback, keep them coming.


This issue is blessed with a Message from our President Omo and take- aways from Dr. Sabrina Kitaka's presentation last week including tips on parenting and child survival strategies.

As we reflect further on the theme of the month; Maternal and Child Health, a distinguished Obstetrician and Gynecologist Dr. Sam Ononge, is our guest this week. Please join us as he shares with us the Men's experiences in maternity care and social support, check out his profile and much more for your inspiration.

I salute the team that has devoted time to ensure timely release of this weekly Bulletin.

**Keno Lillian**

**Bulletin Editor**



**As we reflect further on  
the theme of the month;  
Maternal and Child Health,  
a distinguished Obstetrician  
and Gynecologist Dr. Sam  
Ononge, is our guest  
this week.**

# Let Us Stand Out and Be Counted

## Dear Rotarians and Friends

It is a great time to listen to and learn from a talk focused on topical issues of the theme of the month; Maternal Health and Child Care.

Last week, we had the opportunity to listen to and learn from Dr Sabrina Kitaka, an expert in child and adolescent health. It was such a wonderful talk that kept everyone wanting more but as usual time is not our ally. The themed topical issue talks are going to continue in every month.

This month is devoted to reminding us about the fundamentals of the foundation of human life. It often used to be associated with mothers and children only. However, there has been a deliberate shift to include the fathers and men. This shift draws in the fathers per se into active participation. As we further our reflection on the theme, the roles of the fathers and men in the matters of maternal health and child care need to be brought out and forefront.

Therefore, this week, our Guest Speaker will unpack some of the things fathers and men ought to know and to do. Collectively, mothers, fathers and children complete the family trinity. Completeness of the trinity of the family enhances life. This is the essence of this month; enhancing family life.

As Rotarians, we have been given an opportunity to reflect on the statistics of maternal health and childcare. Figures on women dying every day while bringing life must worry us. Figures on children dying before their first birthday or under five years must set us into action. Let this not to be reserved of those who directly provide maternal health and child care. Together we can have a great transformation in these figures.

Together we can increase our outreach. Together let us be counted in the improvement of maternal and child health figures. Truly, by coming together, we demonstrate the spirit of service. We extend the hands of service-oriented people. We become partners in a problem solving rather than passive onlookers.

Let the magnitude of the problem not scare us but strengthen our zeal to move. The small ants build huge anthills at the end not because they had all the soil. They accumulate it little by little and allow it to dry and the result is an anthill. It is the determination which is the differentiator. For sure, Rotarians are people with a will to service. May you continue to make your contributions. Be hope creators.

