

# Naalya Food Bulletin

18th June 2024

Rotary  
Kampala-Naalya

CREATE HOPE  
in the WORLD

Issue 24 | 2024



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by Rtn. Osikol



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# Editor's Note

**Dear Friends,**

As this Rotary year comes to a close, the Editorial team extends sincere thanks to each one of you for the support. Much appreciation to the Club Leadership, members especially our regular contributors and friends of the club, for sharing great content and ideas, the Bulletin Award wouldn't have come to RC Kampala Naalya without you.

You all truly inspired and motivated us throughout the year.

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**Please Join Us next Tuesday for the joint Installation of PE Sylvia Jaggwe Owachi and Rct Kampala Naalya PE Natalie Namugga**

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I also take this opportunity to wish DGE Anne Nkutu all the very best as she takes over the DG role in just a few days, under the theme: The Magic of Rotary

Looking forward to the exciting Magical year ahead!

**Keno Lillian O**  
Bulletin Officer

**Editorial Design by**

**Bruno Komurubuga**  
WhatsApp: +256 706 909 576



## 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,

**T**here is a time for everything, and a season for every activity under heaven", these are the Solomonic wise words. My time to say final words to Rotarians, friends and readers of this Great Bulletin has come. This is the last bulletin under my presidency, and my last message on the president's message page.

Next week, we shall be installing our new president, Rotarian Sylvia Jagwe Owachi. Please join me in welcoming her. Installation magazine will be produced. For those who want to advertise their businesses, this is the time to book space in the installation magazine. This magazine will be widely circulated, and the money you pay will be used to fund club projects.

Saying bye to an ardent reader of this bulletin comes with emotional feelings. We have been connecting in the forty-nine (49) publications. It is a journey that you get used to, yet at this point of time we have to part. I part off with you feeling uplifted by your presence. You may not know how I honour and cherish your time you give reading our bulletin. It is you that has kept our bulletin team on their toes; ensuring that every week you get your very enriching and informative bulletin. They keep you connected and abreast with what is going on in the Club and the rotary world. At this moment, with a heavy and yet happy heart, I say thank you for being part of us.

The Bulletin Team, you are a great and reliable team. You put your whole and burnt night candles to have the bulletin out on time.

Lillian Keno, Editor, and Sylvie Nankya, thank you very much. Our regular contributors, Rotarians; Denis Juuko, Joachim Buwembo, Pastor Ronnie and Pamela Kawaddwa, thank you. Flavia Serugo, Fathila Nanozi, Hadijah Nankanja, Dr. John Mugisa and Mathias Mulumba, thank you for the documentaries.

**Our guest speakers, weekly you gave us your time. Your talks were very informative educative and knowledge imparting. Let me mention two of our guest speakers by names, as representatives of the rest, Dr. Sabrina Kitaka, our first guest speaker, and Dr. Robert Rutaagi, our last guest speaker. Between the time of these two, we had excellent speakers too. I thank all of you individually, and collectively I say; "you are a great resource in your respective areas and fields, and we benefited so much". Thank you for sharing with us your knowledge, skills, experiences and time. Whatever you gave us, we shared with the readers of our bulletin.**

To the District Governor, Edward Kakembo Nsubuga; Assistant Governor, Florence Lwanga; District Officials and Hope Creator Presidents; thank you very much for the time we had together, and also for circulating our bulletin to your clubs and beyond. You have been a resource to me and the Club. Thank you for always touching base with us in our fellowships/meetings, activities and being part of our rotary life.

To the Club Board members, thank you for your guidance and support in ensuring that the Club

remains on the course we set for ourselves. And our bulletin is kept in publication and supporting our bulletin team. Allow me thank our Public Relations Director, Efrance Nakitto, for keeping our publicity flag high. To our Secretary, Treasurer, and Club Administrator; Julie Nabwire, Enid Kabunga and Jackie Mutimba, respectively, thank you for your devotion to your roles and supporting our bulletin team. Sergeant-at-Arm, Bobby Louis Ogwal, you kept us orderly and facilitated us in raising funds. Thank you. All the Presidential advisors, lead by Dr. Francis Lakor, thank you.

