## Naalya Food 20th February 2024

## Bulletin





Issue 7 | 2024



## **Inside This Issue**



Singapore 2024: FAQs



Family Matters: Attractions of Faithfulness



## Editor's **Note**

#### Dear Friends,

I am delighted to announce that the Women In Rotary event is around the corner, March 9, 2024 have you secured your ticket?

This remarkable event reflects the dedication and collaborative efforts of members in advancing Rotary's mission. Save the date and join us as we Celebrate Women and their role in Rotary.

I also encourage you all, with content that you would want to be carried in the weekly Bulletin to submit it to the Editorial team by Friday.

To members who have consistently sent in articles, thank you.

Enjoy this issue and have a peaceful week.

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,** 

elcome to the third week of the month of February. Time is moving fast and very soon we shall be celebrating our signature event- Women in Rotary. This is an event vou should not miss. Don't wait for stories. Be there. It is a wonderful time to be together in one place celebrating and reflecting on women's advancements in social, economic, cultural and political spheres. This is a further extension of what society can do in building peace and reducing conflictsconflicts of co-existence.

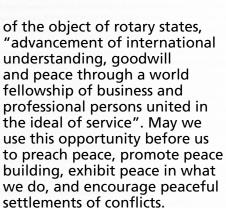
Last week we had a very educative and informative talk from the Assistant Commissioner General of Prisons, Robert Munanura. Seemly, little is known about different prisons services. Robert's talk on Recidivism Reduction strategies which the Uganda Prisons service is carrying out was an eye opening. Indeed, it arose an appreciation of the role of prisons in peace building and conflict prevention, among others. As a Club, we remain grateful to Robert for giving us his time and delivering such a wonderful talk.

As a society, it is important to reflect on the lives of persons who find themselves in hard situations as result of conflicts. How do they manage? This month, in particular, let us take

a moment to draw nearer to these persons in the war areas, in displaced persons' camps or settlements and generally those in different conflict situations. A common denominator among these persons is uncertainty. Uncertainty of the next minute, uncertainty of next happening, and uncertainty of many things. Every minute comes with a pain; pain of great magnitude. Questions of continuity of life keep lingering in their minds. Where will the basics come from? Choices of living get narrowed to wishes. Even at family and individual levels, there are persons living in daily inflicted conflicts. All these bring unwanted pains.

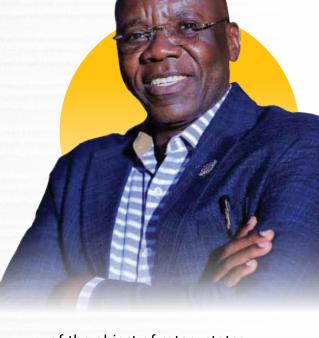
Persons who live in these uncertainty situations need peace. Their spirits need to be uplifted. They need a sense of security. The effects of wars and any kind of conflict are immeasurably more especially when it comes to the dignity of a human being. Where the dignity of any human being is lost, recovery is a tough task. Every human being yearns for peace; it is highly priced "commodity" in one's existence.

Rotarians, wherever we are, let us challenge ourselves to be instruments of peace. As one



**During this, "create** hope in the world" year, it's important to be deliberate in our actions such as in communication. Are we communicating hope? It is essential to communicate messages of hope to others. It enhances building of peace of mind. We ought to learn to accept others. We ought to recognize that we cannot all be the same in thoughts and actions. Let our differences not be a point of departure but a point of building convergence recognizing each other's limitations.

Be blessed.





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

## Pictorial - DGE Anne Nkutu unveils Plan for the District





#### **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.

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 KAWAMARA MISHAMBI** +256772403120

+256700480279/+256777000603







## Singapore 2024 Frequently Asked Questions

WHEN AND WHERE ARE THE ROTARY INTERNATIONAL CONVENTION AND PRECONVENTION EVENTS?

Convention 25-29 May 2024

#### **Preconvention events**

Youth Exchange Officers Preconvention: 24-25 May

Youth Exchange Officers Banquet: 24 May

#### **Convention Centre**

Marina Bay Sands Expo & Convention Centre 10 Bayfront Ave, Singapore 018956

### Who can attend the Rotary International Convention?

Registration is open to anyone interested in Rotary. See registration fees for this year's agebased registration rates.

