

# Naalya Food SEPTEMBER 2023 Bulletin

Rotary  
Kampala-Naalya



CREATE HOPE  
in the WORLD

Issue 10



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# Editor's Note

Dear all,

With September being Basic Education and Literacy Month, let us reflect on or consider how our club is changing lives by supporting basic education and literacy.

We all know that basic education and literacy are essential for among others reducing poverty, improving health, and promoting peace.

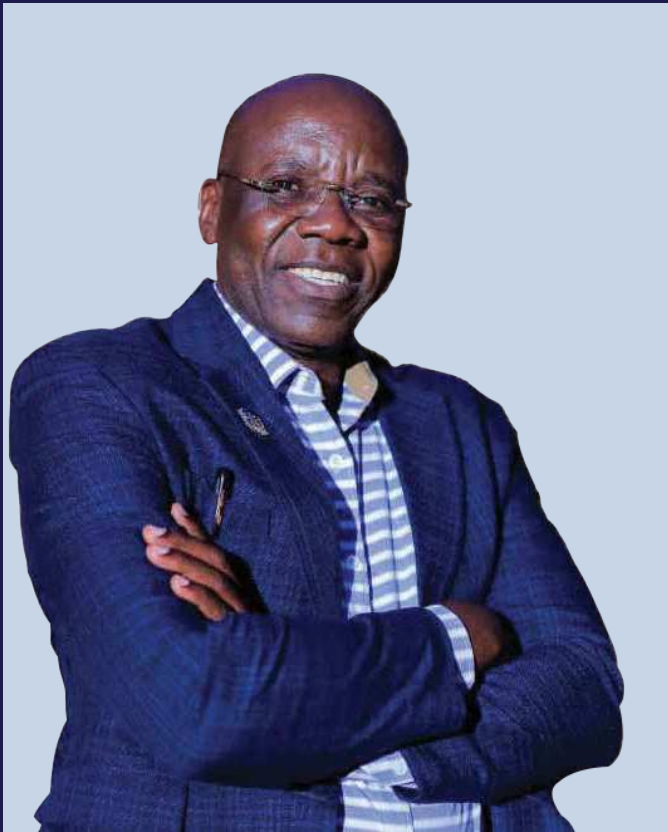
World Literacy Day is coming up on September 8th 2023 which further reminds us of the Importance of Literacy for individuals and communities.

This Tuesday the Acting Director, Directorate of Education Standards **Frances Atima** will also be sharing the topical issues around Education standards. Please join us

Keno Lillian  
Bulletin Editor



# PRESIDENT'S MESSAGE



## Dear Rotarians and Friends

**W**elcome to the new month of September. We closed the last week of August with cancer run. The Club had a wonderful representation in the actual running. For all those who bought the kits, took part in the different races and participated in organizing on behalf the club and the district, thank you. I'm very grateful to Rtn. Stephen Kakonge, our Cancer Run Officer, for mobilizing us, and in addition representing us in 21 km race. Also, we closed the month with fun time, a band was in action. This was another great time spent and experience shared together. To our Past President, Denis; Efrance, our Director Public Relations, and Matia, our Chef, thank you for ensuring that we ended the month with relaxation. For the Club members and our guests, thank you for being part of the sharing. Don't miss the coming events.

This month of September is going to be a memorable month for the Club. It is a month we hope to live to its theme of **"Basic Education and Literacy"**. We shall be putting the theme into action, as people of action. The Club plans to deliver computers to Akwang Hill Secondary School, our signature project. The Club is promoting digital literacy. It is going to be a wonderful time with the community of Akwang and, in general, Agago District populace. It will be time of serve in action. We hope to carry out our family health day activities, sight testing and issuing of lenses. It is always a good thing to be where actions for the betterment of humanity are being carried out. Prepare to be there.

The theme of the month will be given an exposition by Ms Frances

Atima, Director Education Standards, Ministry of Education and Sports. This exposition, hopefully, will give us another angle of looking at and directing education interventions, among others. Coming out of COVID-19, after two years of schools being closed, has had its challenges on both the learners and parents. Different modes of delivering education have come up or are being popularizes especially among the **"financially better off"**. There are a number of emerging international education institutions and home schooling for those who can afford.

