Naalya Food 23rd July 2024

Bulletin





Issue 04 | 2024

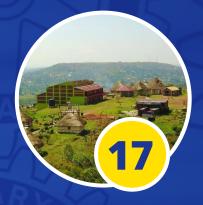


Inside This Issue

www.rotarykampalanaalya.org



Dear Leader



OutToLunch: Mpigi could be the next investment big thing

EDITOR'S NOTE



Dear Friends,

t is an amazing week! We appreciate the organizing committee of the just concluded Rotary 5 -A side football tournament.

A special thank you to the RC Naalya team, your skills on the field were unparalleled.

As we continue to serve and empower communities this maternal and child health month, we are privileged to have Dr Olive Sentumbwe Mugisa as our speaker this Tuesday.

I invite you to join us at Ndere cultural centre as She takes us through the topic: postpartum hemorrhage which is currently a major health problem in Maternal and Child Health.

Have a blessed week.

Keno Lillian - Bulletin Officer

Editorial Design by:

<u>CHUNZI Technologies</u> +256 766 014 115 | www.chunzi.cloud



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

NAALYA FOOD BULLETIN



Najjera- Buwaate Rd, Kira +256 75 811 1409 +256 740 863 399 vipventuresItd@gmail.com

President's Message

RTN SYLVIA JAGWE OWACHI Club President 2024-2025



Dear Rotarians and Friends,

t the Club meeting last week, the speaker, Rtn Ronald Kawaddwa talked about impactful leadership. He emphasized the fact that leaders have to take action and create impact. Rotary is a **Service Organization** and as Rotarians we channel our commitment to service through five Avenues of Service, which are the foundation of club activity.

- Club Service focuses on making clubs strong. A thriving club is anchored by strong relationships and an active member. Members can take up roles within their clubs as President, **Board Member or Committee** Chairs i.e. Treasurer, Secretary, service burn hot and Club Administration, Service bright within you Projects, Membership, The this Magic Year... **Rotary Foundation Chair, Public** Relations, Youth and Sergeant at Arms. Members can also serve as officers running special assignments. In our club this year we have several officers i.e Bulletin, 5 A side, Polio, Family of Rotary, Cancer Run, Health days and On to District and Rotary International Convention.
- Vocational Service calls on every Rotarian to work with integrity and contribute their expertise to the problems and needs of society. In the object of Rotary we acknowledge the worthiness of all useful occupations. What this means is that one can use their skill and expertise to serve community for example medical personnel can serve during medical camps or an engineer could take a lead on project.

- Community Service encourages every Rotarian to find ways to improve the quality of life for people in their communities and to serve the public interest. This involves Community assessment, aligning to the areas of focus, setting goals, fundraising, project planning, implementation and post evaluation.
- our global reach in promoting peace and understanding. We support this service avenue by sponsoring or volunteering on international projects and seeking partners abroad.
 - Youth Service recognizes the importance of empowering youth and young professionals through leadership development programs such as Interact, Rotary Youth exchange

Awards and Rotary Youth exchange.

The span of how one can serve is extremely expansive. I implore each Rotarian to get involved and let the fire of service burn hot and bright within them this Magic Year so that we ignite the Rotary Motto of "Service Above Self." Let us roll up our sleeves, take action and create impact!!

Be Blessed!



Dental care is essential for maintaining oral health and preventing dental problems.



Braces and Dentures



SWICO aims

to empower

Ugandans with

knowledge about

the importance

of regular cancer

checks..

SWICO Uganda joins #RotaryCancerRun24

tatewide Insurance Company (SWICO) Uganda joins #RotaryCancerRun24 in the fight against cancer with a generous sponsorship of 15.000.000Ugx (Fifteen Million Uganda Shillings) aimed at raising cancer awareness and support the ongoing construction of bunkers at Nsambya Hospital

The Rotary Cancer Run, marking its 13th edition this year, is scheduled to take place on August 25, 2024, under the theme #SpreadMagicInEveryStep at Kololo Independence grounds and 40 towns and cities across the country.

