

Naalya Food 02nd April 2024

Bulletin

Rotary
Kampala-Naalya

CREATE HOPE
in the WORLD

Issue 13 | 2024



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your net worth



Editor's Note

Dear Reader,

I hope you had a wonderful and Healthy Easter celebration.

The Editorial team welcomes you to April. Rotary International highlights April as Environment Month, where attention is drawn to supporting activities that strengthen the conservation and protection of natural resources, fostering harmony between the communities and the environment.

This is also quite a special month for RC Kampala Naalya as our own Anne Nkutu will be installed as District Governor. What an honor for our club. We pledge our support.

I would like to invite you to our Fellowship this Tuesday at Ndere Cultural Centre, 7pm

I wish you all a blessed week

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**

RI President's Message

R. Gordon R. McNally

April 2024

These are times that cry out for peace. The Middle East is in its most volatile condition in years. The war in Ukraine is the largest in Europe since World War II, and there are armed conflicts in Sudan and parts of Central Africa. Nearly every continent is experiencing a major armed conflict.

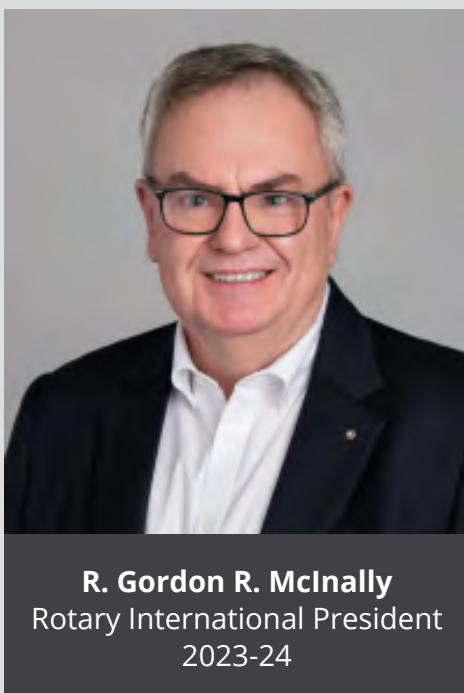
Rotary has a vital role to play in advancing the cause of peace — I often say Rotary needs to work toward peace as aggressively as those who wish to wage war. It's the spirit found in our vision statement: "Together, we see a world where people unite and take action to create lasting change — across the globe, in our communities, and in ourselves." We must never lose track of that last call — that to bring about change in the world, we need to foster change within.

It is up to us to model peacebuilding behavior among each other. We can do better than questioning the motives of one another and jumping to the harshest possible explanation. After hearing words that might strain or offend us, we have an opportunity to ask, with compassion and curiosity, the intent of those offending words. And then we have another opportunity to repair the breach.

If we wish to be a beacon to the world, let us start by being so to one another. Let's help each other find greater understanding and productive alternatives to words that cause hurt and distrust. And let's stick to our principles, but never doubt the sincerity of each other to end conflicts, not inflame them.

I'm reminded of a speech that U.S. Senator Robert Kennedy made on 4 April 1968, that dreadful

day when the Rev. Martin Luther King Jr. was assassinated. Kennedy was in Indianapolis speaking to an audience in a predominantly African American neighborhood where people had yet to learn that Dr. King had been killed.



R. Gordon R. McNally
Rotary International President
2023-24

He shared the terrible news. He honored Dr. King for all he had done for the cause of justice and peace. And then he connected with the fuming, grieving crowd by saying: "For those of you who are Black and are tempted to be filled with hatred and distrust at the injustice of such an act, against all white people, I can

only say that I feel in my own heart the same kind of feeling. I had a member of my family killed." It was the first time he had spoken publicly about President John F. Kennedy's assassination. And while many American cities exploded in violence that night, Indianapolis did not.

It is in times of crisis and despair that we need empathy most of all. Empathy is the most powerful tool of peace, and it is vital if we are to take the first brave, humble steps to Create Hope in the World.