### Are interpretation services available at the convention?

Rotary provides interpretation in several languages for the opening ceremony, general sessions, and closing ceremony. Most breakout sessions are conducted in English but some may also be offered in other languages. Refer to your program book to see which sessions are available in your language.

### What is the temperature in Singapore in May?

In May average temperatures range from 77-90 degrees Fahrenheit (25-32 degrees Celsius).

Because the venue is air-conditioned in certain areas, you may wish to bring a light jacket or sweater.

#### Registration

#### How do I register?

Those interested in attending the convention can register themselves and their guests online. You can also register at the convention.

If you plan to attend preconvention events only (Youth Exchange Officers Preconvention) without attending the full convention, you must send in a paper registration form. Be sure to indicate on the form that you are registering for the preconvention only. Send the completed form by fax or mail to RI Registration Services.

#### What are the registration fees?

See a full table of registration fees, registrant types, and what your registration includes.

#### What is the cancellation policy?

A \$50 processing fee applies to each registrant who cancels on a registration. Requests to cancel registrants or Rotary-ticketed events must be received in writing by 30 April 2024. Registrants who cancel after the deadline will not receive a refund. In cases of force majeure, refund requests will be considered on a case by case basis, and all approved refunds will be minus a \$50 processing fee. Registration fees and ticketed event fees will not be refunded on requests received after 30 April, unless they are due to a visa denial. Cancellations caused by visa denial must be received in writing by 29 May 2024.

Cancel online (preferred method) Cancel by email: ri.registration@rotary.org Cancel by fax: +1-847-556-2194

#### How do I register a guest?

You are welcome to add or remove a guest from your registration by using your My Rotary account. Click on the Register Now button in the navigation to manage your existing registration.

You can also add or remove sessions, update any personal information, have an updated confirmation sent to your email address or, if necessary, cancel your registration. If you experience any difficulties accessing your My Rotary account please reach out to the Rotary Support Center.

Can I switch my Opening Ceremony assignment?

Assignments for the Opening Ceremony are based on order of registration. Unfortunately, we are not able to accept requests for specific assignment. However, if you want to attend a seating other than the one to which you are assigned, you can do so subject to seating availability.

### I cancelled my registration. How can I reregister?

Unfortunately, once a registration is cancelled, it cannot be recreated online. If you wish to re-register, you will need to fax or mail the registration and ticket form.

The current registration rate will apply.

#### Housing and Transportation How do I reserve a hotel room?

You can get the best value in Singapore by booking your hotel through Maritz Global Events, Rotary's official housing partner.

To reserve your hotel online, visit Rotary's official hotel reservation site by 2 May 2024 (availability is limited after this date). To reserve your hotel by phone, Call; +1-864-699-5084. Reservations are not accepted by email.

### How do I change my hotel reservation, such as my arrival or departure date?

You can change your reservation by going to Rotary's official hotel reservation site, Maritz Global Events. Select "Attendee" or "Group Attendee," and then "Edit Existing Reservation." Enter your email address and the password you created when you booked your reservation.

You can also change your reservation by contacting rotary@maritz.com or calling +1-864-

699-5084.

#### What hotels are available, and what are the rates?

For the most recent list of available hotels, visit Rotary's official hotel reservation site, Maritz Global Events. Hotel availability is constantly changing in real time and preferred hotel(s) cannot be guaranteed. However, we encourage you to reserve your second hotel choice within the Rotary official hotel block and utilize our wait list option. Please reserve a room at your second-choice hotel and then contact Maritz Global Events to be placed on a wait list for your first choice. Note, a confirmed reservation is required before you may be placed on a wait list for a different hotel. If your preferred hotel becomes available, Maritz will automatically update your reservation and send a new confirmation.

Do I need to pay a deposit for my room?

No, but you'll be asked to provide credit card details to guarantee your reservation. The credit card must be valid through July 2024, and your credit card information will be sent to the hotel with your reservation details in May. Reservations cannot be guaranteed without a credit card.

