

Naalya Food 16th July 2024 Bulletin

Rotary
Kampala - Naalya



Issue 03 | 2024



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Rotary in Uganda to plant
100 million trees in 3 years



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OutToLunch: Preparing for
the demographic dividend

EDITOR'S NOTE

Dear Reader,



Our sincere gratitude to all of you, who read the **Naalya Food Bulletin** every week. This week Rotarians and Rotaractors are engaged in final trainings for the Rotary 5 Aside football tournament which will take place on Saturday, the 20th of July at the Philip Omondi Stadium in Lugogo, where we will display our football skills, but mainly to raise funds for community service projects.

Last Tuesday, Mountain slayers PP Evelyn Mulinda and Rtn Stephen Kakonge shared with us their experience and stories of memories they have made as a group of likeminded individuals who share that thrill of scaling mountains.

For Evelyn and Steve it was a life changing experience but for some of us it felt like a very bad idea. We will be sharing some of their stories in our subsequent editions of the Bulletin.

This issue brings you DG Anne Nkutu's July Message among other interesting articles and Rotary information.

Enjoy!

Keno Lillian - 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**



Aluminium and Metal Fabrication



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District Governor's Message

Welcome to the New Rotary Year!

It is both an honor and a privilege for me and the dedicated Magic Team to lead our district through the Rotary year 2024-25. Like all of you, I am incredibly excited about the opportunities that lie ahead and the achievements we aim to realize during this special year of the *Magic of Rotary*.

Building upon the successes of "Creating Hope," our focus remains steadfast: to ensure the sustained delivery of the *Magic of Rotary*, not just for the coming year, but for generations to follow. However, it is important to recognize that while it may appear effortless, creating true 'magic' in our clubs and in communities requires dedication and concerted effort from all of us.

At the start of each year, our clubs set ambitious goals with the best of intentions to achieve them. But along the way, life happens and often times we do not achieve as much as we had hoped for. In his popular book "Atomic Habits" James Clear notes that: "new goals do not deliver new results. Rather, it is new practices and lifestyles." For instance, aspiring to achieve a fit physique requires not just setting the goal but embracing the regular exercise, balanced nutrition, and disciplined lifestyle that accompany it. This includes mundane tasks like monitoring calorie intake and preparing nutritious meals.



Success is not solely determined by our goals, but by the systems and habits we develop. As James Clear aptly puts it, **"Goals are good for setting a direction, but systems are best for making progress."**

Goals provide direction, but systems create the consistent progress needed for

sustained success.

Therefore, I urge every Rotary leader at the club and district levels to prioritize the purpose and processes underlying our endeavors. Regardless of the goals your club has set, clarity on the "how and why" is essential. It demands diligence and meticulous attention to detail in *how* and *why* we attract new members; *how* and *why* we contribute to the Rotary Foundation; *how* and *why* we must enhance our public image; and *how* and *why* we undertake service projects.

Musonius Rufus wisely stated, "If you accomplish something good with hard work, the labor passes quickly, but the good endures." To build resilient clubs capable of delivering the enduring Magic of Rotary, we must be prepared to put in the hard work and develop strong systems.

With your dedication, passion, and commitment, I am confident that we will achieve remarkable accomplishments. So here's to a year filled with irresistible club experiences, transformative projects, and the vibrant spirit of Rotary in action.

A. Nkutu
DG Anne Nkutu

President's Message

RTN SYLVIA JAGWE OWACHI
Club President 2024-2025



Dear Rotarians and Friends,

One of the rotary norms we recite at our meetings is 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's occupation as an opportunity to serve society;
- **THIRD:** The application of the ideal of service in each Rotarian's 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.

Becoming a Rotary member connects you with a diverse group of people. At our meeting last week we had a Member spotlight session where we had an interesting conversation with 2 of our

members PP Evelyn Mulinda and Rtn Steven Kakonge who have a passion for mountain climbing. They really broke it down for us including the preparation, the tracking and the summiting and the highs and lows during the journey.

As I sat there listened I was reminded that in Rotary we value diversity and the contributions of all people. Rotary currently unites 1.4M people worldwide united in service. Rotarians can experience Rotary through the weekly meetings at your club and also visiting other clubs and attending their events. Rotarians can also experience Rotary through Rotary Fellowships. Rotary fellowships are international groups that share a common passion.

