

Naalya Food 09th April 2024

Bulletin

Rotary
Kampala-Naalya

CREATE HOPE
in the WORLD

Issue 14 | 2024



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Editor's Note

Dear Reader,

I hope you had a wonderful weekend. With more exciting days ahead, I take this opportunity to remind you that there are three days left to register, if you intend to be part of the 99th District Conference, 18-20 April 2024. We look forward to seeing you at this special event.

Also, congratulations are in order for our PE Sylvia Jagwe Owachi, who was part of the cohort that graduated from the RLI on Saturday, thank you for taking the time to expand your knowledge and understanding of Rotary!

I invite you all to join us for fellowship this Tuesday, as we continue conversations about the environment.

Have 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**

Message from the President

GODFREY OKELLO-OMODING
HCP

Dear Rotarians and Friends,

Welcome to the second week of the month of April. The District Conference is just at the corner. Preparations are in high gear. As a club, we are very expectant. I hope you are ready for the conference.

Meanwhile, we continue to reflect on the theme-environment. To have a touch of the theme, let our actions manifest environment through conservation, preservation and promotional activities. The damage to the environment in the country is worrying. Human activities that inflict damage to environment continue uncontrolled. We all need a clean environment wherever we live and work but some of our actions are contrary.

The majority of the populace in the country depend on natural resources for their survival. Be it in energy, employment and source of food. For instance, many households depend directly on wood fuel or wood byproducts for their energy needs. Where poverty is prevalent, livelihood is more nature-based and survival is subsistence- rather earth based. In such areas, there are no surprises to see wetlands encroached for farming activities. Application of modern or better methods that conserve and preserve environment remain limited and a challenge.

The damage to the environment is not only left to the poor. For them is, at least, for survival. The "better off" too are seemingly in the race of destroying the environment. One wonders what a race to human suffering! Rich or poor, the calamities from the results of the environmental destruction affects all. The impacts may only vary out of the coping mechanisms.

Rotarians, we must wake up; focusing our attention to contributing to addressing the root causes of environmental effects.

There are a number of root causes. Some are known to us and others not or beyond us. Among these causes, there are those within our means to act. Ask yourself, are my actions today contributing to a clean environment? How am I sustaining the environment? What is my consciousness on my consumption habits vis-vis my environment? Do I practice or adhere to the 4Rs- reduce, reuse, recycle and recover as a good waste management practice? These questions and more are what the theme of the month is beckoning on us to do something.

More often there is a human tendency to portion blames. Yet there are simple things as individual we can do. Stopping littering and dumping solid waste anyhow



is one thing an individual can do. Collectively, we can lobby or even sue those polluting the environment. This is very possible. Recently, my neighbour spearheaded suing of a noise pollutant in our vicinity including suing Kampala Capital Authority and National Environment Management Authority. Some of us came in as witnesses. We pulled our heads out, though others feared. Today, there is progress. We are having some relative peace. The laws are there for us to use to act. But, sometimes, fear takes possession of us especially if the pollutant seems to exhibit "power and untouchable syndrome."

We can create hope when we are determined. Hope is within our reach but only needs actions. Actions are needed especially in areas of awareness, public education, and enforcement and adherence to laws and regulations. What is needed most are those who can bell the cats to save the rats. Be one of them.

Be blessed.



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MAGIC in Motion: Rotary District 9213's Leap Forward with Governor Anne Nkutu



BY MATHIAS MULUMBA

This article provides an overview of the upcoming conference and the initiatives led by Governor Anne Nkutu. It captures the essence of the MAGIC theme and how it builds upon the district's previous achievements to create a brighter future for all.



Introduction:

In the serene plush lawns of Munyonyo Commonwealth resort, Rotary District 9213 will unveil a new chapter of its illustrious journey. The annual conference, a convergence of minds and missions, is poised to celebrate the theme of 'MAGIC' - an acronym that encapsulates the district's aspirations under the leadership of the incoming Governor, Anne Nkutu. This year's theme is not just a word but a philosophy, aiming to consolidate the remarkable projects from the 'Amazing' and 'Hope Creator' years into a cohesive narrative of progress and empowerment.