TOPIC:

Drivers of Peace

7pm

**TUESDAY
02nd APR 24**

**Ndere Cultural
Centre Ntinda**

**Buddy Group In Charge
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Message from the President

GODFREY OKELLO-OMODING
HCP

Dear Rotarians and Friends,

Welcome to the new month and the last quarter of the Rotary Year. The theme of the month of April is Environment. This is going to be an exciting month for our Club. It is the time we are officially receiving one of us as a new District Governor. We are simply excited to receive Rotarian Anne Nkutu. Her becoming the District Governor beams light on our Club. Yes, it comes with a challenge of holding the Club high.

As a Club, we take an early opportunity to send our congratulatory message to Rotarian Anne Nkutu. On behalf of the Club members, I assure Rotarian Anne of our support and undertaking to be on her call whenever needed. We shall walk with you through your year of service to the district and general rotary fraternity.

Back to the month's theme, it is a reminder to humanity to take care of its existence. In Uganda, the environment features very prominent in the supreme law of the land-Constitution of 1995. Right in the country's national objectives and directive principles of the state policy is inserted three clauses (xiii, xxi and xxvii) covering protection of natural resources, clean and safe water and environment, respectively. Also, a right for everyone to have a clean and healthy environment is constitutionally stipulated under Article 39.

Besides these are; Acts of Parliament, policies, frameworks, and institutions mandated to manage environment. At international level, Uganda is a signatory to a number of regional and international protocols on environment. This basically give a firm ground from where to act on as far as the environment is concern.

Additionally, the theme draws us together and awakes up us to increasing issues of environment. As individuals, communities, countries and group of nations, we have roles to play. Participation in environment is needed at various levels. There are range of interventions that can be undertaken at various levels; right starting at an individual level. It is time not to ask, what can one do? It is time for actions. Impacts of what has been done and continue to be done to the environment are visible. Climate change is being felt a cross the global. At home, the pattern of seasons is changing with drastic effects; affecting the core of livelihoods of many.

Where does hope come from when it comes to the issues of the environment? There is tendency to assume that this is the role of governments. Yes, governments at various



levels have put frameworks and, too, are expected to act. But the call is extended to us all. As individuals there is a lot we can do. During this month, take time off to reflect on your actions that are preserving the environment where you live, to begin with. It can be in your home, community and workspace. Bring the reflection very close to you. Count actions you have taken in preserving, conserving and beautifying your environment. At the end, this may enable you to have an appreciation and, by extension, know the magnitude of the environmental concerns.

When Rotary, as an organization, brings up such theme, it is challenging us all. As individuals, we are not outside the bracket. Let us be part and parcel of environment hope creation. There is popular saying, "today's generation has been loaned the environment by the future generation". Literally saying, what we do today affects the future generation. It is a call to us today to mind about the future generation. Our individual "small" actions can contribute to the betterment of our environment. Join the call and together we create hope.

Be blessed.



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Eight ways to overcome the waste pollution crisis

On 30 March, the world marked the International Day of Zero Waste. The observance, led by the United Nations Environment Programme (UNEP) and the UN Human Settlements Programme (UN-Habitat), highlights the importance of proper waste management.

“Overconsumption is killing us. Humanity needs an intervention,” says UN Secretary-General António Guterres. “On this Zero Waste Day, let’s pledge to end the destructive cycle of waste, once and for all.”

Here are eight ways to embrace a zero waste approach:

1. Combat food waste

Some 19 per cent of food available to consumers is wasted annually despite 783 million people going hungry. Around 8 to 10 per cent of the planet’s greenhouse gas emissions come from the production of food that is ultimately squandered.

There are lots of ways to turn that tide. Municipalities can promote urban agriculture and use food waste in animal husbandry, farming, green-space maintenance and more. They can also fund food waste composting schemes, segregate

food waste at source and ban food from dumpsites. Meanwhile, consumers can buy only what they need, embrace less appealing but perfectly edible fruits and vegetables, store food more wisely, use up leftovers, compost food scraps instead of throwing them away, and donate food before it goes bad, something made easier by a bevy of apps.

2. Take on textile waste

Less than 1 per cent of the material used to produce clothing is recycled into new items, resulting in over US\$100 billion in annual material value loss. The textiles industry also uses the equivalent of 86 million Olympic-sized swimming pools of water every year.