Being part of a fellowship is a fun way to make friends around the world, explore a hobby or profession and enhance your rotary experience and fosters a sense of inclusion and belonging.

Through this bulletin we will we bring you some of the events that are happening within our Club and elsewhere. Enjoy the Magic of Rotary and be blessed!!!.

“

Being part of a fellowship is a fun way to make friends around the world.”

Rotary in Uganda to plant 1 million trees

Rotarians in Uganda are planning to plant 1 million trees in the next three years in a bid to promote ecological balance and protect the environment.

This was revealed by District Governor Anne Nkutu as she launched the "Plant Your Balance" campaign, an initiative of Rotary Districts 9212, 9213, and 9214, which cover Kenya, Uganda, and Uganda and Tanzania respectively.

This initiative is one of the activities to commemorate 100 years of Rotary in Africa.

The idea behind the "Plant Your Balance" campaign is for each Rotary Club to subtract the years of their existence from Rotary's 100 years in Africa then multiply by a hundred. The result is the number of trees that each club will to plant in the next three years.

Uganda has 128 Rotary Clubs. The oldest club in the country, the Rotary Club of Kampala, was chartered in 1957. The average age of clubs in Uganda's Rotary District 9213 is 19 years.

Rotary International is one of the largest service organisations in the world, and has invested heavily in providing clean water and sanitation, supporting education, preventing and treating disease, saving mothers and children, growing local economies, promoting peace, and protecting the environment. To launch the "Plant Your Balance"



campaign, 9213 District Governor Nkutu commissioned a tree nursery at Wanyange Girls Secondary School in Jinja.

The nursery will supply tree seedlings to schools and communities in Jinja and surrounding areas in order to facilitate the planting of trees around Lake Victoria and River Nile.

Rotary is committed to supporting activities that strengthen the conservation and protection of natural resources, advance ecological sustainability, and foster harmony between communities and the environment. The organisation empowers communities to access grants and other resources, embrace local solutions, and spur innovation in an effort to address the causes and reduce the effects of climate change and environmental degradation.

"Protecting the environment and Planet Earth is key to our continued existence," Governor Nkutu said.

She said the nursery at Wanyange Girls would foster environmental stewardship among students and the community.

The nursery has been funded from money raised through the "Run for the Nile" drive held in March 2024 spearheaded by the Rotary Club of Kampala Central, Promote Uganda Limited and the Ministry of Water and Environment.

Rotary clubs have been encouraged to embrace partnerships and plant trees at schools, hospitals, Churches, Mosques, and communities all over Uganda. The "Plant Your Balance" initiative will focus on indigenous varieties and fruit trees that offer carbon credits.

After launching the tree nursery at Wanyange Girls, Governor Nkutu also commissioned the installation of plastic trap gates to channels leading into Lake Victoria. The goal of this project is to reduce plastic pollution of Lake Victoria and River Nile, from which a significant number of East Africans derive their livelihoods.

The trapped plastics will be collected by the youth and recycled into other products. It is hoped that this will promote skills development and employment for the youth in the schools and communities around Lake Victoria and River Nile.

Protecting water resources is one of the objectives of the Rotary's environment programme.



Clarion Call

READY TO MAKE AN IMPACT? Join Rotary and become a catalyst for change in communities around the world. Our members are changemakers like you, #PeopleOfAction who know that by connecting with your community, no challenge is too big.

Your time, energy, and passion to improve your world are all you need to get involved with Rotary.

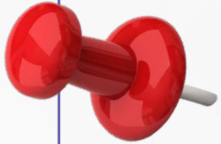
THE IMPACT

Rotary members are community builders, opportunity creators, and people of action making a difference worldwide.



*per year

Organizing Meeting for the 100th District Conference



Part of the organising committee of the **100th District Conference** held a meeting with Jinja City Council's Deputy Mayor, Speaker & Town Clerk, Wednesday July 11, 2024.

They expressed their total support in getting the city ready to host Rotarians in Jinja.



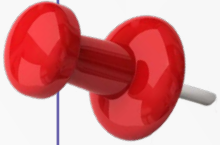
EARLY BIRD REGISTRATION

VALIDITY 20th Apr. – 31st Oct. 2024

REGISTRATION	RATE
Rotarians & Guests	USD 200
Rotaractors	USD 120

SCAN TO REGISTER

Launching the Rotary Cancer Run Kit



On 5th July, Our platinum sponsors **Centenary Bank** officially unveiled the #RotaryCancerRun24 running kit at their head office. Managing Director Fabian Kasi, encouraged the entire staff to participate in the Run since cancer remains one of the leading global health challenge.

