

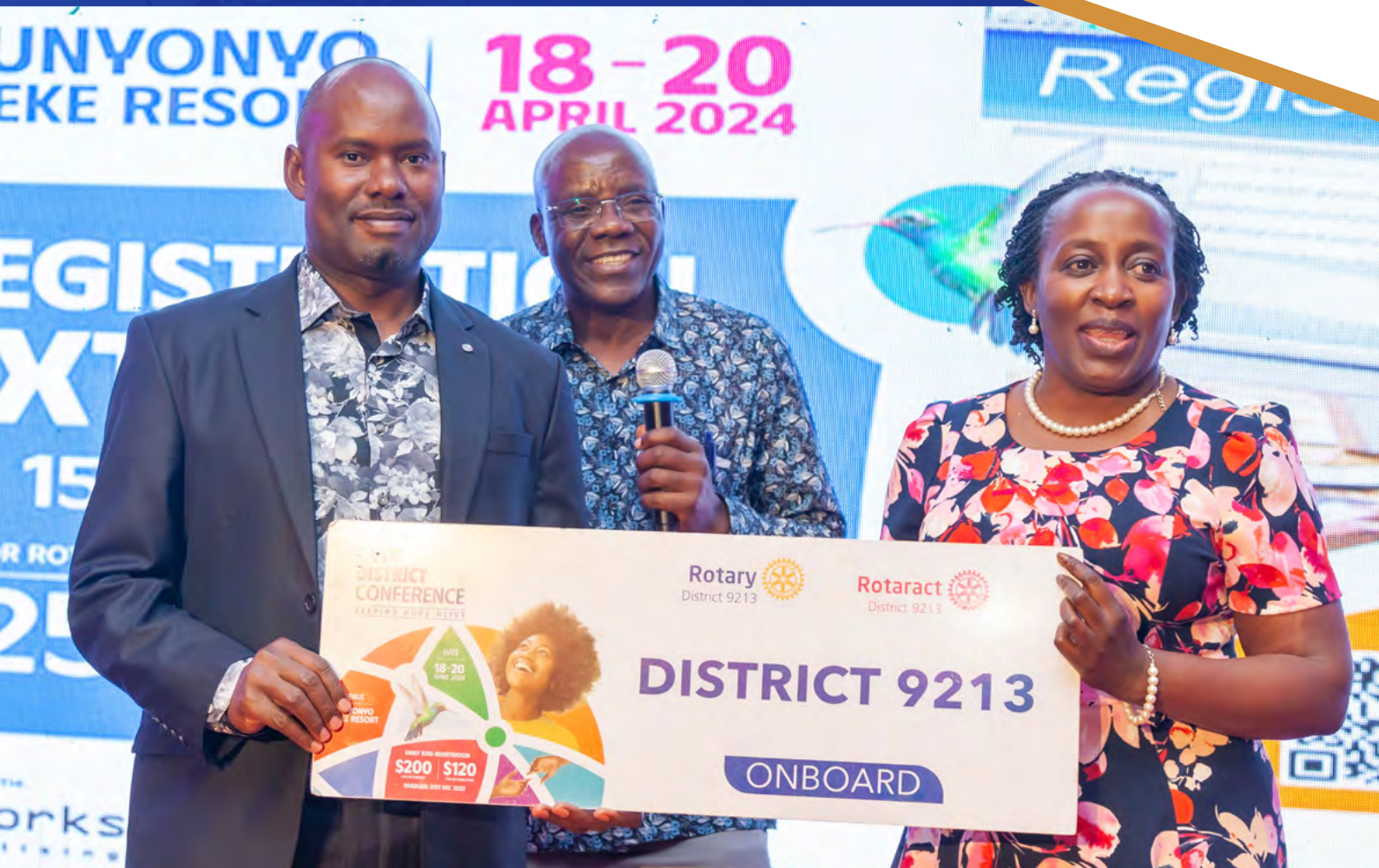
Naalya Food 19th March 2024

Bulletin

Rotary
Kampala-Naalya

CREATE HOPE
in the WORLD

Issue 11 | 2024



Inside This Issue



PK's Corner:
She is a woman



How the smart invested
in NSSF

Editor's Note



Dear Friends,

I hope you take time to reflect and appreciate the theme for this month - Water and sanitation.