Governor Anne Nkutu's Vision, the pioneer and first female Governor of Rotary District 9213, is at the helm of this transformative agenda. Her vision weaves the MAGIC of Motivation, Action, Growth, Impact, and Change into the fabric of the district's initiatives. With a background as a social scientist and women's empowerment specialist, Nkutu's leadership is expected to be both dynamic and inclusive.

The Essence of MAGIC:

Motivation: Drawing inspiration from past successes, her leadership will motivate Rotarians to scale new heights of service and community engagement.

Listen to the echoes of past triumphs in each Club and draw inspiration to take the next stepping stone building on the legacy of service and unity.

Wherever Rotarians meet the spirit of camaraderie fuels our passion to uplift communities. The theme for this Rotary year could not have been better. The past successes of Rotary District 9213 in community service align with the NDP II's focus on strengthening human capital development. The motivation drawn from these successes supports the government's efforts under NDP III to enhance the quality of life for Ugandans,

contributing to SDG 3 (Good Health and Well-being) and SDG 4 (Quality Education). The District Governor's message emphasizes the importance of consolidating gains in professional and leadership development, as well as community service, which aligns with good governance practices.

Action: Concrete actions are the cornerstone of Rotary's mission, and this year's DISCON showcase the impactful projects that have transformed lives. The Rotary's mission is etched in the actions that touch lives and rebuild hopes. The District 9213 meeting is a canvas showcasing the impactful endeavours of the human spirit of giving that have redefined possibilities. Each project is a testament to the power of proactive engagement and the transformative impact of hands-on service.

Deeds define a Rotarian not words, the district's signature project, Boy Child Uplifting Program (BCUP), is an example of action translating into societal change. It was initiated to mentor and empower the boy child, demonstrating Rotary's commitment to concrete actions.

Rotary's concrete actions, such as the Boy Child Uplifting Program, resonate with Uganda's NDP III's emphasis on inclusive growth and employment. This program contributes to SDG 5 (Gender

Equality) by addressing gender disparities and promoting equal opportunities for boys and girls. Consolidating gains that address the exclusion of the boy child in gender equality campaigns, contributes to a more balanced and fair society, which is a fundamental aspect of good governance.

Growth: Emphasizing the importance of personal and collective growth is the reading on most lips of club leaders. What experience does a member get in Rotary? Let's face it, 'Growth is the journey, not the destination'.

Personal development and community progress are intertwined in the Rotary's vision. The district's focus on increasing its impact, expanding its reach, and enhancing participant engagement contributes to the development interventions in Uganda by fostering a culture of volunteerism and service.

Encouraging members to continue this path aligns with the NDP II and III's goal of increasing household incomes and improving the quality of life. This growth contributes to SDG 1 (No Poverty) and SDG 8 (Decent Work and Economic Growth) by fostering economic development and reducing poverty. Rotary District 9213's growth is evident in its expanding membership and ability to adapt.

Impact: The tangible outcomes of Rotary's initiatives are the stories etched in the hearts of those they serve. The upcoming DISCON I look

forward to attend, I hope will be a mosaic of these narratives, a celebration of the change that has been nurtured in the communities. The impact of Rotary's work is measured by the smiles they create. For example, the district's efforts in menstrual health and hygiene have had a significant impact on young girls' lives. "Creating hope within ourselves, our club members, and in our communities" – service projects providing sanitary products and support, have enabled girls to attend school without interruption, thereby creating a ripple effect of positive change.

The tangible benefits of Rotary's work, particularly in menstrual health and hygiene, support the government's programs aimed at improving health outcomes and education for girls. This impact aligns with SDG 3 (Good Health and Well-being) and SDG 4 (Quality Education), as outlined in the NDP III. The impact of Rotary's work on menstrual health and hygiene initiatives has contributed to the development of human capital, a key element in the National Development Plan.

Change: Embracing change as a constant, is a tenet of Rotary reflected in its leadership style. 'Change is the heartbeat of progress'... every new Club Leadership and Board has its tag and pull effects on members' attraction to especially weekly meetings and deliver service projects.

