Rotary
Mukono Central

THE DOWNTOWNER

" My community, My Service."

19 May 2025

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Rotary PEOPLE OF ACTION

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To submit an article, please share on email: cnganda4@gmail.com

Message from the Editor



It's always an honor. Thank you for always taking the time to read our weekly bulletin. Your support and commitment to our club is admirable.

We recently celebrated mother's day. I want to appreciate all the mothers who continuously support, love and nurture the next generation. May you continue to persevere as you commit to raising the next generation. Many women go through the odds to struggle and ensure that their children are raised in a safe environment.

To all the mothers who struggle singlehandedly to raise their children with minimal or support from their fathers. You are true heroes.

To the fathers who have taken up the big challenges of wearing both hats to raise their children. You are incorporable.

To those who have bravely decided to open up their4 home and parent a child who couldn't be loved by their biological mothers. Will you continue to be blessed exceedingly abundantly above all that you can imagine or hope.

Wishing you the very best the new week as you take the children back to school. May you experience supernatural provision and peace as you start the new school term.

Enjoy the downtowner!!
Rotarian Catherine Namoma

MAGIC MOMENTS with President Carolyne Male

Dear Rotarians, Rotaractors, and Friends,

Thank you for sparing time to read through the **Downtowner Weekly Bulletin** and for your unwavering commitment to staying engaged, informed, and connected. Your dedication fuels the spirit of Rotary, and to those who contribute content, ideas, and energy to our initiatives, I extend my deepest gratitude. Every effort big or small creates a ripple effect in transforming lives and communities.

As we edge closer to the close of the **Rotary Year**, it is a perfect moment to reflect on the incredible journey we've shared. Together, we have uplifted communities, forged stronger bonds of fellowship, and upheld the very essence of **Service Above Self**. The milestones we have achieved are a testament to our collective passion and commitment to making a difference.

Looking ahead, our **Presidential Installation on 14th June 2025** will mark the beginning of a new leadership term a time to celebrate fresh ideas, renewed enthusiasm, and greater aspirations for service. Additionally, let's support our fellow Rotarians at the **Rotary Club of Mukono**, who will be holding their installation on **24th May 2025**. These transitions remind us that leadership is not just about titles but about the continued legacy of impact we leave behind.



Let us finish this Rotary Year with the same dedication, energy, and optimism that have defined our journey. Let's continue to uplift one another, celebrate our achievements, and embrace the opportunities that lie ahead. **Together, we make magic happen!**

Rotary
Mukono Central

Rotaract
Mukono Central



Joint Presidential Installation

14th JUNE 2025

Fee:

50,000/= Rotarians

30,000/= Rotaractors

Venue:

Star Gardens
Mukono

Time:

400 pm

Dresscode: **Casual Smart**

For Payments: **Treasurer - 0708 111555**

Photo Of The Week



Past Assistant Govenor Bob Kibirango who was the sitting President during the Monday meeting at Rotary Club of Mukono Central appreciating the incoming Assistant Governor Florence Womanyi Waira from the Rotary club of Bweyogerere Namboole.

Monday Meeting Pictorial











LEGIT FRIENDSHIPS IN ROTARY



We often throw around the word "friend" casually, but have you ever paused to think about what true/legit friendship really means? As life goes on, we often realize that it's not about how many friends we have, but the depth of the connections we build with them. The real magic of friendship lies not in the good times but in those moments when we are our most vulnerable, imperfect selves and still feel seen, accepted and loved.

Think about it: how many people in your life know the real you? Not the polished version you present to the world, but the real, messy, complicated you? And out of those, how many stay? That's where the essence of true/legit friendship lies.

What makes legit friendships in rotary? The answer for me is **vulnerability, loyalty, honesty and confidence**.

