



Inside This Issue



04

Eliminating Mental Health Stigma



05

Eliminating Mental Health Stigma



06

Out To Lunch



Editor's Note

Dear reader,

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

In this issue, our very own PP Flavia Serugo shares her Rotary experience, very interesting piece there.

We have President Omo's Message and a pictorial from the Rotary 5 - A - SIDE Tournament held on Saturday July 22, 2023

We also bring you takeaways from our last fellowship where Senior Lecturer, Obstetrician and Gynecologist Dr. Sam Ononge shared men's experiences in Maternity care and social support.

A huge thank you to all the persons who contributed the wonderful and inspiring Articles, for this month, and cheers to Kitobeero Buddy Group for steering us through this month.



Keno Lillian
Bulletin Editor



Join us for a fun-filled fellowship this Tuesday July 25 2023. We shall be hosting The Kampala North Musical band as we celebrate a perfect start to the Rotary Year.



PRESIDENTS MESSAGE

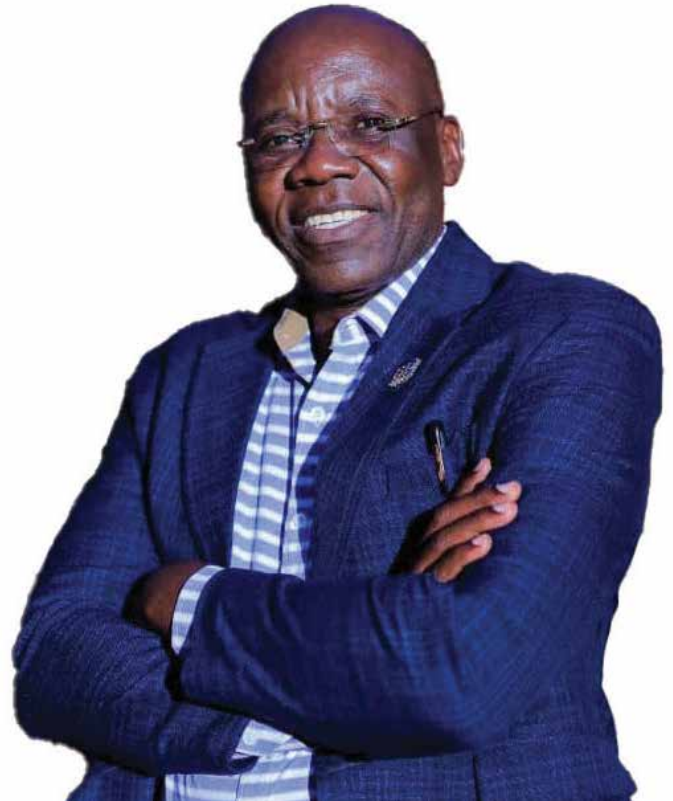
Dear Rotarians and Friends

This marks our last week of July, the month we unveiled our implementation plan and devotedly reflected on the theme- Maternal Health and Child Care. We were blessed to have two experts of maternal health and child care, Dr. Sabrina Kitaka and Dr. Sam Ononge, as our speakers. They gave us a glimpse picture of the maternal health and child care and what we ought to do. For this, we are grateful to them.

As we end the month, we acknowledge challenges members face in getting time to “cool down”, sometimes resulting into stress. What can the Club do? As a Club, there is a general feeling that we can do something within our means to contribute towards members’ “relaxation”. This is to be done in a celebratory mood. We celebrate our togetherness, celebrate the far we have come in the month, celebrate life, and celebrate rotary. Indeed, in rotary, we find opportunities to serve those in need, to reach out to those we do not know, and meet different people and make friends world over. Truly, opportunities to interact and have different appreciation of humanity.

Therefore, our celebrations are going to be continuous. Every last meeting (fellowship) of the month is dedicated to fun time. Fun time is purposed to re-awaken our humanity. As a people, we need to socialize, hang out, laugh, live, feel loved and have time to bond, rewind and rebound. To begin our fun time, this week we are having a full ballast with live music. Be a participant of this mood changing. It will be unique as it is coupled with giving members opportunity to join in the playing of guitars, drums and singing alive on the stage. The hidden talents ought to come out.