Communities we serve like the greater public, do not know this. What matters to them is the consistency in delivering on our promise to them... this is the image for which they prize Rotary. Making it worthwhile to serve against


inevitable challenges of the times, ensuring that hope is not just a concept but a lived reality...begs us to answer that question. But how? If only we recommit to the 4-way Test not only at the start of meetings but as a mantra every morning. This will echo such a formidable force to reckon that outlines the change worth writing about. Rotary's collective commitment to the change that transforms peoples' lives, complements the NDP III's theme of "Sustainable Industrialization for Inclusive Growth, Employment, and Wealth Creation." This commitment supports SDG 9 (Industry, Innovation, and Infrastructure) thus fostering a culture of innovation and adaptation to meet the evolving needs of society. The district's adaptability and commitment to change are crucial for good governance.

MAGIC will require connections with more and more people of goodwill like you to illustrate Rotary District 9213's initiatives in Uganda's national development goals, reinforcing the district's role in the nation's broader development agenda.

As Rotary District 9213 embarks on this year's conference, the MAGIC theme stands as a testament to the district's commitment to making a difference. With Governor Anne Nkutu at the forefront, the district is ready to cast a spell of Motivation, Action, Growth, Impact, and Change, leaving an indelible mark on the communities it serves and the Rotary family.



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- FRIENDS
- BOOKED ACCOMMODATION
- MEANS OF TRANSPORT
- THEME NIGHT DRESS CODE. ETC



Takeaways from last week's fellowship

Knight Frank Uganda's review of commuter towns in the Greater Kampala Metropolitan Area.

Commuter towns on the outskirts of Kampala city are gaining traction, as more people opt for quieter, calmer, and more suburban living.

Lured by more affordable land, the potential for capital appreciation, improved access to amenities and services, and better road infrastructure, residents are willing to endure longer commute times to their places of work in and around the CBD.

Commuter towns, often referred to as "bedroom communities" or "dormitory suburbs", are predominantly residential areas, where a significant portion of residents regularly travel to a nearby urban centre for work.

They emerge when the employed or working class are priced out of the city, leading them to seek affordable housing in nearby towns. In Kampala, these towns have emerged on the city fringes, in the Greater Kampala Metropolitan Areas of Wakiso, Mukono and Mpigi, within a 30-kilometre radius of the CBD.

Key commuter towns that have grown over the past decade include Gayaza, Bulenga, Seeta, Magigye, Nabbingo, Nabweru, Matugga and Buwambo among others. The Greater Kampala Metropolitan Area has evolved into the go-to destination for the development of owner-occupied homes, especially for those seeking affordable and sizable land parcels with potential for creative development.

Commuter towns situated along major transportation arteries, such as Gayaza Road and Jinja Road, have witnessed a surge in demand due to their connectivity to public transport networks and other supportive amenities.

FACTORS DRIVING THE GROWTH OF COMMUTER TOWNS

The presence of well-developed transport infrastructure, such as the Entebbe Expressway, Northern Bypass, Kayunga Road, railway lines, and public transport systems, has significantly influenced the growth of commuter towns.

1. PROXIMITY TO EMPLOYMENT CENTRES: The

named Commuter towns have grown in areas that are close to major employment centres, or industrial areas like Kawempe, Nalukolongo, Mukono, Matugga, to name but a few. The availability of job opportunities in these areas attracts workers who prefer to live outside the city but still have convenient access to work.

2. TRANSPORTATION INFRASTRUCTURE: The presence of well-developed transportation infrastructure, such as the Entebbe Expressway, Northern Bypass, Kayunga Road, railway lines, and public transportation systems, has significantly influenced the growth of the commuter towns in discussion. Good transport connectivity has allowed a relatively easy commute to work whilst living in an affordable and or desirable location.

3. HOUSING AFFORDABILITY: The cost of housing plays a crucial role in the growth of commuter towns. In many cases, housing prices in and around the CBD have become unaffordable for many people, leading them to seek more affordable options in nearby commuter towns and suburbs. As a result, these commuter towns have experienced growth as people move in search of housing that fits their budget.