You too can support the cause by registering today at only Ugx. 30,000/- using register.rotaryugandacancer.org to enable you participate in the run come 25th August 2024



Rotary
Kiwatule

5-A-SIDE

Rotary
Kiwatule

5-A-SIDE

ROTARY 5-A-SIDE

FOOTBALL TOURNAMENT

20TH July 2024 | Philip Omondi Stadium | **8AM**

FEE: **UGX 10K** Per Person



5-A-Side football tournament, *Are you ready?*





The
Rotary
Foundation



In Support of the
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Rotary Peace Centre
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**10TH.
JAN. 2025**



**15H (GMT)
18H (EAT)**



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Nelson Mandela

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Committee to nominate 2026-27 Rotary International president

These Rotary members will serve on the Nominating Committee for **President of Rotary International** in 2026-27. The committee is scheduled to meet on 5 August 2024.

Zone 2

Katsuhiko Tatsuno, (Rotary Club of Tokyo-West, Tokyo, Japan)

Zone 4

Bharat Pandya, (Rotary Club of Borivli, Maharashtra, India)

Zone 6

Kamal Sanghvi, (Rotary Club of Dhanbad, Jharkhand, India)

Zone 8

Jessie Harman, (Rotary Club of Wendouree Breakfast, Victoria, Australia)

Zone 10

Guiller Tumangan, (Rotary Club of Makati West, Makata City, Philippines)

Zone 12

Chang-Gon Yim, (Rotary Club of Daegu West, Daegu, Korea)

Zone 14

Francesco Arezzo, (Rotary Club of Ragusa, Ragusa, Italy)

Zone 16

Urs Klemm, (Rotary Club of Aarau, Aarau, Switzerland)

Zone 18

Per Høyen, (Rotary Club of Aarup, Aarup, Denmark)

Zone 20

Jan Lucas Ket (Rotary Club of Purmerend, Purmerend, Netherlands)
Alternate: Brian Stoyel, (Rotary Club of Saltash, Cornwall, England)

Zone 22

Sam Okudzeto, (Rotary Club of Accra, Accra, Ghana)

Zone 24

José Alfredo Pretoni, (Rotary Club of São Paulo-Sul, São Paulo, Brazil)

Zone 26

Johrita Solari, (Rotary Club of Anaheim, California, USA)
Alternate: John C. Matthews, (Rotary Club of Coronado, California, USA)

Zone 28

Hendreen Dean Rohrs, (Rotary Club of Langley Central, British Columbia, Canada)

Zone 30

Kenneth Schuppert, (Rotary Club of Decatur, Alabama, USA)
Alternate: Karen K. Wentz, (Rotary Club of Maryville, Tennessee, USA)

Zone 32

Julia Phelps, (Rotary Club of Amesbury, Massachusetts, USA)

Zone 34

Jeremy Hurst, (Rotary Club of Grand Cayman, Grand Cayman, Cayman Islands)

Last Week's Club Fellowship





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- Teeth whitening.
- Dental implants
- Tooth Extraction

MAXILLOFACIAL IMPLIES ONE DEALS WITH THE FACE, MOUTH AND THE SURROUNDING AREAS. THIS INCLUDES;

- ORIF (fixing broken jaws)
- Reconstruction surgery to Patients who might have lost their palate due to cancer.
- Face Lifting

Let the demographic dividend not pass us by

BY RTN. DENIS JJUUKO



The results of the national population census that were not overly surprising. Uganda is one of the countries with the fastest growing populations and we did not disappoint with 11.3 million added since the last census in 2014.

We are now 45.9 million people. Phew! We are what some of my friends call “team no sleep” since we spend a great amount of our time producing babies. It is assumed babies are made at night when people frolic between the sheets instead of sleeping but that may not be the best way to start this article. We are a damn serious lot here!

Anyway, one of the most interesting bits from the population census was the revelation that 55.6% of Uganda’s population is between ages 14 to 64. That translates to more than 25.5 million people. This is the age group that is

defined as the working age. If harnessed appropriately, this demographic dividend that we have attained can lead to unprecedented economic growth.