Clean water, safe sanitation, and healthy hygiene are basic human needs, but millions of people throughout the world including in our own communities do not have access to resources to meet these basic needs.

During this month let's commit to create healthier communities through supplying clean water and sanitation facilities to prevent the spread of infectious diseases.

Most recently, an outbreak of conjunctivitis also known as red eyes disease, has been reported in our communities. Experts have advised that basic sanitary precautions are useful in minimizing the chances of spread: Regular handwashing, use of hand sanitizers, keeping a safe distance from suspected cases etc. are recommended actions now.

Also, This Tuesday, we have the opportunity to listen to Dr. Daniel Okello Ayena, Director Health Services and Environment, Kampala Capital City Authority - KCCA , focusing on the management of sanitation in Kampala City.

Please join us for fellowship at Ndere Cultural Centre, 7pm. Thanks for always reading and sharing the Naalya Food Bulletin.

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**

Message from the President

GODFREY OKELLO-OMODING
HCP

Dear Rotarians and Friends,

We continue to reflect on the month's theme- water and sanitation. Sanitation sometimes gets immersed in water and highlighting of its importance seemly diminishes. Attention to it as well as resource allocations too are affected. Yet, improving on access to proper sanitation is very critical in stopping some of the common diarrheal related diseases. This week we have an opportunity to listen to Dr. Daniel Okello Ayena, Director of Health Services and Environment, Kampala Capital City Authority (KCCA). The focus of his talk is on the management of sanitation in the capital city.

Good sanitation reduces on the disease burden hence reducing on the health costs. It also goes with the improvement of the physical environments. Ideally, everyone needs a good environment though it comes with both visible and invisible costs. It comes, too, with behavior challenges. It is argued that sanitation is about behavioral change. Its major interventions are centred on addressing behavioral change, among others.

For Kampala capital city and the surrounding districts/town councils, forming part of the Greater Kampala Metropolitan Area (GKMA), it is reported that more than 60% of its population live in informal settlements.

These informal settlements have poor sanitation attributed to poor physical planning, affordability and inadequate infrastructure, among others. About 98% of GKMA domestic resident population, institutions, commercial and industrial areas use on-site sanitation systems. The on-site sanitation systems include lined (23%) and unlined pit latrines (55%), and septic tanks. The figures show a huge problem particularly in managing sludge. With such figures in the GKMA, how about other cities and town? There is a lot that requires to be done.

With the increasing population and rural-urban migration/influx, sanitation will continue to be a big challenge. This calls for collective efforts of government, local governments and partners, like non-government organizations, and individuals. Collective efforts and actions are more of necessity. It is here where rotary can participate in different aspects of sanitation. More hands are required for sanitation problems to be ameliorated. Simple and cheaper technologies are available, notwithstanding sometimes some cultural barriers. For example, eco-san latrines in some places receive negative respond. This happens because of absence of change of attitudes. It is though important to have an understanding of indigenous knowledge and taboos.

Fellow Rotarians, there are enormous challenges in the provision of sanitation; at the households, communities and in institutions. As we carry other interventions in



some of the institutions like schools, health facilities, let us remember to look at the sanitation aspects. Sanitation tends to be forgotten. Proper sanitation is a basic need. It continues to require various interventions and various partners to attain it.

Let us continue to be involved in the interventions that improve access to proper sanitation. Our efforts can and do change people's lives. This creates hope; hope of reduced disease burden, hope of dignity, hope of self-esteem, hope of reduced health expenditure, and hope of a better living environment.

It is possible to create this hope. For instance, we can be sponsors of a hand washing station at school or health facility or a market. As a group, we can do public awareness.

Carry out disseminating of information or support extension workers to reach out the public with health messages; enabling better behavioral practices. There is always a room to participate in sanitation campaigns. This is what creating hope comes with; serving beyond self.

Be blessed.



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Meet our Women in Rotary Award Winners

Community Empowerment Award Winner - Rtn Sandra Elobu Ejang, Rotary Club of Sunrise Kampala



She is the CEO of western Silk Road (Asali Wa Moyo – Honey from the Heart), a company in Kigumba, Kiryandongo District, that helps rural households boost their income through beekeeping.

They offer Market, technical beekeeping advisory services and equipment to households. She uses the household approach to empower rural household farmers to produce quality products for their own businesses and have grown from 650 -1500 household, with over 40 products.

