

Naalya Food AUGUST 2023

Bulletin

Rotary
Kampala-Naalya

CREATE HOPE
in the WORLD

Issue 7



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Editor's Note

Dear reader,

As we continue to observe the Membership and new club development month, Let us reflect on last week's Presentation by Dr Paul Nampala, the Chair District membership committee, on how to overcome member apathy, for those who missed out we have some takeaways shared in this issue.

Also don't miss out on President Omo's weekly message.

Now, this week's presentation rotates around Mental Health. Mental disorders vary and present differently, we are pleased to have a mental health professional, Dr Kansime Evas Atwiine as she mulls over building healthy family relationships for good mental health. Please Join Us.

The cancer run is also around the corner and kits are still available at UGX 30.000 each

I also encourage you all to contribute articles on topics your are passionate about.service. There is so much to learn.



PhotoArtist



Thank you all for devoting time to read this weekly Bulletin.



Keno Lillian
Bulletin Editor

MESSAGE FROM THE PRESIDENT

Dear Rotarians and Friends

For the last two weeks we have had reflections on the theme of the month of August- Membership and New Club Development. These reflections were facilitated by Past District Governor, Rotarian Stephen Mwanje, and the Past President and the current Chair District Membership, Rotarian Dr. Paul Nampala. The turn is now on us, the Club members, to take time off to do some inward searching. Very often, as human beings, there are tendencies to look far or others for excuses in unpleasant situations or where little or nothing has been done.

In the remaining days of this month, let us individually and collectively ask questions pertaining to our membership. To begin with, there are basic questions such as, “What were the dreams you had when joining the Club/Rotary? And, what has happened to those dreams or happening?” Through these questions, you may honestly assess your journey so far in rotary. They may reveal to you, for instance, your participation in the Club; your drive in the recruitment of members to the club; and your share of rotary experience.

Yes, we do dream. Good dreams bring some hope, whether fulfilled or not. You may have dreamt of joining rotary. Now that you are in, keep realizing your dreams in better ways. There are many ways of realizing those dreams. One way of realizing dreams in rotary is getting involved in doing at least one service activity. Regardless of whatever reason you joined rotary, it is good to participate in any of rotary’s avenues of service. A step you took to belong to this voluntary club is good enough. It is the hardest step. The next steps are centred in furthering the heart of serving others. This defines your membership. The heart to serve others is not easily learnt. It is an inner affair of a person.

There are expectations all of us have in life when joining any organization. This month is yet another moment to recap on our membership expectations. You may ask yourself whether your expectations have been met. What is holding your membership? Truly, where there is happiness, there is passion. Fulfillment automatically comes embedded. One’s



actions and conduct naturally applaud everything. Where you realize something good, bringing in another person is never a task so hard to perform.

The month’s theme is re-echoing and beckoning on each one of us to defend his/her membership. Jump out from passiveness, if you are trapped in it. Become active in the Club affairs. Move to the front bench. There is space for you. Move to begin to create hope. Defend your membership, re-energize yourself and the Club.

Rotarian
Godfrey Okello-Omoding HCP



CREATING A GREAT CLUB EXPERIENCE

*By Tom Gump, aide to
2024-25 RI President
Stephanie Urchick
and a member of
Rotary International's
Membership Growth
Committee*

My favorite month of the year is August because that is when Rotary focuses on membership. As a membership organization, we recognize that our members are our biggest asset. When Rotary membership is strong, our clubs are thriving, we are more visible, and our members have more resources to help their communities.

That is why growing our membership is one of our top priorities. How do we grow membership? Luckily, we don't have to approach this question in a vacuum. A number of Rotary International surveys have confirmed that the single most important factor in member satisfaction is the club experience.

So how do we intentionally create a great club experience?

1) Gather feedback – If we offer a great club experience, our members are more likely to remain active and introduce others to the Rotary family. If we offer a poor club experience, our members leave. Either way, they tell others about their experience. We need to give members the value they want. To know what they want, we need to conduct regular surveys. The Member Satisfaction Survey helps gather feedback that can be used to shape a rewarding club experience.