4. QUALITY OF LIFE: Commuter towns often offer a better quality of life compared to the bustling suburbs closer to big and busy cities and towns. Proximity to nature, lower levels of pollution, less traffic congestion, and more spacious living arrangements are Factors Driving the Growth of Commuter Towns. The presence of well-developed transport infrastructure, such as the Entebbe Expressway, Northern Bypass, Kayunga Road, railway lines, and public transport systems, has significantly influenced the growth of commuter towns attractive factors for individuals and families we spoke to during our primary research. As a result, the commuter towns under study have experienced growth as people seek a better quality of life outside the city.

5. COMMUNITY AMENITIES AND SERVICES: The increasing and better availability of amenities and services, such as schools, healthcare facilities, shopping centres, places of worship, recreational areas, and cultural activities, have also contributed to the growth of commuter towns in and around Kampala and GKMA. These amenities have made the towns more liveable and attractive to individuals and families seeking a wholesome community life.

REAL ESTATE INVESTMENT OPPORTUNITIES IN THE COMMUTER TOWNS IN THE CITY (Over 63,800 units required annually within the GKMA).

1. RESIDENTIAL SECTOR. Investors should consider developing or purchasing residential properties in commuter towns. These include single-family homes, townhouses, and apartment units targeting the growing population of individuals who work in nearby cities like Kampala but prefer to live outside of it for a quieter lifestyle. Development of affordable housing units for sale targeting the Middle-Income Population (Condominium

Units & Bungalow Houses). Demand for housing units to buy has emerged within the commuter towns within a price point of UGX 100 million to UGX 350 million. There are few houses available on market for sale in most of these commuter towns and in most cases the offerings are by individuals who are moving to other locations. Investors could leverage on the

economies of scale by setting up estates with houses for sale.

2. RESIDENTIAL RENTAL PROPERTIES. There is a demand for rental properties in commuter towns due to the influx of people seeking affordable housing options as students, business people or employees. Investing in small apartments or rental houses can yield steady income whilst also addressing the acute housing shortage Real Estate Investment Opportunities In the Commuter Towns in the city (Over 63,800 units required annually within the GKMA).



3. COMMERCIAL PROPERTY DEVELOPMENT. The commuter towns have a growing business sector, providing opportunities for commercial property development. This includes office space, neighborhood retail stores, or mixed-use buildings that cater to the needs of the local population. Neighborhood malls are being established in commuter towns such as Gayaza, Matugga, Kitukutwe, Sonde, Kasangati and Matugga among others.

4. HOSPITALITY SECTOR. Some commuter towns are attracting tourists due to their natural beauty, proximity to green spaces, conservation areas, lakesides and recreational activities. The Hospitality sector (Eco lodges and boutique hotels) offers opportunities for both tourists and patrons looking for weekend getaways, conference venues close enough for a day trip, but far enough to allow a change of scenery, and events venues.



5. LAND BANKING. Land prices in commuter towns are generally more affordable compared to major cities. Therefore, purchasing land for future development or resale can be a viable investment strategy. Areas especially within 25 km to 35 km radius from the city centre still have vast tracts of affordable vacant land which can be acquired and held for future use. Areas such as Kiwenda, Vumba, Buwambo, Matugga, and Mpigi among others are viable locations for land banking. The population within GKMA is projected to reach 8.5 million by 2030, thus providing the necessary demand for land within serviced and planned land estates.

6. INFRASTRUCTURE DEVELOPMENT. Given the population growth in the subject commuter towns, there is a need for improved infrastructure. Investors can explore opportunities in developing roads, utilities, and other amenities that support the growth of these areas.

7. GATED COMMUNITIES. Developing gated communities with security features and shared amenities can be attractive not only to potential homebuyers looking for a safe and well-maintained residential community,, but also for assisted living accommodation, and retirement homes.

8. EDUCATION AND HEALTH. Establishing schools and health care facilities to provide essential services to the resident population in the commuter towns. Demographic composition of commuter towns include young marrieds, full nesters and professionals with school going children thus requiring these amenities. Several schools and health facilities have been set up within the commuter towns,

but our research indicates that demand continues to outstrip supply.