SWICO aims to empower Ugandans with knowledge about the importance of regular cancer checks and contribute to the establishment of a Radiotherapy cancer treatment facility, which will significantly enhance accessibility to vital treatment options for all.

@swico_uganda will also activate Rotary Cancer Run kit Pick-up points in the 21 branches available across Uganda.

Rotary

SWICO
Sultweet Insulance Compare

WICO
In Insulance Compare

WICO

WICO

WICO

WICO

WICO

WIC

Runners can access the running kits upon payment of UGX 30,000 each by registering electronically through http://register.
rotaryugandacancer.org



POSTPARTUM HEMORRHAGE

WITH

DR. OLIVE SETUMBWE



7:00 PM





Ndere Cultural



rotarykampala_naalya



RotaryClubOfKampalaNaalya

Buddy Group In Charge KITOBERO



RotaryNaalya





www.rotarykampalanaalya.org



Dr. Olive Sentumbwe Mugisa **OUR SPEAKER THIS WEEK**

Obstetrician/Gynecologist by training from Makerere **University Kampala** Uganda.

he has been working for over 35 years, initially as a clinician at Mulago National Referral Hospital and Currently working with the World Health Organization -WHO, as the Reproductive, Maternal, and Newborn Health Technical Officer.

Dr. Olive Sentumbwe Mugisa is a member of several technical working groups of the Ministry of Health in Uganda including: MCH, ANC, Family Planning, Adolescent Health, Newborn, MPDSR and PPH, GBV/VAC and Male Involvement in SRHR/HIV.

She has supported the development of various policies, strategies, and programs on Sexual and Reproductive Health including Adolescent health and GBV/VAC. She supported the development of various guidelines and training materials on Essential maternal and new- born health, Family Planning, Male Involvement in SRHR including coaching boys into men. She supported several CSOs to implement adolescent health

programs.

Founder member for a master's degree course on Leadership in Saving Mothers in the Uganda Christian University. She works with and trains young people in implementation of Sexual and Reproductive health programs.

She has supported some districts to establish quality improvement programs in maternal and newborn health. Working with several NGOs and some Rotary

clubs to enhance maternal health and WASH programs as well as adolescent, at district level.

...member of several technical working groups of the Ministry of Health in Uganda..

She is a Promoter and Co-Innovator for the Maama kit and Safe motherhood in general working very closely through the Ministry of Health since 1996.

Dr. Olive Sentumbwe Mugisa has been a stakeholder in implementation of various UN joint programs in Uganda on Sexual and Reproductive health and Population and Development, Gender and Health, Integration of SRHR/ HIV/GBV.

She is Married and a mother of 4 children.

DG's visit to Bulange Mengo

uganda Kingdom Premier Charles Peter Mayiga hails Rotarians for their contribution to some of the community challenges. On Thursday 18 July, 2024 hosted District Governor Anne Nkutu, at Bulange Mengo.

Katikkiro Charles Peter Mayiga took note of the fact that Rotary's support has been impactful especially in areas of Health, Environment and Education.

DG Anne Nkutu pledged Rotary's commitment to continue the partnership with Buganda Kingdom to protect the environment. She said her tenure will focus on among others, ensuring that the environment is preserved.



NAALYA FOOD BULLETIN

RC Kampala Naalya

2:0

RC Najjeera

RC Kampala Naalya

0:0

RC Namugongo RC Kampala Naalya

0:2

RC Kira

Played - 3 | Won - 1 | Draw - 1 | Lost - 1

5-A-Side football tournament,





























RC Kampala Naguru



RC Kololo Kampala



NAALYA FOOD BULLETIN

RC Port Bell







RC Sonde















i Þ.





BY RTN MATHIAS MULUMBA

t the recent Kampala Naalya Rotary Club assembly, Magical President Sylvia spared a few moments to highlight the projects undertaken so far. In the cool breeze of the outdoors at the amphitheatre of Ndere Centre, listing of projects was such a stretch of the members' attention to say they could recall them all. Let us look at one of them.

