Rotary
Mukono Central

THE DOWNTOWNER

"My Community. My Service"

Volume 3, Issue 3 July 21st, 2025



Welcome Back

FROM KAMPALA INTERNATIONAL SCHOOL UGANDA

www.rotarymukonocentral.org

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THE EDITOR`S NOTE



Dear reader,

I welcome you all to another week of Service. A special message of gratitude goes to all those who made it to the 5-A-Side games, I hope you felt the thrill!

In this week`s bulletin, we have brought Dr. Kiyemba Christopher back to share more information on Marternal Health.

The RC Mukono Central team Captain has also shared on the team performance in the recently concluded games. Also check out information regarding the blood donation Campaign that is scheduled for this week at the Church of Uganda Hospital, Mukono.

The Downtowner continues to share on various programmes as organized by Rotary District 9213, please check them out together with several other informative articles by various authors.

Wishing you a nice week ahead and stay blessed.

Rtn. Beatrice Nannozi Kasirye
Club Public Relations Officer/ Editor





DAHUNTERS, THE BUDDY GROUP ON DUTY



FROM LEFT TO RIGHT;

- Rtn. Beatrice Nannozi Kasirye
- PP Grace Nanyonga
- Rtn. Abubaker Muzige
- President Isaac Ssamba
-Rtn. Hanypher Kasule
- Rtn.Vicent Sekirime

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WE ALSO DO OUTSIDE CATER

MESSAGE FROM THE PRESIDENT



Dear Rotarians, it's yet another Monday for the Downtowner. I welcome you all from the wonderful weekend we had. The 5-A -SIDE sports tournament was such a super experience for the Rotary Clubs, Rotaract clubs and corporate companies that participated; indeed it was a wonderful way for us all to meet as one big family.

My sincere appreciation goes to our team Captain Rtn. Abubaker Muzige for organizing the team and putting everything in order to make sure we show up and show them, what Rotary Club of Mukono Central is made of.

Rotary Club of Mukono Central has come a long way since its inception. I am honored to be the President at a time when the Club takes stock of the last ten years and appreciates the achievements of the Past Presidents and the Members of the Club.

The Rotary Club of Mukono Central was chartered on the 8th April of 2016 and by divine intervention the Club made 10 years of Service. What a blessing for this great Club! We salute each and every one of our Past Presidents for their unique contributions that have brought the Club thus far.

We are pleased to note that 8 of the nine Past Presidents are still very active Members in the Club both in terms of Membership and participation in projects and other Club activities. That says a lot about the strength of the Club that they participated in building up.

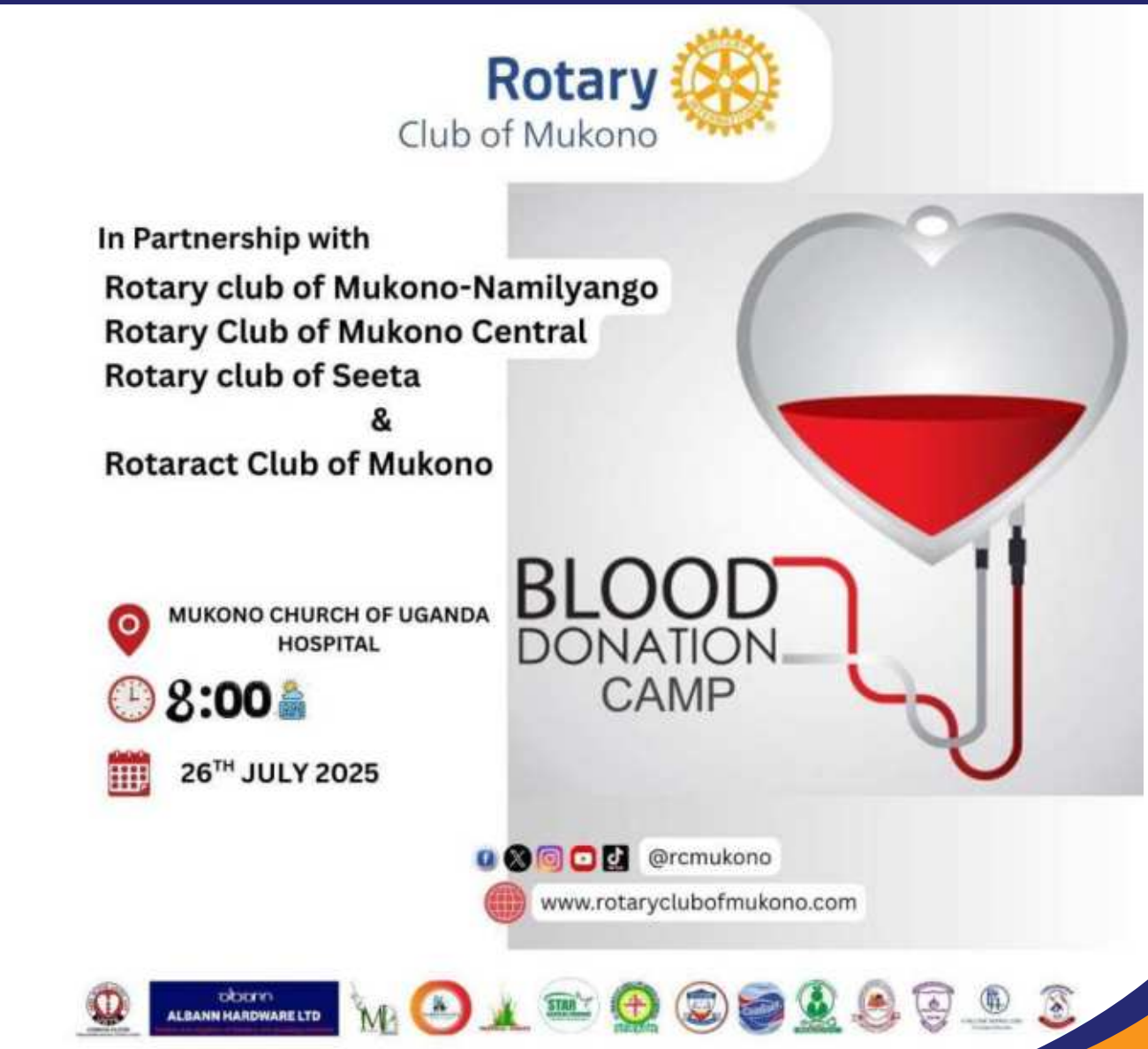
Rotary Club of Mukono Central has a rich history of achievements in service projects, fellowship and fun.