Vulnerability. When we are vulnerable, we are our most authentic, real, true selves. There is no hiding, no dishonesty, no manipulating and no competition when we are vulnerable. We share our weaknesses, our fears and our failures knowing that there is no judgment. When we connect deeply with others we divulge our struggles and fears. Our cries for help are heard even though the words are not spoken. We show up for one another even though we are struggling to show up for ourselves and we become relatable and connect on a deeper level when we show our vulnerable side.

The friendships that I consider true friendships are the ones that I know I can say exactly what I am thinking or feeling and they will love me regardless how ridiculous, selfish, or foolish I may sound. They love me for the good, the bad, and the ugly.

Loyalty. The next important factor to me is loyalty. When I looked up loyalty in the dictionary it stated that loyalty is a strong feeling of support or allegiance. So when I think of loyalty in a friendship I think of these things: They celebrate each other's success and are never going to be jealous of your success and they are genuinely happy for you whenever you have wins. Your wins are their wins. A loyal friend will always stand by you when times are tough. You know you can get through breakups, illnesses, and other life drama because they'll always be there by your side. You are never alone. They might not always agree with your choices, but they'll still give you emotional support. They'll always be there to catch you whenever you fall, and will never make you feel worse about the situation with, "I told you so's."

They stand up for each other. People will say all kinds of things about you. But they will always stand up for you no matter what.

Like all relationships, friendships can fade if only one person is willing to put in the effort to make it last. Friendship is a two way street. People feel loved and cared about when what they offer in a relationship is reciprocated. When you are making an effort to stay in each other's lives after so much time has passed, that's loyalty.

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Honesty. They keep it real. A good friend is someone who won't always tell you what you want to hear, but will always tell you what you need to hear. A real friend can call you on your crap. You can be open to the criticism no matter how much you don't want to hear it.
A real friend wants you to be the best and sometimes that means telling them the hard truth. When you can have good honest friends, you always make up. All relationships have their share of ups and downs. When you're friends with someone for a long time, you're guaranteed to fight at some point. But if you can be honest with your friends, you will be able to come together after adversity as long as they're not compromising their own integrity by doing so.

Confidence. I think confidence goes hand-in-hand with vulnerability, loyalty, and honesty. When you combine all of those characteristics you gain confidence that you will be loved and accepted and you can be your true self. When you are confident in yourself you have the ability to be confident in your relationships. You don't over think and over analyze every word or action, but instead you can show up and nurture your relationships.
When you have confidence in yourself you can put more energy into your friendship. You can be a builder; you build others up because you see the best in them. You want your friend's success and happiness as much as you want your own and you have the ability to help them cultivate that in their own lives.
True friends are one of the simple pleasures in life. I wouldn't be me without them. When we find those friends, the ones with whom we can be authentic and share our true selves, have each other's backs, can be honest with, and can build one another, those are the friendships you hold on to. You soon realize the importance of true friendships. Those are the friendships you nurture, cherish and devote your time to. When we find ourselves in relationships like these, we cherish them, these are the friendships you count on one hand.
"*A friend is someone who knows all about you and still loves you.*" **–Elbert Hubbard**.

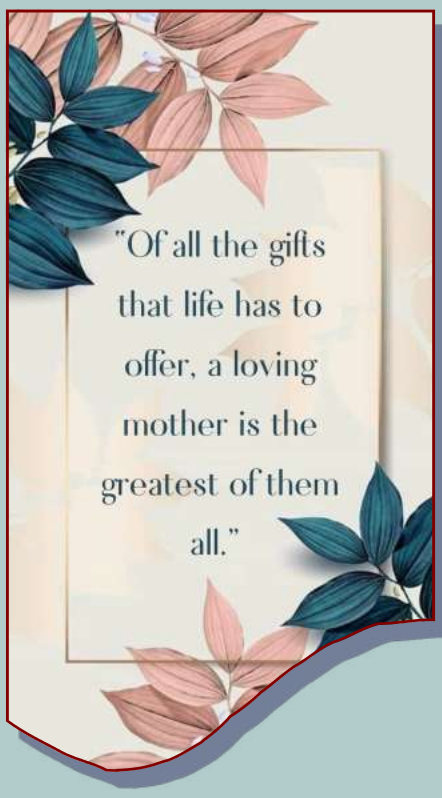


A Heartfelt Tribute to Mothers: The Unsung Heroes

In every corner of the world, there exists a profound and intricate bond between mothers and their children. This bond is often forged through moments of joy, sacrifice, and unconditional love. Yet, for many mothers, this journey is not undertaken in the company of a partner. They tread this path alone, fueled by an unwavering zeal to provide and nurture.