To counter that, the fashion industry needs to become more circular. Brands and retailers can offer more circular business models and products that last longer and can be remade, governments can provide infrastructure for collecting and sorting used textiles, communicators—including influencers and brand managers—can shift fashion’s marketing narrative, and consumers can assess if their clothing purchases are necessary.

“Zero waste makes sense on every level,” says Michal Mlynár, UN-Habitat Acting Executive Director. “By retaining materials

within the economy and enhancing waste management practices, we bring benefits to our economies, our societies, our planet and ourselves.”

3. Avoid electronic waste

Electronics, from computers to phones, are clogging dumpsites around the world as manufacturers continually encourage consumers to purchase brand-new devices.

Through robust policymaking, governments can encourage consumers to keep their products for longer while pushing manufacturers to offer repair services, a change that would bring a host of economic benefits. They can also implement extended producer responsibility, a policy that can ensure producers of material goods are responsible for the management and treatment of waste. This can keep raw materials and goods in the economic cycle and inspire consumer waste prevention, eco-design, and optimization of waste collection.

“As the world drowns in waste, humanity must act,” says Sheila Aggarwal-Khan, Director of UNEP’s Industry and Economy Division. “We have the solutions to solve the waste pollution crisis. We just

need commitment, collaboration and investment from governments, businesses and individuals to implement them.”

4. Reduce resource use in products

Raw material use has more than tripled over the last 50 years, driving the destruction of natural spaces and fueling the triple planetary crisis of climate change, nature and biodiversity loss, and pollution and waste.

Producers can follow nationally determined eco-design standards to reduce energy and resource use while minimizing hazardous chemicals in production. These standards also ensure products are durable, repairable and recyclable while use.

This should be part of a larger effort to design products through what is known as the lifecycle approach. This entails reducing resource use and emissions to the environment throughout all stages of a product's life, from production to recycling.

5. Crack down on plastic pollution

Plastics are commonly used in electronics, textiles and single-use products. Some 85 per cent of single-use plastic bottles, containers and packaging end up in landfills or are mismanaged. Because plastic does not biodegrade, it contributes to major health impacts as microplastics infiltrate food and water sources.

In addition to phasing out single-use plastics and improving waste management, establishing a global monitoring and reporting system can help end plastic pollution.

6. Take on hazardous waste

Chemicals are prevalent in daily life – electronics can contain mercury, cosmetics may have lead and cleaning supplies often have persistent organic pollutants. Chemical and hazardous waste require specialized treatment and disposal, yet some governments fail to meet standards set in the Basel, Rotterdam and Stockholm (BRS) conventions. Hazardous chemicals and waste cross borders, unauthorized or even illegally.

Governments can commit to multilateral environmental agreements (MEAs), like the BRS conventions, which institutionalize intergovernmental and cross-sectoral cooperation

through binding targets and action plans.

Citizens can educate themselves about substances and waste types that are restricted or banned under the MEAs and demand that governments and industries remove them from the global market.

7. Rethink how cities are designed and managed

By 2050, 68 per cent of the world is expected to live in cities. Investing in energy-efficient buildings leads to long-term reductions in construction and demolition, which generate significant amounts of waste and account for 37 per cent of greenhouse gas emissions.

UN-Habitat's Waste Wise Cities and African Clean Cities Platform provide data and monitoring, knowledge, advocacy and bankable project development to shift cities towards zero waste.

8. Bolster waste management through investment and training

Globally, around 25 per cent of waste is left uncollected, while 39 per cent is not managed in controlled facilities. Global waste management incurs a total net cost of US\$361 billion annually. By ending uncontrolled disposal, reducing waste generation, and increasing recycling, governments can generate an annual net gain of US\$108.1 billion by 2050.

The One Planet network—a global community of practitioners, policymakers, and experts—can help drive this shift by fostering collaboration. It also has a database of the best resources on sustainability. A one-year project in Ambon, Indonesia, between social enterprise groups and local governments provided training and job opportunities to local waste collectors and financed improved waste management facilities.