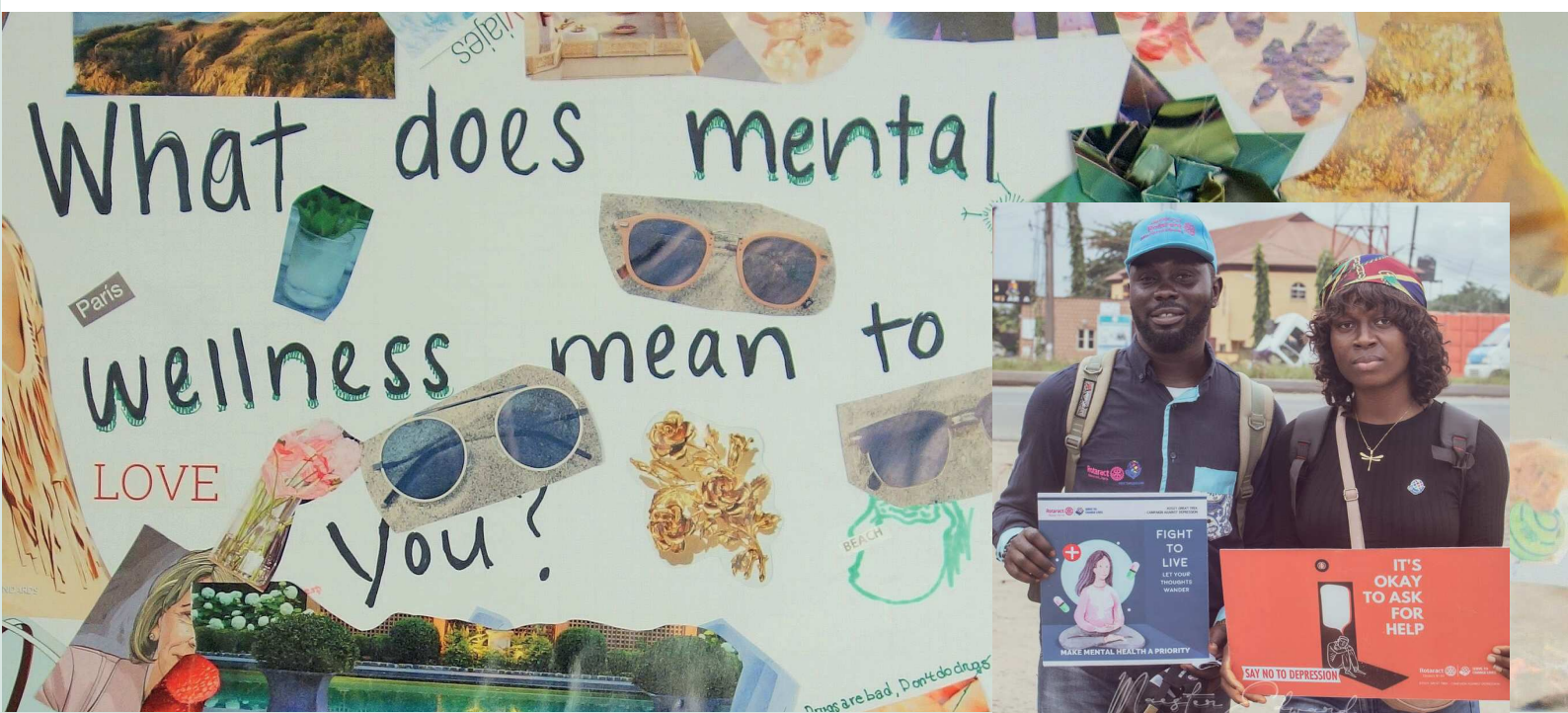


**This month is devoted to reminding us about the fundamentals of the foundation of human life.**

*Have a blessed week.*

**Your Servant President  
Godfrey Okello-Omoding**





According to WHO, 1 in 8 people worldwide, or 970 million people, live with significant mental health conditions. Adequate resources to prevent and treat these conditions aren't reliably available in all parts of the world, and in low- and middle-income countries, up to 85% of people with some mental health

Everyone in Rotary has a role in this effort. We don't need to be mental health professionals to make a positive difference. We can treat others with care, respect, and dignity. We can ensure that people feel valued through a smile,

We can also ensure that our clubs offer a welcoming environment where everyone who interacts with us is treated with respect, kindness, dignity, and care.

4

# Take Away's from Last Fellowship

Every day, millions of parents seek health care for their sick children, taking them to hospitals, health centers, pharmacists, doctors and traditional healers.

- 1 in 5 babies will be born low birth weight
- 1 in 3 infants will be stunted
- 1 in 4 adolescent girls will be overweight
- 1 in 3 adult women will be obese
- 1 in 3 adults will have hypertension
- 1 in 7 adults will have type 2

The first 28 days of life – the neonatal period – is the most vulnerable time for a child's survival.

Children face the highest risk of dying in their first month of life at an average global rate of 18 deaths per 1,000 live births in 2021, down by 51 per cent from 37 deaths per 1,000 live births in 1990

In Uganda the neonatal mortality is 28 per 1000 live births down from 51 in 1990

Subsequent protein, calorie and micronutrient malnutrition results in moderate to severe stunting and cognitive impairment

Parenting is special, but takes a lot of effort!

During Pregnancy  
Deficiency in the mother may lead to:

- Preterm delivery
- Low birth weight and Iron deficiency
- Inferior health of the baby

Start right for a firm foundation  
The closeness of the parent-child connection throughout life results from how much parents connect with their babies, right from the beginning. Research has shown that fathers who take a week or more off work when their babies are born have a closer relationship with their child at every stage, including as teens and college students.

Encourage, Encourage, Encourage

- Think of your child as a plant who is programmed by nature to grow and blossom.
- They need your encouragement to see themselves as good people who are capable of good things and they need to

know you're on their side.

Respect must be mutual

- Pretty obvious, right? But we forget this with our kids, because we know we're supposed to be the 'boss'.
- Kids treated with respect will treat themselves and others, respectfully; they will choose peers who treat them respectfully.