The **Boy Empowerment Project** at St Mbaaga Primary School gets on the list in our meetings. But how much do you know about it?

St. Mbaaga Primary is familiar to most members as the host of two health camps last year. Finding the venue accessible to the needy in Ntinda community, the Club's Project Services Director, Rtn. Fathila Nannozi and Rtn Joachim Buwembo explored opportunity to formalise collaboration with the school administration.

Among the concerns were the consistent drop-out rates and poor performance of pupils in the National Primary Leaving Examinations (PLE). This despite advantage of a semi-urban location, availability of teachers and a strong catholic foundation.

There had to be a way to address the poor performance. Rtn Joachim Buwembo's educated opinion was that the school presented a fit candidate for the DEAR (Drop Everything and Read) day, recognising the benefit of a reading culture on the 15th March annually, set by the National Curriculum Development Centre (NCDC). Thence, the Club donated books on subjects suited to various ages and hosted two DEAR days at the school in 2023 and 2024. Stimulating curiosity in holding a storybook to read on their own, would be like writing on a new page of references from examples relating to them.

Further, this budding relationship has generated avenues to address the concerns. The current Project Services Director Joachim Buwembo, conducted a needs assessment in August and September 2023, which established that pupils of the upper primary skipped afternoon classes to join their parents in vending items for income to meet family basic needs. Both young and older

family's members started vending assorted consumable items during and continued post Covid-19 pandemic, following the economic downturn.

These findings corroborate with studies by UNICEF (2024) on multidimensional child poverty in Uganda highlights that peripheral parishes within Kampala experience disproportionately high levels of poverty, similar to those in the North and North East of the country. The study found that households with three or more children exhibited elevated levels of both monetary and multidimensional child poverty.

St. Mbaaga Primary School in Kiwatule serves children from these struggling homes. Thus, Rotary Club of Kampala Naalya sought to support the school academic improvement pursuit for better grades by complementing the school feeding program. This would save them time to stay longer in class and reduce distractions. The main challenges to address included low to average student performance, lowclass attendance, and poor retention due to extra costs for requirements like lunch, which burden parents.

Pupils' lack of adequate food was not only at school but also at home. Dealing

with the issues thus had to rope in both parents and the community to ensure pupils complete class time at school. Perhaps start a conversation on social protection. How could the Rotary club get the parents to appreciate the burden on their children to the low grades pupils get?

Several primary A walk through schools in the school found it has open Uganda have seen backyards with improvements the potential to in grades by provide space for vertical gardening implementing of vegetables nutritious meal which would programs. provide requisite practical skills to pupils learning. The limits of a dedicated feeding program to compliment learner grades, denied adequate time to children, particularly the boys who resort to hawking and vending in the evening market. Without a solution to ensure children find adequate food at school, pupils' attention in class still waver, resulting in poor academic

outcomes.

The Rotary intervention therefore seeks to improve nutrition of pupils and especially equip boys with skills in vegetable gardening and complete class time. Vegetables take weeks to mature and can be harvested continuously if properly managed through the school term. Over the next three years, 300 pupils will have directly benefited from the project. Starting this year, pupils will form a farmers Club supported by a teacher. An instructor in urban farming from Kampala City Council Authority will conduct the training in urban farming and management of vertical gardening suited for small spaces. One hundred (100) pupils targeting mainly Primary Six will participate annually. They will be awarded marks and also exhibit their skills and produce at a school gala. Parents will also benefit from similar training at the school during holidays. Additional food production of maize and beans

grown from 2 acres of land secured at Namakofu in Zirobwe will supplement the meals.

If pupils learnt these skills and replicate them at home with support from their parents, they

would afford ample time to focus on completing lessons in syllabus and obtain improved grades.

Some of the produce would be shared with Missionaries of the *Poor* orphanage in Busega. This would offset the Club's annual collection donated to the

orphanage.