With new modes of delivering education, where and how is the position of the basic education? Will it be knowing how to read and write only? How are standards harmonized? These are some of the questions to ponder about. These questions bring us to ponder on what a basic education is. It seems what is basic, somehow, is turning into luxury. May be what is basic to one is a luxury to other. Should this be the case for education? For instance, in some nursery schools, fees paid are over two million per term. This is more than some university courses' tuition fee per semester. At this rate, basic education which is supposed to unlocks each child's potential is getting far-fetched for some communities or families. **How about the quality? Who care?**

This month's theme is reminding us, as part of society, that there are challenges in addressing basic education and literacy. We ought to do somethings to, at least, ensure that everyone can have access to knowing numbers, letters, pictures, directions, patterns and connecting in the context of his/her life. It is not a favour for what you will be doing. You are creating hope for everyone born to have fulfillment of life.

Fellow Rotarians, our responsibility in this earth is make it better for everyone to live and attain fulfillment. Basic education is such an avenue that you can show someone to pass. It plays instrumental role in bettering and pushing forward someone in handling tasks of life. It's part of the foundation of life; light to life, hope to life, and a pass to transformation of life. May we continue to be those holding a lamp of light for hope creation in basic education and literacy. It does not matter how bright your lamp could be, but what matters it can light another candle. Be part of those lighting candles of hope in others. Be a site of another one's future.

**Be blessed.**

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**Rotarian**  
**Godfrey Okello-Omoding**  
HCP

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# Our Guest Speaker Profile

## Frances Atima



**F**rances Atima is a secondary school trained teacher and currently the Acting Director, Directorate of Education Standards, which is charged with the responsibility of ensuring continual improvement in education and training. She has risen through the ranks from a Senior Inspector of Schools, Principal Inspector of Schools, Assistant Commissioner, Commissioner Teacher Education Standards. She has an experience of 20 years in inspection work and quality assurance. Has worked mainly in the Ministry of Education and Sports

AsShe has a Masters Degree in Education in advance curriculum and a Bachelors degree in Education of Makerere University. She also has a Post Graduate Diploma in Management from the Uganda Management Institute. She has undertaken other courses in

inspection and supervision from the University of London and other leadership courses from a range of institutions notably the National Institute of Education in Singapore.

She is the focal Point officer for Education for Sustainable Development in the Ministry of Education and Sports.

Chairperson of the Board for Link Community Development and Education NGO, Member of Education Committee for UNATCOM, Uganda National Examination Board, among others.

She spearheaded some innovations and models within the Education Sector especially in ICT focusing on Improving Learning Outcomes.

She is also a trainer, and developed materials related to inspection services and presents papers related to inspection and support supervision.

# WHY DOES UGANDA'S EDUCATION FUNCTIONALLY DISABLE THE LEARNERS?



**M**any of you fellow Rotarians have paid fees for a relative to go through university doing a course of little consequence and if you were lucky, happened to get mentioned at the resultant graduation party..

For the record, I don't underrate any course: At Makerere, I pursued a 'flat' Arts degree but then added a 'professional' concurrent Diploma in Education because as a student of French, it was guaranteed to earn me a free joyous six months in France, purportedly "perfectioning" the

language by living in the right "milieu". Though I really learnt no sellable skills at Makerere, the mixing there at the time opened my eyes and mind to opportunities and after "the peace was ushered in" in 1986, I joined journalism without training and quickly became a 'general' in that industry. I only did post graduate professional training after becoming editor of a major media.

But that was easy in the 1990s and before when average fellows like me could rise because they had the confidence of coming from the university. With the population boom and an economy that is not growing as fast as Vietnam (with which Uganda re-started at the same time in 1986 as both countries emerged from decades of civil strife) you have to be damn good to rise in Uganda without having strong family connections.