Communication habits start early

- It's hard to pay attention when you're busy preparing dinner and cleaning up and listening to your 3-year-old, but if you aren't really listening, two things happen.
- You miss an opportunity to learn about and teach your child, and she/he learns that you don't really listen so there's not much point in talking.



- As they grow older, set rules e.g. no phones at the dinner table

#### Don't take it personally

- Your teenager slams the door to her bedroom. Your ten-year-old huffs "Mom, you never understand!"
- Your four-year-old screams "I hate you, Daddy, Mummy!" What's the most important thing to remember? DON'T TAKE IT PERSONALLY!
- This isn't primarily about you, it's about them: their tangled up feelings, their difficulty controlling themselves, their immature ability to understand and express their emotions

#### Resist The Impulse to Be Punitive

- How would you feel about someone who hurt, threatened, or humiliated you, "for your own good"?
- Kids do need our guidance, but punishing your child always erodes your relationship, which makes your child misbehave more.
- Research shows that parents who negotiate have better outcomes for their children

#### Don't Let Little Rifts Build Up

- If something's wrong between you, find a way to bring it up and work it through positively.
- Choosing to withdraw (except temporarily, strategically) when your child seems intent on driving you away is ALWAYS a mistake.
- Every difficulty is an opportunity to get closer or create distance

#### Re-connect after every separation

- Parents naturally provide an anchor, or compass, for kids to attach to and stay oriented around.

- When they're apart from us they need a substitute, so they orient themselves around teachers, coaches, electronics, or peers.

- When we rejoin each other physically we need to also rejoin emotionally. Stay available

- Kids talk when something is up for them, particularly if you've proven yourself to be a good listener, but not overly attached to their opening up to you.

- Your child will sense your emotional availability.

- Parents who have close relationships with their teens often say that as their child has gotten older, they've made it a practice to drop everything else if their teen signals a desire to talk.

#### What Every Child Needs

Security: children must feel safe and sound, with their basic survival needs met: shelter, food, clothing, medical care and protection from harm.

Stability: comes from family and community. Ideally, a family remains together in a stable household, but when that's not possible, it's important to disrupt the child's life as little as possible. Kids and families should be a part of larger units to give them a sense of belonging, tradition and cultural continuity.

Consistency: No "good cop, bad cop." Parents should synchronize their parenting and make sure important values stay consistent.

Emotional support: Parents' words and actions should encourage kids' trust, respect, self-esteem and, ultimately,

independence.

Love: Saying and showing you love your children can overcome almost any parenting "mistakes" you might make. Even when they have disobeyed, angered, frustrated and rebelled against you, show them you love them and that you'll always love them.

Education: Make sure your children get the best possible education for their future. This includes school, of course, but it also includes the invaluable life lessons you provide during the time you spend together

Positive role models: Parents are their children's first and most important role models. Instill your values and teach children empathy by being the kind of person you want them to become. Structure: Rules, boundaries, and limits: Without them, children are forced to be adults before they are ready, and they lose respect for you and other adults.

#### Take Home Points

- o Children are our future!!
- o Adolescents are unique, and special...
- o Good nutrition; safety in the home, disease prevention
- o Listen to your children, give them time and nurture them...and COMMUNICATE!
- o Teens may deny the need for adult support, but appreciate and want the support from adults

Every child deserves to reach their full potential; Parents are the driving force behind this success!



# RC Kampala Naalya Launches Missionaries of the Poor Charity Box

A new charity box has been unveiled at the Rotary Club of Kampala Naalya with an appeal to raise funding to the needy children hosted at the Missionaries of the Poor Bethlehem home in Busega.

Founded in 1981 in Kingston, Jamaica, The Missionaries of the Poor (MOP) are an international Roman Catholic religious order with a range of charity undertakings. It has been operating in Uganda since September 2000.

The home looks after underprivileged persons, including abandoned sick, homeless, depressed children, women and men that have been abandoned by society and need a loving home, food and care. Some of the children in the home are mentally and physically incapacitated and depend entirely on the generous support of the community.

With the new charity box you can donate any amount of money at your convenience and give hope to the children in the home. The Box will be placed at Ndere Cultural Centre, the home of the Rotary Club of Kampala Naalya and in our fellowship room every Tuesday.

Through these donations, the Rotary Club of Kampala Naalya will be able to provide support to the Missionaries of the Poor –Bethlehem Home in Busega through supply of food items, soap, cooking Oil, milk, diapers, Sugar, and salt, and supply scholastic materials for those who are able to go to school.