For the fun time to be gainful, it comes with members’ dynamism in adaptability, flexibility and acceptability. Yes, we are many with different tastes and wants. If yours is not satisfied this week, there are still more to come. Don’t complain instead be dynamic and proactive. Contribute ideas on how the next will be. Never “bottle” emotions because the purpose of fun time will be lost. It is about all of us being happy.



**When we come for fun time,
let us draw ourselves together
and be happy together.**



These are moments of joy, renewing life and rekindling spirits to live and serve. At least, go back happy. Sometimes we tend to pay little attention to our happiness. Happiness is a good therapy for the body, mind and even the soul. Never let such an opportunity to pass you. Your true spirit of rotary must manifest as you delightful look to create hope in the world. Hope is created by those who celebrate their humaneness, starting with celebrating their fellowships and within their fellowships. And being cheerful about themselves.

Rotarian
Godfrey Okello-Omoding
HCP

Eliminating Mental Health Stigma

Taking care of our physical health is often commended, but prioritizing our mental health can be stigmatized. Mental health and emotional well-being are too often associated with shame, and this social stigma can prevent people from expressing their feelings or seeking support. You can help remove negative associations from conversations about mental health. Some ideas to consider:

Make well-being a regular topic of club discussions so that talking about it feels normal. At the club level, you might sometimes randomize the seating to help people meet newcomers or survey people anonymously about their well-being. Individually, you can strengthen your relationships and actively listen when people want to share.

Ask any mental health professionals in your club or district about what stigma exists in your community related to these issues. Dedicate time during meetings to discuss these stigmas and how you can counteract them to facilitate mental well-being in your area.

Invite professionals such as licensed therapists, medical practitioners, or educators that support mental health to discuss strategies that address well-being. The speakers could include spiritual leaders who share nonreligious practices that might resonate.

Find out what local efforts to address mental health stigmas already exist that your club or district can support. Work to strengthen and expand these campaigns and develop a strategy to keep raising awareness through existing programs

and initiatives.

Form partnerships with local, regional, or national organizations with expertise in mental health and wellness that can design and implement campaigns that fight any stigma associated with these issues.

Beyond conversations that specifically address mental health issues, you can also make some general changes in your club that foster an environment where people feel comfortable being their authentic selves. This encourages a sense of belonging and safety.

You could;

Organize social activities or networking opportunities away from the usual club setting for members to get to know each other better. People might talk more freely about themselves, and building that environment can create opportunities to offer people support with personal or professional challenges.

Be aware of the signs of burnout. This condition often results from excessive stress at work, school, home, or in volunteer settings. It can lead to significant mental health issues. It's important to advocate for yourself about how much you can do and also make sure it's something your club leaders are aware of.

Incorporate activities into meetings and events to help members and participants explore strategies that support well-being, like a yoga or meditation session, or strategies for managing stress and avoiding burnout.



**MENTAL
HEALTH
MATTERS**

Stepping Up:

MY ROTARY ADVENTURE FROM MEMBER TO MENTOR

After serving as District Executive Secretary 2022/23 I was approached by a number of people including our Hope Creator President Omo to share my experiences and give an accountability of the year. We all know that journey has a starting point and an end.

It is a singular honor to share my Rotary journey through the Naalya Food Bulletin

“Stepping Up: Series.” The series are a captivating account of my transformative journey within Rotary over the past 11 years. This narrative chronicles my progression from an ordinary member to a respected mentor, highlighting the challenges, growth, and rewarding experiences I have encountered along the way. The series will feature every week and will explore my Rotary path from serving within the club to the District Level

By sharing my experiences and growth, I hope to inspire others to step up, embrace leadership, and make a meaningful impact within themselves, their families, Rotary and the communities we serve. Enjoy!

Embarking on the Rotary Path:

“That Person” Have you at any one point in your relationship felt so insecure and curious to spy on your spouse or partner especially when someone starts giving excuses of project visits, club fellowship, swallowship? Well, that was me.

