

Naalya Food Bulletin



JUNE - AUGUST 2020

ROTARY CANCER RUN WILL GO AHEAD IN VIRTUAL STYLE



Virtual Run that will enable all of us to participate from any part of the world while at the same time being part of this great event that you have come to love.

HOW WILL PEOPLE PARTICIPATE THIS YEAR?

The Rotary Cancer Run 2020 will take place on Sunday, Aug 30. There won't be a venue to run from. Each participant will participate from where they are... at home or in their neighborhood. Here is what you need to know:

- People will participate in the run from their homes or neighborhood while wearing their vests of the previous years. They must keep social distancing and other such COVID-19 guidelines

- Participants are encouraged to share their photos on their

For the past 8 years, the Rotary Cancer Run has grown from a handful of runners clad in all kinds of attire to a fully branded event attracting 50,000 runners in 40 towns in Uganda and 10 international cities. The event has been an oasis for corporate and institutional sponsorship helping us raise substantial resources that have built the Rotary Cancer Centre located in Nsambya Hospital in Kampala.

Following the outbreak of COVID-19 that is sweeping across the world

leaving so much human and economic destruction in its wake and following extensive consultations and in adherence to our belief that nothing is more important than the health of people in any nation, D9211 made a painful decision cancel the physical 9th Annual Rotary Cancer Run that was scheduled for August 30 2020.

However, in the spirit of sustaining the momentum we have had for over the years and in the full knowledge of the goodwill sponsors and participants have given us, we are planning a

social media platforms using the hashtag-#RotaryCancerRun2020 and dedicate the run to their loved ones who may be suffering from cancer or have died from it

- The virtual Rotary Cancer Run will be streamed live on Uganda Rotary Cancer Program website (www.ugandarotarycancer.org) or simply www.urcp.org and official Rotary Cancer Run Facebook Page (<https://www.facebook.com/RotaryCancerRunUg/>) starting with aerobics on that day at 7.00am. Don't forget to log in

- Participants who wish to receive a participation certificate, it will be available on Sunday, August 30. To get the certificate, register at <http://ugandarotarycancer.org/register-for-the-rotary-cancer-run-2020/>

- Face masks will be available from August 10 at Shs10,000 for people to buy at select locations (Capital Shoppers outlets, Café Javas, Game Store Lugogo, 9th Floor NIC Building (Rotary Office) or you can call Bright Baguma on 070227705 to have the face mask delivered to you by boda boda within Kampala. You will pay for the boda boda cost

- We encourage you to test for cancer, do physical exercises and eat healthy food

- Donate by sending money to the Rotary Cancer Run account in Centenary Bank. If you are registered with Cente Mobile, dial *211# to donate to the Rotary Cancer Run 2020 via Centemobile or visit your nearest CenteAgent and make your donations to Account Number 3100023145 (Account Name: Rotary Cancer Run).

Denis Jjuuko
Chair, Rotary Cancer Run 2020



■ Message

From the Editor

Friends,

We are glad that you are reading the Naalya Food Bulletin Once again. It's actually exciting that we relaunch the bulletin with the exciting news of the nomination of Jennifer E. Jones as the Rotary International President Nominee; what could beat that?

We are proud for this far we have come! Indeed, this year, Rotary is opening opportunities; Opportunities for women to triumph, opportunities for you to shine, opportunities to blossom, opportunities to excel. By the way, have you heard about the new Rotary Roses Fellowship? This is a must join and through this edition of the bulletin, we shall tell you how to get there.

Lest I forget, this year also presents another opportunity for us to try something new. Have you heard about the Virtual Cancer Run? Do you know what to do and how you should do it? Look no further, the Naalya Food Bulletin has all the details on how we are going to run this year. As the Rotary Club of Kampala-Naalya, we shall be running in Memory of our Past President Lad Ategeka, an impeccable Rotarian, Father and Friend who succumbed to cancer at the end of July.

Do you know someone who would make a good Rotarian? Please give me a hint. Starting with this Membership and New Club Development month, I would like to reach out to as many people as possible to preach the Rotary Gospel and encourage them to be part of the Rotary opportunities.

Best Wishes,

Sylvia



Message from the President



We certainly cannot solve all the worlds problems, but solving one person's challenges may mean the world to them. Reach out.