**To my club members, we have shared lot, and some of what we shared we posted in our bulletin. Thank you for the spirit exhibited. When I look back trying to trace my journey to presidency and managing it, I can only say with pride that you are great team players. You taught me a lot. And, it has left inscribed and incredible marks in me. Together, we gather ourselves to shout, "We have created hope in the world to extent we can with our abilities, resources, knowledge, skills, experiences, competencies, connections and time."**

Be blessed.





# Joint INSTALLATION CEREMONY

JUNE  
TUESDAY **25** 6:00 PM  
2024



Ndere Cultural  
Centre, ntinda



**PE. SYLVIA JAGWE OWACHI**  
RC. Kampala Naalya



**PE. NATALIE NAMUGGA**  
Rct. Kampala Naalya



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Partnership



RelaDental  
Smile for Miles



# My Rotary Journey



**BY RTN DENIS OSIKOL**

**I** feel nostalgia to share my Rotary Journey from once the Provisional Club of Naalya. Maximum respect to CP Francis and all the past Presidents for steering the club to greater heights.

I became a Rotarian because of my lifetime mentors Late PP Eng. Samwiri Kwesiga and his wife the late May Kwesiga who were members of the Rotary Club of Kampala. They couldn't wait for me to turn 28 years old to get inducted into Rotary, the timing wouldn't have been more perfect because just when I turned 28, Naalya was in formation under the supervision of our Club advisors Rtn Dr. Rutaagi and Rtn. May Kwesiga.

I resided on the opposite part of the City (Kisugu) and our fellowships were in Naalya but I still maintained over 95% attendance due to the friendships

that I had made with members in the Club.

---

**The first year was very challenging, the members were divided into 5 buddy groups; Rhinos, Lions, Tigers, Elephants and Leopards but wasn't long before the leopards fell prey to the others and became extinct. The remaining four buddy groups were each comprised of 7 members, along the way more than 50% of our charter members quit.**

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Bringing new members into Rotary is not enough, we have to figure out how to make them stay and become future Rotary leaders. Being a good salesperson is not enough. You must also have a good product. If you are a good salesperson you will make your first sale but if you do not have a good product, you will make only the first sale not the second.

---

**When I became a Rotarian, only 11 percent of Rotary members Worldwide were under the age of 40. Interact and Rotaract Clubs attract teens and young adults but most don't become Rotarians.**

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I relocated to the United States 5 months after the charter of our Club but despite my affiliation with various clubs such as Rotary Club of Waltham, Rotary Club of Corona, Rotary Club of Pasadena and Rotary Club of Beverly Hills among others, I prefer to keep my allegiance to RC Naalya.

