

# Naalya Food 23rd January 2024

# Bulletin

Rotary  
Kampala-Naalya

CREATE HOPE  
in the WORLD

Issue 3 | 2024



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# Editor's Note

Dear friends,

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**I hope you all had a blessed week. This week is even more exciting for RC Kampala Naalya, as the club awards its own, CP Francis Lakor, with the Vocational Service Award.**

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This is an annual award designed to recognize an individual who surpasses expectations for exemplary vocational service.

And as we continue to celebrate our diverse members that are making an impact in their community, this issue features our members in the Banking sector.

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**Enjoy this week's Naalya Food Bulletin and please feel free to reach out to our editorial team for any comment or feedback.**

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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,**

**This week, the Club is awarding Dr. Francis Lakor, Charter President of our Club, a vocational award. The award is out of Dr. Francis's excellency at his profession work, transfer of knowledge, training of cadres in dental profession, and exhibiting use of his vocation through spreading his services to different communities. The award comes as a Club members' deep appreciation of Dr. Francis's work and leadership. This epitomizes reflection on vocational service this month.**

There are a number of lessons to learn from this award. It comes as an example of acknowledging a person who has demonstrated consistency, ready to support and love for others, and discipline at work. This award, as a sign of success for one of us, is part of the summation of our sharing of knowledge and skills for the good of humanity. It is a sacrifice that strengthen all in the advancement of the spirit of action beyond self-interest. As one shines, all of us shine. Together we appreciate a pedestal the community gives one to shine.

It worth noting that success in vocational service, the kind of Dr. Francis, comes with one having exemplary leadership attributes. The nature of the

leadership where coworkers have faith in the leader. Likewise, the leader having faith in the team members. It is a sustained faith manifested by collections of actions. Therefore, for those awarding have a total trust that the awardee's nature is solid, and has bankable integrity.

The leadership of Dr. Francis is inspiration. He has values that are anchored on integrity. He is driven by his conviction and he lives by them. Dr. Francis has demonstrated beyond the limit that he is deserving of vocational award. In addition, he has shown ability to lead with willingness to sacrifice for humanity.

Fellow Rotarians, let us pick one or two attributes of Dr. Francis. Importantly, let us extend and uphold deployment of our knowhow- skills, competencies and knowledge freely. Let us remember that the world has a lot of people who need hope; just to make next step or better their situations. The strength they are looking for, you may be the one to unlock. May you uphold your purpose in rotary; purpose to serve. To serve with a sacrificial spirit. May the use of your skills, competencies and knowledge be a marvel to many.

The use of our skills, competencies and knowledge may it impact others while superseding our different



interests. May we be possessed with the helping spirit; the spirit of trust and action. This should be emblemized with sacrificial hearts which delight at seeing others improving or better. Of course, it requires serve above self. The month's theme- vocational service is framed as to cause overcoming of human tendencies of "self". Human beings have a tendency of wanting to feel great especially when in leadership positions.

**The theme is a reminder that let one's greatness be influential, impactful, and be felt by what betterment he/she brings to others. This year of creating hope in the world is not about positions, it is simply about hope one creates. Let creating hope be simply having a touch of others' feelings. Sowing empathy wherever one is and whenever one can. Let our nature and practices this month change into seeing humanity in totality- putting yourself in others' shoes. May this award rally all of us to put our vocations into serving humanity.**

Be blessed.





## Aluminium and Metal Fabrication



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# member SPOTLIGHT

## January is Vocational Services Month.

This week we celebrate our members in the Finance and Banking sector



### ***Rtn Stephen Kakonge***

Rtn Kakonge is the Senior Investment Manager Agriculture at **Uganda Development Bank**.

He has more than 10 years of work experience having served in various roles at DFCU Bank, Centenary Bank, Uganda Microfinance Union and short term consultancies with **International Trade Centre ITC** and **Technoserve**

### ***PE Sylvia Jagwe Owachi***

**R**tn Sylvia is a banker currently serving as the Chief Executive Officer of Cairo Bank Uganda. She has previously served as the Executive Director of the same Bank.

Sylvia attended Gayaza High School for both her O' and A-Level education and later joined Makerere University where she graduated with a Bachelor of Commerce degree, majoring in finance.