Let's support each member. Our Rotary journey this year began inside an epidemic not seen in 100 years. This has surely been a trying moment for each one of us in Rotary, and outside Rotary as we cope with the situation. In this membership month in our Rotary calendar, we must get back to the basics of the Rotary family which is the fellowship or togetherness of the members. As our club repositions itself to serve society even more, we must remember each other and the struggles we are going through from loss of work, to unfamiliar professional and social types of engagement and interaction.

Let's look after each other, even if that means just a phone call, it may give hope to a fellow Rotarian, friend or family member. If you know an opportunity a member can benefit from, businesswise, then share. We certainly cannot solve all the worlds problems, but solving one person's challenges may mean the world to

them. Reach out. Talk to each other. Where opportunity exists to meet in person (with your usual COVID safeguards), do meet. Expanding our club membership is one of the many goals we have for this Rotary year. If we reach out to ourselves

and our communities proactively, potential members out there will feel our role in society, and this may just be the trigger to invite them to the club for a meeting and interaction. I thank the club members for the active and generous support we gave to our two families who lost loved ones in the past weeks. President Lad, adios. Josephine, we stand with you. Fellow Rotarians and friends, as we look forward to physical interaction in the near future, let's give hope, and share opportunities, with each other whenever available. Our Rotaractors supported us greatly to donate live-saving blood this past week. We thank you, and encourage you, and indeed our fellow Rotarians continue the spirit of service to society. This is the togetherness that will create opportunities this year.

Rtn Hebert Oloka

President, The Rotary Club Of Kampala Naalya

Naalya Club Officers 2020-2021



Rtn Hebert Oloka
President



Rtn Grace Namuddu
Club Secretary



Rtn Godfrey Omoding
Treasurer



Rtn Sylvia Nankya
PE/Club Admin



CP Francis Lakor
TRF Officer



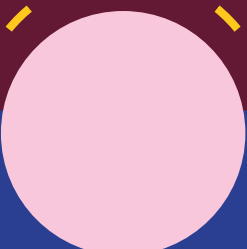
Rtn John Paul Kadima
Service Projects



Rtn Juliet Kisekka
Membership Director



Rtn Jackie Mutimba
Public Relations



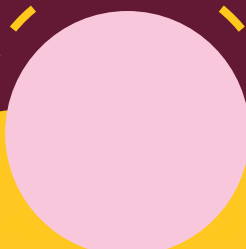
Rtn Henry Kirya
Youth Services



Rtn Evelyn Mulinda
Fitness and Nutrition -FAN



Rtn Esther Babirye
Polio Plus Officer



Rtn Sam Byagweri
Onto DCA Officer



IPP Francis Lubuulwa
Club Trainer



PP John Mugisa
Strategy Officer

UNVEILING THE ROTARY ROSES

Rotary
D9211



Rotary
ROSES



The Rotary
District 9211
has a new
baby;

The Rotary Roses Program, born out of the 96th DCA Rotary Roses Theme Night whose objective was to celebrate female leadership in Rotary.

The program has since been adopted as a Membership initiative to grow female membership in District 9211 as per set target for the RY2020/2021. The Initiative will support District membership plans: Recruitment, Membership experience and engagement.

The fellowship presents yet another opportunity for Networking, sharing ideas, giving back to communities through implementation of service projects, empowering and mentorship of girls and women, leadership Development, according to PAG Flavia Serugo, the fellowship advisor also known as purple Rose, within the Fellowship guidelines.



Rotary Opens
Opportunities

The fellowship is open to both Rotarians/ Rotaractors/ Inner wheelers and all females who do not fall in those categories but are passionate about community service. Purple Rose Flavia explains that the Rotary Roses fellowship constitutes both females and males with a passion of community service who come together to share ideas and take action to create a lasting change in the communities.

Rotary Roses – Program Goals



Rotary Roses Fellowship - Composition

- Fellowship Structure**
1. Patron
 2. Fellowship Chair
 3. Secretary
 4. Treasurer
 5. Administration
 6. Service projects
 7. Membership
 8. Public relations
 9. Mobilization
 10. Strategic Partnerships & Fundraising
 11. Programs- M&E
 12. Advisors
 13. Members

VALUES

Leadership

• We are individuals who are leaders in our fields of work. We believe in the importance of leadership development and in leadership as a quality of our members.