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**Rotary Club of Kampala  
Naalya will be able to  
provide support to the  
Missionaries of the Poor –  
Bethlehem**

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# Speakers Profile

## Dr Sam Ononge MBCChB, MMED, PhD

Dr Sam Ononge is a trained Obstetrician and Gynaecologist, and clinical epidemiologist, a Senior lecturer at Makerere University Kampala, College of Health Sciences in the Department of Obstetrics and Gynaecology and a member of the faculty of Makerere University College of Health Sciences. He is a practicing clinician for over 24 years and currently at Kawempe National Referral and Teaching Hospital Kampala, Uganda. He is Director of SAREC Medicare Centre Located at Namugongo-Kireka Road. He also practices at Nakasero Hospital Kampala.

Dr Ononge is a member of Uganda National Safe Motherhood Executive Committee (NASMEC) and he chairs the NASMEC Sub-committee on postpartum haemorrhage. He is member of steering committee of Postpartum Haemorrhage community of practice and a member of the Association of Obstetricians and Gynaecologist of Uganda, and East Central and South African Obstetric & Gynaecological Society.

His research interests include reduction of maternal/neonatal morbidity and mortality including HIV in pregnancy.

He is happily married with four children.



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**Rotary**  
Kampala-Naalya



**CREATE HOPE**  
in the **WORLD**

Topic

# Men's Experiences in maternity care and social support

Speaker

**Dr Sam Ononge**  
Obstetrician and Gynecologist



**TUESDAY**  
**July 18, 2023**



**7:00 PM**



**Ndere Cultural  
Centre Ntinda**

