

Kakira Secondary School hosts regional science fair

On July 10, Kakira Secondary School hosted the regional Science and Mathematics Teachers (SESEMAT) Science Fair, 2019.

Twelve schools participated in the competition that was held in the Main Hall. The schools came from the Eastern region districts of Kamuli, Kaliro, Buyende and Jinja to exhibit projects in biology, maths, physics, chemistry and ICT.

Kakira Secondary School took 3rd overall position out of the 12 schools. Kiira College Butiki and MM College Wairaka took first and second positions respectively.

In physics, the Kakira Secondary School students demonstrated a small scale domestic biogas cooking unit. Its purpose is to develop a cheap, reliable, locally available, clean alternative source of renewable energy for domestic cooking and lighting. The unit was built out of steel, copper pipes, gas welding, rubber tubing, safety valves, valve seals, and a gas burner.

In biology, they made a bio-pesticide using local materials like aloe vera, neem leaves, marigold, tobacco leaves and lemon. In chemistry, they demonstrated waste water management using sand, clay, yam plants, activated charcoal and lemon.

The headmistress of Kakira Secondary School, Josephine Kasozi,



Vincke (second right) and Kasozi (third right) view the science exhibits

gave credit to the teachers and students for the impressive work. She extended her appreciation to SESEMAT for choosing them to host this year's regional science fair.

KSL General Manager Christian Vincke, who was the guest of honor,

said the youth should be at the forefront of innovations to change the world through science and technology.

He thanked the participants for the positive contribution to this year's science fair.



Kakira Hospital installs scanner, expands store



The newly refurbished and expanded medical store. Right, the new ultra sound scanner

In March Kakira Hospital unveiled a fresh face with the official commissioning of the new ultrasound scan machine and the refurbished medical store.

The ultra sound scan machine, which was installed in a newly built room next to the X-ray unit, will enable the patients from Kakira estate and the neighbouring communities to access services which facilitate early diagnosis, better treatment, better outcomes

and shorter hospital stays.

Dr. A. K. Singh, the Kakira Hospital Medical Superintendent, expressed gratitude to the management of Kakira Sugar Limited and the Civil Maintenance department for their investment and support in providing these facilities geared towards improved staff welfare.

Over 1500 patients will benefit from early diagnosis, particularly gastroenterology, obstetrics and

gynaecology, diagnosing soft tissue injuries and problems in the kidney, liver, heart and abdomen. The machine will also aid pregnant women and reproductive system diagnosis.

With the added space and air conditioning which is being installed, the refurbished medical store will play an important role in storing essential medicines and ensuring their timely delivery to patients.

Kakira's own heads MUK Guild

Meddy Shakur Ssengendo is an employee of Kakira Sugar Limited since February, 2015. He joined as a Head Clerk in the factory department.

Due to his commitment and hard work, he has risen through the ranks, and was recently promoted to Supervisor Works Manager's Office.

He has continued the culture of hard work and commitment,

winning the Guild presidency for the year 2019/2020 at the Makerere University Jinja campus, where he is pursuing a Bachelor's Degree in Development Studies.

Ssengendo credits KSL for given him the opportunity to develop his leadership skills.

The ambitious young man who hails from Mukono District is looking forward to contesting as district chairman or area MP.



Kakira Sugar Busoga Foundation awards 92



Managing Director, Mayur Madhvani hands a letter to one of the awardees

A total of 92 students have been awarded scholarships for vocational study by the Kakira Sugar Busoga Foundation (KSBF). Of these, 34 are female and 58 are male.

During a press briefing at Kakira Sugar Limited (KSL) on May 13th, 2019, the board of the KSBF scholarship fund announced the award of the scholarships.

A statement from the KSBF board chairperson, Victoria Sekitoleko, said the scholarship was conceived as a way to address the job creation and skills gap in youth of the greater Busoga region and is solely funded by Kakira.

KSL initially awarded 400 million and is committed to contributing 200 million every year. Each year 30% of the scholarships will be



Group photo after the award ceremony awarded to biological dependants of KSL staff.

The students were awarded full scholarships for study in agriculture, electrical engineering, automotive mechanics, tourism, nursing and midwifery, plumbing, and laboratory technology.

Ngobi leaves Car and Lorry



Mutwalibi Ngobi

Mutwalibi Ngobi has been a pool driver with the Car and Lorry Garage at Kakira Sugar Limited. He recently left to pursue personal business.