2) Continuously improve – Surveys are good, because we give our members an opportunity to be heard and make them feel like they belong. However, if we do not act on some of

the suggested changes it has the opposite effect. At a presidents-elect training seminar, I once asked all the presidents-elect to tell us the one change they were going to make to create a great club experience. Troy said he was going to have pie for dessert! The room burst into laughter. I ran into "Troy the Pie Guy" a few years later and I asked him if he "got his pie." He did; but a strange thing happened. Club members happy with that change started suggesting other changes. His club slowly transformed from a club resistant to change to one that sought ways to improve. It is now the second largest club in its district. Rotary has a Leading Change course that discusses how to plan for change while nurturing those members resistant to change.

3) Be welcoming and caring – Sometimes, the little things we do count the most. Standing at the front door and greeting participants (members and guests alike) with a smile and kind words will make them feel special and like they belong. Showing appreciation and saying "thank you" can turn potential members into members and volunteers into committed Rotary members. Recognition, either for monetary contributions or **"sweat equity,"** can have the same impact. Membership strategies vary by region and should be culturally sensitive. ***We want to hear from you.***



WOULD YOU LIKE TO JOIN OUR CLUB?

**GET IN TOUCH WITH OUR MEMBERSHIP
DIRECTOR FOR GUIDANCE AND
MENTORSHIP**

**SEND AN EMAIL TO
RCKAMPALANAALYA@GMAIL.COM OR
CALL 0778120939**

**THE ROTARY CLUB OF KAMPALA NAALYA
MEETS EVERY TUESDAY AT 7-8PM**

Mário César Martins de Camargo of Brazil selected to be 2025-26 Rotary International President

Mário César Martins de Camargo, a member of the Rotary Club of Santo André, São Paulo, Brazil, is the selection of Nominating Committee for President to become Rotary International's president for 2025-26. He will officially become the nominee on September 15, if no other candidates challenge him.

A Rotarian since 1980, de Camargo has served Rotary as director, trustee, RI learning facilitator, committee member and chair, and task force member. He has served on the board of Casa da Esperança (House of Hope), a hospital sponsored by his Rotary club that serves 150,000 children with disabilities every year.

De Camargo studied in the U.S. and Germany and holds degrees from EAESP-Fundação Getúlio Vargas in business administration and Faculdade de Direito de São Bernardo do Campo in law.

He was president of Gráfica Bandeirantes and has been a consultant to the print industry in Brazil. He has also served as president and chair of several printing and graphics trade associations, including the Brazilian Association of Graphic Technology and ABIGRAF, the Brazilian Printing Industry Association.

De Camargo and his wife, Denise, are Major Donors and Benefactors of 'The Rotary Foundation'.

De Camargo Vision and Goals for Rotary

"Rotary today has strong competition for members and funds," he says. "We need to rejuvenate the brand, especially in some zones. We should utilize post-pandemic meeting tools ... to allow the president to address Rotarians all over the globe. We also need to develop more long-term partnerships with political, community, and business leaders. Let's emphasize our greatest asset: 1.4 million volunteers."

He also hopes to improve Rotary's process for appointments and governance. Rotary should adopt a more transparent system to appoint volunteers for positions, with clear criteria and data-based evaluation of results," he says.

Read the details of the vision below;

1. Stress sustainable membership growth as #1 corporate priority: Build a 5-year plan to sustainable growth each region, timeline, targets, people in charge; Learn from the successful competition and other NGOs; Board, coordinators and governor's meetings should highlight membership; Regional objectives negotiated with zone leaders proactively; Analyze data to understand zone trends, history; enlighten success stories; Outline the roadmap to achieve results;

2. Increase partnerships, of all sorts: For funding (next Gates Foundations?); For projects of scale to use matching funds; Showcase Polio as successful replicable case; For membership growth (trade & industry & professional associations); Explore Rotary's credibility as an asset more intensively;