9. LEISURE AND ENTERTAINMENT. Developing sports centres and astro turf pitches to meet the recreation and sports requirements of the predominantly youthful local population. 75% of the population within the GKMA area is below the age of 30, this is the population that is actively engaged in sports and yet the standard plots of 0:12 acres do not leave enough room for recreational activities. Several recreational centres such as Busika Adventure Park, Forest Park Buloba among others have been set up however there is demand for more sports centres in areas that are under served.

10. STUDENT ACCOMMODATION. The setting up of institutions of higher learning such as universities, technical institutes and polytechnics among others has created an investment opportunity in the commuter towns. Student hostel facilities are required in areas around these institutions to provide accommodation for students. Several universities have been set up within commuter towns which include Nkumba University - Entebbe, Uganda Christian University -Mukono, Bugema University -Bugema, Africa Renewal University -Buloba among others.

NOTE: With an expected annual growth rate of 4.24%, the GKMA population is projected to exceed 8.5 million by 2030, requiring the construction of approximately 62,800 new housing units per year.

Pictorial - Last week's fellowship



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OutToLunch: Degree courses that could lead to sustainable jobs



BY DENIS JUUKO

With the Uganda Advanced Level Certificate or A-level examination results released, students are grappling with the academic choices they must make. Parents and guardians are making inquiries on what are the most “marketable” courses for their children. “Marketable” courses are the ones which to an extent would help a graduate find some

sustainable job after their post-secondary education.

The universities have reacted by placing full page and center spread adverts in newspapers with a long list of courses that are available at their institutions. Most of the academic courses universities are advertising have been in existence for decades. Many of the students that graduate today with those courses struggle to find jobs.

By thinking of new courses even with the advancements in technologies like artificial intelligence (AI), education would become also cheaper. Even today, there are many degree academic programs that don't require one to study for the standard three years. That is why many university students have a lot of free time, sometimes studying twice or thrice a week a few hours on each

of those days. If they studied every day, they could be able to finish a course in about a year or two max. Universities and their parent ministry could think of reducing the number of academic years for some of the courses and free up resources that could be invested elsewhere.

Many Ugandans are obsessed with academic degrees, so what about thinking about degrees in the following areas?

1. Events management

Many organizations and even individuals require services of a professional events manager. Somebody who can think creatively, knows where to get service providers and most importantly managing them so that the organization or people involved can enjoy their event than running around. There are many events all the time and this could be an opportunity where young people can acquire the skills they need to excel in this sector. Skills such as crowd management are crucial. A course unit in





protocol would be important. Another course unit could be managing funerals. Ugandans love to pamper their dead!

2. Decoration

You have been probably at an event and before the function is over, the decorator is removing the chair covers and even the chairs themselves. The napkins and table cloths are being folded as the event is closing out. I believe that a graduate of a Bachelor's Degree in Decoration won't be able to do that.

3. Rent Collection/Real Estate Management

Most people involved in real estate struggle to collect rent and basically managing the houses for rent or at least that is what I hear landlords say. Some landlords end up being uncouth like removing a door or an iron sheet whenever a tenant has delayed to pay. Doesn't this call for a course in rent collection and real estate management? This would free up the time for landlords to concentrate on the more important stuff — building more houses for rent to bridge the gap of more than 2.4 million units that exists in Uganda today.

4. Old people care and management

As Uganda urbanizes, it will become increasingly difficult

for people to dedicate their lives to looking after old people and the sick. One must work and therefore may not be available to look after a sick or ageing mother on a full-time basis. Looking after old people requires particular skills. They are easily irritable and can feel entitled. Many people with such elderly relatives go through a lot to manage them. Most of this work is burdened to relatives who many times see it as an inconvenience. Some people have hired nurses to do this work but many such nurses have not been trained in particularly looking after the old. Although course units may already be available in certain academic programs, there is a need to build a critical mass of care givers, now that we are a middle-income country!

