

Naalya Food Bulletin

13th February 2024

Rotary
Kampala-Naalya

CREATE HOPE
in the WORLD

Issue 6 | 2024



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Opportunity:
Rotary Peace Fellowship



Fun facts:
Singapore



Editor's Note

Dear Reader,

I hope you all had a beautiful week.

As we continue to reflect on one of Rotary's core areas of focus, Peacebuilding and Conflict Prevention, let us commit to being proactive agents of peace in our immediate environments.

We believe creating peace in our communities, can have a global effect.

This Tuesday, February 13, 2024 the Assistant Commissioner General, Uganda Prisons service, Lion Robert Munanura will be taking us through the topic: Recidivism reduction, breaking the incarceration cycle, please join us at Ndere Cultural centre, 7pm

Enjoy this issue of the Naalya Food Bulletin.

Keno Lillian
Bulletin Officer

Editorial Design by

Bruno Komurubuga
WhatsApp: +256 706 909 576



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,

As we continue to reflect on the theme of the month-Peace and Conflict Prevention, the Club last week had a quiz on peace. It was for reminding ourselves on the basic facts of rotary peace engagement in the world. Interesting, the results of the quiz revealed that there is yet a lot to learn on rotary engagement in peace and conflict prevention.

This week, Assistant Commissioner General of Prisons, Robert Munanura, is giving us a talk on Recidivism Reduction by Uganda Prisons service. This is very essential in peace building. As pointed out in the last bulletin, peace is needed at various levels-individual, family, community, national and global. Prisons service plays a role in peace building at these various levels differently. I know we do have various perceptions on prisons and prisons service. As Robert shares with us recidivism reduction, let us ask ourselves, can someone who is not in peace build peace with others? When you do that, Robert's presentation will give you answers.

Knowing that peace is fragile, building it is a process that needs a delicate handling and various actors. For Rotarians,

we are challenged to be peace champions. Are we equipped for the task? Many of us by being Rotarians and, participating in rotary area of focus-peace and conflict prevention assume equipped enough for peace building and conflict prevention. Rightly so, we make contributions towards rotary structures of peace building and carry out projects which promote peace building. However, we still need to re-assess our preparedness.

Therefore, this month, we have an opportunity to re-examine ourselves on our level of preparedness and engagement on peace and conflict prevention. For instance, are we individually having peace? Peace in a person is invisible only occasionally surfacing in visible state. Sometimes cheerfulness of a person or his/her contentment is remotely interpreted as being in peace. These may be temporary states. What is important is building a sustainable state of peace. Of course, what surrounds people's life and demands therein contributes to their peace.



There are many prescriptions to peace buildings and sustenance that experts do advance. Whether they are universally applicable is a different thing. However, it is generally agreed that peace begins within a person. It is manifested by his/her decisions making and choices, thoughts, habits, among others.

To translate your peace to creating hope in the world is the essence of the reminder of the theme. As Rotarians, we ought to create peace for ourselves as part of self-realization. We must train ourselves to be in peace within ourselves and those we interact with and serve. We are to exhibit peace daily and create certain kind of systems or conditions that are characterized by our habits/ways that re-enforce our peace building efforts. Through creating states of peace, they propel us to create hope in others. This is the challenge the theme of the month presents before us; have peace in yourself before you can give others peace.

Be blessed.



Aluminium and Metal Fabrication



Najjera- Buwaate Rd, Kira
+256 75 811 1409 +256 740 863 399
vipventuresltd@gmail.com

Help Us Find candidates for the Rotary Peace Fellowship

Applications are now open for the 2025 Rotary Peace Fellowship. If you know any peace and development leaders in your community, encourage them to apply for a fully funded master's degree or professional development certificate at one of our Rotary Peace Centers around the world. The possibilities include our newest center in Istanbul, Turkey and Makerere University.

Each year, Rotary awards up to 130 fully funded fellowships for dedicated leaders from around the world to study at one of our peace centers.

The Fellowship is designed for leaders with work experience in peace and development.

Through academic training, practice,

and global networking opportunities, the Rotary Peace Centers program develops the capacity of peace and development professionals to become effective catalysts for peace. The fellowships cover tuition and fees, room and board, round-trip transportation, and internship and field-study expenses.

Since 2002, more than 1,700 peace fellows have trained at Rotary Peace Centers. They now work in peacebuilding, conflict prevention, and development roles in more than 140 countries.

Follow the Rotary Peace Centers' Facebook page to learn more, or write to rotarypeacecenters@rotary.org



**ROTARY PEACE
FELLOWSHIP**

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.