Service

• We are Women of action committed and passionate to service in our communities. We believe that our service activities and programs bring about greater world understanding and peace.

Integrity

• We adhere to high ethical and professional standards in our work and personal relationships. We are fair and respectful in our interactions, and we committed to accountability from our members in the processes we undertake to accomplish our goals.

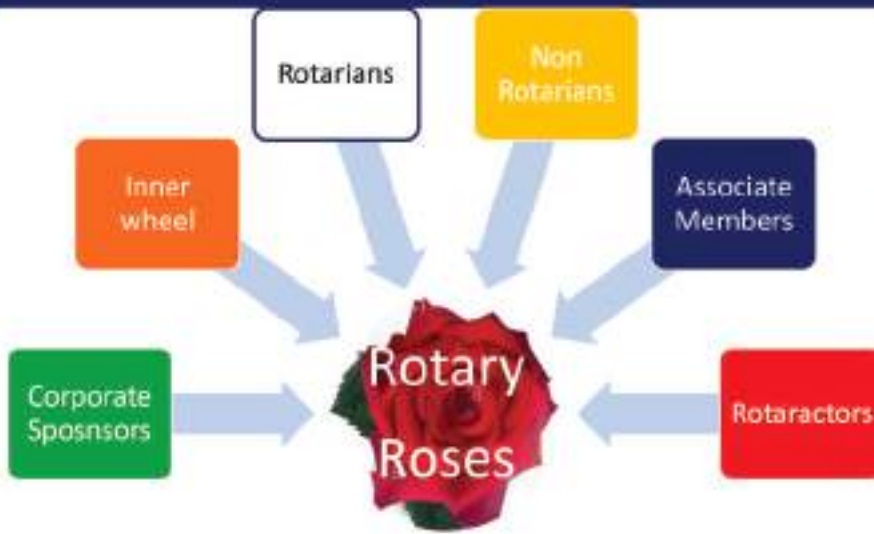
Diversity

• We believe Rotary unites all people internationally behind the ideal of service. We encourage diversity of vocations, age, and ethnicity within our membership and in our activities and service.

Fellowship

• We are a global fellowship of individuals who believe that individual efforts focus on individual needs, but combined efforts serve humanity. The power of combined efforts knows no limitation, multiplies resources, and broadens our lives and perspectives.

Rotary Roses Membership Identification



You are encouraged to have as many pins

Titles /Color ID	
Patron	Chief Cream Rose
All District Officials(past& Present)	Cream Roses
Fellowship Chair	Red Rose
Fellowship Board chairs	Red Roses Petals
Advisors	Purple Rose
Coordinators	Red Rose Petal Coordinators
Rotarians	White Rose
Non Rotarians	Yellow Rose
Rotaractors	Pink Rose
Inner Wheel	Orange Rose
Corporate	Green Rose
Associate members	Blue Rose

At the official launch of the fellowship on Saturday, D9211 Governor Rosetti Nabbumba Nayenga highlighted the need to celebrate and empower women through impactful service.

Rotary Roses Program Activities- Fellowship

- ☐ The Rotary Roses fellowship constitutes of both females and males with a passion of community service who come together to share ideas and take action to create a lasting change in the communities
- ☐ Open to both Rotarians/ Rotaractors/ Innerwheelers and all females who do not fall in those categories but are passionate about community service
- ☐ Committed to promote the image of Rotary and the values of Rotary
- ☐ Medium for attracting more females into Rotary membership
- ☐ Meets monthly
- ☐ Programs and activities include Service Projects, talks, mentorship programs, leadership development

Member Benefits: Networking Opportunities, sharing of ideas, giving back to communities through implementation of service projects, empowering and mentorship of girls and women, leadership development.



'Measured' to a Fault: My Memory of Past President Lad Ategeka



He was a soft spoken person, almost self-effacing - but behind this demeanor lay an extremely brilliant man. The story is told of how he scored seven distinction ones and one pass in Physics for his O'levels. Although he protested heavily about this one result, those were the days when it was next to impossible for examiners to review examination papers.