She owns bountiful basket Uganda, which promotes health conscious environmentally friendly living while supporting small, local producers or fresh seasonal produce.

Innovation and Entrepreneurship Award winner -Rtn Veronica Ankunda Karuhanga Rotary Club of Kampala Morning Stars

A Certified Geriatrician and trainer, Veronica runs a care home (Golden Age) for vulnerable Elderly people.

She provides food and nutrition guidance medical supplies and general health consultation, majority targeting elderly people.

She also runs an Academy that trains home care based givers who she later employs and some get opportunities in European Countries. She has trained over 1,200 care givers to date.



Meet our Women in Rotary Award Winners

Leadership Award winner - **Rtn Joyce Odoki Sadoori**

1st Female President –Rotary Club of Upper Kololo

Under her leadership, President Joyce has:

- Mobilized US \$35,986 to the Rotary Foundation
- Recruited 8 members to date.
- Implemented an economic and social development project at Naguru Remand home in which they donated 500 chicks to the 156 juveniles (153 boys) to start a poultry project and also found partners to skill the youth in addition to finding access to market of their produce.
- Other empowerment project activities include tailoring, salon and hair dressing



Youth Leadership Award

Caroline Nanvuma,

President Rotary community Corps Kikubamutwe

At 23 she contested for LC1 Chairperson, Kyeyune zone Kikubamutwe Makindye division.

Caroline Nanvuma has mastered the art of lobbying and collaborating with individuals and organizations to change the face of her village by skilling youth with the aim of fighting poverty and employment Projects including urban farming (green house centre of herbs and spices), soap making, bakery and tailoring.



Remembering Paul Alexander, who lived 70 years in an iron lung

BY ARNOLD GRAHL
March 2024

Paul Alexander, a 78-year-old man from Texas, USA, who spent most of his life in an iron lung, died on 11 March. Alexander contracted polio in 1952, when he was just 6 years old. The disease paralyzed him from the neck down so he couldn't breathe on his own. He earned a law degree, passed the bar exam, and practiced law in Dallas for a time. He was also briefly a member of a Rotary e-club.

The following is a story we reported in 2015.

One might think a man living with polio in an iron lung would know about Rotary. But it wasn't until Paul Alexander had a business meeting with a member in Duncanville, Texas, earlier this year that he learned Rotary fights to eradicate the very disease that left him almost completely paralyzed.



"I was completely blown away by the idea. For all these years, I didn't know the work they were doing," says Alexander, a practicing attorney in Dallas. "It's such a perfect fit for me."

Alexander contracted polio during a major U.S. outbreak of the disease in the late 1950s when he was six years old, and almost died in the hospital before a doctor noticed he wasn't breathing and rushed him into an iron lung, an airtight metal tank

that encloses all of the body except the head and uses regulated changes in air pressure to force the lungs to inhale and exhale. Alexander is among a small number of people in the world today still using an iron lung to assist his paralytic polio. The need for the 800-pound machines declined dramatically after the polio vaccine became widely available in the early 1960s.

In October, Alexander became a member of the Rotary E-Club of District 5810 during an induction ceremony held in his home, attended by Rotary's President Gary C.K. Huang through an online connection. Alexander is writing a book about his experience and wants to be an ambassador for Rotary promoting the benefits of eradicating polio.

Freed from the lung

For 10 years, Alexander never left the device or his house. But then he had a breakthrough, teaching himself to breathe on his own by forcing air into his lungs. That allowed him to get around in a wheelchair for up to eight hours.

"The first day I was outside the house was extraordinary. It was a 100 percent improvement," he recalls.

Determined to go to college, he moved onto campus and with the help of a nursing assistant attended classes, earning a degree from the University of Texas. He eventually went on to earn a law degree, passed the bar, and practices civil and criminal law.

He has a computer keyboard and a touchtone phone by his head which he can manipulate with a plastic stick held in his mouth. When he goes to court for a case, he has assistants who help him. He's traveled farther from his home on rare occasions. The iron lung, which has wheels, is shipped to meet him at his destination.

Long lost connection to Rotary

His father was president of a Dallas Rotary club in the 1960s, but Alexander says he doesn't remember it. His introduction to Rotary began when he met Duncanville member Alexander Peralta. Peralta told the Rotary District 5810 governor, Bill Dendy, who immediately decided Alexander would be the perfect subject of a video his wife was making on polio eradication. Alexander agreed, and a film crew from the district's e-club came out to shoot the interview.