5. Bar management

If there is a business that Ugandans love, it is the bar. Everywhere you turn, there is bar or kafunda. Many are started as side hustles even though there are many bar entrepreneurs now and they spend a huge sum setting them up. Although some workers may have done a course unit in bar management, many just start from catering school and work their way up from waiting staff to managers. But also many have no clue. That is why they always mess

up your order or bill. Since almost everyone is starting a bar or liquor store, what about a degree course in bar management?

6. Digital influencers

As we go into the political season, politicians will need to dominate the digital media space. Companies are increasingly getting involved in digital media campaigns. Influencers are hired to create content that promotes a product, brand or candidate. Many young people today earn a living as influencers. Can they be trained through academic programs? Absolutely. So why not a Bachelor's Degree in Influence Marketing?

All the above courses can create many real sustainable jobs and can be done in about a year or so reducing the money parents, guardians and sometimes government spends on educating them. That money could be used to set up sustainable enterprises or enable a parent retire comfortably.

The writer is a communication and visibility consultant.
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RTN DENIS JJUKO

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Family Matters



BY PASTOR RONNIE MUTEBI

Genesis 37:5(KJV):
And Joseph dreamed a dream, and he told it his brethren: and they hated him yet the more.

KNOW WHEN TO SPEAK

There are things in this life that have an appointed time in which they should be spoken.

When spoken before time, they may be destroyed and

never see the light of day.

Many people are so ignorant to this wisdom just like Joseph.

Some people assume that it was God's perfect plan for him to tell his brothers about his dream, and have his brothers throw him in a ditch in a saga that would eventually lead him to become the governor of Egypt.

God did not need to have Joseph thrown into a ditch or have Jacob lied to about his death, to turn Joseph into the remarkable man he became.

Joseph simply didn't know that not everything has to be said to everybody or anybody before it's rightful hatching period.

His mistake is still made by many today. One may hear that their promotion is in

the pipeline and go about mouthing it to everyone who cares to listen. They may hear that someone is about to give them something and tell whoever they can even before the gift comes.

When such a promotion or gift never comes, they wonder why.

Wisdom dictates that, you cannot harvest the fruit of a plant that is still a seed.

You must understand that there are people to whom you cannot communicate or disclose ideas or plans that have not yet materialized. They will always conspire if they carry indifferent hearts to abort your destiny.

Beware of such.

Take Home: There are things in this life that have an appointed time in which they should be spoken. You cannot harvest the fruit of a plant that is still a seed.

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RTN. EFRANCE.

Happy

Birthday



PK's Corner: Me or My Shadow Part 1

BY PAMELA KAWADDWA

Nobody wants to be lonely. Everybody wants to belong to a group. The crowd is essential for the false self to exist. The moment it is lonely, you start freaking out. Particularly if you hate your own space and can only thrive on other's presence, you need to check yourself. To be an individual is the greatest courage. It does not matter that the whole world is against me. What matters is that my experience is valid. Don't die before realizing your authentic self.

Authenticity. Courage. Vulnerability. We hear these words so often they've become a part of our daily language. But how often do we stop to investigate what they actually mean?

I grew up within my father's authentic gates that taught us daily to demonstrate our opposition to the status quo. We were trained to speak about the awkward and practice the uncomfortable, sometimes in the face of hostile reactions. And so it was

that, as a child, I learned the skill of both living boldly and sticking my foot into a person's door so they would listen to what I had to say. Over the years, my vantage point became one of lone observation, both within my own "tribe" and when I was at school.

True radicalism is one's ability to be courageously real—not in a bid to be different and unique, and therefore, somehow superior, but only to live according to what one believes. I have one radical friend that I love deeply for being who she is and trying to step out of her own tribe and pursue her own self-image. Not anyone else's or what the world expects. Her own self! Social media portrays a lot of "fakism" if that word exists anyway. Its fake skin, and underneath that, is the realness, which isn't as beautiful as the flashed "fakish"

images.

Let's catch up again!



KIKOMANDO BUDDY GROUP IN CHARGE



Ann Natukunda



Anne Nkutu



Christine Amucu



Denis Jjuko



Dorcas Karungi Mwanje



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