A demographic dividend leads to less resources spent on the elderly, those in retirement and even children. Those working should be able to take care of themselves and their offspring. Of course, this would require reduction in births so that investments are not put at entirely looking after children. However, it will take a while for us as a country to stop being “team no sleep.”

Many people love to have several children or grandchildren.

Sometimes it is because we are still an uneducated lot who believe that having more children is an

...studies have shown, the more educated people are, the more likely to earn better.

“
55.6% of Uganda’s population is between ages 14 to 64 translating into 25.5 million people.

insurance that protects a parent in case some of the children die. Since many children grow up by chance in Uganda, many parents would prefer to have more. If two or so die, they would not be childless, the argument goes.

This means that Uganda would have to spend more money on education and health so that many people start seeing their children growing up and debunk their argument for having more kids. The more educated people are, the better chances of raising healthy kids. They will immunize them, make them sleep in mosquito nets, take them to healthy facilities when sick, and feed them better and most importantly educate them which eventually will break a cycle of poverty that most households find them in today.

Also, like studies have shown, the more educated people are, the more likely

to earn better. Investments in education are key in enabling people to earn better and live better lives. Many African countries have rolled out universal primary and even secondary education but the quality is low with many learners unable to read and write at the level commensurate with their level of education.

Secondary education must be emphasized but also made relevant in this age of technology because this is the highest level many students in Africa attain. Digital and communication skills will be critical but also, they should leave secondary education such as O-level when they are able to do some work that can lead to sustainable employment. Integrating technical and vocational skills is important.

If we massively invest in affordable high-quality education at all levels, investments will flow as businesses take advantage of our demographic dividend — a young highly trainable

population. Most businesses such as factories rely on a workforce that is trainable to do repetitive work efficiently. They don't even need to think, they need to simply add a part here and there on the assembly line or do the same thing repeatedly.

Of course, there are many things that need to be in place to attract investments. Economic and political stability is crucial. And if we can't find jobs for these 25.5 million people, there will not be political stability regardless of how many teargas canisters or pink water canons we import. If the tax revenue collection guys decide on whim how much one is to pay, it won't make it easier for people to bring their money here either.

If farmers in Masaka have to sleep in their gardens at night to protect their coffee from thieves, big coffee players will think twice before setting up their factories here. If a kick in Kampala sends you to your

“

Most businesses such as factories rely on a workforce that is trainable to do repetitive work efficiently.