"I visited him weekly after that," Dendy says. "One day, I said to him, 'Paul, you could be a contributing member of Rotary.' He asked me how that would be possible. And I told him with an e-club, which meets online, it would be very possible."

Since joining Rotary, he's become a popular speaker in the Dallas Rotary community. He's already addressed two large gatherings and is scheduled to speak at the next district conference. The Waxahachie Rotary Club, which builds wheelchair ramps as a project, built him a new one when they heard he transports his iron lung to the hospital or for longer trips.

"It means so much to me to belong to this organization," Alexander said during a phone call to his home recently. "I'm having a great time and staying awake at night thinking of ideas. So many people have come into my life. I never knew there were so many caring people out there."

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The poster features a yellow background with a blue border. At the top left is the Rotary logo with 'District 9212 9213 9214'. At the top right is the Rotaract logo with 'District 9212 9213 9214'. The main title is 'INTER-DISTRICT LEADERS SUMMIT & FRIENDSHIP EXCHANGE' in large blue letters. Below the title are three portraits of district governors: DG Leonard Ithau (District 9212), DG Edward Kakembo Nsubuga (District 9213), and DG Francisco Ssemwanga (District 9214). A yellow starburst contains the text 'USD 30 COVERS MEALS & TEAS'. Below this is a row of flags for the six participating countries: Spain, Portugal, Kenya, South Africa, Ghana, and Tanzania, followed by the Rotary Friendship Exchange logo. At the bottom, a blue bar contains the location 'SPEKE RESORT MUNYONYO', the date 'MARCH, 21 2024', and the time '8:00am -5:00pm'. To the right, a pink box shows '6 COUNTRIES / 3 DISTRICTS'. The contact information 'Contact; Monica Mwangi +254 725 540946; Joe Nuwamanya +256 776 720280; Ismael Mukasa +256 702 500342' is at the very bottom.

Rotary District 9212 9213 9214

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INTER-DISTRICT LEADERS SUMMIT & FRIENDSHIP EXCHANGE

DG LEONARD ITHAU
DISTRICT 9212

DG EDWARD KAKEMBO NSUBUGA
DISTRICT 9213

DG FRANCISCO SSEMWANGA
DISTRICT 9214

USD 30
COVERS MEALS & TEAS

OPEN TO DISTRICT & COUNTRY LEADERS, ASSISTANT GOVERNORS & PRESIDENTS

Rotary Friendship Exchange

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6 COUNTRIES / 3 DISTRICTS

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INTER-DISTRICT LEADERS SUMMIT & FRIENDSHIP EXCHANGE

DAY 1 20.03.24 6:00pm WELCOME COCKTAIL BY INVITATION	DAY 2 21.03.24 8:00am INTER-DISTRICT SUMMIT & BOOT CAMP SPEKE RESORT MUNYONYO 6:00pm ROTARY FELLOWSHIP EXCHANGE	DAY 3 22.03.24 9:00am PROJECT VISITS & BENCHMARKING ROTARY MENGO BLOOD BANK, MAKERERE UNIVERSITY PEACE CENTRE, CANCER PROGRAM NSAMBYA 5:00pm TRAVEL TO JINJA CULTURAL EXCHANGE FELLOWSHIP & DINNER	DAY 4 23.03.24 7:00am RUN ON THE NILE 2:00pm SIGHTSEEING AND TOURISM ACTIVITIES AROUND JINJA	DAY 5 24.03.24 9:00 am DEPARTURE FROM JINJA
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OPEN TO DISTRICT & COUNTRY LEADERS, ASSISTANT GOVERNORS & PRESIDENTS



Contact;

Monica Mwangi +254 725 540946; Joe Nuwamanya +256 776 720280; Ismael Mukasa +256 702 500342

Pictorial - We joined RC Upper Kololo to celebrate the Charter Night



After fighting for 20%, the smart invested or left it in NSSF



BY JOACHIM BUWEMBO

A recent report indicates that the National Social Security Fund collections grew by over a third from 2020 to 2023, and the money under the Fund's management has already hit the target that was meant to be attained in several years yet to come. Interestingly, all this happened at a time when the Fund was and is being vilified for "refusing to give people their money when they are suffering" and forced to pay out 20 percent of the savings by those who attain 45 years of age.