As part of the celebration of ten years of achievements, we have documented our history through video and in the next issues of our weekly bulletin we shall dedicate a page to our Past Presidents and on our website as well. We shall share summaries about their years of presidency.

In the Rotary Year of Uniting for Good, we have planned fun, educative- and colorful fellowships / meetings and we invite you every Monday to fellowship with us at Star Gardens, Mukono from 7-8PM.

Next Saturday, the 26th of July, I invite you all our readers, members and friends to join us at Church of Uganda Hospital, Mukono for a blood donation drive campaign initiated by our mother club, the Rotary Club of Mukono. We will be working alongside other rotary clubs and the general community.

Rtn. Isaac Ssamba
Club President – 2025/2026



MORE THAN A GAME: OUR ROTARY 5-ASIDE JOURNEY AT KISU

On Sunday, 19th July 2025, the fields of Kampala International School Uganda (KISU) were set ablaze with passion, unity, and fellowship as 64 Rotary teams, 32 Rotaract teams, and 12 corporate teams came together for the grand Rotary 5-aside Gala, hosted by the Rotary Club of Kiwatule.

Our team stepped onto the pitch full of spirit and determination. Each game we played was a blend of strategy, teamwork, and resilience. We fought hard through the group stages and proudly advanced to the Round of 16. There, we faced a strong side RC Kiboga. It was a closely contested match, and although we played exceptionally well, they capitalized on a few chances that edged them past us.

Despite the result, our journey was filled with pride. Out of 64 Rotary teams, making it to the top 16 is no small achievement. I commend our players for their discipline, sportsmanship, and energy throughout the tournament.

However, amidst the joy and unity of the day, we were deeply saddened by the sudden passing of Rtn Henry from the Rotary Club of Kawempe. His loss was a heavy reminder of the fragility of life. We stand in solidarity with his family, friends, and club. May his soul rest in eternal peace.

Congratulations go to the Rotary Club of Kampala Ssese, who emerged champions of the gala. And a special appreciation to the Rotary Club of Kiwatule for organizing such a vibrant and well-executed event.To all our club members who made time to attend, despite your many responsibilities, thank you. Your presence made a difference. And to our brave and committed players, I salute you. Your performance, character, and team spirit were inspiring.

This was more than just football. It was Rotary in action, uniting for fellowship, fun, and purpose. We leave KISU proud and motivated, ready for the next challenge.



By Rtn Baker Muzige,
Team Manager
,RC Mukono Central.



THE 5-A- SIDE TOURNAMENT- PICTORIALS















THE CLUB ASSEMBLY - PICTORIALS.





















