

Naalya Food 28th May 2024 Bulletin

Rotary
Kampala-Naalya

CREATE HOPE
in the WORLD

Issue 21 | 2024



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A glass sparkly



Editor's Note

Dear Friends,

Thank you all for your efforts to serve the community.

As we end the Youth Service Month, let us all renew our commitment to investing more in our Youth Services.

Last week our rotaractors took over fellowship with IAS 2023 Change Maker Linda Joseph Robert, who shared some concepts on decision making and behavioral change. This issue carries some of the takeaways from the presentation among other interesting items.

Thank you for always taking the time to read and share the Naalya Food Bulletin.

Keno Lillian O

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Bulletin Officer

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Feedback

We'd love to hear from you about any of our stories this year 2024. Contact the Bulletin Officer: **+256 782 601 009** or Email: **rcklanalyafoodbulletin@gmail.com**

Message from the President

**GODFREY OKELLO-OMODING
HCP**

Dear Rotarians and Friends,

Last week we had a family fellowship/meeting with our rotaractors. The Rotaract Club of Kampala-Naalya was leading the family fellowship. What a good day it was to share together as a family! The “drums” of the youth were once again heard clearly and the wisdom of the elders was shared. From the topic; “Decision Making and Behavioral Change”, as presented by the youthful guest speaker, Linda, it generated a lot of wisdom on decision making. The whole setup reminded me of indigenous education setup at the fire place.

In a typical African traditional setup, the youth are that part of the family where production is anchored. The youth play a big role through rendering the physical power force in the production of food and in the defense of family. Equally, the elders impart words of wisdom to them and keenly guide them. This gives a symbiosis arrangement. Contextualizing this in the rotary family seems to leave room for improvement. Very often both the rotaractors and rotarians seem to exhibit tendencies of mutual exclusiveness only to be brought together by events or needs.

In such a relationship, both miss the comparative

advantages each has. Rotary as a family, its elders (Rotarians) ought to leave lifelong learning experiences to the rotaractors so that they can tap on for their advancement in their rotary life and community life. And create a desire for rotaractors to graduate into rotarians.

Rotarians, this month’s theme of youth service reminds us also to mind about our rotaractors. The future of rotary can be well guaranteed when there is a closed knit with rotaractors. Where there is a good sharing, kinship flourishes.

Kinship is best spread when and where there is youthfulness. This applies in a number of spheres including animal kingdom. Where the youth are; there is production, there is hunger for ideas, there is manpower for rolling out new innovations/projects and many doings. They are ready reserves for deployment. However, you must prepare that reserve of people. Preparation of this reserve of people require investing in them.

In this rotary year, we themed ourselves to create hope in the world. Today, as we look at our rotaractors, can we say, “they are our treasure for tomorrow?” Have we created



hope in them? Have we done enough as to enable those of age to graduate into Rotarians? These are many of the questions we can reflect as the youth service month comes to an end. This may help us to move out of the dilemma of “wishing.”

Hope creation is never wishing. It is an action packed. For the youth, hope creation is in a number of ways, not necessarily complicated. For instance, talking positively with our youth. When we do this individually, it may seem a lonely voice. But, at the end, the lonely voices get multiplied as we come together. These voices bring hope.

Therefore, let the reflection of this month be used for growing the family of rotary. Let us nurture and nourish our youth. Let us be a family that recognizes and takes advantage of her youth. Truly, a family with productive youth has plenty to harvest. And then, what a family we can be proud of!

Be blessed.



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Rotary Convention underway in Singapore

Thousands of Rotarians are gathered in Singapore for the annual Rotary International Convention this time convened under the theme: **Sharing Hope with the World.**

More than 500 of these are from District 9213, and District 9214 in Uganda and Tanzania. A team of eight led by District Governor Elect Anne Nkutu represented the Rotary Club of Kampala-Naalya.

The District is also featuring prominently in the House of Friendship (booth 2231), where projects by the different clubs are being exhibited for potential funding.

The Convention began with a sweeping global vision, as international humanitarian Graça Machel and Rotary International President Gordon McNally called on people to take action to make the world more equitable and more peaceful.

Machel, the co-founder of the global leadership group The Elders, who is renowned for her work on behalf of women and children, urged attendees at the opening

session of the convention to work for equality for women and equal access to education for girls.