Briefly, Vietnam was culturally a rice growing country, which in 1986 decided to take agriculture seriously and grew every rice variety in the world to export quality, so the majority who were living on the land had their incomes rise, thus supporting the rise of industries and the rest became history. (If you added a billion shillings to Sudhir's monthly income it will not affect aggregate demand in the economy but if you added a million shillings a month to every peasant Ugandan's income, you

would have a massive surge of demand for almost everything.) So today Vietnam's major exports include electronics, smartphones, and computers. Last month, a small electric car Vietnamese company stormed America, raising \$86 billion on its first day of trading on the New York Stock Exchange, and is now ready to take on Tesla.

But Uganda is not Vietnam. For 28 years now we have had Universal Primary Education which would have meant that today, we have a universally productive population. So is Uganda's education of any relevance.

In a sense it is, like malaria is relevant – it kills and mentally disables millions. It appears that in general, the less one gets of Uganda's education, the higher their chances of being productive. Many of you must have tried (or resisted the temptation) to advise a young relative not to waste money pursuing A'level but to pursue a skilling vocation. You possibly gave up after being suspected of not wishing the nephew or niece well, and grudgingly started contributing to their A'level and university fees. All along as you pay, you know at the end of it you be coaxed to finance their graduation party and to find the unemployable graduate an office job because “you know people”.

Meanwhile, the niece's/ nephew's contemporaries who learnt a skill after O'level are already financially independent with some considering to study for a degree and earn the prestige it brings - just.

Last week, I spent a whole day touring Mbale industrial park. Truthfully, I couldn't tour even half of the complex because it is huge. In each factory I found young Ugandans, who have not been disabled by our high education, making electronic equipment, testing digital appliances and handling sophisticated gadgets that you would only expect in a highly industrialized country. The Chinese investors have educated the ‘uneducated’ youth to become highly skilled industrial workers. And by the way, why do recruitment agencies in Uganda now prefer the less educated girls to the highly educated ones for labor externalization? The quick Ugandan answer is that they are easier to exploit. But why do the educated ones also struggle for a chance to be exploited but get outcompeted by the uneducated ones?

**So what is it in Uganda's education system that makes a person unemployable and functionally disabled? If we answer that question, we shall know how to fix the problem.**

# THE UNEXPECTED TOLL OF TRAFFIC ACCIDENTS

**H**igh rates of road accidents are a devastatingly common issue across Africa which records the highest number of road traffic incidents in the world, every year. In Kenya last year, at least 21,760 people were involved in road accidents last year, and 4,690 died, according to figures from the National Transport and Safety Authority (NTSA). While these statistics are concerning, the lesser-known fallout that one can experience from being involved in a road accident comes as a result of prolonged hospitalization.

## But how can being taken care of in hospital lead to any negative outcomes?

When undergoing treatment for injuries sustained during a crash or accident, you're often immobile for a significant period of time and this can increase one's risk of developing thrombosis, or blood clots. Additionally, people who experience blood vessel trauma due to surgery or because of injuries from a road incident, are more likely to develop blood clots.



Blood clotting is a natural occurrence in our bodies as they stop the blood flow from a cut or injury, but when clots develop unnecessarily, they can become life-threatening. A clot can slow or block normal blood flow, and even break loose and travel to an organ, which can cause a heart attack, stroke, or venous thromboembolism (VTE) — the top three cardiovascular killers.

According to **World Thrombosis Day** (WTD), a global movement which aims to increase global awareness of thrombosis, more people succumb to life-threatening conditions caused by thrombosis than the total number of people who lose their lives to AIDS, breast cancer, and car crashes combined and being in the hospital is a major risk factor for the development of venous thromboembolism (VTE).

VTE is a dangerous and potentially deadly medical condition in which a blood clot forms most often in the deep veins of the leg, groin or arm known as deep vein thrombosis (DVT) and travels in the circulatory system, lodging in the lungs known as a pulmonary embolism (PE).

According to data from WTD, up to 60% of all VTE cases occur during or within 90 days of hospitalization making it a leading cause of preventable hospital death.