And with that anomaly, his career dreams were changed. Instead of pursuing PCM and an engineering

course at university as he had desired, he was forced to settle for MEG for his A' levels and subsequently enrolled for a Bachelor of Commerce degree and later an MBA which led him to the world of Finance and Banking.

But the attributes of a great engineer never left him. PP Lad was measured to a fault! He was measured in his speech, in his tone and generally, in his whole approach to life. Never a man of short cuts or "tugendere awo" – he paid great attention to detail.



Even as a lay person – he was known for putting the workmanship of architects and engineers to the test. For him, everything had to be precise and he could not tolerate crooked lines and misaligned tiles.

His 'structured' approach and attention to detail was also evident in his Rotary work. During my tenure as Club President – we took a few trips together to our literacy project in Agago district.

Because of the long distance involved, the diverse nature of our interventions and the 2-3-day duration of our trips, getting the logistics right was critical. But I never worried about the different moving parts, because I was confident that PP Lad who was also our Services Projects Director, would by his nature "dot the i's and cross the t's." But he was also never one to be rushed. He approached every task as a set of processes to be pursued in logical order; and "it is in the pipeline" was his standard response and positive spin to inquiries on implementation delays. For that, we nicknamed him "Mr. Pipeline."

Nevertheless, we all admired him for his ability to distinguish between the 'urgent' and the 'important' issues. For PP Lad, family was his number one priority. He appeared happiest when he was with the family and he made the most of his time with them; never missing the opportunity to visit the children in boarding school on Visiting Sundays or collecting them from school at the end of the school term.

Like the devoted Dad that he was, he endeavored to broaden their world view through his expansive book library; and to nurture their skills by teaching them how to play the guitar. And he also shared his passion for service with them. Unlike many other families, Rotary wasn't considered a 'competitor' in the Ategeka household.

Instead, Rotary was part of the family. Although she wasn't a Rotarian, PP Lad often brought his wife Florence and his children to our meetings, fundraisers, home hospitalities, the Cancer Runs and service projects both near and far.

A life well lived, but one that ended too soon. While we knew that he was unwell, PP Lad put up a spirited fight and bowed out with great dignity. A few weeks before he passed, I visited him at home and he mustered the energy to strum his guitar, much to our delight. The next time I visited him in hospital, he was unable to talk. Being the 'orderly' man that he was, he labored to scribble something, but without success. We will never know what last instructions he wanted to give.

But if there is one thing we have learned from him is that - death is always in the pipeline. And that we should use every moment that we have here on earth - meaningfully, sharing ourselves with those we love. PP Lad's legacy will live on in his well-grounded children - Estella, Edgar, Alan and Amanda whom he groomed to live beyond their individual professions/pursuits in law, accounting, music and medicine - to love and serve humanity within and beyond Rotary.

Rest in eternal bliss PP Lad.

By PCC Anne Nkutu



NAALYA'S, ROTARACT CHEFS IN BLOOD DONATION DRIVE

Last week, the Rotary club of Kampala-Naalya joined a blood donation drive to bridge the shortage that the country is experiencing.

Over the years, our country has been hit with insufficient blood and as a result, many people have lost their lives as a result of unavailability of Blood. Records show that Uganda needs 350,000 units of blood annually. However, UBTS can only collect 250,000 units per year.

To bridge the gap, Rotary partnered with Mengo hospital to build a blood bank, the Rotary blood bank at the hospital. But as we all know, having the blood bank is one thing but stocking it is the most critical part to ensure blood availability. This is the call that the Rotarians at RC Naalya responded to.

The Naalya blood donors were led by Rotarian John Paul Kadima, who was joined by a number of Rotaractors from the Rotaract Club of Kampala-Naalya. You too can join the call and Donate through the Rotary Mengo Blood Bank and save lives.



CELEBRATING HISTORY; JENNIFER JONES BECOMES FIRST FEMALE RI PRESIDENT-NOMINEE



D 9211 Governor Rosetti Nabbumba Nayenga could also not hold the excitement of the moment saying that the nomination is a sign that we are going to see growth and diversity in Rotary to levels we have never seen before.