Rtn. Pauline Nankinga and PP. Grace Nanyonga of
RC Mukono Central with District Governor during his Visit at RC Bweyogerere

THE DISTRICT GOVERNOR`S VISIT TO RC BWEYOGERERE

KEY MESSAGES

-EMBRACE THE YOUTH WITHIN THE CLUB AND WORK TO SUPPORT THEM

-CALLED FOR THE SUPPORT OF THE CANCER RUN

-ENCOURAGED ROTARIANS TO PREPARE AND ATTEND THE DISCON IN LARGE NUMBERS

-NEED TO EMBRACE PROJECTS THAT ARE IMPACTFUL IN THE COMMUNITIES BUT TO THE CLUB AS WELL.

-IMPROVE THE ROTARY PUBLIC IMAGE THROUGH WHAT WE DO.

COMPILED BY;

RTN. GRACE EPILA

WHY YOU SHOULD HAVE THREE PRENATAL ULTRA SOUND SCAN EXAMINATIONS DURING YOUR PREGNANCY



Prenatal ultrasound scans are medical imaging techniques that use high-frequency sound waves to create pictures of a developing embryo or fetus inside a pregnant woman's uterus, as well as the surrounding organs like the uterus, ovaries and urinary bladder

They are a safe way to monitor fetal growth, development and general wellbeing thus providing reassurance and a visual connection with the mother.

The first scan should be done in the first trimester; the first 12 weeks of gestation

This first scan is very important as it serves to confirm that the embryo implanted in the right location, the uterus (womb).

If otherwise, typically outside the uterus (ectopic pregnancy), then appropriate management is effected in time to save the mother's life and minimize morbidity.

For this particular purpose, the scan should be done preferably before eight weeks of gestation such that, if the fetus implanted in the tube, it can be identified before the tube ruptures!

OTHER BENEFITS OF THIS FIRST SCAN ARE;

- It is the most accurate compared to the subsequent scans regarding estimating your baby's gestational age and the expected date of delivery (EDD)
- In case of multiple pregnancy, it is then that the nature of pregnancy is determined (whether the feti share the same placenta or not, whether they share the same sac or not). This is all determined in the first trimester.

The second scan is preferably done between 18 and 20 weeks of gestation and mainly serves to assess the major systems of the developing fetus and look out for any gross birth anomalies like hydrocephalus,

spina bifida etc. In some instances the developing baby may have severe anomalies which cannot support life after birth like anencephaly (where the brain never forms) thus can help in timely decision making for an appropriate management plan.

The third scan should be done between 32 and 36 weeks of gestation.

It mainly serves to assess the baby's wellbeing and helps in making appropriate preparations for delivery. It will help to show to the estimated weight of the baby, how the baby is lying in the womb, baby's breathing and general body movements, location of the placenta, whether there is a cord around the baby's neck, amount of liquor etc

In a normal pregnancy, the above described three scans will suffice to monitor your developing baby till delivery..

However, any time in between an ultra sound scan can be requested to assess your baby's wellbeing in case it is questioned for example if you develop abdominal pain, per vaginal bleeding, reduction or cessation of fetal movements.

Ultrasound scan examinations are considered safe for both mother and baby, as they do not use radiations therefore never worry about the number of scans you may have during your antenatal so long as they are medically indicated.

By: Dr. Kiyemba Christopher, Obstetrician and Gynecologist
Peak Medical Centre , AM Legacy Plaza, Gayaza Road
Tell.+256703897835



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HOW DO YOU LEAVE?



Rotary | Rotary Fellowship for Home Exchange

How would you feel when later things fall apart or deteriorate because you left that relationship, Club, Job, Office, name it?

Whatever the case could have been for your leaving, there's something powerful about things that stay and it's on that background that I propose;

Wish well and do whatever you can to see that whatever you have been part of, stays alive and thrives after your exit.

This doesn't sit well with a simplistic thinker as they would love things to perish so that their absence is felt, however your absence can still be felt as growth and development takes place.

Do good and always wish good especially to whatever it is that you have been part of.

Rtn.Pawulo Ssenyonga.
Club Admin - RC Mukono

Rotary District 9213

Rotaract District 9213

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DEALING WITH THE BRATTY GENERATION: STRATEGIES FOR PROMOTING POSITIVE BEHAVIOR

Promoting Positive Behavior

The increase in "bratty" behavior among children and teenagers has raised concerns among parents, educators, and the general public. Positive social relationships and personal growth can be hampered by these traits, which include entitlement, disrespect, and selfishness. Thankfully, there are practical ways to instill moral principles and behavior in the current age. Understanding the Causes and reasons behind bratty behavior is essential before talking about solutions. A few of the contributing factors are;

•Overindulgence: Parents who are permissive and lack discipline may raise entitled children.