Buddy Group:  
**Kitoobero**

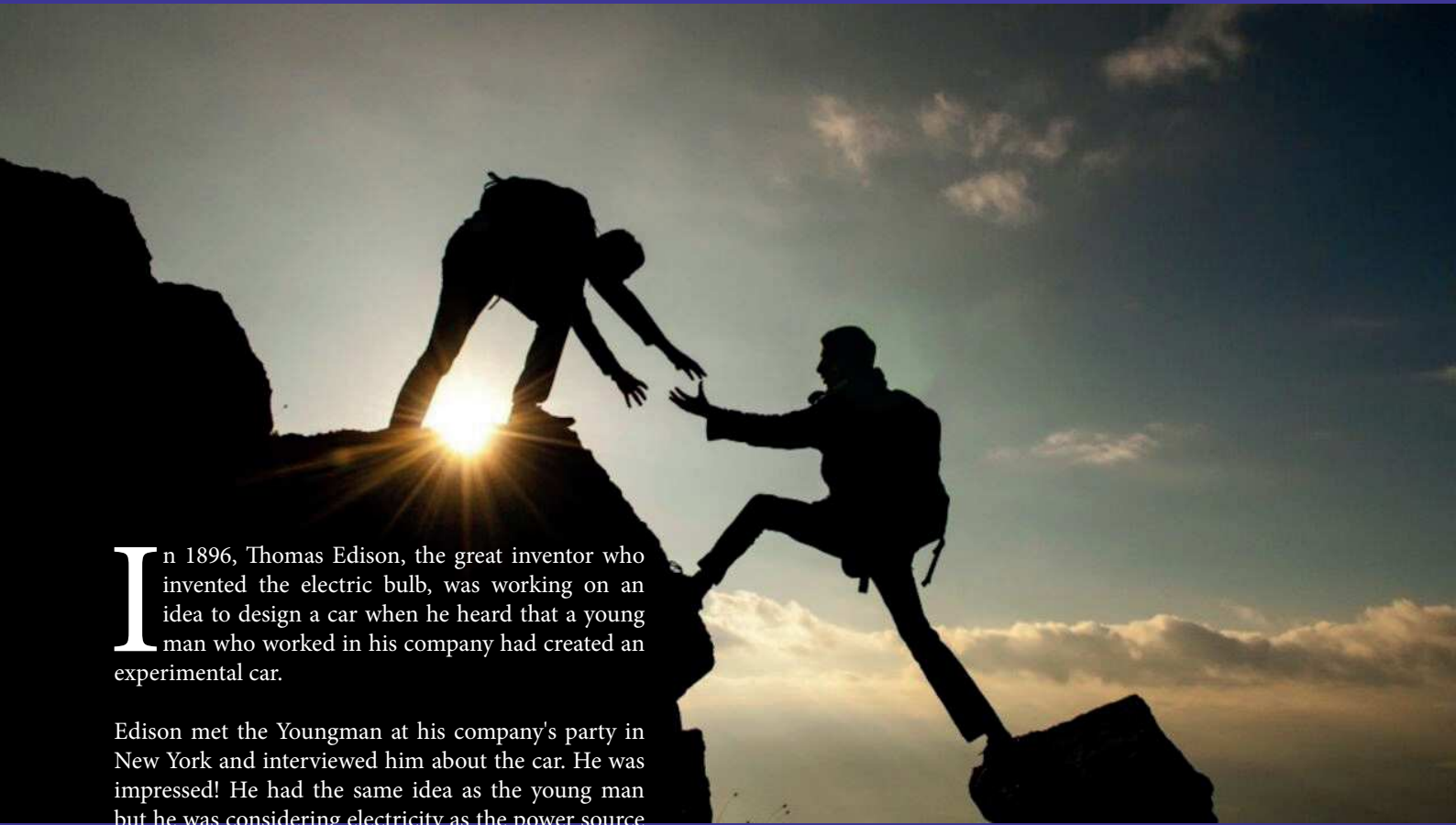


@RotaryNaalya



Rotary Club of Kampala Naalya

# When You Build Others Up, You Increase Your Own Height of Greatness



In 1896, Thomas Edison, the great inventor who invented the electric bulb, was working on an idea to design a car when he heard that a young man who worked in his company had created an experimental car.

Edison met the Youngman at his company's party in New York and interviewed him about the car. He was impressed! He had the same idea as the young man but he was considering electricity as the power source while the young man used gasoline engine to power the car. He slammed his fist down and shouted "young man, that's the thing! You have it! ... I think you are on to something! I encourage you to continue your pursuits!"

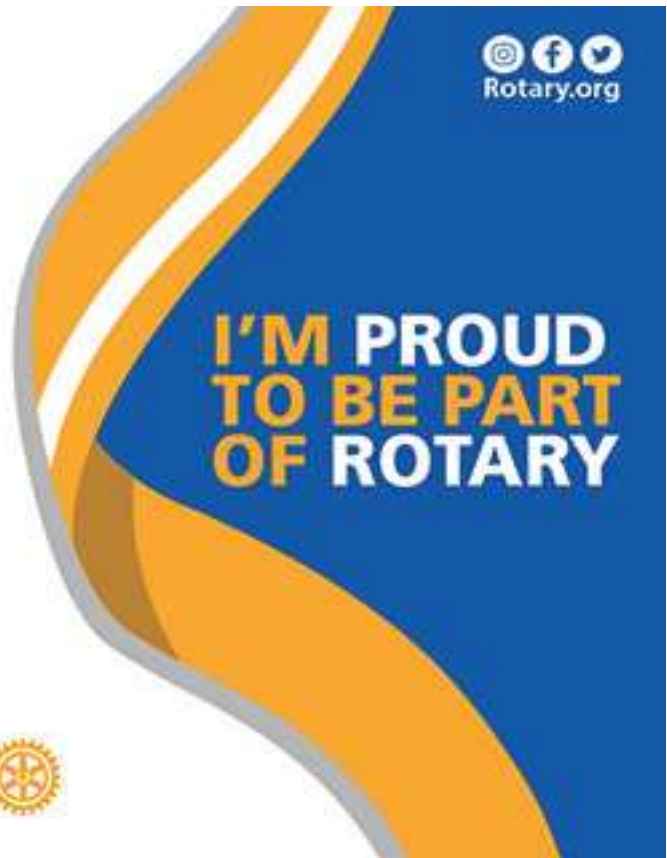
With these words of encouragement from the most highly respected inventor in the United States at that time, HENRY FORD, continued his work, invented a car and became wealthy. On December 9, 1914, Thomas Edison's laboratory and factory got burnt. He was 67 years old and the damage was too extensive for insurance cover. Before the ashes were cold, Henry Ford handed Edison a cheque of \$750,000 with a note saying that Edison can have more if he needed it!

In 1916, Henry Ford relocated his home to the building next to Edison's home and when Edison couldn't walk and was confined to a wheelchair by his doctors, Henry Ford also bought a wheelchair in his house so that he could run wheelchair race with his friend and mentor! Thomas Edison made Henry Ford believe in himself and got a friend for life!