This intervention has similar example of schools that have implemented such school meal improvement and registered better grades among pupils.

Several primary schools in Uganda have seen significant improvements in student grades and overall academic performance by implementing nutritious meal programs. Here are a few examples:

1. Bumakenya Primary School: This school has been a success story for the Uganda School Project's lunch program. By providing a nutritious balance of maize flour porridge with groundnut paste, the school has seen improvements in attendance and learning outcomes, including better PLE exam success rates1.

2. Kumi District Schools: A study conducted in Kumi district demonstrated that providing breakfast and midday meals significantly improved academic achievement, particularly for boys. The study found that better-nourished children were more likely to score well in their exams².

Schools in Gulu District: The World Food Programme's school feeding programs in Gulu have led to improved school attendance and higher scores

on cognitive development assessments. These programs have been crucial in ensuring that children stay in class and perform better academically.3

Kawempe Primary School: This school has benefited from a local NGO's initiative to provide daily meals. The program has resulted in higher attendance rates and improved academic performance, as students are able to focus better in class without the distraction of hunger.

These examples highlight the positive impact of school feeding programs on student performance, demonstrating that ensuring children have access to nutritious meals can significantly enhance their educational outcomes. Breakfast, midday meals and academic achievement in rural primary schools in Uganda: 7 reasons why school feeding programmes are so important - The Uganda School Project⁴: School Meal Programs in Uganda - IFPRI.

References:

UNICEF report on multidimensional child poverty in Uganda, 2024. Needs assessment by the Rotary Club of Kampala Naalya, 2023.

- (1) Multidimensional Child Poverty and Deprivation in Uganda Report UNICEF. https://www.unicef.org/ uganda/reports/multidimensionalchild-poverty-and-deprivation-<u>uganda-report-volume-1</u>.
- (2) UGANDA BUREAU OF ASTTISTICS. https://www.ubos.org/wpcontent/uploads/publications/ Multidimensional-Child-Poverty-Report-May-2024.pdf.
- (3) Multi-dimensional child poverty maps of Uganda - UNICEF. https:// www.unicef.org/esa/documents/ multi-dimensional-child-povertymaps-uganda.
- (5) Home | Rotary Club of Naalya. https://rotarykampalanaalya.org/.
- (6) SEPTEMBER 2023. https://www. rotarykampalanaalya.org/filedownload/download/public/171.

Last week's club fellowship



NAALYA FOOD BULLETIN



MAGIC ALL AROUND

21-25 JUNE 2025 • CALGARY, CANADA
Register today at convention.rotary.org
#Rotary25

Mpigi could be the next investment big thing

BY RTN. DENIS JJUUKO



pigi town today is nondescript, a backwater town located approximately 45.8km from Kampala on the Kampala-Masaka highway. The town of almost one street is dominated by small traders, some operating in incomplete buildings or kiosks. A few branches of banks here and there.

Generally,

about.

nothing much

to write home

There is a ferry service on Lake Victoria connecting Entebbe at Nakiwogo to Buwaya near Mpigi.

I bet that
most frequent
users of the highway
didn't even know its
location until recently
when traffic was diverted
through it to pave way
for the construction of an
interchange or something
similar that will connect
the Masaka highway to the
Kampala-Mpigi Expressway
that is currently under
construction.

When the Kampala-Mpigi Expressway is complete, the distance from Kampala to Mpigi will reduce to approximately 41.4km. That isn't much difference in terms of kilometres until you understand the impact the expressway will create.

Today, sometimes, it can take you two hours to cover the distance from Mpigi to

Kampala. Other times it can be three hours or more. It is a nightmare. This is one of the busiest highways in Uganda through which the connection to Rwanda, Tanzania, parts of the Democratic Republic of Congo, Burundi and beyond

is made thereby facilitating intercountry trade. It is only fitting that an expressway is under construction.

