

Naalya Food 27th February 2024 Bulletin

Rotary
Kampala-Naalya

CREATE HOPE
in the WORLD

Issue 8 | 2024



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Editor's Note

Dear Friends,

As February comes to an end, we reflect on what a great Month it has been, in terms of Rotary's focus on Peace and Conflict resolution.

This month, several clubs have been engaged in conversations and efforts around our quest for a world at peace. It is important to note that there will always be conflict but it is how we deal with it. Let us continue to strive to change lives.

The month of February is also special in the Rotary calendar because it includes the anniversary of the first meeting of Rotary held on February 23, 1905, in Chicago.

Our issue this week carries among others, takeaways from last week's presentation about Wellness & conflict Management.

Also, Remember the 9th Edition of the Women in rotary is on Saturday march 9, 2024 you wouldn't want to miss.

Wishing you a week filled with peace

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,

Here we come to the end of the month of February which was devoted to peace and conflict prevention. We were fortunate in our reflecting of the theme of the month -Peace and Conflict Prevention. We had very enriching talks from our guest speakers. We thank them for giving us their time. We started the month with carrying out an assessing of our own understanding of rotary engagements in peace building and conflict prevention. And, in the subsequent weeks, guest speakers further widened our understanding of different aspects and perceptions of peace building and conflict prevention. Certainly, in silence we say; "let there be peace in individuals, families, communities and nations". This is the wish that we go with as we departure the month of February. In the month of March, the focus is on water and sanitation as the theme.

It is worth mentioning some of our Club members' engagements in peace and conflicts interventions as we end the month. Club members have had their boots on the ground and continue to do so. For instance, not until recent, the District Governor Elect, Anne Nkutu, was a pioneer coordinator of Rotary Peace Centre at Makerere University. In 2014, Club members started a computer project at Akwang Senior Secondary in Agago District, an area by then emerging from over 20 years of civil war. It was a tough decision to take such a move. Members had to put their boots on the ground out

there with their personal resources and donations. We thank organizations like Salman that came out to partner with the Club.

In advocacy for the empowerment of women, another way of contributing in addressing areas of conflicts, the Club members are active participants. This has climaxed with an annual event, every month of March to celebrate women achievements, code named Women in Rotary.

This year, the event will be held on 9th March 2024 at Serena Hotel, Kampala. Also, the awards will be given to women who have excelled in; community empowerment, innovation and entrepreneurship, and young women leaders in empowerment (under 30 years). Nominations are open until Wednesday 28th February 2024. Get a form by just clicking <https://forms.gle/UgtqcTU1RvAAz3SJ9> and make your nomination. Also, you can make inquiries on telephone number 0772120208.

I thank Club members for their participation in peace building and conflict prevention interventions. The interventions are contributing in naturing peace and in preventing conflicts at various levels: peace with and within oneself, peace in families, peace with neighbors, peace in communities, peace in the country and peace in the world. This may look a drop but drops make volumes. It's better to generate a drop into a volume than do nothing.



Rotarians, let us continue to respond to a call to put ourselves forward in the advancement of peace and conflict prevention. Let us continue with fellowships of peace building with others. Let our actions be a reflection of peace wherever peace cannot be seen. Where is seen, let us shine brighter. Let our fellowships enhance our efforts to move as a group of people using their gifts, talents, skills and professions in building peace and preventing conflict.

As the world looks for hope, let us work towards things that create hope such as provisions of basics of life - food, health care, water, education, etc. Lack of these basics breed or cause insecurity, vulnerabilities, conflicts. For example, lack of water can result into family, tribal and inter-borders conflicts. Vulnerability is one breeding bed of conflicts. Let us go out to address areas of vulnerabilities through sharing ideas and ways as to create hope. May we continue to strive for peace for everyone and everywhere.

Be blessed.

Rotary 

119th

ANNIVERSARY

World Rotary Day February 23, 2024



Aluminium and Metal Fabrication



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Fully Funded Rotary Peace Fellowships: Application now open

The Rotary Foundation is now accepting applications for 2025 Rotary Peace Fellowships! Each year, Rotary awards fully funded fellowships for peacebuilders from communities around the world to study at one of our global peace centers located at premier universities — including our newest peace center in Istanbul. Fellows earn a master's degree or a postgraduate diploma in disciplines related to peace and development. The deadline to apply is 15 May 2024. Learn more at rotary.org/peace-fellowships.