By recovering materials, redesigning products, bolstering waste management and prioritizing reuse, humanity can embrace a zero waste approach for a more sustainable future. Extracted from an article published by UN Environment Program

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OutToLunch: Franchising may be the solution to high business mortality rates



BY DENIS JUUKO

A friend set out to start a business. He went out to do a business plan and all those things they teach at business school. He saved his ka-money and went on to implement his ideas. Like almost all business plans, his too showed profitability at some stage. Whenever he was discouraged, he remembered what motivational speakers usually say —

winners never quit. He persevered.

What probably business plans don't tell you is that there are things you will simply learn on the job. Stuff that come with doing something. After a few years and millions of shillings down the drainage channel that his business had become, he decided to defy the motivational speakers and quit the business. With money lenders on his back, he thought it was time to return to formal employment. He is happier today than when he was doing business. Sometimes winners quit!

If you have lived long enough in Uganda, you know somebody like that. Usually, the diagnosis of why the business failed leads to the usual stuff apart from one many don't talk about. Doing business (at least for profit) in Africa is largely new, starting with the Arab traders. Still many

Africans didn't become businesspeople. Trading was for the Arabs. We were onlookers.

As you read this article, you may actually be the first person ever to do business in your large extended family. There is hardly anyone to learn from. Mentorship is a new thing. And many businesspeople simply keep up appearances. Failure is the norm and not the exception.

However, there are still many businesses that have succeeded at least by our Ugandan standards. Over the years, they have understood what it takes to do business in their sector and can withstand most shocks. They have established useful contacts such as supply chains and created a brand that people trust. Sometimes, they have kept the business small deliberately so that

they don't rely so much on external debt or they are simply happy with the status quo.

Those looking at them from the side and see how successful they are and dreaming of becoming the next big thing in the same sector simply start like my friend and the majority end up failing. We have heard that the majority of Ugandan businesses don't live long enough to celebrate their fifth birthday.

All entrepreneurs don't necessarily have to start a new business from scratch all the time. They also don't have to use their capital or borrow at high rates to expand. Actually, business expansion is one of the reasons some Ugandan businesses that seemed to be doing well with a single branch start experiencing difficulties once they open several other branches. Lack of supervision due to poor systems affect them, poor knowledge of the local environment and of course the high interest rates on loans.

Businesses in the western world, Asia and some parts of Africa like South Africa understood this. One owner doesn't have to directly operate all their branches in every small town or even big city. They look for entrepreneurs they

can partner with to run some branches. They call it franchising. The entrepreneur doesn't start from scratch like my friend, learning every little thing on the job, which is many times euphemism for losing money.

The franchisor deploys their systems and experience in ensuring that the new business can survive. The franchisee uses the brand nameplate of the franchisor thereby not spending any much money in creating a new brand, employing people that may not necessarily know how to run the business and stuff like that.

Things that may look mundane can be the difference between success and failure. For example, on which side of the road a supermarket is located may be key for such a business surviving. Opening hours for some businesses may also lead to success or failure. A franchisee doesn't have to suffer with such decisions. The franchisor already knows what works and what doesn't.

The franchisor doesn't have to do so much to supervise every aspect of the business once the franchisee is good

to go. The franchisor doesn't have to look for capital to expand and relies on the franchisee's local knowledge to even try out new products that may specifically appeal to people in that particular location.

For example, an international restaurant chain may introduce rolex or Luwombo in Kampala, stuff that may not work in another country. The franchisor earns either a percentage of the franchisee's net income or a set amount of money while leaving the bulk of operational supervision duties to the local business owner. The franchisee doesn't have to spend money on research and development.

It is perhaps high time successful Ugandan businesses considered franchising as an expansion model while those starting out look at it as a model for business success.

The writer is a communication and visibility consultant.
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The second edition of the Nile Run

Rotary Clubs in Uganda joined other participants in the second edition of the Nile Run in Jinja City to raise awareness about the need for the community not to pollute Lake Victoria and River Nile with plastics.