I started spying on Rotary because I wanted to catch “that person” who I suspected had not only encroached on our shared resources, but seemed as a threat to me and my young family. The more we talked about “that person”, the more responsibilities my partner took on until he became the President of his Club. That’s when I met “that person” called Rotary at the Installation of my partner in 2007.

My First Experience

I was captivated by the organization at the installation - Firstly I was ushered in to the high table by senior Rotarians who referred to me as being called First Lady and the first family- these titles were flattering but in a way helped us step up and embrace Rotary in our home.

That year, we as a family hosted a couple of Rotarian guests from Australia and USA and I also attended the Rotary Convention in Los Angeles California. At the convention I met several Rotarians including friends: some Old Boys & Girls, relatives, etc. and I enjoyed every moment. I learnt that Rotary is an international network of passionate individuals who dedicate their time, skills, and resources to address some of the most pressing challenges faced by humanity. I admired the fact that you could have as many friends in all Rotary



clubs all over the world Our Group Coordinator- commonly known as Golden President of the Rotary Club of Kampala/ First Female President - Rotarian Robinah was a such a super coordinator and made me feel so welcome. We toured many places, shopped and shopped! The following years I connected again through many hospitalities, attended more conventions, district conferences and we even took on shared responsibilities of adopting our Rotary daughter Sarah through a club project but still, there was something missing..... I was not yet a Rotarian!

Next Week we explore how I joined Rotary 4 years later!

PAG Flavia Serugo

*Charter Member of the Rotary Club of
Kampala Naalya*



OUT TO LUNCH

Should every newborn baby be subjected to a DNA test?

In some African cultures, when a baby was born, the parents took it to its paternal grandparents to be given a clan name. It was never a big event even though the birth of a child has always been a cause for celebration in this part of the world. The grandfather of the newborn baby would summon his sisters to come to the naming event.

It was the duty of the sisters, the baby's paternal aunties or ssengas in Luganda to look for body marks that confirmed that the child belonged to their family or not. They checked the ears, the fingers, the toes, any birth marks that would give any clues. They would pass on the results to their brother, the grandfather of the child.

If they doubted that the child belonged to their nephew, the grandfather would give the child a universal name that doesn't necessarily belong to any clan. In some rare cases, grandfathers outrightly refused to give the child any names. But this usually caused havoc so many avoided it.

In many families, "paternity doubted" children were known to exist. But divorce was rare so people carried on with their lives and kept what they thought were family secrets. The Baganda even coined a saying that you only knew your biological father after the death of your mother. As long as your mother lived, she could at any one time introduce you to another man as your biological father. And her word was final.

Women many times introduced adult children to other men they had had casual or secret sexual relationships with as the biological fathers. In such cases, some children changed names and acquired those of the new clans where they now belonged.

Advancements in technology led to DNA (Deoxyribonucleic Acid), cheekily written in full by many today as Ddala Nze Amuzaala to literally ask if you are the biological parent of the child.

In Uganda, the stories started largely by some local TV stations providing this as a service where two men or more claimed to be the fathers of the child.

Some of these stations created popular programs where a series of late night shows were done, interviewing the claimants and the mother. The TV stations ended up paying for the samples to be ferried to South Africa to establish the paternity of the child. In one famous example, DNA samples showed that a pair of twins belonged to two brothers.

Eventually, technology got here and labs were established in Kampala that offer DNA tests at a fraction of what was being charged by the labs in Johannesburg. Today, many people who doubt the paternity of the children take samples so they could establish whether they are the biological parents or not. But it wasn't just parents, also siblings in bitter quarrels of how to manage their late parents' estates frequent these labs.

This has led to increased stories of DNA tests and some people have argued that the results will lead to breakdown of families and a dysfunctional society as children are subjected to severe psychological effects. And in a country where psychosocial support is almost alien, one could understand the argument.

But decreasing resources also dictate that most people wouldn't want to take care of other people's responsibilities. In the years gone by, children especially in rural areas contributed to their school fees by working on their parents' coffee shambas or matooke gardens. Some elements of social welfare worked.