Later, Sylvia was awarded a Master of Business Administration degree, by Heriot- Watt University, in Edinburgh, Scotland, United

Kingdom. She joined Standard Chartered Uganda in June 1996 and served in various roles including as Credit Analyst, Relationship Manager and Corporate Service Manager.

In 2007, she was promoted to Senior Credit manager, then to senior risk manager in 2010 and to Senior Relationship Manager in charge of local and international corporates. Her last assignment at Standard Chartered Bank was as the head of commodity traders & agribusiness at the bank.

She left Standard Chartered Bank in 2016 and joined Guaranty Trust G-T Bank Uganda, as the head of Corporate Banking and in June 2020, Sylvia was appointed Executive Director at Cairo Bank Uganda.





**Rotary**  
Kampala-Naalya



**CREATE HOPE  
in the WORLD**

*9th Edition*  
**WOMEN**  
**In Rotary**

SATURDAY  
**March 9, 2024**

*Save  
the Date*

**#** *Inspire Inclusion*

# Rotary and UNEP Unite to Safeguard Global Freshwater Ecosystems

## 'Community Action for Fresh Water' Initiative Aims to Enhance Global Freshwater Through Community-Led Projects

**E**VANSTON, Ill., USA (11 Jan. 2024) — Under a new strategic partnership, Rotary and the United Nations Environment Programme (UNEP) are launching the 'Community Action for Fresh Water' initiative, focusing on the protection of freshwater ecosystems. In response to escalating challenges like pollution, climate change, and habitat degradation, this initiative is set to enhance both the conservation and monitoring of freshwater ecosystems globally.

"Partnering with UNEP empowers Rotary members to significantly contribute to freshwater conservation efforts, beginning with the waterways in their own communities," said Rotary International President Gordon McInally. "Through this collaboration, our members will bring local solutions to global challenges, directly impacting the health and sustainability of their communities."

Through this initiative, Rotary will leverage its global network to initiate community-based

solutions that directly influence freshwater ecosystems and can be carried out at the watershed level. Members will engage in identifying and protecting important local bodies of water, collaborating closely with local stakeholders. Their activities will encompass organizing cleanup and conservation campaigns, conducting educational initiatives on water conservation, participating in habitat restoration, and monitoring water quality.

"Freshwater ecosystems are essential for the well-being of our planet, providing crucial services from biodiversity stability to water supply for communities," said Leticia Carvalho, Head of UNEP's Marine and Freshwater Branch. "This collaboration amplifies our efforts at the grassroots level, combining Rotary's community presence with our expertise to make a meaningful impact, and fostering respect for these vital resources."

Building on the success of the 'Adopt a River for Sustainable Development' pilot program with Rotary District 9212 in Eritrea, Ethiopia, Kenya, and South Sudan, this strategic partnership showcases the potential of linking together community-based environmental efforts.

Rotary's initial 3-year financial commitment to the partnership will fund a range of activities, emphasizing direct action and community involvement.

**About Rotary:** Rotary brings together a global network of volunteer leaders dedicated to tackling the world's most pressing humanitarian challenges. Rotary connects 1.4 million members of more than 46,000 Rotary clubs in almost every country in the world. Their work improves lives at both the local and international levels, from helping families in need in their own communities to working toward a polio-free world. Rotary clubs are also undertaking impactful environmental projects worldwide, with over US\$23.7 million invested by The Rotary Foundation to this end.

**About the UN Environment Programme (UNEP):** UNEP is the leading global voice on the environment. It provides leadership and encourages partnership in caring for the environment by inspiring, informing and enabling nations and peoples to improve their quality of life without compromising that of future generations.

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# OutToLunch: Investment ideas to fulfill your 2024 resolutions



BY DENIS JUUKO

**T**his week sees the end of the festive holiday period almost for every organization especially those in the private and development sectors. Like every New Year, many people come up with resolutions, committing themselves to what they would like to achieve. For many, making more money tops the list. Money, makes the world go round or so we are told. If making money is one of your resolutions, here are some ideas:

**Trading in FMCGs:** There is a saying that cash flow is king. If you want to make money in 2024, you may have to look at businesses with a lot of cash flow. Trading is one such business. You can buy stuff in the morning and have them sold by the evening. This is common in the sector known as fast

moving consumer goods or FMCGs. Almost everybody or household uses them every single day. Such goods may include sugar, soap, cooking oil, wheat, bread, and packaged drinks (soda, water, beer, juices etc.). Fuel (petrol and diesel) are considered as FMCGs too. There are so many other goods in this category just like you see in the supermarket or retail shop near you. Because they are highly consumable, they provide good returns to those who trade in them. The margins per item is small but the secret here is in the volumes. Traders earn about Shs500 or so per a carton of soda or bottled water but the numbers they can sell a day can be huge. A small trader doing just 1,000 cartons a day would be able to earn a gross income of half a million shillings. In a six-day week, that would be Shs3m or approximately Shs12m a month.