Group bookings of 15 or more rooms have a separate deposit policy. Please see our group housing guidelines for details.

#### How do I cancel my reservation?

You can cancel your reservation by going to Rotary's official hotel reservation site, Maritz Global Events. Select "Attendee" or "Group Attendee," click the "Edit Existing Reservation" button, and enter your email address and the password you created when you booked your reservation. Then select the "Cancel Room" icon.

You can also cancel your reservation by emailing rotary@maritz.com

How far from the convention center is my hotel?

You can find a map and a list of hotels on Rotary's official hotel reservation site, Maritz Global Events. Choose "Attendee," and view the map at the bottom or side of the page. Select the "List View" tab to find your hotel's distance from the Marina Bay Sands Expo & Convention Centre.

### Why can't I add more people to my room reservation?

Most rooms in Singapore have a maximum occupancy of two adults per room. If you need to reserve a room for more than two adults, you can search hotels by setting the guest/ room section of the hotel reservation site to the number of guests occupying the room. As an alternative, you can book an additional room to accommodate your needs.

#### **Transportation**

What transportation is being provided? Rotary will provide all full convention registrants with access to Singapore's public transportation system; this includes buses and the Mass Rapid Transit (MRT) trains.

Rotary also offers an accessible transportation service for attendees who utilize scooters and wheelchairs. This service operates between the official Rotary-contracted hotels and the venues.

Are there other ways to get around? Taxis and rideshare services (such as Grab, Gojek, Ryde, and TADA) are also available. Go to the Singapore Immigration and Checkpoints Authority website to find out who needs a visa, when to apply, and more. Visa information varies depending on your country of citizenship. Rotary International provides an updated list of convention registrants to consulates and embassies and requests that as many registrants as possible be granted visas, but whether or not to grant a visa is ultimately up to Singapore's government. Rotary International is unable to intervene on behalf of individual registrants.

#### **Events**

#### What events can I attend at the convention?

The convention registration fee includes:

Opening ceremony: 26 May General sessions: 27-29 May Breakout sessions: 27-29 May Closing ceremony: 29 May House of Friendship: 25-29 May

You can buy tickets for:

Rotary-ticketed events: These typically take place at the convention venue, either before or during the convention. Visit the program and events page for links to purchase tickets.

Host-ticketed events and tours: These generally take place away from the convention venue.









## CALL FOR NOMINATIONS

The Annual Women in Rotary Awards are intended to celebrate women in Uganda who have excelled in leadership and have made a significant impact in addition to empowering their communities through the focus areas of Rotary International.

The 9TH Women in Rotary Event hosted by Rotary Club of Kampala Naalya. will be held on Saturday 9th March 2024 at Kampala Serena Hotel.

This is to call for nominations of eligible and deserving candidates for the Award categories below.



#### **Community Empowerment Award**

Recognizes a woman/women that has/have demonstrated outstanding leadership and dedication in empowering and uplifting her/their local community through various interventions e.g. health care initiatives, awareness campaigns, support programs.



#### **Innovation and Entrepreneurship Award:**

Goes to a woman who has excelled in entrepreneurship and innovation, creating opportunities for other women to thrive in business and leadership roles.



#### Young Leader in Empowerment (Under 30):

Celebrates a young woman who has demonstrated exceptional leadership and dedication to empowering and uplifting others, serving as an inspiration for the next generation.

Click on the link below to send your nominations by Wednesday 28th February 2024

https://forms.gle/UgtqcTU1RvAAz3SJ9

For further inquiries, please call 0772120208

#InspireInclusion

## OutToLunch: Graduates may have to consider dirty jobs

**BY DENIS JUUKO** 

n many of Kampala's restaurants and hotels the other week, you could not fail to notice some happy people enjoying meals, taking photos and celebrating their achievements. The older people in the groups seemed happier. They had done their job. Their children had finally made it having graduated from Makerere University, the country's premier higher institution of learning. It is one of the happiest moments for the majority of Ugandan parents having paid tuition fees and such other things for at least 20 years.