Do you know someone who might be a great Rotary Peace Fellowship candidate? Include their name and email in our referral form to receive more information.

Follow the Rotary Peace Centers Facebook page to share our posts!

A promotional graphic for the Rotary Peace Fellowship. The top half has a dark blue background with white text that reads "Rotary Peace Fellowship" and "Full funding for a master's degree or postgraduate diploma in disciplines related to peace and development". Below this, the words "APPLY NOW" are written in large, bold, orange letters. The bottom half of the graphic features a photograph of two Black women sitting at a table, smiling and looking at papers. The woman on the left is wearing glasses and a white shirt, while the woman on the right is wearing a purple and white patterned shirt. In the bottom left corner of the photo, there is a small white logo that says "Rotary" next to the Rotary gear icon and a white dove icon.

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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Why you need to attend the RI Convention.

The annual Rotary International Convention brings together tens of thousands of Rotarians from all over the world. Members who attend are changed forever by the sense of purpose and belonging in the world's largest movement for humanity's peace and prosperity.

We encourage every Rotarian to attend an International Convention, and we bet that your first convention won't be your last! Not only will you be deeply inspired by the great work Rotary clubs are doing all over the world, but you'll also enjoy:

Keynote presentations from remarkable people - heads of state, royalty, celebrities, multinational corporate and non-governmental CEOs, and thought leaders routinely headline each day of the convention.

Breakout sessions each day on a wide variety of topics to help you maximize your impact as a Rotarian.

The House of Friendship is where you can learn about service projects, Rotary Fellowships, and Rotarian Action Groups, and buy the latest Rotary apparel and accessories.

Do not miss the cultural celebrations that are showcased by the convention's host country and professionally run tours and evening events hosted by local Rotary Clubs and individual Rotarians.

The common bonds of Rotary will instantly connect you with thousands of new friends and open up new opportunities for personal growth and experience.

Don't miss our next convention as we share hope with the World from Singapore

Pictorial - Our Visit to Mother club - RC Kampala



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

TICKETS:
200K PER TICKET
1.8M TABLE OF 10

DRESS CODE
FLORAL

KEYNOTE SPEAKER

OLIVE BIRUNGI LUMONYA

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OutToLunch: Giga factories could provide solutions to Africa's job challenges



BY DENIS JUUKO

There used to be a TV series on the National Geographic channel that showed some of the biggest or busiest things in the world. From the busiest hotel in the world, train station to the airport. Imagine a hotel with 7,000 rooms, fully booked and all the guests eating breakfast at almost the same time or within a few hours. And then meals have to be prepared for a similar number as well as walk in clients. Think of an airport that handles more than 250,000 passengers a day.

The same TV program also had a segment on mega factories sitting on hundreds of acres of land with thousands of employees producing some of the famous brands we

know today. These series were some of the most fascinating things one could watch. A single factory as big as some of the suburbs of Kampala.

If you are a regular reader of this column, you may have noticed my fascination with manufacturing. I think most countries develop by manufacturing stuff even though some have done so through financial services and being trading outposts. But the majority, it is manufacturing that creates the jobs and propels economic transformation.

The United States, the world's biggest economy, is desperate to have the factories back from China and elsewhere. Germany, Europe's biggest economy, is known for manufacturing. Japan is also known for the

same. Without mega factories in China, the majority of Chinese would be unemployed.

Manufacturing creates sustainable decent jobs where the majority of people can work. It doesn't require sophistication for workers to get things done because what the majority of factory workers do is repetitive. Within a few days on the job, a worker can easily be trained to press a button or fix something before the product goes to the next person on the line even for the most sophisticated products.

Africa plays a decimal role in manufacturing relying on other countries to do so. A report by McKinsey says that Africa will need to create 18 million jobs a year to absorb the growing labour force until about 2035. Payment apps and all sorts of apps built around the Airbnb and Uber models that are attracting lots of funding from angel investors won't be the only solution for Africa's development. In fact, the majority of those apps are collapsing because they were surviving on capital being raised from Silicon Valley without enough customer base to sustain them. They should have known that unemployed people have no money to transact through the payment apps and are too broke to order for food on delivery apps.