## \*LESSON\*

**If you can't win a race, help the person in front of you to break the record! Your candle will not lose its light when it lights up another candle**

# RC Kampala Naalya Plants Back to School Smiles in KAMULI



With Support from the Rotary club of Kampala Naalya Mirembe Racheal has been able to go back to school. She is currently in S.2 at Buzaaya Secondary school in Kamuli district.

She says, “I am extremely happy to have gone back to school and everyone is surprised that I took the brave decision. I thank the Rotary Club of Kampala Naalyafor the support towards my education. I feel proud amongst my peers and I have earned more respect from them. I have a chance to talk to my fellow students about the dangers of teenage pregnancies and the complications associated with it. I have also picked the courage and talk to boys in my community to stop doing casual work and stay in school.

**“We appreciate Rotary for choosing us. I was impregnated by a graduate during the COVID-19 lockdown. My father advised me to cater from my pregnancy and I did through making charcoal. I gave birth through difficulty and it was only by God’s grace that I made it. I would I like to go back to school and study for a better future and I am requesting Rotary to help me since my parents cannot afford to take me back-  
Mirembe Racheal**



# BUDDY GROUP IN CHARGE- KITOBERO

## BUDDY GROUP MEMBERS



Rtn Sylvia Nankya



Rtn Juliet Kisekka



Rtn Flavia Serugo



Rtn Paul Jerome Luyima



Rtn Margaret Harriet Kugonza



Rtn Faith Nambozo



Rtn Jackie Mutimba



Rtn Charles Owekmeno



Rtn Bobi Louis Ogwal



Rtn John Mugisa



Rtn Esther Babirye

# Singapore, A Green Oasis with Enriching Experiences



Over the last decade, Singapore has emerged as one of the most exciting and important centres for innovative cocktail making on the planet. This tiny island city-state is a study of fusions and contrasts bursting with wonders waiting to be explored.

Tranquil parks abut futuristic skyscrapers and luxe shopping malls. A thriving street food scene and world-class restaurants offer countless ways to taste and sip your way through Singapore's culinary melting pot. Your first trip to Singapore will prove that sometimes the best things come in small packages.

Frequently Asked Questions about Singapore

## **Qn. Where Should I Stay in Singapore?**

We recommend staying at one of the most popular hotels in Singapore, which include:

- Marina Bay Sands
- Aerotel Singapore
- Shangri-La Singapore
- PARKROYAL COLLECTION Marina Bay, Singapore

- The Fullerton Hotel Singapore

## **Qn. What are the best places to eat in Singapore?**

Some of the most popular restaurants in Singapore include:

- Colony
- Newton Food Centre
- Summer Pavilion
- Burnt Ends
- Positano Risto

## **Qn. What is Singapore Known for?**

Singapore is known for some of its popular attractions, which include:

- Gardens by the Bay
- Cloud Forest
- Singapore Botanic Gardens
- Singapore Zoo
- Sands Skypark Observation Deck

## **What is there to do in Singapore?**

We recommend checking out these popular tours when looking for something to do in Singapore:

- Lion City Bike Tour of Singapore



- Private Tour: Nighttime Sightseeing with River Cruise
- Night Safari Ticket
- Singapore: Marina Bay Sands SkyPark Observation Deck Entry Ticket
- Big Bus Singapore Hop-On Hop-Off Tour

### **Is Transport Readily Available?**

Mass Rapid Transit (MRT) was put into service in 1987, and has since been augmented by and linked to the Light Rapid Transit. Combined, you can often get you within walking distance of most destinations. The maps on the metro system are easy to read, complete with English version, and an EZ-Link card or the NETS Flashpay Card (stored value cards), easily purchased at all MRT stations and bus interchange, makes using the MRT a snap.

Taxis are also valuable throughout Singapore, and the prices are considered reasonable. Cabs can be hailed on the street, at taxi stands around the city or calling for pickup.

Private vehicle use, including rental cars, for use in the Central Area is discouraged (at least unofficially) by the number of tolls implemented through an electronic road pricing system, which operates during peak hours. Driving in Singapore is actually easy however, thanks to well-marked road signs, which are in English.