Graduation also marks a passage to adulthood. From dependency to parents and quardians to becoming a



benefactor to sometimes the parents themselves or even the siblings of the person who has graduated. Usually, the parents and aunties start even asking whether you found somebody at university. Grandchildren are now on their minds.

In that moment, nobody realizes that the country, according to some reports, creates only a few thousand jobs a year. Makerere alone sees more than 12,000 students graduate annually.

In the early years of Uganda's independence, graduation meant a good job that came with a house in "staff quarters" or "Kizungu", ability to buy a car and pencil your name in the annals of Uganda's middle or even upper class.

It is a bit different this time.

Jobs of whatever nature are really scarce to find yet our university education focuses largely on what people call white collar jobs — the kind of jobs where people wear nice suits, sit in swivel chairs and work on a computer and call it a day at 5.00pm.

**Formal education** creates these expectations which have come to be a bit unrealistic. That is why thousands of people apply for a single job in Uganda. There is a mismatch between education and the job market. There is a need for these two to talk to each other so that we educate people who can find the jobs that could be created today.

There of course will always be formal jobs because some people will retire but we are also a very young country, which means we will see more people staying on jobs longer than ever especially those who adapt to emerging technologies. Artificial intelligence will continue to disrupt the workforce leading to redundancy like we have seen with tech behemoths in America laying off people. The beauty with technology though is that other jobs will be created. Those who will survive will be those who can adapt to new ways of working.

#### As Makerere was carrying out its weeklong graduation

ceremony, Facebook was celebrating 20 years of its founding. In a post by Mark Zuckerberg, the **Facebook (now under** Meta) CEO and founder. to celebrate the occasion, talked about artificial intelligence and the metaverse and the role they will play in future. He said his platforms (WhatsApp, Instagram, Messenger and Facebook) are used by more than three billion people at least once a day.

What that means is that today's graduate is most likely going to use these platforms to do their job. Of course, we can argue that you don't need a degree to learn to use these platforms but how can we take advantage of them? They offer great marketing possibilities at almost no cost. Many young people are today earning money as influencers and content creators. Small and Medium Enterprises (SMEs) without large marketing budgets are taking advantage of these platforms. It is a shame that Facebook is banned in Uganda. It is a business enabler.

Many business owners in the informal sector don't know how to fully use these platforms for business purposes and university graduates could utilize them and support these SMEs. Large companies are already doing this, which means small businesses should do so too. Such graduates

who take advantage of this must continue learning as the technology evolves. If they thought learning has ended with their degrees, they would be deceiving themselves.

Even though we love talking about technology and the possibilities, we should never forget that a lot of work and opportunities are in jobs some people refer to as dirty. Jobs where you use your hands to work in sometimes places that may not have swivel chairs and air conditioning.

For example, in many areas, there are lots of residential buildings coming up. Just outside my office, a building with perhaps 100 condominium apartments has just opened up. Lots of people have moved in since the beginning of the year. At least for now, artificial intelligence won't clean it or do errands for the occupants. Yet imagine if one did errands for about 30% of the apartments every week, they would be able to earn a decent income. Or they need is being efficient and professional and use tech platforms to get ahead.

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







## Нарру

12<sup>th</sup> Feb





**Rtn Sam** 



"Wishing you a very happy birthday! May all your dreams come true."







## DISCON THEME NIGHTS BE SOMEONE ELSE FOR THE NIGHT

REGGAE

DATE: 18TH

TIME: 3PM

CARRIBEAN NIGHT

DATE: 19TH

TIME: 6PM

Gatsby Night DATE: 20TH

TIME: 6PM





REGISTRATION LINK https://discon.rotaryd9213.org/





### BY **PASTOR RONNIE MUTEBI**

uke 16:12 (KJV): And if ye have not been faithful in that which is another man's, who shall give you that which is your own?

## ATTRACTIONS OF FAITHFULNESS

One of the fundamental laws of success as revealed by our theme scripture is that you have the ability to own anything you have worked for. If you have worked in and for a supermarket, you have the capacity to own a supermarket. If you have served in a bank, you can own a bank, if you so desire it.