"Why is it we still have millions and millions of children out of school? Why have we not recognized that it's their fundamental right?" asked Machel, a former first lady of both Mozambique and South Africa who is currently deputy chair of The Elders. "The question now is, are we all prepared to take the challenge and say to ourselves, 'We have to eradicate illiteracy, particularly for girls'?"

McNally called on the convention participants to promote peace through their work with Rotary.

"We are an example of what a better world could be: one where people find common ground across their divides and common purpose in elevating humanity," McNally said. "Through our service projects, our humanitarian efforts, and our systematic approach to peacebuilding and



conflict resolution, we can be catalysts for positive change in the world."

McNally also spoke about his commitment to improving mental health and well-being around the world, a key initiative of his presidential term.

"We can fight the stigma against reaching out for help," he said. "We can make a difference for the people we serve by investing in the tools, people, institutions, and systems that will ensure access to quality, affordable care."

McNally's focus on mental health was reflected in several of the convention's breakout sessions, and Rotary's other areas of focus were featured in a variety of projects and community events before the convention.

Rotary members highlighted local projects such as the nonprofit Football Plus program.

Pictorial - Rotary Convention



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Rotary Family Health Day at a glance



BY RTN. PP DR. JOHN MUGISA (RFHD Board – Medical Advisor)

Since its inception in Uganda in 2012, Rotary Family Health Day (RFHD) has shown consistent improvement, reflecting steady progress in the country. The 2023 RFHD saw significant improvements, including early planning and enhanced communication with partners by certain clubs.

This proactive approach resulted in better community mobilization and strengthened collaboration and partnerships among various actors, such as; health partners, teachers and religious leaders, local leadership, and Village Health Teams (VHTs).

Consequently, these efforts led to increased turnout of clients and successful health camps.

Despite some notable

improvements, RFHD 2023 faced several challenges. These included among others; insufficient community mobilization efforts, resulting in some community members being hesitant to seek medical care. Additionally, the distance to the designated health camps coupled with financial limitations acted as barriers for many individuals in accessing the health services provided.

Due to limited resources RFHD is unable to meet the growing needs and demands of the targeted under-served communities.

Overall, the majority of clubs reported experiencing inadequate funds and insufficient medical supplies, which



compromised the effectiveness of the medical camps. Shortages of drugs and other essential supplies were particularly problematic.

Moreover, there was a noticeable gap between the community expectations and the services provided. While communities anticipated comprehensive medical care free of charge, this is not fully met by RFHDs.

Addressing these challenges through early and timely planning and preparation and ensuring adequate mobilisation of resources (human and financial) as well as targeting communities for increased awareness, can lead to more impactful and sustainable healthcare interventions in the targeted communities. This will ultimately bolster Rotary's contribution towards achieving Universal Health Coverage (UHC) in Uganda.

Challenges notwithstanding, the Rotary Family Health Days (RFHD), is currently a recognized important public-private partnership programme in health service delivery in Uganda.

Through partnering with the government and other stakeholders, RFHDs has been able to leverage resources and contributed to scaling up critical services for the marginalized communities in the country, supplementing government efforts.

Additionally, RFHD has significantly increased awareness and improved health-seeking behavior through medical services and education at community level, while also serving as a tool for promoting Rotary's humanitarian values and attracting new members to join Rotary and serve humanity



OutToLunch: How Kikuubo can transition from trading to manufacturing



BY DENIS JUUKO

A few weeks ago, I was invited for a meeting in Jinja, which is about 80km away from Kampala. In order to make a small saving, I decided to drive with a friend who was also attending the same meeting. Our meeting was scheduled for 10.00am.

We decided to leave Kampala at 7.00am in order to make it to Jinja in time. We thought that two hours were enough to cover the distance. Because my friend lives around Bweyogerere and it was early morning, we didn't anticipate any difficulty in being in Jinja

well ahead of the scheduled time. We decided to use the main Kampala-Jinja Road instead of the one through Kayunga that I normally prefer. After all, my anticipation was that we would be driving against traffic as the majority of people who live in Mukono would be coming into Kampala.