The Strength Behind the Smiles

Picture a mother waking up in the early hours of the morning, a quiet determination radiating from her weary eyes. She begins yet another day, facing the challenges ahead with a forced smile, often concealing the weight of her worries and exhaustion. As she prepares breakfast, the aroma fills the air, mingling with her hidden tears. Despite the emotional struggles that threaten to overwhelm her, she embraces the role of a protector, a teacher, and a confidante for her children.



These mothers often juggle multiple roles, working tirelessly to fulfill the emotional and physical needs of their families. They wear smiles like armor, shielding their children from the burdens they carry. Their laughter echoes through the hallways, often masking the storm of emotions they navigate alone. While the world may not always see the sacrifices they make, the love they pour into every moment of their children's lives is immeasurable.

The Beauty in the Struggle

The journey of a single mother is paved with challenges, but it is also a testament to resilience. Each tear that falls is a reflection of love—a love that emerges from the struggles and celebrates every small victory. A mother teaches her child the value of perseverance, not just through words, but through her actions. She becomes a living example of strength, courage, and unwavering hope.

To those mothers who rise each day with a spirit that refuses to be broken, we honor you. Your journey may be solitary, but it is filled with meaning and beauty. You are not just raising children; you are cultivating dreams, inspiring courage, and instilling values that will last a lifetime.

A Special Thank You to Supportive Men

In this beautiful tapestry of life, there are also men who play pivotal roles in supporting these mothers. They may not always be the primary caregivers, but their presence makes a world of difference. To the fathers, brothers, friends, and partners who step in to lend a hand or offer words of encouragement, thank you for recognizing the immense strength it takes for mothers to carry their burdens.

Your support creates a sense of community, showing these mothers that they are not alone in their struggles. Whether it's by offering help with errands, sharing a listening ear, or simply being a shoulder to lean on, your contributions are invaluable. In a world that often judges, your kindness matters. You help create a safe space where mothers can be real, letting them know that it's okay to show vulnerability, to express their fears, and to seek support.

The Power of Connection

At the heart of this tribute is the understanding that love transcends traditional definitions. Every shared moment between a mother and her child is an act of resilience, and every ounce of support offered by men fosters a sense of belonging. Together, they weave a fabric of connection that speaks to the human experience, illustrating the strength found in community, compassion, and mutual respect.

As we celebrate mothers, especially those who walk this journey alone, let us acknowledge the power of their stories. It is through their unwavering dedication that children learn the true meaning of love and strength. Let their tears be seen as symbols of their commitment, and their smiles as beacons of hope.

In conclusion, to every mother fighting the good fight, you are cherished. Your journey may be filled with challenges, but the love you give is immeasurable. And to the men who stand by their side, thank you for being allies in their journey. Together, we can create a world where all mothers feel supported and appreciated, knowing they are never truly alone..... Cheers to you great heroes and heroines

Rotarian Angela Nanyonga Kakooza
Rotary club of Mukono





Make Giving a Habit ($25 - $10,000) Why Not!!!!!

Rotary International (RI) recognizes Every Rotarian Every Year (EREY) as a contribution of a minimum $25 dollars to The Rotary Foundation (TRF). Imagine a multiplication factor in the club or district when such a contribution is made. Many of us Rotarians just do not give it a thought and the year passes without you contributing to the foundation. How do you as an individual make donations to TRF a habit, below are some ways.