For the record, giving people 20% of their savings at the age of 45 is a good thing regardless of what they do with it. Many lost/spent it on relatives and 'friends' who popped up

when it was payout time though they hadn't heard from them for ages before. You even have a right to drink and party the 20% away, for it is yours. Even paying out 33.3% would be okay, for that is what a member personally contributed as the employer added the 66.7%.

So why is the Fund's 'fort portal' or portfolio growing more than steadily under adverse activism? Well, partly there is increased compliance by more employers resulting from enforcement. But interestingly, there is a growing number of voluntary savers joining NSSF. And even more

interestingly, a growing number of people qualifying to withdraw from NSSF are staying put! Many of these are doing so out of caution after asking themselves: "Where else can I keep my money more safely and profitably?" (Safely here includes from undeserving relatives, friends and in-laws!)

What could be the best investment ever on the planet? Many people who can read and comprehend this article know of Mark Twain, as a novelist. But he also made a most profound statement of Economics on advising people who want to





**become rich thus:
"Buy land, for they no
longer make it!"**

Yes, some people who got their 20 percent bought land. It was a timely move for in today's Uganda, the land is being gobbled up by grabbers (especially the public land) and money launderers who fear FIA (Financial Intelligence Authority) that gets interested when amounts of 100 million shillings or more hit your account. So if you don't secure a small piece of Uganda for yourself soon, you won't be able to afford it when the grabbers and those with the notorious sacks are done, which won't be too long from now. Remember the population of Uganda has increased by eight to nine times since independence 62 years ago, but the country's size hasn't increased even by one millimeter, remaining at 240k square kilometers, of which one eighth is water. The beauty with land is that its value only appreciates, even if it gets bombed.

But also, many Ugandans have now heard about what economists call "The Eighth Wonder of the World", which is compound interest. They have learnt it from the ever increasing discussion of long-term government/ treasury bonds and growing campaigns by unit trust fund promoters. They already knew compound interest as an extremely evil thing which money lenders use to take your assets and throw you in jail after you have paid them the amount they lent you but still owe them much more that you received and paid.

But compound interest – which is interest upon interest – is so beautiful if you are the one receiving it. It is so addictive that it doesn't let money lenders feel any remorse as they take your property and send you to prison after you have paid the principle loan. It also makes some people

spend all their waking life on online interest calculators as they also monitor bonds and unit trusts like their life depends on it. Well, their comfort is secured by it.

This then explains why the cautious people decide not to collect their 20% at 45 (and others their 100% at 55) from NSSF after qualifying for it. For deposits in NSSF and the interest earned are secured by law. Government bonds are also secure and though paying higher than NSSF, there is now a remote but growing fear that a growing national debt could cause rolling over so bond holders get 'urged' to just continue earning interest when the bond has matured rather than getting back their money and on. So while NSSF may "only" pay you 10%, it is assured, and you can always get out all your money within days if you qualify.

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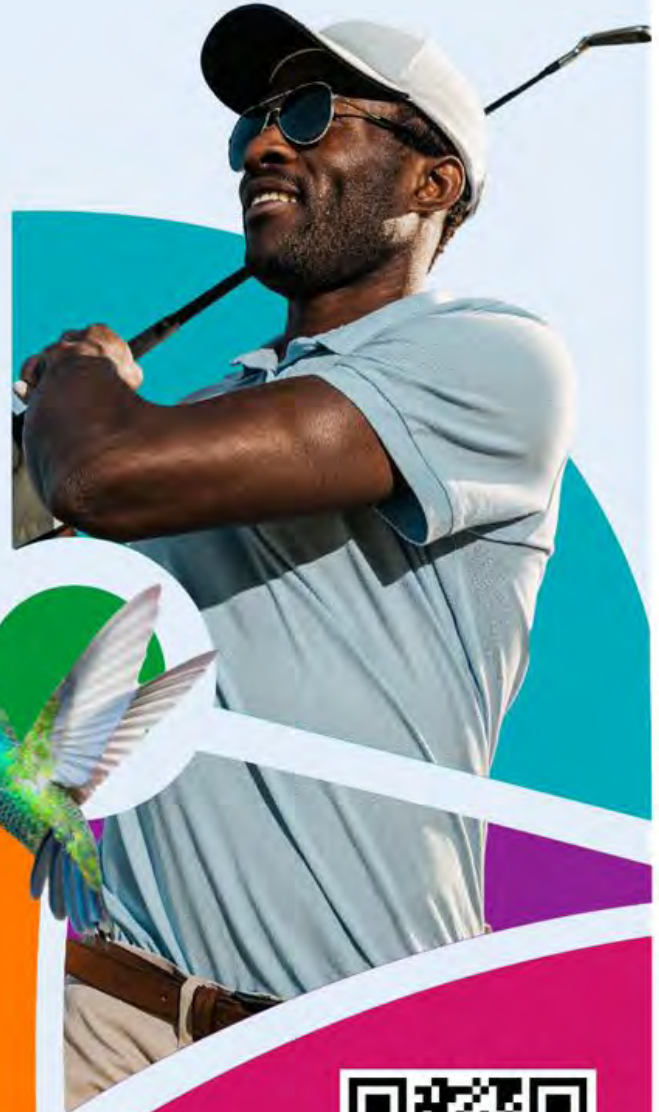
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OutToLunch: Forget the politicians, here is one way you can pay yourself gratuity