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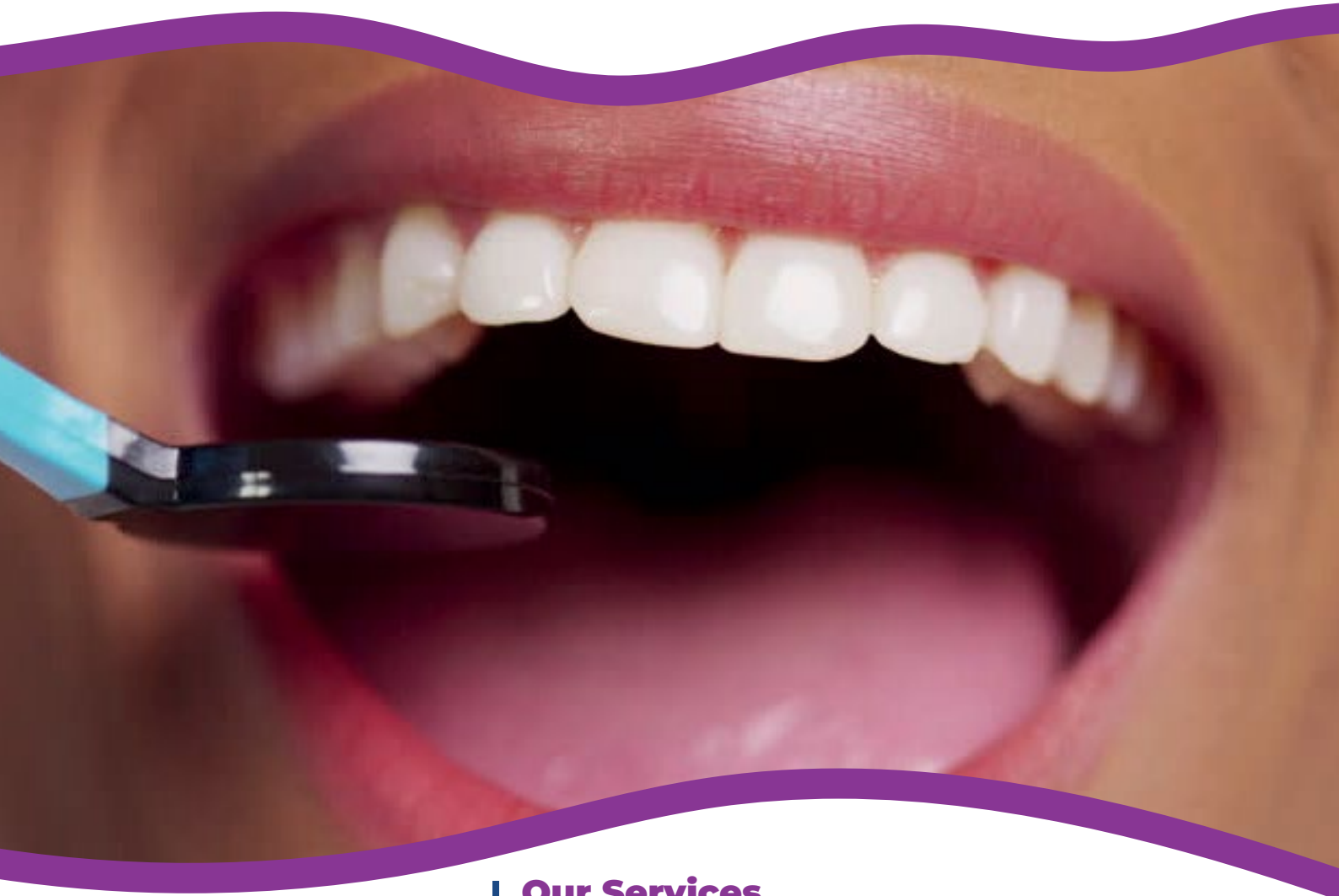
**I have made life changing connections through Rotary and will forever be indebted to Rotary's noble cause.**

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## Smile for Miles



**RELA Dental**  
is located on block 221, Naalya  
Housing Estate between Shelter  
Road and the North-South Close.  
The turn at Shelter Road is about  
200 meters from the Kampala  
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# Rotary District 9213 Constitutes PolioPlus Task Force.

**O**n 4th June 2024, the Ministry of Health released a statement on the declaration of a polio outbreak in Uganda. This followed the confirmation of a circulating Vaccine Derived Polio Virus type 2 from one sample collected on 7th May 2024 from the sewerage plant in Doko, Mbale City.

Following the Ministry of Health's request for Rotary support, District Governor Edward Kakembo Nsubuga has constituted a team to coordinate Rotary activities, as he emphasizes that Polio eradication remains Rotary's number one external priority.



The team is headed by;

- Dr. Margaret Okello Nyeko (RC Naguru) as Chairperson;
- Patience Assiimwe (Rtc Naguru) as Vice Chairperson
- Evelyn Akello (E-Club Naguru) Secretary
- Dr. Richard Kalungi (RC Kampala South) Liaison Officer
- Dr. Flavia Mpanga (RC Kampala North) Technical Advisor
- Sheila Naturinda (RC Kampala Central) Communications officer
- Samuel Jeremiah Nduhura (Rtc Soroti) Social media

- AG Geoffrey Nambafu (RC Mbale City) Coordinator Eastern Region
- HCP Angella Akongo (RC Tororo) Member

## Ex-Officials

- DGE Anne Nkutu
- DGN Geoffrey Kitakule
- DGND Gerald Obai
- DRRE Simeo Ssebukulu

The team will work with the District PolioPlus committee, PolioPlus officers and all Rotarians and Rotaractors from Eastern Uganda.