Do it yourself online: RI has an option for you to make your donation online using your visa card MasterCard and for any amount. I have heard adverts on radio these days that one telecommunication company Airtel gives you MasterCard that can help you make purchases online and that card can help you make Rotary donations to the foundation. Get that card if your bank is a problem and you'll be able to make your own donations yourself to TRF.

Recurring Gifts: RI gives you an option of making your gift to TRF recurring, meaning that you put the schedule on how often an amount should be sent to the Rotary foundation and it will give you prompts when that time comes that your donation is due, people forget so a simple reminder will trigger you to contribute to the foundation.

Large Donations: I do not think the major donors we have picked $10,000 at once from their pockets and sent it to TRF. Majority of us make consistent small donations over time that eventually total $10,000. I made my first big donation of $500 eight years ago meaning it has taken me that long to become a major donor.

Club/group donations: Collecting funds and grouping amounts from different members and then sending to TRF may save transaction fees however our clubs go through different challenges you may send you money to the treasurer and it might be diverted to do other things to support the club. The delays and sometimes non remittances discourage people from consistently giving to the foundation get quarterly updates if TRF money has been remitted.

Cash in Dollars: Sometimes you get a windfall, you are paid in dollars, you get some dollars your way in cash, go to the Uganda Rotary office in give them that money, indicate purpose as TRF have your Rotary ID with you and they will easily send that money to TRF and it will be credited to your account. They take any amount send it bear the sending cost.

Make It a Lifestyle: You can use any option or all options like some use and giving to the foundation will become a habit for you and it will do good in the world. Let's build a legacy of generosity, one donation at a time.

Rtn Isaac Sebuliba
Past Assistant Governor
Major Donor



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Boy Child Chronicles

Letters to My son: Loyalty in Friendships

Dear son, I recently attended a birthday celebration of an elder who was celebrating his 60th birthday. It was a big celebration with hundreds of friends, family and colleagues at this celebration. While delivering his speech, he mentioned and appreciated many people who had impacted his life over the years; and it was touching to hear so many amazing stories of people who had impacted his life in so many ways. He has created great friendships and relations in business, cultural, social and community circles.

What stood out for me are the two specific people he mentioned who will keep his secrets at all costs. He mentioned that these two will defend him against any allegation. They committedly defend his honor in any room. He shared a story of one of them spending a night in jail in order to defend his friend. This is something incomprehendible in a world where people cannot defend or even fight for friends no matter what they get from them.

He ended by imploring each individual to examine their circles and ensure that they have someone in who can defend, protect and fight for their honor. It's important to note that friends who are loyal are hard to find and even harder to keep, in spite of their importance in our lives.

We live in a world of people disguised as friends while secretly resenting you and your success!! While others are awaiting your downfall

Son, May you find friends who are loyal, committed and ready to defend and fight for you in any room. May you critically evaluate and remove toxic and disloyal people from your life. And May God raise the right circles around you to help you thrive.

Rtn Catherine Namoma

President Nominee

Rotary Club of Mukono Central





PRICES LIST		
Number	Item	Price
Weather Guard All colors	4 Liter Bucket	50,000
	20 Liter Bucket	290,000
Undercoat	4 Liter Jerrycan	9,000
	20 Liter Jerrycan	45,000
	4 Liter Bucket	12,000
	20 Liter Bucket	55,000
Vinyl Silk all colors	4 Liter Bucket	55,000
	20 Liter Bucket	295,000
Matt Ceiling	4 Liter Bucket	35,000
	20 Liter Bucket	165,000
Matt Emulusion	4 Liter Bucket	12,000
	20 Liter Bucket	65,000
Paste	20 Liter Bucket	145,000
Primer	20 Liter Bucket	80,000

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Bringing Light into Conflict: Nobert Mao Inspires Rotarians to Mediate with Heart and Humour.

By Rtn Sylvia Nankya

"Even a tree stump can look like an enemy—until someone shines a light on it," joked Hon. Nobert Mao as he addressed a group of Rotarians undergoing mediation training.