RTN SHEILA
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+256772403120



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81 Rotarians selected for Service Above Self Award



Eighty-one Rotary members have been selected for the 2023-24 RI Service Above Self Award. As Rotary's highest honour for individual Rotarians, the award recognizes up to 150 Rotarians annually who have demonstrated exemplary humanitarian service, with an emphasis on personal volunteering their time and talents to help others.

Emphasis for the award is placed on personal volunteer efforts and active involvement in helping others through Rotary, rather than one's performance in an elected or appointed Rotary assignment. Personal financial contributions to Rotary, its Foundation, or any individual project are not relevant considerations for the award. This year's recipients of the award will be honoured during a special reception at the Rotary International Convention in Singapore.

Pictorial - We visited RC Najeera as they hosted **DG Edward Kakembo Nsubuga**



Rotary
Kampala-Naalya



CREATE HOPE
in the WORLD

9th Edition
WOMEN
In Rotary

SATURDAY
MARCH 9, 2024

VENUE:
KAMPALA
SERENA HOTEL

TIME:
FROM 4:00PM
TILL LATE

TICKETS:
200K PER TICKET
1.8M TABLE OF 10

DRESS CODE
FLORAL

#InspireInclusion

Fun facts about Singapore

Singapore is a city, a capital and a state all at once, making it one of only three City States in the world. The other two are Monaco and Vatican City. It is one of the world's greenest cities with approximately half of its land (900square kilometres) under green cover.

If you are given a present in Singapore, it is rude to open it in front of the person who gave it you, it's polite to wait and open the gift later. Chewing gum is banned in Singapore, except for those with a medical prescription.

Singapore's Changi Airport is ranked among the top airports in the world.The

roadway into the city, from Changi Airport, can quickly be turned into another runway.

The Singapore national anthem is in the micro text on the back of their \$1000 note.

Singapore bought billions of cubic feet of sand from Cambodia because Cambodia needs money and Singapore needs land

The President of Singapore must not be a member of any political party in order to run for office.

You need to bid for the right to own and drive a car in Singapore. The current

rate is roughly \$80,000.

Buildings in Singapore cannot be higher than 280 meters.

Almost half of the territory of Singapore is covered by vegetation!

The largest tropical orchid garden in the world is found in Singapore Botanic Gardens.

Out of respect, locals address older folks on the street, like a shopkeeper or a taxi drivers, as "aunty" or "uncle" even if they are not related.



Theme: Unleashing Africa's Potential ; Rotaract leading the way

Theme: Unleashing Africa's Potential ; Rotaract leading the way



**14th - 17th
November 2024**



**Las Vegas
Garden Hotel**
Kazibwe Road, Bunga, Kampala

\$80

Early Bird Registration
1st Feb -31st July 2024

\$100

Late Registration
1st Aug -14th October 2024

*Note: Fees don't include
accommodation*

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JIENGO

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**REGISTER
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OutToLunch: Rogue police, workforce a deterrent to investment

BY DENIS JUUKO

Now that the visitors we didn't want to annoy have gone back to their countries after attending some conferences in Kampala, we can wash our dirty linen as Ugandans. Isn't that what they call good manners?

Over the last few weeks, every newspaper has carried a story involving the police. And the stories were not about heroics of police officers in firefighting gear, ladders on the building and getting a little girl alive from a burning building, just moments before the roof curved in. They were not of police officers rescuing a two-day old baby from a pit latrine or arresting the bad guys who had made it a habit to stage armed robberies every time the sun set. The stories were about the police officers turning rogue, becoming the bad guys themselves.



You have heard the well-orchestrated plot that saw police officers walking away with millions or billions, depending on who you believe, from the residence of a honcho of the ruling party. Their job at the residence was to protect it from the bad guys.

Other police officers were arrested for stealing some USD30,000 from a Kenyan trader. They were charged with aggravated robbery and dismissed from the force.

Another 10 police officers were arrested for stealing from a thief. When they apprehended the thief, they decided to declare less money than they had found with the suspected thief. I hear it is common for the police officers to declare less money. Exhibits are known to disappear from police stations and posts.



Many people in Uganda don't bother reporting crimes to police because they don't expect much or they think that the police are already conniving with the thieves. Stories are told that thieves with the knowledge or connivance of some people within the police partitioned Kampala to themselves. A thief who steals from Kampala Road doesn't operate on Nkrumah or Parliamentary Avenue because that is another thief's territory. Those who operate during the day don't do so at night. They also know who steals what. Those who break into houses, we are told, don't break into cars. It is called honor among thieves. That is why when bigwigs lose their phones or laptops, the police recover them quickly. They know which thief operates where and at what time.



Like the story of Sobi who was recently killed in a land conflict while carrying out an illegal operation, security forces once in a while incorporate them into the forces as spies or operatives. Security forces, perhaps, have never heard that leopards never change their spots.