3. Emphasize diversity: Evangelize about the need to diversify to keep up with community and business trends; Not miss the pace of change in "outside" world, where prospect Rotarians and partners are; Continue with female empowerment, Bridge the gap with youngsters



(youth programs represent opportunities to engage); Clarify misconceptions about diversity;

4) Improve the merit system for appointments and governance; Adopt a more transparent system to appoint volunteers for positions, with criteria, performance, results, data, evaluation; Align with ESG practices environmental issues (TRF's 7th AOF), social responsibility and modern governance practices; Potential funding partners will value that vision; Promote creative club models emphasizing service; satellite clubs; Streamline decision making process reducing governance layers;

5) Boost public image, starting from top down; Rotary today has strong competition for members and funds; Rejuvenate the brand, especially in some zones; Utilize post pandemic meeting tools as lessons learned to leverage president's presence globally to address the "factory floor" Rotarian; Connect personally to political, community and business leaders to develop long term partnerships; Advertise our biggest asset: 1,4 million volunteers

FELLOWSHIP TAKE AWAYS

OVERCOMING MEMBER APATHY

APATHY: Lack of interest, enthusiasm or concern

- It is a state of indifference, or the suppression of emotions such as concern, excitement, motivation or passion
- Apathy suggests a puzzling or deplorable inertness
- It affects motivation and leaves individuals and/ or organizations detached from the world
- It is a recipe for an **“I don't care”** attitude

Apathy breeds hopelessness

- Fortunately we are together engaged to Create Hope in the World (Romans 5:5)

Types and Causes of Apathy

Behavioural apathy – hatred for goal oriented activities and can only engage when followed up (no motivation)

Social apathy - you are less likely to engage with other people or even show interest in their interests (if anything you pride in doing the opposite)

Emotional apathy – feeling of indifference to what is happening, and you do not care if you say or do something that upsets others

Situational apathy - Apathy could also happen as a response to traumatic or stressful circumstances

Causes

- Boredom – a daily routine / life that feels unexcited
- Frustration
- Burnout
- Depression
- Fatigue
- Abandoned interests
- Disappointments

Effects go counter to Rotary Core Values

- Trouble handling your usual responsibilities or the activities of daily life
- Difficulty feeling and expressing any emotions
- Loss of interest in social activities or events

- A tendency to spend more time by yourself
- Difficulty planning or solving problems

Apathy can be a warning sign of a serious condition

Change the Environment

- In terms of Rotary Club ... change in environment means many things
- Learn from failure
- Openly share ideas
- Embrace innovation and promote better decision making
- Comfort admitting mistakes

Design and implement relevant changes as appropriate

- Venue
- Fun moments, and nature / type of fun, etc
- Time of Meeting
- Fundraising Events & Other Events
- Accountability Issues
- By Laws – how we select our leaders, etc
- How we choose who hosts home hospitalities
- How we choose Community Project Sites and the Type of Projects that we implement, etc

Use positive self-talk to build yourself and your club

- How you talk to yourself as a member matter
- How you talk to your colleagues (members) about your club matters
- Always remind yourself that you are part of a great club!

Preach Water and Drink Water Not Wine!

- Jolt yourself out of the haze
- Reverse your apathetic situation by talking the smallest of steps
- Issue invoices to members
- Follow the bylaws etc

Do not boil the ocean ... do the doable things!

- Move out of the comfort and anxiety zones Push to the “Learning Zone”
- Create new habits and take action by starting with doable things

LAST FELLOWSHIP PICTORIAL



Help! How do I revive my dying project of housing for 30 families?

...possibly, the only person Ugandans despise more than a pedophile is a male aged above forty who doesn't own his shelter...



Fellow Rotarians!

I come to you in frustration because of the timing. As at the moment we are pre-occupied with growing membership, let me share my ongoing painful experience that started with a lot of hope six years ago when I decided to organize 30 residents mostly in Kampala's Nakawa division to build a modern housing estate on cooperative basis. My hope is that if you spare time and give your comments, it will also help us reflect on how not only to grow our membership but to also ensure the membership has quality by participation, not just numbers.