“We are extremely excited because after 115 years of Rotary, we are finally getting a female to head the organization. Let us give her all the support we can,” Governor Rosetti said, in her address at the launch of the Rotary Roses, a new fellowship championing the women’s agenda in Rotary.

A round the world the Rotary Fraternity is in awe, celebrating the nomination of Jennifer E. Jones, nominated to become Rotary International’s president for 2022-23, a groundbreaking selection that will make her the first woman to hold that office in the organization’s 115-year history.

Jones, a member of the Rotary Club of Windsor-Roseland, Ontario, Canada, will officially become president-nominee on 1 October if no other candidates challenge her.

“Exciting news. We will have a new Madam President in 2022-2023. Congratulations, Jennifer Jones for breaking the glass ceiling and for being the first woman president for RI International,” read one of the messages posted on Facebook, moments after the nomination was announced.



“Congratulations to Jones. This is History in the Making,” said Past President John Mugisa, in a response to the announcement which was officially made on Thursday.

“Just like I predicted that one day she will be Rotary International President; it has now come to pass. Congrats RIPND Jennifer, posted Ronald Kawaddwa, a member of the Rotary Club of Kasangati and district 9211 membership chair. He believes that Jones is a Rotarian who is going to make one of the best presidents that Rotary International has ever had.

Meanwhile, Jones says she sees Rotary’s Action Plan as a catalyst for increasing Rotary’s impact.

“As we reflect upon our new strategic priorities, we could have never envisioned that our ability to adapt would become our North Star during what is inarguably the most profound time in recent history,” Jones said in her vision statement. “Silver linings rise out of the most challenging circumstances. Using metric-driven goals, I will harness this historic landscape to innovate, educate, and communicate opportunities that reflect today’s reality.”

As the first woman to be nominated to be president, Jones understands how important it is to follow through on Rotary’s Diversity, Equity, and Inclusion (DEI) Statement.

“I believe that diversity, equity, and inclusion ... begins at the top and for us to realize growth in female membership and members under the age of forty — these demographics need to see their own reflection in leadership,” Jones said.

“I will champion double-digit growth in both categories while never losing sight of our entire family.”

Jones is founder and president of Media Street Productions Inc., an award-winning media company in Windsor. She was chair of the board of governors of the University of Windsor and chair of the Windsor-Essex Regional Chamber of Commerce. She has been recognized for her service with the YMCA Peace Medallion, the Queen’s Diamond Jubilee Medal, and Wayne State University’s Peacemaker of the Year Award, a first for a Canadian. Jones holds a Doctor of Laws (LL.D.).

A current Rotary Foundation trustee, Jones has been a Rotary member since 1997 and has served Rotary as RI vice president, director, training leader, committee chair, moderator, and district governor. She played a lead role in Rotary’s rebranding effort by serving as chair of the Strengthening Rotary’s Advisory Group. She is the co-chair of the End Polio Now Countdown to History Campaign Committee, which aims to raise \$150 million for polio eradication efforts.

Jones recently led the successful #RotaryResponds telethon, which raised critical funds for COVID-19 relief and was viewed by more than 65,000. Jones has also received Rotary International’s Service Above Self Award and The Rotary Foundation Citation for Meritorious Service. She and her husband, Nick Krayacich, are members of The Rotary Foundation’s Arch Klumph Society, Paul Harris Society, and the Bequest Society.



ROTARY NORMS

ROTARY GRACE

For Friendship and Fellowship; we thank you Lord.

For what we are about to receive, may God make us truly thankful and ever mindful of the needs of others.

Amen

THE FOUR WAY TEST

Of the things we think, say or do

Is it the TRUTH?

Is it FAIR to all concerned?

Will it build GOODWILL and BETTER FRIENDSHIPS?

Will it be BENEFICIAL to all concerned?

THE OBJECT OF ROTARY

The Object of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster:

FIRST: The development of acquaintance as an opportunity for service;

SECOND: High ethical standards in business and professions; the recognition of the worthiness of all useful occupations; and the dignifying of each Rotarian occupation as an opportunity to serve society;

THIRD: The application of the ideal of service in each Rotarian personal, business, and community life;

FOURTH: The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service.

The Rotary Club of Kampala Naalya meets every Wednesday at Ndere Centre from 7.00p00pm. You are all welcome to join us for fellowship.