Proceeds from this year's Nile run 2024 will go towards establishing plastic trap gates at all channels leading to Lake Victoria and the Nile

Pictorial - The Nile Run



Rotary



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Session

Save the Date

DATE:

FRIDAY 19th

APRIL 2024

TIME:

2-4pm

VENUE:

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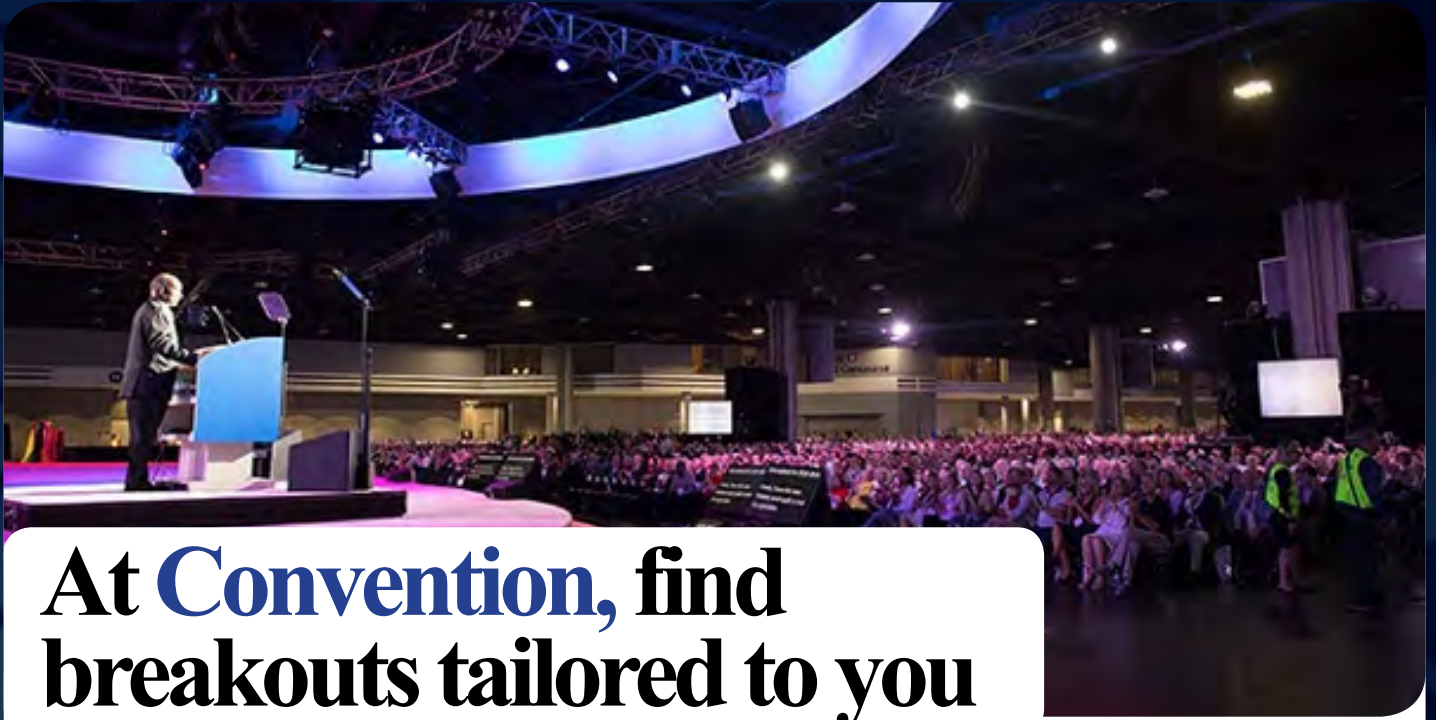
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At Convention, find breakouts tailored to you

At the Rotary International Convention main stage, you feel Rotary's sweeping influence while cheering with thousands of fellow members. And when you shift to smaller breakout sessions, that's where you get to do the in-depth work of digging into focused topics that interest you. Choosing among dozens of sessions in Singapore, you'll take away bold ideas about how to improve your club experience, your community, and the world.

You can learn ways to combine the strengths of Rotarians and Rotaractors, solve any challenges with recruiting and keeping members, and boost mental well-being — for yourself and the people around you.