In 2017 after 25 years of practicing journalism in different countries and capacities, I believed I was done with formal employment and when I saw an opportunity to serve humanity while enjoying it at the same time, I went for it. As a consultant helping to develop

content for the youthful Urban TV then, I had commissioned and directed a series on the fate of the cooperative movement in Uganda. It wasn't very exciting for the young Urban audience but it was so deep and insightful that the parent company's newspaper, The New Vision, adopted it for print and it caught the attention of some interested stakeholders.

One morning, a beautiful young lady of small build turned up at the New Vision reception asking for me. She looked really young and I mentally started dismissing her thinking she wanted an opportunity to appear on TV as presenter of some social programme (there are always so many of those). But Miss Petite turned out to be the general manager of the only cooperative union our series hadn't touched and the reason was simple: Just like its GM, the Uganda Housing Cooperative Union was too young to have existed during the period under review of our series when the cooperative unions (umbrellas of primary cooperative societies) were mostly about agriculture.

For the next two hours, I set aside my schedule and listened attentively as Fiona – that is her name – introduced me to the concept of housing development on cooperative basis. By the time I saw her off, I had already decided what I was going to do besides supporting the union with publicity: organize people to build quality houses affordably. I already had a relatively nice house myself and was trying to figure out how to protect or dispose of another one I had built for my then freshly deceased

mum, but I knew of so many people working at steady jobs who did not own their homes. Fiona had promised to take me on a tour of an estate (she soon did) built by a cooperative of poor urban women who were living with a lifelong health condition, of course under guidance of her union.

I decided there and then to organize people and help them build a modern estate on cooperative basis. Apparently I was a Rotarian at heart five years before joining Rotary. I needed to help people, because all Ugandan cultures equate maturity to ownership of one's shelter. The natives of Kyadondo say *akezimbira tekaba kato* (one who builds for himself is not young) and possibly, the only person Ugandans despise more than a pedophile is a male aged above forty who doesn't own his shelter.

The preparation took about three months. First Fiona's team came and started training the people I mobilized who included some civil servants, 'corporates' business people of medium to small scale. At the end, everyone knew fundamental and principles cooperatives, and the basic laws governing them in Uganda. We ended up with about fifty willing members. To register, we needed at least 30 members with national IDs and these readily signed up. We agreed to pay annual subscription of 20k each for administration and a monthly 200k per member for the actual project. Members seemed excited especially when working out different scenarios with



numbers, it was clear that building a smart, modern house would cost much less when done with economies of scale in a group that would be buying materials from the factory, shared utilities and facilities like sewerage, recreation areas and roads, while the union was providing technical assistance with architecture, civil engineering supervision and accounts.

One year later, the group had raised enough cash to buy four acres complete with title, some 30 kms from the city on one of the highways. But for years after, it is still just that – a piece of land. What happened? Or what did not happen?

The first sign of trouble sounded like a joke: “But when will ‘they’ come and help us?” someone asked at a meeting. “They” must have meant either government or some donor organization. In meetings, some members started mentioning government programmes like operation wealth creation, which the group should try and benefit from. Then contributions started dwindling and by the time the land was bought, only half of the original thirty were upto date. This meant that after 12 months, some people had contributed the expected the expected 2.4m each while others hadn’t. By the end of the third year, only eight members were up to date with a contribution of 7.2m. The Executive decided to stop coxing people to pay up and urged everybody to first build their contributions to 7.2, so that they can participate in the next level. Ideas being mooted include diving the membership into clusters of every five that attain the 7.2m per person to develop their mini estate within the estate.

Challenges now faced include the law - which requires a minimum of 30 to remain and enjoy the privileges of a cooperative society; members wanting out that “the coop isn’t working for me” (as of they are working for it); the likelihood that the clusters of 5 mini estates will not enjoy the economies of scale that the whole 30 would have; silence by dormant members who are not saying what they want or don’t want. By the way, you can’t terminate dormant members whose IDs you used for registration as the society will cease being legal, and recruiting new ones is tough given the inactivity.