### **When is the best time to visit Singapore??**

True to its Southeast Asian location, Singapore has a hot and humid climate all year round. Even during its non-monsoon season, it rains almost every day, but the quick showers can be quite refreshing as they offer some respite from the sun. Average daily temperatures for much of the year range from 24-32°C (75-89°F).

If you're a more budget-conscious traveler, then you may want to consider traveling to Singapore between September and November, when hotel prices are generally the lowest. Peak hotel prices generally start between June and August.

### **Are there local customs I should know?**

Greetings- A handshake is the most common greeting in Singapore.

Language-English is widely spoken in Singapore, but due to its diverse population, Singaporeans have their own language: Singlish, a mix of English, Malay, Hokkien, Cantonese and Mandarin.

For more Information about the RI Convention in Singapore, please contact Rtn Sylvia Nankya, the District RI Convention Promotion Chair on 0778120939 or email; [sylvien79@gmail.com](mailto:sylvien79@gmail.com)





**WOULD YOU LIKE TO JOIN OUR CLUB?**

**GET IN TOUCH WITH OUR MEMBERSHIP  
DIRECTOR FOR GUIDANCE AND  
MENTORSHIP**

**SEND AN EMAIL TO  
RCKAMPALANAALYA@GMAIL.COM OR  
CALL 0778120939**

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

## **OUR VISITORS LAST WEEK**

PAG James Serugo - Rotary Club of Kampala  
HCP Norman Isingoma - Rotary Club of Naalya States  
HCP Faridah Nankya - Rotary Club of Kampala-Impala  
Rtn Elizabeth Kisakye - Rotary Club of Kira  
Rtn Millicent - Rotary Club of Kira  
Rtn Fredrick Sekyaana - Rotary Club of Kampala Central  
Rtn Kenneth Pablo Kimuli - Rotary Club of Kampala North  
CP Robert Walakira - Rotary Club of Kasubi  
DRRE Simeo Sebukulu - Rotaract Club of Kampala North Musical  
Rtr Brian Aine - Rotaract Club of Kampala North Musical  
IPP Judith Nansumba - Rotaract Club of Kampala North Musical  
Rtr Phillip Bamuteze - Rotaract Club of Kampala North Musical  
Rtr Hope Ms Heaven - Rotaract Club of Kampala North Musical  
Rtr Emmanuel - Rotaract Club of Nangabo  
Rtr Rita Mbabazi - Rotaract Club of Kyanja Metro  
Rtr Christine Bako - Rotaract Club of Kampala-Naalya