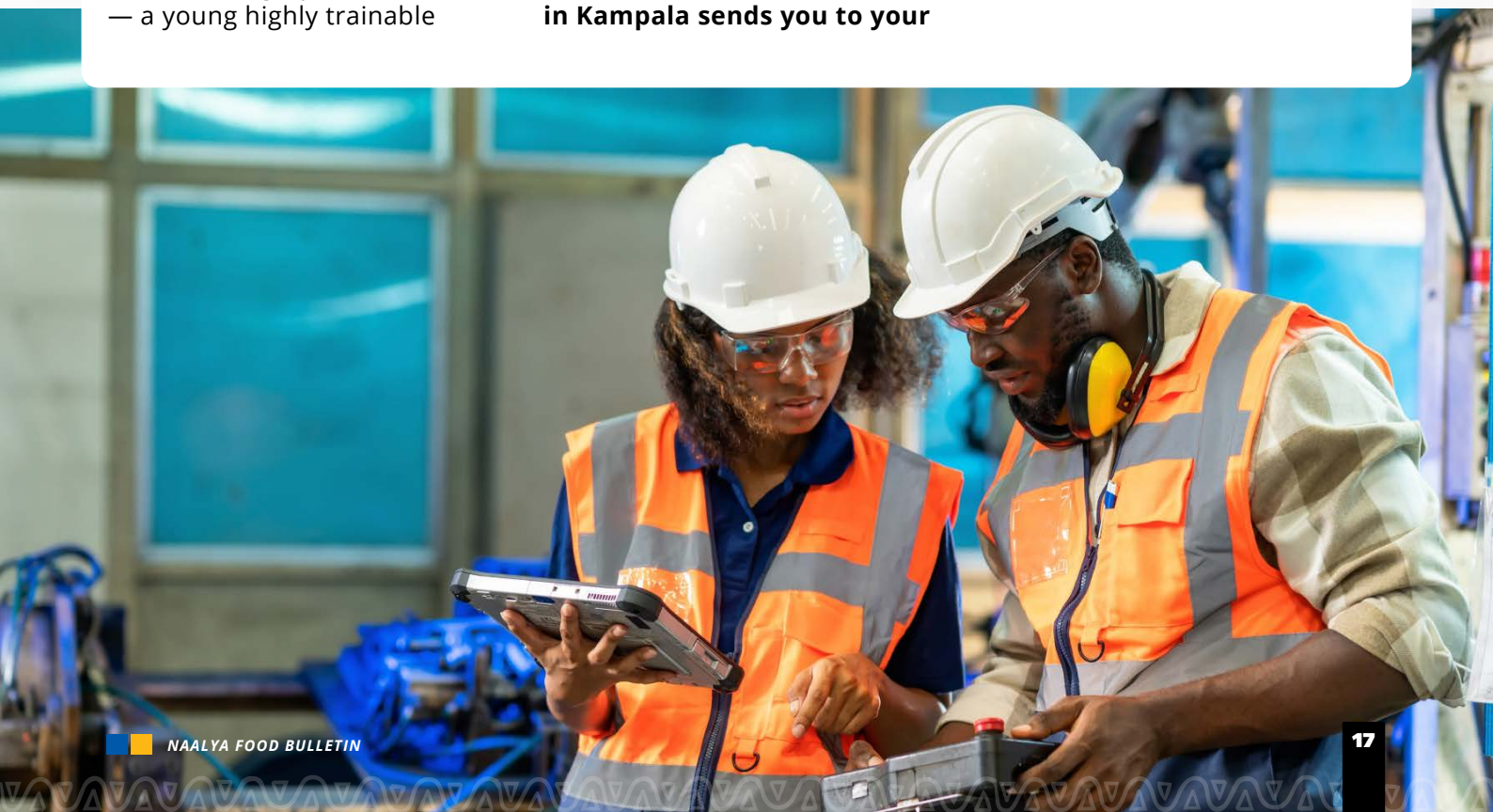
creator and the criminal knows police won't find him, then people will take their money elsewhere.

If Kampala remains run down as it is now, investors won't be impressed to

invest. Infrastructure is key. We can't continuously avoid investments in the major road network in Kampala. Electricity must be available and affordable.

Systems to facilitate businesses must be in place which means bureaucracy in government offices must be cut down. Civil servants should not behave as if they are doing investors local and foreign a favour. Otherwise, this demographic dividend may pass us by.

The writer is a communication and visibility consultant. djuuko@gmail.com





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Family Matters



BY PASTOR RONNIE MUTEBI

Corinthians 2:9 (KJV): But as it is written, Eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love him.

DISTINCTIVE MAGIC

According to the dictionary, Magic is the power of influencing events using a supernatural force. The human spirit is empowered with abilities that no man has ever seen or heard about.

It may be a revelation or insight that has never been

taught before. It may be an idea or innovation that nobody has ever conceived since the beginning of time.

The earth yields its substance to people whose spirits have the potential to receive what has never been seen or heard.

By its nature, the world rewards nobility, and wealth will always gravitate towards those who harness the new and hitherto unseen. Everything is subject to an unseen force yet functional in nature.

It's painful to see how some people are very comfortable with mediocrity, yet God has given the human spirit such liberty to explore limitless boundaries.

There must be a language from which the spirit is empowered to desire more than the ordinary. You have been created for so much more than what you may have experienced so far.

Are you an innovator? Believe God to teach your spirit what no one has ever seen in that realm of your domain. It is available.

Are you a businessman? Trust God to show you ways of doing business that are beyond what has been explored since people started to trade.

You have been created to be unique and called to a life of distinction.

Take Home: God can give you something so magical that no human spirit has ever seen or heard. You have been created to be unique and called to a life of

distinction.

“

There must be a language from which the spirit is empowered to desire more than the ordinary.