One of the things Africa could do is to build factories. They don't have to be mega though like those in the TV series. We could build giga ones instead and get the continent ready for the battery market in preparation for a transition from fossils to electrification of mobility.

Oil, as a scarce resource, made the countries where it was discovered wealthy. Countries couldn't just manufacture oil. They had to drill it in the wells where it was discovered in commercially viable quantities.

The world relied on them and they could sometimes refuse to pump or pumped more than required. As electric vehicles become the norm, those who will have invested in giga factories will become as important as the Arabs have been with their oil.

Unlike oil which couldn't be found anywhere in sufficient commercial quantities, anyone can build batteries and electrification components if they focused on them. There are more electric boda bodas in Kampala than ever and people have started importing electric and hybrid vehicles given that this financial year there is no import duty charged on such vehicles.

The countries that are developing this capacity today won't pass on the knowledge to Africans. The continent will continue to organize conferences sponsored by the west to talk and talk about the imbalance between the north and south and issue communiques after communiques like it has been the case for more than 60 years now. Nobody will transfer knowledge to the continent because some technocrats attended a conference and talked about it.

Many of the raw materials required to make the batteries are here. What is required is to build our intellectual property to play a part in this industry. Building the giga factories on the continent will not only create sustainable decent jobs but also enable vertical integration of automotive and mobility businesses and wean Africa off its reliance on global supply chains that can easily be disrupted by geopolitical maneuvers or pandemics like we saw in 2020.

The writer is a communication and visibility consultant.
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Pictorial - Home Hospitality at Rtn Francis Gimara's home in Kolo Abiri





**23rd
Feb**

Happy
BIRTHDAY

Rotarian Grace Namuddu

Pictorial - Last week's fellowship



Our visitors last week

1. **Samuel Ngambwaki** - RC Kampala Morning stars
2. **CMP Constant Othieno Mayende** – RC Ntinda
3. **Tunde Oyeyemi** – Rct Cape Munyonyo
4. **Pauline Okoth** - RC Najjeera
5. **Angella Naguja Kaddumukasa** – Guest
6. **John Musungu** - RC Kampala Naguru
7. **James Serugo** - RC Kampala
8. **Mukwena Zadok** – RC Kyambogo Kampala
9. **Michael Clement Namawa** – RC Naalya States
10. **Allen Agaba** – RC Naalya States
11. **Namanya Elias** - Guest/Naalya
12. **Ichumar Sylvia Lorot** – Guest/Naalya
13. **Tushemereirwe Sarah** – Guest
14. **Orikirize Mary** – Guest

Thank You for joining us, please come again.



Take-aways from last week's presentation

BY **RUTH NDUHUKIRE TUMWESIGYE KYETERE**

WELLNESS & CONFLICT MANAGEMENT -
Relationship with yourself and its impact on conflict management

CONFLICT

Conflicts arise from differences both large and small. It occurs when people disagree over their values, motivations, perceptions, ideas or desires.

We see conflict in the nuclear family, between parents and children, the extended family or at the work place. Conflict is the main subject of our news today both local and international. Conflict is a major issue of concern.

CAUSES OF CONFLICTS

Information conflict, where parties disagree on what information is relevant or when the information is different or insufficient. Values conflict; when parties have different values or one party tries to impose his/her values on another.

Interest conflict, caused by competition over perceived or actual incompatible needs. Like conflict over issues of money, resources or time.

Relationship conflict, when there are misconceptions or negative emotions or poor communication. It causes mistrust and a feeling that one's actions are motivated by malice or intent to hurt another.

CONFLICT IN THE FAMILY

Finances
Addiction by parents or one of them
Disagreements on parenting styles
Disagreements on the career paths of children

WELLNESS, WHAT IS IT?

The act of practicing healthy habits daily to attain better physical and mental health outcomes, so that instead of surviving, you are thriving.

For purposes of this discussion, we shall focus on mental health and conflict management.