**SPECIAL THANKS TO  
OUR VISITORS FROM ROTARACT  
CLUB OF KAMPALA WEST AND  
ROTARACT CLUB OF CAPE  
MUNYONYO**

**CLUB OF THE DAY - ROTARACT  
CLUB OF KAMPALA NORTH  
MUSICAL**

**THANK YOU FOR VISITING US.**

Rotary



SINGAPORE

2024

25-29 MAY 2024

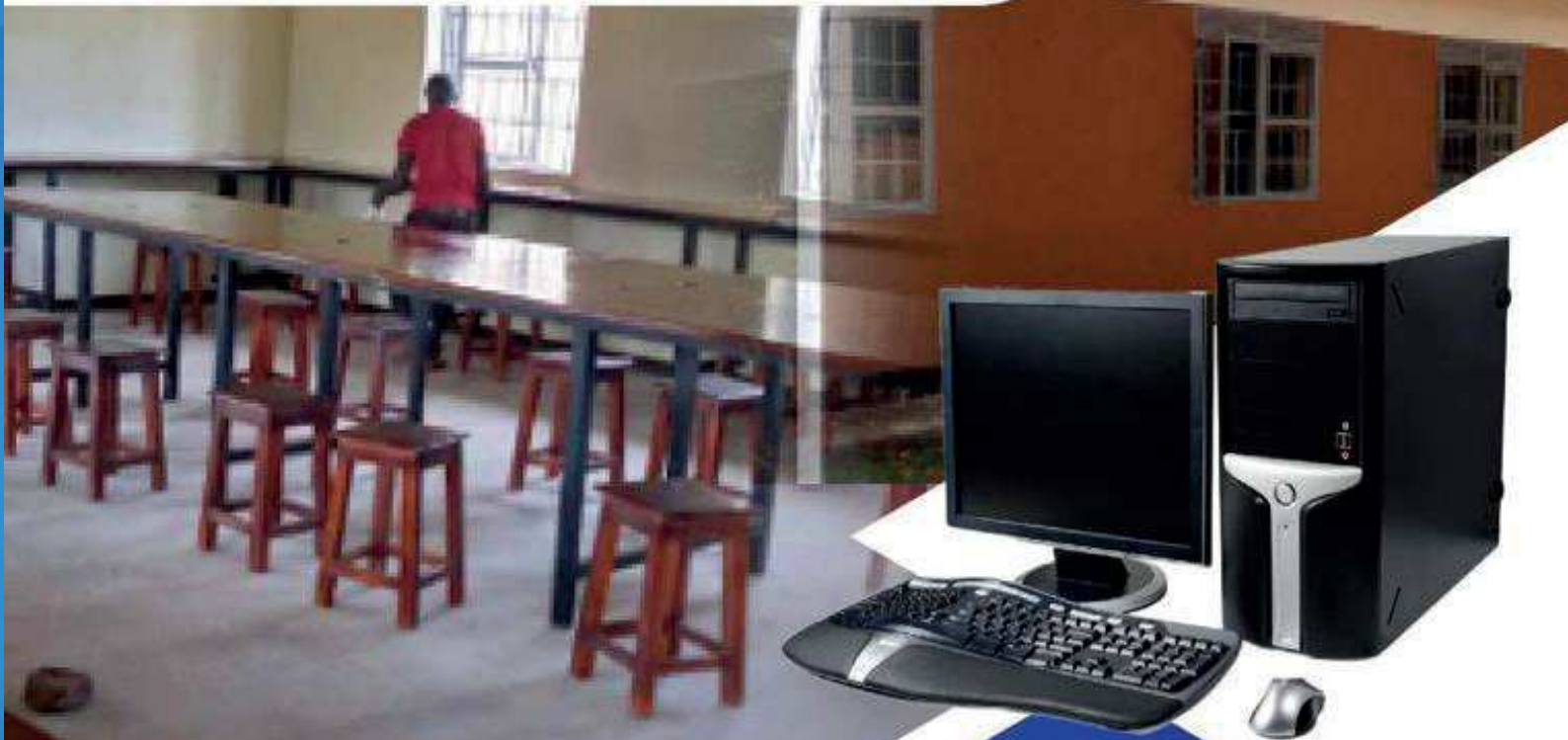
[convention.rotary.org](https://convention.rotary.org)



**Rotary**  
Kampala-Naalya



CREATE HOPE  
in the WORLD



# AKWANG

## COMPUTER FUNDRAISER

**AIM**

To Equip The Newly Built  
Computer Lab at Akwang  
Senior Secondary School

**Delivery date:**  
**8th - 9th Sept 2023**



**To Contribute Contact**

Rtn. Fathila Nannozi, Service project Director, tel.0771866768

Rtn. Enid Kabunga, Treasurer, Tel. 0782885177.



Rotary



RotaryCancerRun



@UgRotaryCancerP

#RotaryCancerRun23

# ROTARY CANCER RUN 20 23



*We Will Run*

SUN  
27  
AUG

RUN FOR HOPE

To register, click the link or scan the QR Code below:  
<https://tickets.ugandarotarycancer.org/>



Registration Fees  
**30,000/=**  
comes with a vest



MAVD McCANN



# July, 2023 Calendar

**THEME; Maternal and Child Health Month**

**Buddy Group in Charge**  
**Kitoobero President**  
**Godfrey Okello Omoding**

## TUESDAY

<b>04/07/2023</b>	<b>Presentation of Club Plan 2023-2024</b>
<b>11/07/2023</b>	<b>Topical Issues in maternal and Child Health</b>
<b>18/07/2023</b>	<b>Pregnancy and Childbirth: Men's Experiences in maternity care and social support</b>
<b>25/07/2023</b>	<b>Shall We Dance? Join the Naalya Stars to dance your blues away!</b>
<b>28/07/2023</b>	<b>Board meeting</b>

**President Omo**

**Dr Sabrina Kitaka**

**Panel Discussion**

**Fun Fellowship**

## Other Engagements

<b>Sun</b>	<b>2/7/2023</b>	<b>Installation of President of Naalya States</b>	<b>Eliana Hotel, Ntinda Kigoowa Road</b>
<b>Sat</b>	<b>22/07/2023</b>	<b>Five-a-side football Tournament</b>	<b>Phillip Omondi Stadium, Lugogo</b>