BY DENIS JUUKO

Some of the opposition politicians in Uganda are at each other's throat over a payment of gratuity to one of their own by the parliamentary commission. Each camp has issued a statement or two and appeared at TV or on radio to present their case to the public. If you say one thing people don't agree with, you are on the other side. You can't ask any questions to provide some answers or state facts without being accused of being a collaborator of the people you have never met. This is the social media era.

Anyway, the majority of people offering opinions on the issue had perhaps never heard of the word gratuity, a payment largely made by employers to reward people for their work. Some big organizations offer such rewards at the



end of contracts of their staff or periodically such as quarterly or annually as part of the employment or retirement benefits. Usually, such payments are percentages of annual or monthly earnings or for the entire period one has been in employment or service.

Many businesses where Ugandans work today can't afford such payments. They make so little to even afford to pay decent salaries and remain

afloat. That is why I believe that the majority of people making arguments on social media over gratuity had never heard of it before.

Now that they have heard of gratuity yet nobody will ever pay it to them, what can young people do to get themselves gratuity or akasiimo in Luganda as it has been interpreted?

The first thing for the majority of people is to accept that they will never make much money and have everything they wish for. It doesn't happen in America or China, the world's biggest economies and so it will never happen in Uganda. Yet the majority of people claim that they can't save because they don't earn enough. They will never earn enough money in the first place.

So, if there will never earn enough money, what can they do with the little they

get? If you earn Shs200,000 today, which is the average amount the majority of Ugandans earn per month, it is not certainly enough but if something happened and you start earning Shs150,000, you would not die. Human nature would enable most people to cope and adjust to living on Shs150,000.

Maybe you would walk to work. Maybe you would eat one snack a day. Maybe you would move to a room where you now pay half the rent that you were paying while earning Shs200,000. The issue is that you would adjust.

The question is should you only adjust when things have changed to the worst? The simple answer is no. If you earned Shs200,000 and lived the life of somebody earning Shs150,000, it would mean that you have a balance of Shs50,000 every month translating into Shs600,000 annually. Since nobody is going to pay you gratuity ever, the Shs600,000 saved annually could be your gratuity.

If you invested this money in a scheme that can give you at least a net interest of 10% annually, you would earn Shs60,000 in the first year alone, nearly half of your monthly pay. You could actually earn it faster if you

don't wait to first save Shs600,000 to start investing it at once. If you invest Shs50,000 every month, and interest is compounded daily, you would have some good return in a few short years.

Imagine, if you did this from age 25 when you started working to 55 when you retired. That is 30 years of dedicated saving. Assuming your salary never increased and you remained frugal despite increasing inflation and other expenses and still saved and invested Shs50,000 per a month, you would have Shs109 million in 30 years if we are to go by a US government website with a compound interest app that I have used to come up with this figure. With this money, you would have paid yourself gratuity, just like the politicians and other big people.

The key to enabling yourself this huge gratuity payment is by delaying gratification and not getting involved in stuff which don't necessarily add any value to you. Many young people are today buying data and wasting it on social media to allegedly put politicians in line. The politicians will say lots of stuff against each other in

public while sharing a glass of French sparkling wine in private.

Just last week, two politicians from the region who were strangling each other about a year ago were seen somewhere in central Uganda, smiling as they took selfies with their host's cows. Those who were fighting on their behalf were still languishing in poverty in East Africa's biggest slum. That doesn't necessarily mean we shouldn't get involved in politics rather to understand that most politicians are in it for themselves and we do something for ourselves too.