With his signature blend of wit, wisdom, and storytelling, the Minister of Justice and Constitutional Affairs captivated the room with powerful life lessons and practical strategies on becoming an effective mediator.

With decades of experience—including playing a pivotal role in the government's mediation with the Lord's Resistance Army—Mao brought more than technical knowledge. He brought soul. "A mediator is not the main reactant; you are a catalyst. Your presence should reveal what really matters to people—what lies beneath the surface," he emphasized.

Mao laid out seven key roles every effective mediator must embrace:

1. Stay focused on achieving an agreement

2. Don't abandon the agenda

3. Level the playing field—lift the weaker party

4. Be a "reality tester" offering independent perspectives

5. Help generate alternative options

6. Keep records of offers and counteroffers

7. Ensure agreement implementation

"You have to be ready to listen—even to the scary things parties need to get off their chest," Mao advised. "Sometimes your job is simply to absorb the tension, like a lightning conductor, and safely ground it."

The training took place on Saturday, May 17, 2025, at Silver Springs Hotel, organized by the District Governance and Ethics Committee. This is the first cohort of Rotarians being formally prepared to take up mediation roles within the district.

Francis Gimara, the Chair of the Committee revealed that trained Rotarians would soon form a pool of mediators ready to serve in resolving disputes across Rotary clubs. "This initiative ensures our clubs remain peaceful, values-driven spaces for service," Gimara said.

Mao encouraged participants to choose the interest-based model of mediation over the rights-based approach. "People don't just want compensation—they want to be heard. They want their values acknowledged," he explained.

"Your job is to shade light, expose the truth, and help them see each other again as humans."

When recalling his own mediation efforts during the Northern Uganda conflict, Mao shared how he used subtle, behind-the-scenes communication to diffuse tension. "*Kony would call me. I would brief the President. Not because I was collaborating—but to remove rumours and build trust. That's what a mediator does.*"

The session was not short on humour either. From tales of boarding school mischief to reflections on marriage and politics, Mao had the room erupting in laughter. But every joke was laced with a deeper truth. "We're not perfect, but if you're big on personal growth, you'll become a better mediator—and a better person," he said.

"*I'm pleased this training is done with simplicity,"* Mao noted. "Some trainings are designed to equip people with high-voltage things. But the best mediators are those who understand people and keep it simple."

He closed by reminding Rotarians to anchor their mediation practice in the Rotary Four-Way Test—truth, fairness, goodwill, and mutual benefit. "Let that badge you wear not just be a pin, but a symbol of integrity and healing."

So what does it take to be a great mediator? According to Mao: "Internal motivation, empathy, friendships, humility, and practice, practice, practice."

And maybe—just maybe—a good sense of humour.

OFFICIAL STATEMENT



ENDANGERED SPECIES DAY 2025

Today, as the world marks Endangered Species Day, Herp Fauna Foundation stand in solidarity with conservationists, communities and governments globally in raising awareness and advocating for the protection of threatened wildlife, especially amphibians and reptiles, which are among the most overlooked yet ecologically vital species.

Uganda is home to a rich diversity of herpetofauna, including critically endangered frogs, snakes, chameleons, and lizards, many of which are endemic and found nowhere else on Earth. Yet, these species are disappearing at an alarming rate, due to habitat destruction, pollution, invasive species, illegal wildlife trade and the growing impacts of climate change.

As a Ugandan-based conservation and education organisation, Herp Fauna Foundation is committed to the protection and recovery of endangered amphibians and reptiles through:

- Community engagement and youth education,
- Habitat restoration and biodiversity research,
- Snakebite awareness and human-wildlife conflict mitigation,
- Advocacy for inclusive conservation policies, and
- Establishing safe havens such as breeding centers and sanctuaries.

We call upon all Ugandans, from policymakers to farmers; students to scientists, to recognise the urgent need to conserve herpetofauna, not just for their intrinsic value, but for the health of ecosystems and future generations.

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