Maybe you want to run a carbon-neutral club or event, collaborate with partners like Habitat for Humanity, pull in experts for project advice, or regrow Interact membership. There are breakouts that address each of those.

Get tips to make new projects and longtime initiatives even more successful and grow a lifelong love of Rotary among your club's members. These are just some of the themes up for discussion: measuring results to show impact, building bridges among members of all ages, making the club you always wanted, and using artificial intelligence in Rotary.

Registration isn't required for the sessions 27-29 May, but you can browse the full preliminary list on the convention website to plan how you'll be Sharing Hope With the World. There's even a session that fits perfectly with that theme: Spreading Global Kindness — Starting in Singapore.

This story originally appeared in the April 2024 issue of Rotary magazine.

Join us for the Rotary International Convention in Singapore, 25-29 May.
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Family Matters



BY PASTOR RONNIE MUTEBI

Proverbs 26:17: He that passeth by, and meddleth with strife belonging not to him, is like one that taketh a dog by the ears.

FIGHT WARS WISELY

In the understanding of the wise, wars and battles will always be part of life. However, there are people in this life who have a unique tendency to get into fights that are genuinely none of their business.

They may be passing by two people embroiled in a fight and simply plunge in, to throw some punches at whoever is unlucky enough to get hit first.

In our social media driven world, this is even more prominent. People take sides on issues whose genesis they have no idea about. If it is a marital fight where a couple has decided to wash their dirty linen in public, a certain random person will be join in as a social media in-law.

Seriously Why?

How is it your business?

The Message Version of our theme scripture says that you grab a mad dog by the ears when you butt into a quarrel that's none of your business.

It does not require a wide stretch of the imagination

to see the consequences of such folly.

In King Solomon's proverbs 20:3, "It is an honor for a man to keep aloof from strife, but every fool will be quarreling."

Jesus demonstrated this wisdom in Luke 12:14 when a man attempted to drag him into the inheritance battle between him and his brother. The Lord asked, "Man, who made me a judge or a divider over you?"

Therefore, it's wisdom to know HOW and WHEN to engage in a war especially for purposeful intentions.

Take home : If it's not your fight, LEAVE IT and always mind your business.

Rotary



Kampala-Naalya



**CREATE HOPE
in the WORLD**



Happy Birthday

Rtn Evelyn M.



*Wishing
you
All the Best*

PK's Corner: Your network, your net worth

BY PAMELA KAWADDWA

There is something in life called "Social Capital." The people you know; the people who know you and how they know you.

Unfortunately, people think or behave like social capital is only needed on weddings and burials. That is why someone will not bother to keep in touch for over ten years, but because of a need at hand, they send you a text message saying, "Hello so and so, long time. Btw, next Sunday is my pre-wedding meeting. I need your support."! This kind of relationship is manipulative.

Social capital is not built overnight but takes years of nurturing and being sensitive to people's emotions. Social capital is reciprocal and does not need money (especially in this virtually connected world) to build.

Social capital is very important, and when built and used correctly, it can make a very big difference to one's quality of life.

Social can save you money, make you money, get you a better job, make life easier and safer, it can save you time and effort, and make life more enjoyable and productive.

Creating a connection with people is important for building your social capital. And even if they don't respond, at least keep in touch and don't just reach out when you are in need.

As we progress through the year, please learn to connect with people in your circles. Check on people, check their progress, and give positive and inspirational feedback. Pick your phone and call someone, or text

them. It could be your relative, your colleague, your former schoolmate, a former or current boss, your CEO, your parents, etc.



Most importantly, respect everyone no matter their status in life and be there when others need you. Be a solution, an encouragement, and inspiration. Avoid being a leech or someone who just uses others. Be a nice person who, in a calculated way, stays in touch with people and brings joy, encouragement, and

hope.

The most important asset you have in life is not your job, money, or title; it's people. Your network is your net worth! Let's catch up again!

KIKOMANDO BUDDY GROUP IN CHARGE



Ann Natukunda



Anne Nkutu



Christine Amucu



Denis Jjuko



Dorcas Karungi Mwanje



Elizabeth Wamalwa



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