But as Uganda continues to urbanize, it becomes increasingly difficult for many people to look after children. So the burden, the argument goes, should go to the biological parents or people should know which child belongs to them and decide to either look after them or not.

Some women on social media platforms have argued that they have been looking after children that aren't biologically theirs and therefore men shouldn't complain today. The difference, however, is that women get to know that the children men bring to their homes sired outside marriage aren't presented as their own. For the men it is different, the children are presented as biological children of the man until doubts either emerge or through some misunderstanding the facts start presenting themselves. DNA tests are then done to confirm or deny the allegations.

So if we want to protect the psychological well-being of the children, shouldn't it be better that every baby born is subjected to a DNA test before the mother is discharged from the maternity ward? This would also help in addressing cases where a baby could accidentally be switched by health workers during birth.

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

By Denis Jjuuko

PREGNANCY AND CHILDBIRTH:

Men's Experiences in Maternity Care and Social Support

Fathers and male community members participate in caring for women and family to access better health service

- **Present**
- **Accessible**
- **Available**
- **Understanding**
- **Willing to learn about the pregnancy process and eager to provide emotional**
- **Physical and financial support to the woman carrying the child**

Rationale male participation

Association between male involvement and maternal health outcomes Better

- **Utilization of services**
- **Preparation for childbirth**
- **Nutrition**

Global recognition of the importance of men in RH

- **UN**
- **WHO**
- **UNFPA**
- **MoH**

Uganda

- **6 out of 10 women are unable to afford treatment for complications**
- **close to half of all women avoid antenatal care due to lack of transport**
- **25% are hesitant to go to health facilities alone**
- **6% of men accompany their women for ANC**

Where is the problem

- **Cultural norms Eg Childbirth men are excluded**
- **Gender roles (Kitchen is out of bounds)**
- **Fellow woman is birth companion (choice of the woman)**
- **Lack of knowledge**
- **Health system**
- **Space is inadequate**
- **No privacy**
- **Men are chased away, no men's program**



What social support do pregnant women require

Presence

- **From conception to PNC**
- **ANC care**
- **childbirth**

Accessible

- **Eg Within the facility you can be called**

Available

- **Helping hand**
- **Rub the back in labour**
- **Shoulder to lean on during childbirth**

BUDDY GROUP IN CHARGE

KITOOBERO BUDDY GROUP MEMBERS



Rtn Sylvia Nankya



Rtn Juliet Kisekka
buddy group in charge



Rtn Flavia Serugo



Rtn Paul Jerome Luyima



Rtn Margaret Harriet Kugonza



Rtn Faith Nambozo



Rtn Jackie Mutimba



Rtn Charles Owekmeno



Rtn Bobi Louis Ogwal



Rtn John Mugisa



RI Convention Corner

WHAT IS SINGAPORE FAMOUS FOR?

Singapore is famous for being a global financial center, being among the most densely populated places in the world, having a world-class city airport with a waterfall, and a Botanic Garden that is a World Heritage Site.

Singapore is known as a tourist destination and for its hot and humid climate, being very clean, and growing in area due to reclaimed land.

The city-state is a shopper's paradise, besides the usual luxury brands sold in luxurious malls with luxury air conditioning, you can buy almost everything except chewing gum. Singapore is also known as "Instant Asia" because it offers visitors a quick glimpse of the Asian cultures that immigrants have brought from all parts of the continent.





July, 2023 Calendar

THEME; Maternal and Child Health Month

Buddy Group in Charge
Kitoobero President
Godfrey Okello Omoding

A

	Presentation of Club Plan 2023-2024	President Omo
	Topical Issues in maternal and Child Health	Dr Sabrina Kitaka
	Pregnancy and Childbirth: Men's Experiences in maternity care and social support	Panel Discussion
	Shall We Dance? Join the Naalya Stars to dance your blues away!	Fun Fellowship
	Board meeting	

Other Engagements

	Installation of President of Naalya States	Eliana Hotel, Ntinda Kigoowa Road
	Five-a-side football Tournament	Phillip Omondi Stadium, Lugogo