At a farewell party for Ngobi, organised by the garage, Ngobi's colleagues hailed him as a diligent, friendly and experienced driver, and said they were sorry to see him go.

Joseph Okwi, the secretary to the Agricultural Workshop Manager, pointed out that Ngobi had an accident-free record in over a decade of service, and he was trusted with sensitive long-distance assignments.

Ngobi said he had benefited a lot during his years of working with Kakira, including educating his children, and constructing a house.

"I have made many friends and travelled all over Uganda," he said.

He appreciated his colleagues for the great send off and his bosses for their years of support.

Foundry acquires new protective gear to safeguard workers



The foundry employees dressed in the protective heat suit which includes a helmet, body suit, gloves and boots

In April this year, the Foundry Workshop acquired new protective gear. The Heat Suit is an important part of their safety and protection measures, given the fact that Foundry employees work in an area that is subject to extreme temperatures and heat conditions.

Foundry Supervisor Charles Mugisha said before they acquired the Heat Suits, they were using ordinary cotton overalls which did not provide insulation from the heat as they worked daily.

The Heat Suit, also known as a fire proximity suit or silver bunker suit, offers protection against extremely high temperatures. At the Foundry, the temperature can reach up to 1,500°C.

Originally made of asbestos fabric, current models use vacuum-deposited aluminized materials.

The Heat Suit, which is highly insulated, is composed of an aluminized hood or helmet cover with neck shroud, an aluminized jacket and pants complete with vapour barrier insulated liner, aluminized lined gloves and aluminized AR-FF (Aircraft Rescue-Firefighter) boots.

"This means that the entire body is protected," says Mugisha. "It is well insulated and therefore resistant to the heat to the extent that even if one touched a hot metal, they wouldn't feel anything."

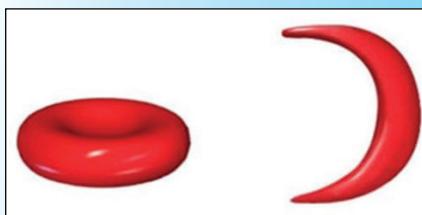
The extreme temperatures can

burn the body, damage the brain, and also harm one's eyesight.

Gaspero Etole, who has worked in the Foundry for 20 years now, says that with the introduction of the protective gear, there has been a tremendous difference in their work environment, health and safety.

"Before we had the heat suits, managing the molten metal was very difficult, especially when it came to removing the impurities which we must separate from the metal," he says.

Now that they are protected, Etole says they can work in close proximity with the metal, which has greatly improved their speed and efficiency.



About sickle cell disease

In the recent SHE forum, Dr. Brenda Kawala of Kakira Sugar Hospital made a presentation on sickle cell disease. This is what you should know about it

The disease is a blood disorder, named for the sickle shape of the diseased cells (see picture above). It is passed on from parent to child.

It is predominant in sub-Saharan Africa among the Bantu people and most common in Nigeria. A survey of Uganda ranks Busoga region as highest in sickle cell disease prevalence, followed by northern Uganda.

Common symptoms of the disease include jaundice, anaemia, enlarged spleen, thin and tall appearance, body pain and stroke. The attacks of severe body pain are referred to as a crisis, and are the main life-threatening symptom of sickle cell disease.

There is no cure for sickle cell disease but the symptoms can be managed in the following ways: Avoid exposure to extreme weather conditions, avoid extreme emotional distress, drink lots of fluids and seek appropriate health care when in crisis.

It is important to screen before having children, to avoid passing it on, and to screen babies.

Do good and good will come back to you

Many people take pride in stealing, and so many have been persuaded to take the wrong side of the road, forgetting that your deeds will catch up with you.

Today, we are inspired by the story of Moses Handi, a telephone supervisor in the Instrumentation Section, Factory Department.

On Friday, 21 June after 6pm, when most of the workers had left, Handi stayed behind working late. He went to the washrooms and found a very expensive phone that had been misplaced.

He immediately carried the phone to the telephone operator at the reception, where he knew it would easily be found. After the owner had searched for the phone for close to an hour, he decided to go to the reception and call his number and realized the phone was ringing right where he was.

He immediately asked to see the person who had recovered the phone and even rewarded him, something which Handi wasn't expecting because it was an act of goodwill.

This is not the first time Handi has demonstrated integrity. There is another incident when during one of their daily meetings in the section, a colleague lost money. Handi recovered this money and after careful investigations, he found the owner and returned it.