So dear Rotarians, I bring my dilemma to you. As initiator of that housing coop, I avoided being on the executive, but I am a still its conceptual leader of sorts so ideas I get from you will be taken seriously by the cooperators. But I also believe Rotary is not just to help the poorest of the poor, but to uplift even those who are somewhere, like the members of my coop. Who knows, if the coop recovers, our clubs can use the model to help societies help themselves develop decent housing all over the country. Didn’t somebody say

“Give me a fish and feed me for day; teach me how to fish and I feed myself for a lifetime”?

By;
Joachim Buwembo

SPEAKER'S PROFILE

Dr. Kansime Evas Atwiine is a Mental Health Professional, specialized in Workplace Wellness, Marriage and Family Therapy and Parenting Coaching.

She is the Founder and CEO at the International Centre for Mental Health and Family Care. Before this, she supported family-focused programs in Eastern and Southern Africa.

Professionally, Dr. Kansime qualified is a Clinical Psychologist, Relationship and Parenting Coach.



I Topic

Building Healthy family Relationships for Good Mental Health

Speaker

I Dr. Kansime Evas Atwine

TUESDAY
AUG 15, 2023

7:00 PM **Ndere Cultural Centre Ntinda**

Buddy group in charge
Kikomando





Join us for Cancer Run 2023

On behalf of the organising committee of the 12th Rotary Cancer Run, it is my distinct pleasure to invite you, your family and friends to join us on 27th August 2023 at Kololo Independence Grounds or in over 50 towns and cities across Uganda to participate in the run.

For all of us who have been involved in the idea of opening a cancer treatment centre in Uganda, this is always an exciting time as every run and every registration takes us a step closer to realising the dream of detecting cancer early, treating it early and importantly give all of us access to the best possible treatment.

The construction of the bunkers at Nsambya is on schedule, and if you get a moment, pass by and see how all the resources we have raised thus far are being responsibly put to use. I am also delighted to share an infographic with cancer-run milestones and pictorials of the construction work of the facility that will house the radiotherapy unit.

Getting to this point has been made possible by nothing but generosity, the generosity of Nsambya Hospital, who gave us the land, the generosity of Rotarians, who brought their classifications to the table with architectural drawings, electrical and structural plans, surveying and marketing skills, the generosity of our hard cash donors who took the leap of faith with us and have stayed with us for 12 years and most importantly the generosity and raw energy of Rotarians and Rotaractors who have mobilised and organised thousands of people in Uganda and beyond to participate in the run and donate towards the Rotary Cancer Centre.

Today, I am reaching out to you to get involved and join us in mobilising more and more people to register and participate in the run on Sunday, 27th August 2023, in any of the towns and cities where Rotarians have organised to host a run.



Together, the dream that we all have for a world-class cancer centre in Uganda will be realised.



Stephen Mwanje

Chairman Board of Directors
Rotary Cancer Program Uganda



KABAKA MUTEBI | AT 30: What lessons can Uganda learn from him?

Time flies, especially when you are having a good time, a common saying goes. It is sometimes hard to imagine that it is already 30 years of Ronald Muwenda Mutebi as the Kabaka of Buganda. I am not sure though whether he has been having a good time. Leadership is no walk in the park. But for us watching from the sidelines, well, we have had a good time albeit with some challenges.

Anyway, on the last day of July in 1993, a mammoth crowd turned up at Naggalabi in Buddo to witness the coronation of the 36th Kabaka of Buganda, a kingdom of nearly 1,000 years.

It must have been hard to imagine what Buganda would be three decades later. A revered monarch and institution in a politically, digitally, socially and economically changing world. Kingdoms like Buganda are the custodians of the people's heritage — cherished to a fault to the puzzlement of those who may not take time to understand them.

The crowds that turned up 30 years ago at Naggalabi are still seen every year during coronation anniversaries and whenever the

Kabaka or even his Katikkiro (prime minister) visits. At some of these events such as the annual Kabaka Birthday Run every April, they even pay to attend and participate.