WELLNESS & CONFLICT

Wellness can help people avoid conflict or resolve conflicts more logically when disagreements happen.

People who are mentally well are better at emotional regulation, they are not irritable and will have better skills to manage or cope with anger and resentment or rage. Anger is the root of all conflicts.

PROMOTING WELLNESS

Remember, at the beginning of everything important to you, there was you! Unless there is a whole, healthy and complete you.....

It matters a lot to be at good terms with yourself otherwise the stakeholders in your life will not get what they need from you. (Family, friends, employer, community, church)

FOCUS ON YOU

The starting point is to remove our focus externally and look within ourselves, all the solutions and the power are within ourselves 95% of the time.

Of all the relationships in life, the most important relationship is the one with yourself.

Reflective question, how is your relationship with yourself? Is it a healthy one or not. Self-care, do the things that give an adrenaline rush

Pictorial - Cultural Fellowship at RC Kyadondo

Rugby in formation



Rotary
District 9213



Rotaract
District 9213



99TH
DISTRICT
CONFERENCE

KEEPING HOPE ALIVE

CARIBBEAN NIGHT

GET READY TO DANCE TO DANCEHALL
AND SALSA AT THE SOIREE WHERE
THE SUN NEVER SETS ON THE PARTY.
PAKA KUWULIRA BUBI

DATE **19TH** | TIME **6PM**
APR 2024

DRESS CODE **WHITE AND FLORAL**



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Family Matters

BY **PASTOR RONNIE MUTEBI**

John 14:26(ESV): But the Helper, the Holy Spirit, whom the Father will send in my name, he will teach you all things and bring to your remembrance all that I have said to you.

THE ESSENCE OF DESTINY HELPERS

There is such a thing as destiny helpers in the walk of life. They take on many forms, for example angels, animals or people. Most religious beliefs clearly connect to this understanding but differ by reason.

In understanding the mystery of destiny helpers, the first thing you must know is that the Holy Spirit who many refer to as "Ekintu" or something) is our first helper. No other destiny helper can take His place.



He is the ultimate connection to instruct and guide you in the milestones that God has placed in the path of your destiny.

Only the Holy Spirit will position you in the right place at the right time if you must meet anyone who will push and elevate you to your next level in life.

The importance of building a personal relationship with the Spirit of God which

most refer to as "Ekintu" (I felt something tell me not to.....) can never be overemphasized.

Those convictions will direct your steps and the inspirations will give you the ideas you need to both progress and overcome obstacles.

That inner conviction is always present and ever willing to lead you to your next level in your career, marriage or business. You must be broken enough to allow the leading of that inner conviction - omwoyo omutukuvu - within you.

Take Home : The inward voice - omwoyo omutukuvu is our first helper. No other destiny helper can take His place



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

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CONSERVATIVE AND REHABILITATIVE DENTAL TREATMENT WHICH INCLUDES;

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- 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

PK's Corner: Masks

BY PAMELA KAWADDWA



She perfected the art of wearing masks. Isn't it a norm all around? She even got her eyes to play along. You needed to have known her better and deeper to understand her different mask colors.

Her eyes play along... Ooh yes! They do now. Keeping what's going on behind the scenes under wraps. Isn't it what everyone does? If only those masks could fall off??? she wondered.

They say it's okay to nor be okay, but are they ready to shoulder you when it's nor okay? She just can't let it show. Can't have anyone know that she's not as strong as she projects. Her vulnerability is too intimate to be exposed. As not everyone or anyone can handle.

She then smiles as her thoughts take a hammer to what's left of her sanity...

Rotary Clubs visited last week

1. RC Kampala Naguru
2. Mother club RC Kampala
3. Kampala Early Bird
4. RC Najeera
5. RC Kyadondo Rugby in formation
6. E Club of Ntinda
7. RC Ntinda
8. RC Kiwatule

Pictorial - Our visit to RC Naguru



ROLEX BUDDY GROUP IN CHARGE



Arnold Ntege



Dennis Osikol



Efrance Nakitto



Evelyn Mulinda



Francis Lubuulwa



Hadijah Nankanja



Laetitia Kiyangi



Sheila Kawamara Mishambi



Stephanic 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**