Mr. Nanda Gopal, the Instrumentation Engineering Manager, and Handi's boss, said he is pleased with Handi for his



Handi Moses in the telephone control room

honesty and conduct and that he is proud of him. Gopal also gave Handi a gift in appreciation of his good acts.

"I felt the need to appreciate Handi and also to make people understand that there is a reward when you do something good," Gopal explained.

"I applaud Handi because he is setting a good example for others to follow and showing that this is the right way of living life," he added.

Handi said his honesty comes from being satisfied with what God has given him.

"I returned that lost property out of good will, but the rewards I have got are immense," he said. "You cannot gain much from stealing but when you get something through the right channels, it will last," he added.



Participants during the Out growers Annual General Meeting held on 13/05/2019



KSL donates bags of sugar to the Muslim community for Eid celebrations 07/06/2019



Participants during the 61st SHE forum held on 27/02/2019



Fire training- a demonstration on how to handle a victim in case of an emergency - 31/05/2019



Hospital staff listening to a presentation on mental health during a training by a speaker from Minet, a pan-African risk advisory firm, 15th May, 2019



Pupils of the U14 team in Kakira Estate Primary School display certificates of participation in the Primary schools National Kids Athletics championship held from 5th-14th May, 2019 in Fort Portal, Kabarole District

Kakira hosts Labour Day celebrations



Pupils of Factory Primary School presenting a poem about Labour Day



Mr. Moses Thenge, the Human Resource Manager of Kakira Sugar Limited, giving a speech during the occasion



Members of the worker's union at Kakira

On May 30, Jinja District held the district Labour Day celebrations at the Kakira Town Council play ground. The event was graced by the Resident District Commissioner of Jinja District, Eric Sakwa who in his speech thanked Kakira Sugar Limited (KSL) for employing many Ugandans and asked the local community to support him. "Kakira Sugar Limited is the greatest employer in the district," he said.

Kakira Sugar Limited (KSL) was represented by the Human Resource Manager, Moses Thenge who in his speech advised the workers in Busoga region to allow zoning of sugar mills as the only policy that will help to regulate the industry creating more employment

opportunities and building the confidence of the investors. He informed all members present that zoning is not only affecting Uganda but the entire East African region. He went ahead and requested the workers to be faithful at their work place to avoid inconveniences.

Pupils of Factory Primary School put an outstanding performance during the event as they recited their poem. The poem was telling the story of how Labour Day came into existence. The pupils used English and Lusoga for everyone to understand.

They advised the government to reconsider the minimum wage bill to enable their parents to meet

their school requirements and other necessities in life for their bright future. They also went ahead to exhibit their school made liquid soap. This greatly moved the RDC and the LC5 chairman to lead the campaign to support the young creative minds.

DID YOU KNOW

Labour Day marks the efforts of the labour union movement to improve economic and social conditions of workers.



Encourage your children in sports



Participants and the winners at the recent Kakira estate primary schools handball competitions

Learning is a lifelong process, children learn about the world in many ways. But playing is one of the most effective ways children can learn about the world. Playing is so important to the development of a child that it has been recognized by the United Nations High Commission for Human Rights as a right of every child.

Playing games and sports can be one of the most enjoyable parts of growing up. This is one of the avenues in life where children learn about real life. Children admit to failure and learn from it. It also allows children to use their creativity while developing their imagination. Basing on those facts we can comfortably say that a complete education is a balance of both education and games and sports.

As parents, we should encourage our children to participate in games and sports activities

The benefits of encouraging your child into a sport can also make a huge positive impact on the rest of their life. It enables children to



The Kakira community is so supportive when it comes to nursery school sports days (above). However, the older children also need parental encouragement

experience the joy of success. Some of these benefits include physical (improved health and fitness), emotional (more confidence, happiness and improved behavior), and social (meeting friends, visiting new places, improving communication skills and learning teamwork and responsibility) benefits.

Most times parents attend sports events of the nursery children and not the older children. However, parents are encouraged to attend events for both the younger and

older children because they all require our support for them to thrive.

Hence, it is important to give your child every opportunity to participate in a game or sport. You will see the hidden potential in your child that has been unrevealed. Often it's just for a bit of fun and exercise. However, other times your child may have a natural talent and level of dedication that can see them make a career or enjoy a lifelong hobby with the sports they start in their developmental years.