**Treasury bonds and bills/unit trusts:** There is an increasing interest in treasury bonds and bills as well as unit trusts. Unlike trading, these are hustle free investment options. You simply walk into your commercial bank with a minimum of Shs100,000 and start investing in bonds and bills. Insurance companies and investment companies regulated by the Uganda Capital Markets Authority offer unit trust investment opportunities some of as little as Shs10,000. Bonds, bills and unit trusts offer returns of about 10% annually. If passive income is your thing, this is where to invest. If you reinvest the interest, in a few years, you can significantly see huge returns due to the power of compound interest.

**Real estate:** There are some people who are running away from real estate especially rentals to invest in the hustle free treasury bonds and bills and unit trusts, which means there is a gap that is increasing in real estate rentals especially for the lower and middle income categories. Already, statistics from Habitat for Humanity Uganda indicate that the country's housing deficit stands at 2.4 million housing units. As Uganda continues to urbanize, there will be an increasing demand for houses for especially young people who are doing their first or second jobs. Houses that are

affordable for the lower and middle income earners will continue to be in demand for years. The investment here is also not so high and can be done incrementally over a long period of time. Besides rentals for this population segment, land banking and selling and buying are still other income generation and saving options.

**Motor vehicle spare parts:** If you live and work in the greater Kampala metropolitan area, you know the state of the roads in the country. Each vehicle you see on the road is a potential client. Given the state of the roads, car breakdowns are going to be the norm rather than the exception. The lack of an efficient public transport system and the culture of owning a motor vehicle considered as a yardstick of success will see an ever-increasing number of vehicles on the road. Most of these vehicles come in old from Japan and the state of the roads will ensure frequent breakdowns. Roads take time to be built even when money is available, making investing in motor vehicle spare parts a worthwhile venture.

**Electric mobility:** A trending photo this week was of Tesla car being offloaded from a car carrier somewhere in Uganda. Teslas are fully electric vehicles.

Many development partners and blue-chip companies have started electrifying their fleets. This is a result of URA removing import duty on electric and hybrid vehicles this financial year. Kiira Motors' vehicle plant is nearing completion with the installation of the assembly lines, paint shops and testing facilities ongoing in Jinja. But we don't have enough mechanics and technical people to maintain these electric vehicles. We don't even have enough well-trained electric bus drivers. The electric mobility value chain has great potential for those looking for investment opportunities this year.

**Personal health:** Apart from making money, many people resolve to do something about their health every New Year. They perhaps understand that you can only make money if you are alive and healthy. Personal health is already an industry worth of billions of dollars globally. As the country urbanizes and a few people get out of poverty, they will always be willing to spend on their personal health making it an area with potential returns for investors.

The writer is a communication and visibility consultant.  
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# TeamBuilding at TEMBUZI

## ABOUT US

Tembuzi Cultural Fun Park is designed as a family-friendly leisure park, with recreational facilities, kid's play area, restaurants and bars. Tembuzi is a place where individuals and families can chill, catch-up and celebrate themselves.

## WHAT WE OFFER

Tembuzi Cultural Fun Park offers you the most appropriate venue for all kinds of outdoor corporate events, including team building activities to increase communication, motivation, leadership skills, goal setting abilities and productivity.

Along with an amazing space, we offer food, drinks and a games master to guide the experience. Book the Tembuzi space for team building, corporate parties and more.



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# Family Matters

BY **PASTOR RONNIE MUTEBI**

**1 Corinthians 4:2 (KJV):** Moreover it is required in stewards, that a man be found faithful.

## **THE FAITHFULNESS OF A STEWARD.**

Every person is a steward and every steward must be found faithful.