The traffic was instead bumper to bumper in Namanve and Sseeta and we thought that once we go beyond Mukono town, we would be able to move faster. We continued our drive and along the way we started realizing that we could not make the trip by the scheduled time. We arrived in Jinja about 15 minutes late.

I remembered this while watching clips from a meeting between the president and the traders who are protesting the tax system. The president advised them to become manufacturers instead of importers of finished products.

If you are a regular reader of this column, you would know my position on

manufacturing. I am an advocate because there aren't many countries that developed without focusing on manufacturing. Through manufacturing, countries are able to employ large numbers of the working age population. Manufacturing ensures sustainable jobs with predictable regular income, a prerequisite for economic growth and wealth accumulation.

When people have a regular predictable income, and not depending on chance, they can be able to invest in long term projects such as housing. Banks can offer low interest long term e.g., 30-year mortgages. Business people would invest in sectors for long-term knowing there are people who will be able to afford their products or services.

When the majority of people's incomes depend on prayer and the intercession of the Holy Spirit, investors keep away. The people can't save. You can't save what you don't have. Banks, instead of lending money for business, they focus

on lending to the government. They are nearly sure of being paid back than when they lend to businesses who don't have an assured market.

Anyway, if Uganda is to become a manufacturing hub as the president wants it to be, there are certain things that government must put in place. One of them is the highway not only to Jinja but to the Kenyan border.

There are plans to build the Kampala-Jinja Expressway but they remain largely plans to date. If you are a regular user of the road beyond Jinja, you know that jam builds up between Kakira and Iganga (Kakira and Jinja is smooth because it is a four lane road). Maybe the Kampala Jinja Expressway should become Kampala-Iganga or even Malaba Expressway.

If people are spending 3-4 hours to cover a distance of about 80km, like we

did for the Jinja meeting, it will become costly for manufacturers as this is the main route for their raw materials and finished products (to the port of Mombasa).

But even if the road was wide and smooth, road transport is expensive for manufacturers. Railway transport provides solutions but plans about the Standard Gauge Railway (SGR) became a mirage. Yet at one stage we had a railway line that almost connected all the major parts of the country. We also have Lake Victoria; it can solve some of our bulky transport woes.

The majority of Ugandan traders start after dropping out of primary or secondary school. They learn trading and after a few years of frugality and tenacity, they make it big. They will never invest in stuff that are not tangible such as research and development (R&D) which is key if any country is to become a hub. What most traders know is that if you pay

this amount of money, you get this amount of goods and sell them at that amount of money. That is why EFRIS is a big issue yet maybe it shouldn't.

Government needs to appreciate their strengths and limitations and invest in R&D on their behalf, showing them which sectors or products, they can invest in as manufacturers and handhold them until when they can transition from informal traders to manufacturers. It can match them with foreign investors for joint ventures and most importantly for technology transfer and support them on issues such as corporate governance. There are already traders in Uganda who have made this transition, how did they make it? It is the story government should be telling while dangling the investment incentives traders need to make the transition.

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Take-aways from Last week's fellowship: Decision Making and Behavioral Change: Unlocking the Potential for Personal and Professional Growth

BY LINDA JOSEPH ROBERT,
IAS 2023 CHANGE MAKER

In an era of rapid technological advancement, making well-informed decisions is increasingly critical. Insights from psychology and behavioral science can enhance decision-making skills and facilitate lasting behavioral changes, promoting personal and professional growth.

Decision-making involves assessing options considering cognitive biases, emotions, and social factors. Dr. Olivia Grant stresses understanding these for better choices.

In difficult decisions, the Sunlight Test prompts transparency by asking if one is comfortable with the decision being public. The Role Model Test aligns actions with admired figures, fostering ethics. Both tests aid in ethical decision-making and accountability. Both tests guide individuals towards making ethical and transparent decisions but scholars suggest that

decision making has six pillars that are key i.e. trustworthiness, fairness, respect, responsibility, caring and citizenship.

Behavioral change is fundamental in psychology, health, and organizational management, aiming to enhance well-being and performance. Strategies involve understanding behavior impacts, setting SMART goals, tracking with technology, seeking social support, and modifying environments. These approaches promote motivation, accountability, and long-term change for healthier lives.