To further decongest this busy highway, the government recently held a ground breaking ceremony for the construction of the Mpigi-Kasanje-Nakawuka-Kisubi road as well as

66

When the
Expressway is
complete, distance
from Kampala to
Mpigi will reduce to
_41.4km.

the Nakawuka-Nateete road. People traveling to Entebbe from Masaka or any part of south western Uganda will not have to drive all the way to Busega and join the Kampala-Entebbe Expressway. They can use these roads to connect to Entebbe, thereby shortening the distance and cost it currently requires.

There is also a ferry service on Lake Victoria connecting Entebbe at Nakiwogo to Buwaya near Mpigi.

Although I described Mpigi town in unflattering terms in the opening paragraph of this article, the area surrounding the town is actually very beautiful dotted with well vegetated pristine hills that seem to kiss the sky. Atop these

hills, the areas near Mpigi town provide some of the most breathtaking views of Lake Victoria.

If you are a child or an aviation enthusiast, you may even find



watching planes land and take off from Entebbe international airport a fascinating pastime.

A few kilometres from Mpigi town is the Mabamba Swamp. If you have never heard of it, you have certainly never found bird watching interesting. If bird watching isn't your thing, know that many tourists fly in from all over the world to watch the birds at Mabamba. The Mpanga forest range is not far from Mpigi. There is a crocodile farm and another park where people go and take selfies with lions not far from Mpigi. I don't have to mention the Equator. But decent hotels in Mpigi are as rare as snow in Uganda.

If you have never noticed, Mpigi is the same distance as Entebbe even when using the current Masaka-Mpigi road but because of traffic and congestion ar

and congestion and under development, very few people consider Mpigi as a place where they can commute from to Kampala every day. Because of the Kampala-Entebbe Expressway, Entebbe is now so near Kampala taking people a few minutes to reach their destination. Nobody complains anymore if invited to an event in Entebbe. Try organizing an event in Mpigi and you will get many excuses.

That is not going to be the case though once the network of roads under construction is complete making Mpigi the right destination for your investment. Land including that on hills with spectacular views is still relatively affordable in Mpigi compared to many other parts of greater Kampala.

With the Kampala-Mpigi

..many people may

still not be aware

of Mpigi's potential

as a destination for

investment.

Expressway and the Mpigi-Kisubi road nexus complete, the time one takes to move from Mpigi to Kampala or Entebbe will be drastically reduced. Living in Mpigi and working in the central business district of Kampala or Entebbe will be as easy as pushing

somebody who is squatting.
A Kampala resident going to party on a beach in Mpigi will not be so difficult to try. The areas surrounding Mpigi town are going to cease being hard to reach areas.

In fact, Katikkiro Charles
Peter Mayiga and his team at
Bulange are already planning
a major housing estate in
Mayembe Ga Mbogo on the
outskirts of Mpigi town. Many
other investors are already in
the area with similar plans.

Young people looking for affordable land for their first homes should look no further than Mpigi. Older ones could consider Mpigi as a potential area for their retirement. Investors in hospitality and recreation, farming to feed the ever-increasing Kampala population, housing, and satellite cities, Mpigi could be the next big thing.

However, many people may not still be aware of Mpigi's potential as a destination for investment. District local governments have commercial officers. They are usually poorly facilitated and yet they should be drivers in promoting the opportunities available. Hopefully, the one of Mpigi could now launch an Invest in Mpigi campaign.

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





In Support of the **Makerere University Rotary Peace Centre** #APeaceConcert24







"The curious beauty about African music is that it uplifts even as it tells a sad story."