### **How does God measure faithfulness?**

Is it in the magnitude of the work and the highness of the position of the person serving?

Is it in the amount of public attention received by he who serves or the brightness of the spotlights one works under?

None of that is God's concern when He rewards men.



He looks at the heart and love with which the work is performed.

**It may surprise you, but in the eyes of God, a man behind the camera may be counted more faithful than a person who stands before thousands every day.**

Never belittle your work, assuming it is too insignificant to warrant faithfulness.

**NO MATTER HOW MENIAL THE TASK, DO IT WITH ALL THE DILIGENCE AND EXCELLENCE IT DESERVES.**

Even while away from the observant eyes of men, remain true and faithful to your duties. He is the God who sees in secret. No task is too small for His attention. Each is a brick adding to change and make life better.

**Take Home:** No task is too small for God's attention. Each is a brick adding to change and make life better, God values it and so must you.



**Rotary**  
Kampala Naalya



**IMAGINE**  
ROTARY

# Happy Birthday



**RTN STEPHANIE**

Live your life with smiles, not tears. Beat your  
age with friends and not years.

Happy birthday!



# PK's Corner: Night Traveler

BY PAMELA KAWADWA

I am a night traveler  
Travel all through  
the night  
And my bed is a  
sailing boat  
I reach for my bed  
every night  
And take a trip places  
far away  
To see new things and  
people

I travel past the harbors  
Full of anchored boats  
I travel past the beaches



With swaying coconut trees

I watch the waves  
Embracing the shore  
I watch the kids playing  
And reach out my arms  
Then I touch my own bed  
Here comes a flash  
And my boat is back  
And I am back in bed

My boat sails every night  
And reach home with morning  
light  
Never did it anchor once  
Still travelling every day  
Hoping to reach  
That unknown destination.

## Take-aways from last week's fellowship: Fish Farming

BY SAM PATRICK OGWANG

*Manager- Research, Quality Assurance and Awards at Uganda Business and Technical Examinations Board (UBTEB)*

**P**atience: the profit is not immediate, but the business last longer with minimal maintenance costs.

Three Factors of Production

1. Land

2. Labour  
3. Capital

**Choose a Production line**

(Grow our; For table fish to the market and or Breeding to supply seeds)

**Fish marketing  
Opportunities  
Challenges  
Threats**



# Pictorial - Last Week's Fellowship







# RelaDental

## Smile for Miles



### **RELA Dental is located**

in the Sub urban of Naalya Estate, 200meters from Naalya roundabout of Northern by pass. Along - Namugongo road. Take 2nd turn after OXY Petrol station, to Shelter Road. Between 40-50 meters along Shelter road turn Right to Access road and to North south close, Block 221, House No. 2 in a quiet residential area overlooking Northern bypass.

**Contact Dr Francis Lakor on 0782 859 914**

**AAR, Jubilee and Prudential Insurance  
clients accepted**

### **WHAT WE OFFER AT RELA DENTAL**

#### **CONSERVATIVE AND REHABILITATIVE DENTAL TREATMENT WHICH INCLUDES;**

- Restorative (Fillings)
- Root canal Treatment
- Crowns and Bridges
- Orthodontic Treatment/Braces (For clients with teeth mal-alignment)
- Denture for clients with missing teeth
- Periodontal Treatment (scaling and polishing or Cleaning)
- Provision of mouth guards to sports men and women
- Teeth whitening.
- Dental implants
- Tooth Extraction

#### **MAXILLOFACIAL IMPLIES ONE DEALS WITH THE FACE, MOUTH AND THE SURROUNDING AREAS. THIS INCLUDES;**

- ORIF (fixing broken jaws)
- Reconstruction surgery to Patients who might have lost their palate due to cancer.
- Face Lifting



# KATOGO BUDDY GROUP IN CHARGE

## OUR MEMBERS



**Dr Lakor Francis**

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**Enid Kabunga**

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**Fathila Nanozi**

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**Grace Mutungi**

---



**Herbert Oloka**

---



**Jimmy Mayanja**

---



**Joachim Buwembo**

---



**Johnson Akanyijuka**

---



**Lillian Keno**

---



**Ruth Mugisha**

---



**Pamela Kawaddwa**

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**Simon Sekanya**

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**WOULD YOU LIKE TO JOIN OUR CLUB?**

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

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

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