### Understanding your risk and preventing VTE

Because VTE can occur without any warning signs or symptoms and can go unrecognized and undiagnosed by healthcare professionals, it is important that hospitals conduct a VTE risk assessment on patients who have been involved in road accidents. This is a simple tool or questionnaire that gathers critical information of a patient to determine their risk of developing dangerous blood clots in the legs or lungs.



It's crucial to note in any VTE assessment that road accident patients who have, or will undergo the following medical procedures, are considered higher risk for developing VTE:

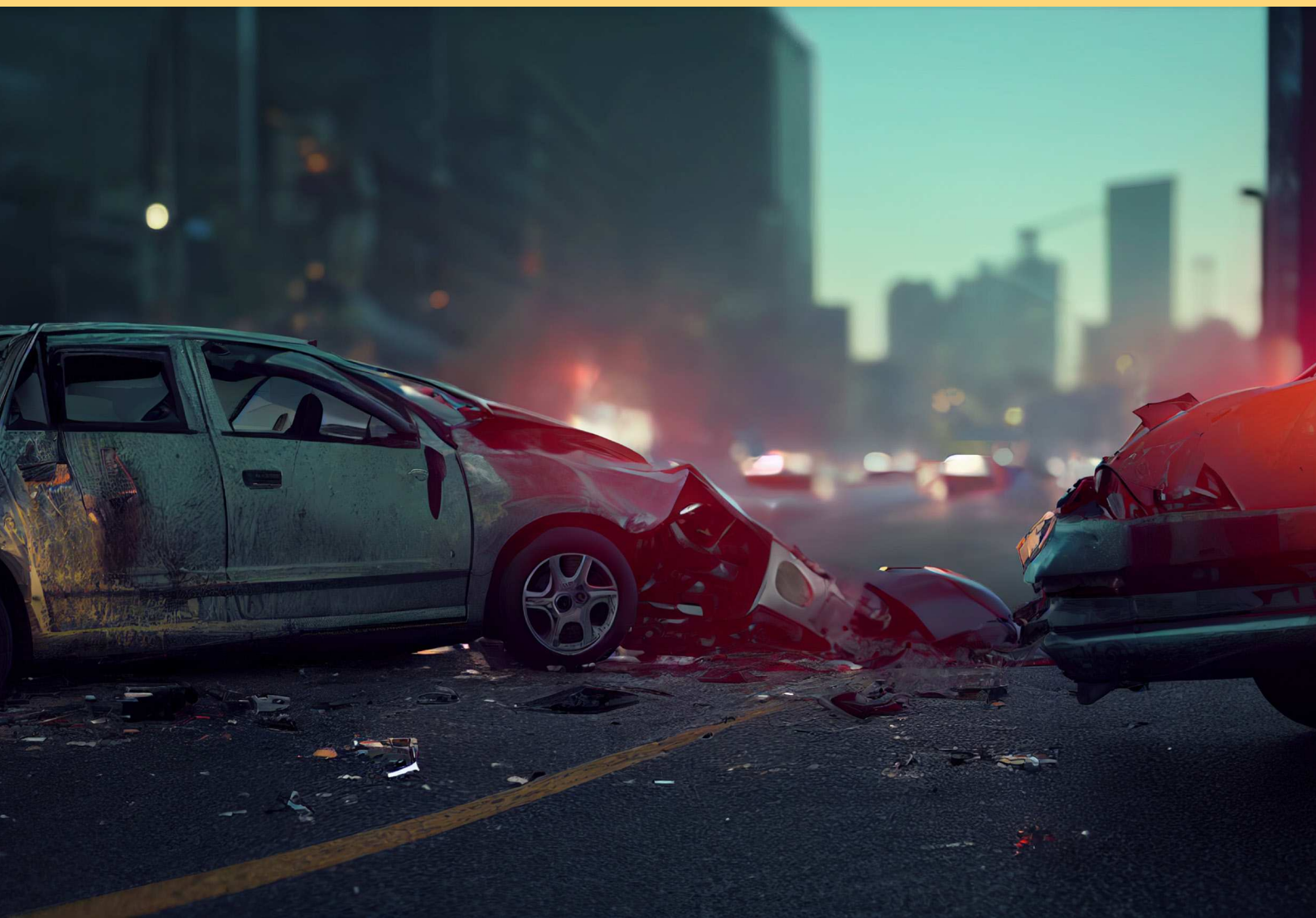
*Orthopedic surgery*  
*Major general surgery*  
*Major gynecological surgery*  
*Urological surgery*  
*Neurosurgery*  
*Cardiothoracic surgery*  
*Major peripheral vascular surgery*  
*Chemotherapy*