**According to DG Edward Kakembo Nsubuga focus will be, supporting implementation of a high-quality house-to-house polio immunization campaign by raising awareness in all clubs about the**

**importance of polio vaccination through community outreach Campaigns.**

Support enhancement of active search to ensure that we no longer have polio in the country, searching for a child below 15 years of age who suddenly develops lameness in any of the limbs - the child must be immediately investigated by a trained personnel.

**Design a strategy to support strengthening the routine immunization programme.**



# Pictorial - Club Visits



## Events Attended:

- DRR Simeo Ssebukulu's Homecoming

## Clubs Visited:

- RC Bulindo
- RC Muyenga Tankhill
- RC Gulu
- RC Wakiso
- RC MorningTide
- RC Bugoloobi





# Mental health challenges impeding economic growth



BY DENIS JUUKO

**T**he death allegedly by suicide of a Ugandan digital marketer last week created some buzz about mental health at least on social media that probably not seen before. There is need to note that not all deaths by suicide are a result of mental health challenges. The cause of the alleged death by suicide by the marketer may not necessarily be attributed to mental health.

However, it gives Ugandans another starting point to work on issues that affect their mental health. According to the World Health Organization (WHO), there are more than 700,000 people who die

due to suicide every year. Suicide, a WHO report notes, is the fourth leading cause of death among 15–29-year-olds globally. Over 77% of these deaths occur in lower- and middle-income countries like Uganda.

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**Some statistics show that Uganda's suicide rate stands at 15% per 100,000 people, which is rather high. In refugee settlement areas, for example, 60 people died by suicide in 2022 prompting organizations like AVSI Foundation to launch programs like Game Connect, a sport for mental health project. The Nnaabagereka through the Nnaabagereka Fund has also initiated a program on mental health and so is the Rotary Club of Kampala Naalya, where I have previously served as president. Such efforts must be supported.**

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One of the biggest challenges when it comes to mental health is the stigma that is associated with it. Many people suffer silently and cannot talk about it prompting delays in seeking professional help. Many people will not even tell you that they have a patient in Butabika Hospital

due to stigma. The same people have no problem informing anyone who don't even care that they have a patient in another hospital.

Initiatives that are working on mental health issues must create as much awareness as possible while trying to curb the causes of mental health challenges including the rampant drug and alcohol abuse.

If you go to construction sites today, many young people working as porters for example claim that they get their "fuel" from alcohol so they have bottles of gin in their pockets from which they occasionally drink before pushing another around of materials on a wheelbarrow. If you get stuck by the roadside, the guy who will come to help you change a tire will most likely be half drunk. If you see a boda boda guy zigzagging on the road or as recklessness as they come, he is most likely imbibing on some cheap gin.

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**Of course, alcohol and drug abuses are not only restricted to the informal sector. Many people working in the formal sector suffer from it. But they also suffer from work related depression and stresses. The obsession**

**with quarterly performances can create a lot of pressure on people.**

Businesses must look at mental health as one of the impediments of growth. Globally, it is estimated that mental health will cost economies USD2.5 trillion annually by 2030. Those are actually the conservative estimates. Work related stress and depression is also said to cause at least 50% of all illnesses suffered by workers.

**Businesses and governments must do more to encourage mental wellbeing and resilience. Games that make people relax and focus could help. Having enough sleep is another. Regular mandatory physical exercise could be another.**

In poor economies like Uganda, many of the people who are lucky to have a job are paid per a day worked probably

following the Biblical directive that those who won't work won't eat. Such people won't take leave to deflect from work. It means going hungry. There is need to find solutions for such workers so that they can take days off once in a while and connect with their loved ones and reenergize.

Several talks on mental health at workplaces could help. A notable speaker on the subject can help people cope with the issues that affect them and find answers to some of the questions that constantly linger in their minds.

**Of course, many young people have no jobs to start with and financial induced stress and depression is real. The government must, therefore, prioritize finding sustainable jobs for people.**

Due to lack of jobs and opportunities, many Ugandans have become negative. Check

out their social media posts. To many such people, there is nothing good that is happening so they spend half their time lambasting anyone they think is responsible for their predicament. The negativity on sometimes issues they should actually be positive about increases their stress and poor mental health wellbeing. Yet gratitude leads to mental health resilience.

Government must also increase the number of psychiatrists in Uganda. Currently, there are approximately a mere 53 of them, meaning about one for every million people. Increased sponsorship of students interested in that field at medical schools could help bridge the gap.