DISTRICT
GOVERNOR
ANNE NKUTU

WEEKLY SCHEDULE

MON 15 - SAT 20 JULY 2024

15 July

5.00p.m -
8.30p.m

DG's official visit to
RC Kampala Naguru

16 July

5.00p.m -
8.30p.m

DG's official visit to
RC Kololo - Kampala

17 July

6.30a.m -
9.00a.m

DG's official visit to RC
Bugolobi Morning Tide

5.00p.m -
8.30p.m

DG's official visit to
RC Port Bell

18 July

11.00a.m -
1.00p.m

Visit to Buganda Katikiro
Owek. Charles Peter
Mayiga

5.00p.m -
8.30p.m

DG's official visit to
RC Kitante

19 July

7.00a.m -
9.00a.m

Meeting with Centenary
Bank Team

4.00p.m -
8.00p.m

DG's official visit to RC
Kampala Metropolitan

20 July

7.00a.m -
9.00a.m

5-Aside
Tournament

The Unexpected Benefits of Greeting Strangers

BY MARK PIUS KISUZE - *Rotaract Kampala Naalya*



It's not until we grow up that we start to understand what our parents tried to teach us, if only they had given us more dramatic examples. Each day that passes, I appreciate more and more the experience of coming from a two-parent household.

This is a topic that is rarely discussed, but someone has to talk about it. And as usual, Markpius is here to make things happen. Recently, I had an experience that made me reflect on this topic.

Growing up as a shy boy, my ultimate nightmare was being dragged into the sitting room to greet visitors. Every time, my mama would push me to greet random people who I might never see again, including the boda boda men in their street banter. In my head, I was always thinking, "Mama, leave people in their peace," But she was on a mission to spread greetings like confetti.

About a week ago, my boss sent me to deposit 165,000 shillings to someone's number. Quickly, I ran to the

nearby mobile money lady on the street. I noticed she had moved out of her red and yellow kiosk, probably due to the burning Kasana. As I approached her, she was serving someone before me, and I noticed an old man with gray hair sitting about

“

...I appreciate more and more the experience of coming from a two-parent household.”

two meters away, listening to his radio. I couldn't resist—I threw a “hello” his way. The old man turned down his radio, acknowledged me, then cranked it back up. Mission accomplished!

I did the deposit and hurried back to the office. Fast forward two days, and my boss asks, “Markpius, did you send the money? The person says they didn't get it.” Uh-oh. We all know the drill: you read the number, the mobile money lady reads back the name to confirm. Done and done. Yet here I was, returning to the scene of the crime to figure out what went wrong.

I returned to the street and talked to the lady, but

she seemed to dismiss my story. In the middle of my explanation, I saw the senior citizen again. Bingo! The universe had sent an eyewitness. The old man hadn't forgotten the young man who had interrupted his radio jam session. With his support, my explanation finally clicked, and we sorted out the mess.

These days, greeting strangers is becoming a lost art. Everyone's in their own bubble, only saying hello when they need something. I'm super grateful to my mom for pushing me to greet random people—it saved my bacon, or in this case, my reputation with my boss. This must be why the Bible says, “Obey your father and mother, and your days will be many.” If I had rebelled, I'd have missed out on this lesson,

“

These days, greeting is becoming a lost art. Everyone's in their own bubble...”

though my mom would have probably dragged me by the ear to greet people anyway. I guess this is something that can be best taught

by a mother. Next time, I'll share how my old man helped me jump over life's hurdles.



DISTRICT INTERACT TRAINING SEMINAR

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1. Reporting and Project Management
2. Understanding Youth exchange program
3. Registration of new interact clubs
4. Leadership Structures and Handover

20th July 2024

8:00 - 11:00 A.M.

Online





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19th INTAKE GRADUATE

MODULE 1 Topics - 27th 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: 17th Jul 2024. **Email:** infoatrluganda@gmail.com



Where do you go when....

...you close your eyes and open your heart? she wondered.

uhmmm... thinking!
Well, to a quiet place.
I go to myself. My inner-self.
Where no one exists.
That place of tranquillity where I lost my
breath and found my soul.

But sometimes I go to heaven. Sit in
between both my Dadz, hold their hands,
look at them, and smile as we conversate.

To myself....her soul re-echoed!

Pkwy

PAMELA KAWADDWA



KITOOBERO BUDDY GROUP MEMBERS



Bobby Louis Ogwal



Charles Owekmeno



Sylvia Jagwe Owachi



Faith Nambozo



Flavia Serugo



Jackie Mutimba



John Mugisa



Julie Kisekka



Margaret Harriet Kugonza



Joy O Anena



Sylvia Nankya

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GUIDANCE AND MENTORSHIP

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or CALL 0752 964 448

OUR CLUB MEETS EVERY TUESDAY AT 7-8PM

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