Scientific evidence suggests that VTEs are often preventable, and evidence-based prevention strategies can stop the development of clots in 'at-risk' individuals. If you are or a loved one is admitted to hospital following a road accident and are not given an assessment, you must be proactive and ask for one and speak to your doctor about blood clot prevention.

### **Treatment of 'at-risk' patients**

Any individual who is found to have a high-risk propensity towards developing blood clots should be given treatment either in the form of anticoagulants, which thin the blood and stop blood from further clotting (but don't break up the blood clots), or through mechanical devices such as compression stockings or thrombolytic therapy (clot busters). Hospital patients may also be instructed to move around and do foot or leg exercises as soon and as often as possible.

As urbanisation, motorisation, and the population rapidly increases across Africa, it's inevitable that road accidents will continue to do the same. Ensuring that those who make it through the other side of such horrible incidents do not succumb to this often overlooked and easily preventable side-effect of road accidents is vital to reducing the death and disability caused by VTE.







# Out To Lunch

BY DENIS  
JJUUKO

## A REDESIGNED EQUATOR COULD EARN UGANDA BILLIONS

Over the weekend, I drove down to Masaka with the kids and some other family members to pay homage to some of our relatives. The kids must have kept awake half the night, looking forward to the trip.

They woke up early and started knocking on my door before the scheduled departure time. They couldn't wait for the trip to begin. An hour or so in the journey, we stopped by a famous café in the middle of nowhere to have breakfast. It is a private investment by the area Member of Parliament and it is becoming increasingly popular. They have tried to create a welcoming environment where you can easily stop and have a meal in a decent place. A decent place with clean and functioning toilets I must add.

On our way back, after Lukaya, the kids noticed many white flags in a swamp and asked what those were for. The white flags are scarecrows of sorts to keep the birds away from that rice farm in Lwera. We had to stop by and explain to them that rice isn't grown in a supermarket!

It is then that my sister said that we needed to stop at the Equator so that the kids could be able to see it. We had scheduled to stop again at the café where we had had breakfast for a quick coffee but now, we had a change in plan. The equator could be more exciting. They could learn a thing or two.

The equator is supposed to be a major tourist attraction as it passes through only 13 countries in the world. But the Ugandan one is nondescript that we passed it in the morning without noticing. There are some oval pieces of concrete on either side of the road that most people can pass without noticing.

A jungle of makeshift restaurants and curio shops has been set up on either side of the road. They are as unremarkable as they come. A few young men try to wave down whatever vehicle they suspect to be carrying tourists so they could earn a commission explaining how water spins in a funnel differently depending on the hemisphere where one is located. And how it doesn't spin at all while on the equator line.

The young man we met who worked as a guide to explain all this gave us a certificate that we have been at the equator, which we could display somewhere (it is amateurly designed to be put in anybody's office or home). He was courteous and engaging and seemed to know his stuff.

The equator if marketed well can be serious tourism but the starting point should be

redesigning the area so that tour guides don't have to wave at vehicles suspected to be of tourists to stop. The area can be built in a way that anyone driving on that road would marvel at it and be prompted to stop. If an individual MP can build a proper restaurant 3km or so down the road from the equator, what about the government of Uganda?

The Uganda Tourism Board (or whoever is responsible) or its parent ministry doesn't need to go to the World Bank to borrow money to do this. The first point should be to get a good architect to work with the Uganda National Roads Authority (UNRA) teams to change the road design in the area to make it attractive to the eye that people who can stop at it without even being prompted by human beings on the roadside.