Yet the crimes perpetrated by rogue police officers increase by the day to the extent that we would need the entire newsprint reel and perhaps

more to list all these things. The crime rate isn't going down in the country but it should be worrying that some of those responsible with protecting the people are instead committing crimes against the people they took vows to protect.

It isn't just the police that should be in the spotlight. Supermarket owners complain of pilferage. Restaurant and bar owners know

that staff are capable of bringing their stock which they sell first without incurring the overall cost of running the business. When the owner checks on the stock, he realizes he is well stocked. It is the customers who aren't drinking or eating or they are consuming very little. In actual sense the customers are consuming a lot but from the stock of the workers. Yet the staff expect salaries on time

and even promotions.

Commercial banks are under siege from both customers and their employees who are manipulating digital systems and walking away with billions. Banks, I am told, fear to make the news public so that customers don't lose confidence in them and withdraw all their deposits.

The rate of crime has an effect on the country's economic performance. If crime cartels

control parts of a major city, people can't set up businesses in those areas or even the country itself. If bank staff inform criminals of who has withdrawn large sums of money so that they can waylay them a few minutes

later, people would rather invest in countries and cities where they know their money is safe. If police is now reported everyday being involved in crime, no serious investor would like to come over here. We will end up with those looking for deals.

If we are to become a middle income country, the police's professional standard unit's job is well cut out.

**The writer is a communication and visibility consultant.
djjuuko@gmail.com**

Rotary
District 9213



Rotaract
District 9213



99TH DISTRICT CONFERENCE

KEEPING HOPE ALIVE

**MUNYONYO
SPEKE RESORT**

20TH
APRIL 2024

FITNESS AND HEALTH
— SPINNING SESSION & RIDING —



PEDAL WITH PURPOSE

PEDAL WITH PURPOSE AND SWEAT IT OUT
IN OUR BICYCLE SPINNING SESSION

6:30AM – 7:30AM



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Family Matters



BY PASTOR RONNIE MUTEBI

Proverbs 21:20 (KJV):
There is treasure to be desired and oil in the dwelling of the wise; but a foolish man spendeth it up.

STANDING BEFORE GREATNESS

Life lessons communicate value and virtue. It's of virtue to know that when you are in the presence of a man or woman who is greater than you to listen more than you speak. God, through our theme scripture tells us that there is treasure and oil in the dwelling of such persons.

Why would you speak incessantly while in the company of a person who is able to teach you more than you are able to teach them by virtue of



their experience and achievements in life?

If you are before a business guru and he is giving insights on how he built his international conglomerate, why would you be eager and desperate to chip in on what you have learnt as you set up your kiosk downtown?

Why should you attempt to sow seeds

where they are not required?

That is what our theme scripture defines as wasting by a fool.

When in the company of a man or woman who has achieved more success than you, seek to learn because such opportunities also come with the humility to learn and wisdom to add value.

Take Home: When in the company of a man or woman who has achieved more success than you, seek to learn by silence with an open mind ready to take in more than desire to share shallow experiences of no value.



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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.

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- Periodontal Treatment (scaling and polishing or Cleaning)
- Provision of mouth guards to sports men and women
- Teeth whitening.
- Dental implants
- Tooth Extraction

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

PK's Corner: The lies they sell

BY PAMELA KAWADWA

I made change after change
On the road to perfection
but when I finally felt
beautiful enough
their definition of beauty
suddenly changed

What if there is no finish line
and in an attempt to keep up
I lose the gifts I was born with
for a beauty so insecure
it can't commit itself!



TRUTH



99TH DISTRICT CONFERENCE

KEEPING HOPE ALIVE

CALL FOR VENDORS RESERVATION PRICELIST FOR HOUSE OF FRIENDSHIP

4 VENDORS SHARING A TENT
UGX 350,000

2 VENDORS SHARING A TENT
UGX 750,000

3 VENDORS SHARING A TENT
UGX 500,000

1 VENDOR IN A TENT
UGX 1,500,000

BANK NAME: **Centenary Bank**

ACCOUNT NAME:

Rotary District D9213 99th DISCON

ACCOUNT NUMBER:

UGX-3100102899 | USD-3100102900

CONTACT:

DianaRose Tegule
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Pictorial - Last week's fellowship in Pictures



ROLEX BUDDY GROUP IN CHARGE



Arnold Ntege



Dennis Osikol



Efrance Nakitto



Evelyn Mulinda



Francis Lubuulwa



Hadijah Nankanja



Laetitia Kiyingi



Sheila Kawamara Mishambi



Stephanie Gacukuzi



Stephen Kakonge



Sylvia Jagwe Owachi



Barbara Ninsiima



Ronnie Mutebi



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MEETS EVERY TUESDAY AT 7-8PM**