Nelson Mandela

PARTNERSHIP WITH: fireworks









Giving made easier



Choose your race

No amount is too small

Log on to 25by25.jjengo.com

Enter your email address and follow the prompts

You can donate multiple times

#25x25TRFRelay #GivingMadeEasy

too small

and follow the prompts

You can donate multiple times



DISTRICT GOVERNOR ANNE NKUTU



22 July 2024

5.00p.m. - 8.00p.m

DG's official visit to RC Kitgum

23 July 2024

3.00p.m - 8.00p.m

DG's official joint visit to RC Lira & RC Lira Metro

25 July 2024

5.00p.m - 8.00p.m

DG's official visit to RC Gulu

5.00p.m - 8.00p.m

DG's official visit to RC Gulu City

26 July 2024

4.00p.m -8.00p.m

RC Adjumani Charter

27 July 2024

4.00p.m -6.00p.m

DGN Gerald Obai's Homecoming



Corinthians 10:13

(KJV): There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it.

JUST TO KNOW HOW

The dictates of life are designed to evolve. There is nothing you will ever go through in this life that someone in this world has not gone through.

The situation you face may isolate you, forcing you to feel like you are all alone in this world.

Regardless of the feelings of loneliness, understand that someone else has endured that very circumstance and defeated it. YOU CAN DEFEAT IT TOO.

Family Matters

BY PASTOR RONNIE MUTEBI

It's human to be overwhelmed and cry in despair saying, "I have never been through such a tough time." Indeed, this may be true, but your situation is NOT UNCOMMON.

Do not wallow in selfpity!

This is part of life's lessons and experiences. They are full of tales of men and women who faced what you are enduring financially, sickness, depression, loneliness, neglect,

betrayal but

OVERCAME.

In Paul's you, forcing you to experiences, he tells the Romans alone in this world.

15:4, "For whatsoever things were written aforetime were written for our learning, that we through patience and comfort of the scriptures might have hope."

you, forcing you to feel like you are all alone in this world.

through.

through.

through.

those me are the man that there you cannot simply need to the scriptures with the scriptur

When you read Sarah's story, you are comforted by the knowledge that

the barren can conceive irrespective of scientific boundaries. When you examine the life of King David, you understand that God can choose you even when you are despised in the eyes of those closest to you.

The victories of these men and women are the message to us that there is nothing that you cannot defeat. The human spirit is witness to the inner strength by which we must

function to overcome our external challenges.

Take Home:
There is
nothing you
will ever go
through in
this life that
someone in
this world

has not gone

through. The victories of those men and women are the message to us that there is nothing that you cannot defeat. You simply need to know how they did it.

66

The situation you

face may isolate



For Reservation Contact:

+256 706518154, +256 772978484, +256 753140556

Centenary Bank 3100094881 (USD) Or 3100094880 (UGX) - Rotary Fellowship of Camping

ALL PROCEEDS WILL GO FOR CARDIOVASCULAR SURGERIES

rvation Contact:

5518154, +256 772978484, +256 753140556

Bank 3100094881 (USD) Or 3100094880 (UGX) - Rotary Fellowship of

ALL PROCEEDS WILL GO FOR CARDIOVASCULAR SURGERIES

Dear Leader,

BY RTN FRANK NEIL YIGA

he phenomenon of White House incumbents rapidly greying during their tenure is a testament to the immense pressure and gravity of the decisions they must make. You all saw how Obama went in & how he got out. The responsibility of leading a nation can take a visible toll, as the strain of high-stake choices accelerates the aging process.

Decision-making is a heavy burden, with each choice carrying the potential to significantly impact our lives and the lives of others. This weight is often reflected in the physical manifestations of stress, such as the emergence of grey hair.

Entrepreneur **Alex Hormozi** aptly states, _"The heaviest things in life aren't iron and gold, but unmade decisions."_ The indecision itself can be the most taxing aspect of decision-making, weighing heavily on the mind and body.

As with saying NO - irresistibly leading calls for frequent exercising of the decision-making muscle. Be irresistible!











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

WOULD YOU LIKE TO

JOIN OUR CLUB?

GET IN TOUCH WITH

OUR MEMBERSHIP DIRECTOR FOR GUIDANCE AND MENTORSHIP

E: RCKAMPALANAALYA@GMAIL.COM or CALL 0752 964 448

OUR CLUB MEETS EVERY TUESDAY AT 7-8PM

www.rotarykampalanaalya.org