The design would also ensure safety for pedestrians to cross to either side. When we stopped by the equator on the left-hand side from Masaka, we couldn't take photos on the same side because of the direction of the sun at the time. So we had to cross to the right hand side. But the traffic was high, the Masaka-Kampala Road being one of the busiest highways in Uganda. It took us a while to cross and with a kind motorist who saw us with the kids and stopped and signaled the other vehicles to do the same. Even then we were not sure we wouldn't be ferried down by boda bodas speeding in all sorts of direction.

Proper restaurants with toilet facilities should be built and restaurants equipped and trained to handle tourists. Nearby areas could be turned into attractions where tourists could learn about coffee and matooke farming, bark cloth making, brewing local beer and such other things. I think also one of the Uganda martyrs hailed from a nearby village. All these can be packaged and sold to tourists.

A proper hotel could be built so that tourists can spend a night here than just stopping to buy kitenge (sold everywhere you go in Africa), drink instant imported coffee (in a country that grows some of the best coffee in the world) before watching a demonstration of water spinning differently and then going away. Uganda tourism must think beyond wildlife and use attractions like the equator to create significant inroads into this market worth of billions of dollars.

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*[djuuko@gmail.com](mailto:djuuko@gmail.com)*





## DID YOU KNOW?

**In 1929, The Rotary Foundation made its first gift, \$500, to the International Society for Crippled Children.**





# MY ROTARY GENESIS

Like a typical evening on campus, we were seated on PP Brian's brown couch conveniently placed on his balcony. Now this balcony had some of the best seats in the house for the evening sunsets alongside the sight of a couple of our peers playing soccer. So, most days we'd bask in both views simultaneously with melodies in the back ground. Strings & Blings plus KOD had just dropped so they were the main go to tunes at that time.

So, this one Tuesday, PP Brian suggests to go for this thing called "Rotaract." The first plus for me was Ndere Centre is a stone throw from home so I figured the commute would never be a long term issue. Then when I went on to inquire whom would be tagging along, he listed a bunch of our mutuals so I figured why not go ahead and see what exactly is going on.

On reaching Ndere Centre, we were allotted a room where CP Edgar brought the sense of direction on how we could actually start the club with Rotary Club of Kampala Naalya as our mother club giving us a guiding hand along the way.

With God's grace, CP Edgar managed to get the ball rolling and got us coming to Ndere every other Tuesday and it more or less became "plot" for us those days and that is when I made new friends from different campuses. So in a way I was already in a plus prior to even becoming a full member.

One fateful Tuesday, we were off semester and by some luck, both my parents were home before 5 pm so I had to collect my cohunes and ask for the dreaded permission to leave the gate in the evening when they had both come back home.



As I approached their door, I took one last deep breath and swung it open. They see me fully dressed and bamboozled, they inquire where I am headed to. I tell them I have Rotaract fellowship.

My dad always sung about "bad groups" and he was hesitant to let me leave but as my luck would have it, my mum had a couple of her friends from mothers union that were part of Rotary. She's a big fan of networking and encouraged me to go and mingle. I used the good air to promise to be back in the house by 8pm. Once I got their approval to leave, I figured Rotary would be a great investment for my time.

Over the years, I have got to meet new people from these fellowships that have become family and for that I say Thank you Rotary.

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**HCP Asiimwe Joshua**  
*RCT Kampala Naalya*

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# LAST WEEK FELLOWSHIP

## *Pictorial*









# KATOGO BUDDY GROUP IN CHARGE

## *OUR MEMBERS*



**Dr Lakor Francis**

---



**Enid Kabunga**

---



**Fathila Nanozi**

---



**Grace Muntungi**

---



**Herbert Oloka**

---



**Jimmy Mayanja**

---



**Joachim Buwembo**

---



**Johnson Akanyijuku**

---



**Keno Lillian**

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**Pamela Kawaddwa**

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**Ruth Mugisha**

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**Simon Sekanya**

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