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

**E: [djjuuko@gmail.com](mailto:djjuuko@gmail.com)**







# Tales of SINGAPORE

THEN

First Club:  
Rotary Club of  
Singapore  
75 charter members  
Chartered on 1915

NOW

40+ Rotary  
and Rotaract  
Clubs  
1,000+ members

CREATING POSITIVE CHANGE IN SINGAPORE

Mental health  
patient outreach  
training

Life and leadership  
skills training  
for inmates

Prevention of  
dental disease

Pneumonia  
vaccinations and  
health education  
for the elderly



Ndere Cultural  
Centre Ntinda

7pm

TUESDAY  
18th JUN 24

Buddy Group In Charge: **ROLEX**

Corporate Partnership



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# Rotary District 9213 Creates New Role to support Youth Programs

**R**otary and Rotaract clubs may appoint a member to serve as the Programs for Young Leaders Contact. This person will help champion youth programs in their club and serve to build awareness for Rotary youth programs. Learn about the new role.

## Role description

As the Programs for Young Leaders Contact for your club, you champion youth voice! Learn how to facilitate connections with your club's youth program participants within the larger family of Rotary, elevate young leaders' voices and ideas, and become an advocate for creating safe and inclusive programs.

- Completing the online Youth Protection course and raising awareness among club members about youth protection policies.
- Educating yourself with Rotary's Programs for Young Leaders: Interact, Rotary Youth Leadership Awards (RYLA), and Youth Exchange and their policies.
- Receiving program updates, activities, and events from Rotary International and disseminating to applicable youth participants and members.
- Serving as a main point of contact to the Interact clubs your club may sponsor by attending Interact club meetings.
- Creating opportunities for your Interactors to attend some of your meetings and activities.
- Supporting club and district leaders to ensure that information reported to RI is timely and accurate.
- Establishing lines of

communication with your district committees and officers, which may include Interact, RYLA, Youth Exchange, and the Youth Protection officer, to help connect community participants to district opportunities.

- Sharing opportunities and facilitating connections for young leader participants to continue involvement in Rotary as alumni.

## Eligibility

Any member in good standing in a Rotary or Rotaract club can be appointed as a Programs for Young Leaders Contact. Before selecting a member to report as your club contact:

- Consider interest and experience. Experience working with young people is preferred but not required.
- Identify one contact person. Although many people in your club may be active youth champions, only one person can be reported as a Programs for Young Leaders Contact each Rotary year.
- Plan for the future. Your club contact can be reappointed for up to three years, or your club can appoint a new contact each year. You will be asked to update this information yearly, even if the same person is reappointed.

## How is this role different than a youth program club officer or a club committee chair?

Your club may already have one or more elected or appointed roles such as Club Interact Chair, Club Youth Exchange Officer, RYLA Chair, Youth Services, or New Generations Chairs with clearly defined responsibilities.

This role is to identify one person in your club to receive

important information and updates from Rotary. This new role is not designed to take on new or additional operations or administration responsibility of young leader programs but to facilitate better communication between your club and Rotary. This role will not have the same level of online access as club officers.

## Adapting this role to your circumstances

If your club is already involved in youth programs or has existing youth-serving roles in your club, you can report that leader as your club's Programs for Young Leaders Contact. For example, your Youth Services Chair can also be appointed as the Programs for Young Leaders Contact.

**If you're not already involved but want to learn more, report an interested member as your club's Programs for Young Leaders Contact to learn more about getting started!**

## Why was this role created?

Members who participate in Rotary Programs for Young Leaders are highly satisfied with youth programs and their Rotary membership, but only approximately a quarter of Rotarians are having these great experiences!

It can be hard for clubs who want to engage with youth programs to know how to get started. RI wants to make it easier by providing the tools and inspiration directly to clubs that want to get started in youth programs or strengthen their existing involvement.