The critical factor in ensuring such success is faithfulness. If you are faithful in that which belongs to another man, you can receive your own.



I know people who are desperate to leave the arena of formal employment and dive into self-employment but have no understanding of this principle. They are consistently late for work, never meet deadlines, are unaccountable to their bosses and have no existent work ethic. God cannot trust you with a great business when you have used every



opportunity available to waste another man's resources while you were his employee. If you try to get into selfemployment, chances are you will struggle to build a successful business.

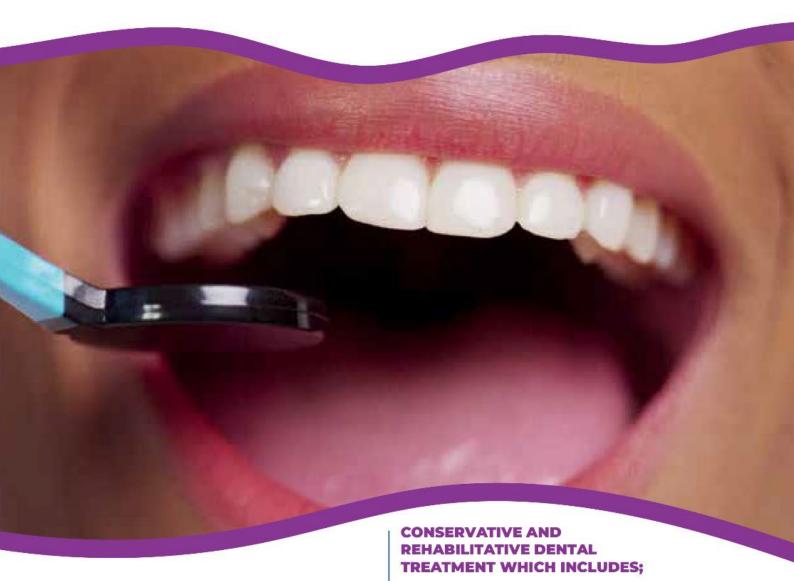
If you serve right, understand that it is a door into possessing your own.

\*Take Home:\* Be diligent, consistent and reliable while handling what belongs to another man. If you serve right, understand that it is a door into possessing your own.



## 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.

**WE OFFER** AT RELA DENTAL

## WHAT

#### · 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

Contact Dr Francis Lakor on 0782 859 914 **AAR, Jubilee and Prudential Insurance** 

clients accepted

## PK's Corner: Away from the Noise!



## BY PAMELA KAWADDWA

Getting together to smile and rejoice, Eating and laughing with folks of our choice; Building the old family circle again;

And under the old roof, we gather once more Mother's a little bit greyer, that's all. Father fresh in memory and massively missed.

Here we are back at the table again; Telling our stories, dancing, and shouting on top of our voices. Sleeping is no option!

Out of the sham of the cities afar We've come for a time to be just what we are.

Here we can talk about ourselves and be frank,

Forgettin' position an' station an' rank.



## Pictorial - Last week's fellowship



## Our visitors last week

- **1. Charles Barugahare** Makerere Rainbow Kampala
- 2. Dominic Mucunguzi RC Kiwenda
- 3. Maureen Kawombe –RC Naalya States
- 4. David Rogers Kintu RC Kampala Ssese
- 5. Joloba James RC Kira
- 6. Ntuulo Lilian Joloba RC Kira
- 7. Nuwabiine Mish.B RC Kampala South
- **8. Bugembe Faizo** RC Kasangati

- 9. Ronald N. Reagan RC Kampala Metro
- 10. Asiimwe Julius RC Kampala Kibuli
- **11. Kamusiime Davis** RCT Kyambogo University
- 12. Nyanzi Peter Guest
- **13. Kiwanuka Deus** Guest (Makerere University)

Thank you for Visiting.







Guest Speaker

RUTH NDUHUKIRE

TUMWESIGYE KYETERE

# WELLNESS & CONFLICT MANAGEMENT









Buddy Group in Charge Rolex



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RotaryClubOfKampalaNaalya



RotaryNaalya



www.rotarykampalanaalya.org

## 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

## **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