Religious Perspectives on Behavioral Change

Religion has always been a benchmark in our everyday decisions and behavior where they have their own insight to the believers i.e. Christianity: Behavioral change involves heart and mind transformation through repentance and Holy Spirit guidance, fostering virtues like integrity, love and patience (Proverbs 10:9, Romans 12:2). Islam: Behavioral change is linked to Tazkiyah (soul

purification) and repentance (Tawbah), with the Five Pillars providing a structured approach for discipline and ethical conduct. Hinduism: Emphasizes Dharma (Duty), Ahimsa (Non-Violence), Satya (Truth) and Karma (cause and effect), with practices like meditation and self-discipline aiding in spiritual growth and positive behavioral change.

The Impact of Technology

Digital platforms and wearable devices offer personalized feedback and support, revolutionizing behavioral change strategies.

Dr. Sophia Kim notes that these tools adapt to individual needs, promoting physical activity and reducing stress.

In conclusion, behavioral change remains challenging, requiring sustained effort and addressing deeper issues like mental health and socio-economic factors. Researchers are optimistic that integrating neuroscience, psychology, and technology will lead to more effective interventions.

Pictorial - Last Week's Fellowship





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

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Family Matters



BY **PASTOR RONNIE MUTEBI**

Ezekiel 22:30(KJV):
And I sought for a man among them, that should make up the hedge, and stand in the gap before me for the land, that I should not destroy it: but I found none.

STANDING IN THE GAP

The mind of identifying the immediate need and taking the initiative to stand in the gap that our theme

scripture refers to is for a divine purpose.

God has plans and desires to satisfy the needs of humanity. The hand of God to the needs of others is extended to humanity through people who are able and willing.

But how do people position themselves to stand in a gap that God is looking to fill?

You must be open to the needs of your immediate community and a discernor of the times and seasons.

It is people who discern seasons by which God extends his helping hand. This years cancer run is yet another availed season to stand in the gap to create awareness but also support this rotary initiative.

It is people who sense that in a particular season God wants to extend His helping hand through them, so they avail themselves as instruments.

Rotary International is founded on a true reflection of people who discerned the times and seasons by standing in the gap to make the world a better place.

Take Home: Standing in the gap begins with discerning how to care for the need at the right time.



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PK's Corner: A glass sparkly

BY PAMELA KAWADDWA

You abandon your authentic self in order to fit in. #code-switching Women code-switch. They fall into line. Fall into fashion and behavior which fits expectations society has dictated. They make themselves smaller. Less intimidating, less dangerous. And an assumed safe place as they nurse the egos of those that think less of themselves, whose egos drink from crushing others.'

For some women, this is the only way to make themselves marriage-worthy. Repressing who you are is a classic unhealthy behavior. The rage that comes as a result of it is real. You start blaming others for where you are at. COMM 'on! you made a choice, laid your own bed, time to sleep in it! Don't blame other's for your own failure to stand up for yourself and protect your own personal brand. That is a desperate need for a release.

You need to honor your feelings and respect your validity. The goal of course is to return to that one true self, regardless of how uncomfortable it makes others feel. You need to stop Code-switching!

You need to find YOU! -one true-self!

As for me, I am just a simple liberated mind! I write to free my thoughts. I dance, because that is what I love. I dance for

love, I also dance to communicate. I am the drum that sounds when all my comrades are down. I am the trumpet that welcomes our men from war. It's just a voice, not even I can silence. I am ME! I make no apology for that. And I can't let you, take ME away from ME!



I write to speak my mind. I am just a mirror, a simple plain mirror, whatever you see is a reflection of the authentic me. I draw from deep within. I embrace culture, I am free spirit, I fly with the wind. Perfectionism is not in my blood. Total bondage! I rest and flow with the current of the river!

I am a contrarian by nature, I know! Tell me what everyone else does what's the consensus and what's popular, and I will typically do the opposite. If everyone is zigging, I'm gonna Zag! To me, what's popular is average, it's what's common, and it delivers common results.

Not forgetting that I am a Pollyanna! I gaze upon life with a Rose colored view living in a glorious fantasy world, I am invariably "glad," Each day I see the world created as new, believing in it's glitziness and glamour.

Loving my life.

Tell me, Who are you?

Let's catch up again! Happy Mother's day!

Till again



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