# A LEADER HAS

**Integrity**, **Vision**, **Positive**  
**Attitude**, **A Sense Of Humor**,  
**Good Communication Skills.**

## Improve your Rotary Knowledge and Leadership Skills



# 19<sup>th</sup> INTAKE

## GRADUATE

**MODULE 1 Topics - 20<sup>th</sup> July 2024. 8AM**

- **Transforming your Rotary Club**
- **Introduction to Effective Public Speaking**

**Fee: 115,000/=** Per Module for meals, **Protea Hotel**, Kololo.

**For registration call** Sarah Rubanga - 0752 735 768

**For Payments send to (DO Not Call)**

Sylvia Kizito Nakajjugo on 0789 913 242 or 0708 691 213

**Deadline:** 10<sup>th</sup> Jul 2024. **Email:** infoatrluganda@gmail.com



# A LEADER IS

A Listener, **Loyal**, Respectful, **Reliable**,  
**Proactive**, Honest, **Passionate**,  
**Energetic**, **An Accomplisher**, **Strategic**, **Helpful**

## Improve your Rotary Knowledge and Leadership Skills

# 27<sup>th</sup> INTAKE

## UNDERGRADUATE

**MODULE 1 Topics - 20<sup>th</sup> Jul 2024. 8AM**

- Introduction to RLI
- Insights into leadership
- My Rotary World
- **Foundation 1: Our Foundation**
- Ethics - Vocational Service
- **Engaging Members**

**Fee: 115,000/=** Per Module for meals, **Protea Hotel**, Kololo.

**For registration call** Sarah Rubanga - 0752 735 768

**For Payments send to (DO NOT Call)**

Sylvia Kizito Nakajjugo on 0789 913 242 or 0708 691 213

**Deadline: 10<sup>th</sup> Jul 2024. Email: infoatrluganda@gmail.com**



# Family Matters



BY **PASTOR RONNIE MUTEBI**

**G**alatians 6:7-9 (KJV):  
Be not deceived;  
God is not mocked:  
for whatsoever a man  
soweth, that shall he also  
reap. For he that soweth to  
his flesh shall of the flesh  
reap corruption; but he  
that soweth to the Spirit  
shall of the Spirit reap life  
everlasting. And let us not  
be weary in well doing: for  
in due season we shall reap,  
if we faint not.

## **SEEDS OF ROTARY**

Rotary is a ground to sow for a life's harvest. Some people in life think they can explain away what they have no seeds for.

---

**A person may criticize a successful Rotarian for the simple reason that he is unable to sow the kind of seeds that rotarian has sown to better the lives of others.**

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For example, it might be the seed of hard work. The criticizer is not able to give hours of effort and time to a task because he has a poor work ethic. When such a person studies the increase in the life of the other, may accuse them of being a thief or promiscuous for no other reason than that they cannot do what is required to achieve such success.

We are all a sum total of the seeds we have sown. Life is defined by multiple dimensions of seed patterns. Sow only what you're able to celebrate as harvest.

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**The Rotary lifestyle is a seed sowing pattern by which the harvest is realized through diverse benefits. Scripture is explicit in its warning to us. Do not be deceived, you reap what you sow.**

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As a Rotarian, you must make the conscious choice to stop sowing certain seeds and deliberately plant others.

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**Take Home: There are successes you can never explain away because they were built on the seed and sowing principle. We are all a sum total of the seeds we have sown.**

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## PK's Corner: The lies they sell

BY PAMELA KAWADDWA

I made change after change  
On the road to perfection  
but when I finally felt beautiful enough  
their definition of beauty suddenly changed

What if there is no finish line  
and in an attempt to keep up  
I lose the gifts I was born with  
for a beauty so insecure  
it can't commit itself!



**Theme: Unleashing Africa's Potential ; Rotaract leading the way**

### REGISTRATION



**14th - 17th  
November 2024**



**Las Vegas  
Garden Hotel**  
Kazibwe Road, Bunga, Kampala

**\$80**

Early Bird Registration  
1st Feb - 31st July 2024

**\$100**

Late Registration  
1st Aug - 14th October 2024

*Note: Fees don't include accommodation*

### ACCOMMODATION

**\$120**

Shared Accommodation  
3 Nights

**\$150**

Non Shared Accommodation  
3 Nights

Deadline:  
Sat. 31st  
August 2024

**PAY THROUGH REGISTRATION LINK**

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Half Page	500,000
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**THE ROTARY CLUB OF KAMPALA NAALYA  
MEETS EVERY TUESDAY AT 7-8PM**