On a weekly basis, they turn up at Bulange to give money to enable the kingdom function in what is known as Luwalo Lwaffe or loosely translated as our responsibility. People know that the kingdom doesn't collect taxes but expected to offer some services.

Kabaka Mutebi has had to be ingenious to achieve this. He has had to balance the politics of the day while marinating it with social services. It has meant creating revenue streams through creative avenues like selling certificates but also ultimately getting involved in business while not forgetting the promotion of culture and heritage. It can be a delicate balance.

The kingdom had been abolished in 1966 and taken over by the government of the day. Of course, you can't entirely abolish a kingdom like Buganda because the people still followed their clan system and carried out all their traditional functions albeit without the Kabaka on the throne.

Nevertheless, it requires a unique skillset of galvanizing people — first to ensure that they believe that the kingdom is still relevant 27 years after it had been abolished (1966 to 1993) and to still ensure people still see it the same way 30 years after it has been restored (1993 to 2023).

In the first years after its restoration, people could easily have thought that the reverence people have for their kingdom would ebb. It has been the opposite. Just on Friday last week, it took the Kabaka nearly two hours to drive through a crowd that was welcoming him to Ssentema where he was launching an affordable housing project for his people. The majority of people who welcome him at these events were not even born by the time of his coronation in 1993.

If you drive through Buganda especially in the countryside nowadays, you will notice more and more courtyards drying coffee. Coffee had been the cornerstone of Buganda's economy for years. A milling factory existed in almost every subcounty and coffee stores were the norm in almost every trading centre. Then people lost hope and abandoned it. It has taken a little over five years to mobilize people to get to where Uganda is now in terms of coffee. Uganda is even now talking of setting up factories to process the coffee instead of exporting it as a raw material.

Sometime back, I attended a meeting of agricultural executives from the country's ministry of agriculture. Many argued that areas that have perennial crops like coffee and matooke do better in terms of uplifting people from poverty than those that rely on seasonal crops like beans or simsim (read sesame). Buganda today has hired extension workers per subcounty and equipped each of them with a motorcycle so they can teach her people modern methods of farming. Growing coffee ensures food security as it is intercropped with matooke and cassava.

How can that be replicated everywhere especially in the northern part of Uganda? Not necessarily with matooke or coffee but by focusing on perennial crops that can grow there. I travel across the country regularly and sometimes I wonder what people in some of these areas eat. You can drive for miles during some seasons without seeing any food or cash crop being grown. The granaries where people stored food no longer exist.

But the major lesson as a country we need to learn from Kabaka Mutebi is his ability to unify people. To see Buganda even when it is challenged extensively remains a welcoming entity to everyone regardless of their political, religion or cultural background.

The writer is a communication and visibility consultant and a member of the Rotary Club of Kampala-Naalya djuuko@gmail.com

By Denis Jjuuko



DG's MBALE VISIT

Picture Moment



BUDDY GROUP IN CHARGE

KIKOMANDO BUDDY GROUP MEMBERS



Ritah Aciro Lakor



Mathias Mulumba



Ann Natukunda



Denis Jjuuko



Dorcas Karungi Mwanje



Anne Nkutu



Godfrey Okello Omoding



Julie Nabwire



Sam Byagweri



Elizabeth Wamalwa



Christine Amucu



RotaryCancerRun @UgRotaryCancerP #RotaryCancerRun23



DISCOUNTED CARDIAC SCREENING AT THE ROTARY CANCER RUN 2023

Screening at only Ugx 30,000. Ugx 10,000 goes towards the Rotary Cancer Run



MAVAD McCANN



Support The
Africa Peace Fund

The
Rotary
Foundation



AFRICA PEACE CONCERT

NOVEMBER 2023

USD 100

for physical attendance follow
prompts and make payments at
<https://africapeaceconcert.org/>

FRIDAY
03 NOV 2023

SPEKE RESORT
MUNYONYO