The writer is a communication and visibility consultant.
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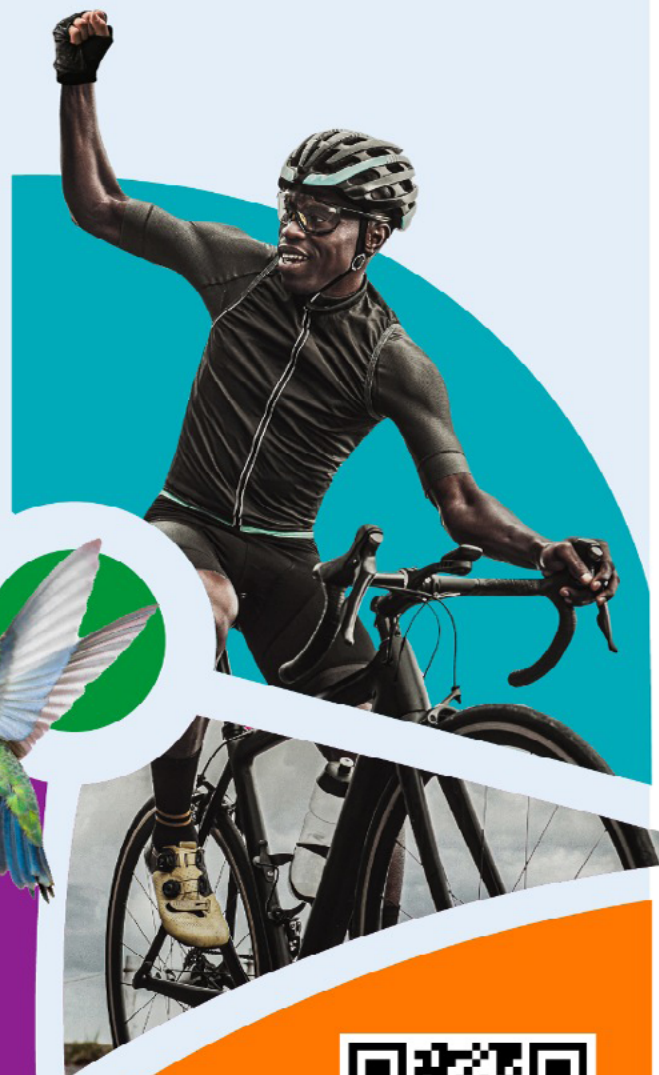
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RIDE AGAINST MALARIA AND PEDAL
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Family Matters

BY PASTOR RONNIE MUTEBI

Hosea 13:12-13(NIV); The guilt of Ephraim is stored up; his sins are kept on record. Pains as of a woman in childbirth come to him, but he is a child without wisdom; when the time arrives, he doesn't have the sense to come out of the womb.

SEEK WISDOM

Oftentimes, lack of wisdom is the fundamental cause of many problems people face in life.

On the onset of examining some people's lives, they are making a beeline for failure in every step they are taking many of which are simply characterized by lack of wisdom.



Unfortunately, many people who are blind to this truth spend a big part of their lives treating symptoms instead of addressing the cause.

Ephraim in our them scripture is a typification of this narrative. When the time arrived, he did not have the sense to come out of the womb.

It's easy to see Ephraim's delays in life and call them poverty yet God sees a lack of wisdom.

Others may see Ephraim's affliction and disease and call it a demonic affliction but yet on God's weighing scale with all other factors concerned, He sees Ephraim's lack of wisdom.

Wisdom is the principle thing. (Proverbs 4:7).

Take Home: If you ever find yourself stuck in anything in life fighting old battles with new words and laboring under the burden of frustrated potential, seek wisdom. It will always pave a way for you.



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PK's Corner: She is a woman



BY PAMELA KAWADDWA

She is like sunshine
Bright enough to illuminate the darkest
paths.

Warm enough to melt the coldest hearts.
Steady enough to nature growth and healing.
Life oozes from her.

She is a radiant example of inner beauty. One you
rarely find.

A guiding force of unconditional love, imparting
wisdom with every word,
Renewing strength with every touch.

She is woman

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Bobby Louis Ogwal



Charles Owekmemo



Esther Babirye



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