•Lack of Boundaries: Children need standards to understand proper behavior.

•Social Influences: Social media and peer pressure can amplify undesirable characteristics.

Techniques for Managing such Behavior

Establish Clear Boundaries: When rules are clear, kids learn proper behavior! To reinforce expectations, it's critical to apply regulations consistently. Children thrive when they are aware of the limits.

Encourage Compassion: The teaching of empathy is vital. Encourage kids to discuss their emotions as well as those of others.

Helping others and volunteering are two examples of activities that can foster empathy and understanding, which in turn promotes more considerate behavior.

Provide a good example of conduct: It is common for children to learn from watching adults. Teachers and parents should lead by example in terms of manners and consideration. Be honest about your shortcomings and demonstrate to others how to handle disappointment.

Promote responsibility: By educating children to take responsibility for their behavior, bratty inclinations can be reduced. Letting people handle the consequences of their behavior improves accountability. A sense of accountability can also be devel-



Rtn. Angella Nanyonga
Rotary Club of Mukono

Create Opportunities for Education: Make time management, money management, and teamwork lessons a part of your daily schedule. Kids can learn the value of teamwork and respecting others' contributions by participating in cooperative activities.

Encourage Appreciation: It is possible to combat entitlement by practicing gratitude. By expressing thankfulness or keeping a gratitude book, people can cultivate appreciation for what they have. By teaching them to appreciate the work of others, we may redirect children's focus from "I want" to enjoying what they already have.

Verify if your expectations are realistic: Communicating clear, acceptable expectations helps prevent feelings of entitlement. Children should be taught that while having aspirations is normal, they might not always fulfill them and, that endeavor is necessary to reach objectives.

Employ constructive feedback: Sometimes praising and rewarding good behavior works better than merely punishing bad behavior. Honor small successes and progress to encourage kids to continue their good deeds and to increase their sense of self-worth.

Encourage candid communication: Give children an environment in which they can freely express their thoughts and feelings. Regularly talking about their experiences might help kids understand how they feel and lessen their tendency to act spoiled by addressing underlying issues.

In a social or educational context, consider the following tactics when interacting with aStay Calm: An outburst of rage or frustration could exacerbate the situation. Remaining calm can help to lower tensions.

Address Conduct, Not Personality: Rather than labeling the individual, focus on the specific behavior that is inappropriate. This differentiation encourages dialogue and reduces defensiveness.

Inspire introspection: Ask questions that elicit contemplation, such as "How do you think that made others feel?" This encourages accepting accountability for one's conduct without assigning liability.

Set Limits: If rude behavior persists, establish clear, courteous guidelines. Explain the effects, mentioning any limitations on privileges or social contacts.

To stop the spoiled behavior of the current generation, parents, educators, and communities must be understanding, patient, and tenacious. By establishing boundaries, encouraging empathy, demanding accountability, and fostering gratitude, we can assist young people in becoming socially responsible, courteous, and compassionate adults. The next generation can grow up to be responsible, well-adjusted individuals who can handle life's obstacles with dignity and grace if these strategies are put into practice.

sulky person;

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SNAKES AMONG US: WHY UGANDA MUST RETHINK ITS RELATIONSHIP WITH THESE MISUNDERSTOOD CREATURES

Every year on July 16th, the world pauses to mark World Snake Day — a day dedicated to celebrating snakes and their role in our ecosystems. Yet here in Uganda, the day often passes unnoticed, or worse, misunderstood. For many communities, a snake sighting evokes panic, fear, and immediate calls to kill. But in truth, snakes are far more than symbols of danger — they are indicators of a healthy environment and silent custodians of balance in nature.

In Uganda, snakes are part of our rural and peri-urban landscapes. Yet with increasing human encroachment into wildlife habitats, cases of snakebites are rising — particularly in farming communities.



Many victims suffer in silence, with inadequate access to anti-venom, proper first aid, or trained medical responders. Tragically, this turns what is often a treatable injury into a life-altering or fatal experience.

The danger, however, isn't just the venom. It's the ignorance.

Our collective failure to educate communities, equip health centers, and invest in coexistence strategies has made snakebite an invisible public health crisis. It is both preventable and solvable. What we need is not more machetes in the bushes, but more boots on the ground delivering education, promoting safe farming practices, and training health workers in effective snakebite response.

Snakes also play a crucial ecological role, they control populations of rodents and pests, indirectly safeguarding crops and reducing the need for chemical pesticides. In ecosystems such as Mabira, Queen Elizabeth, and even parts of central Uganda, snakes are keystone species — remove them, and the ripple effects will be devastating.

The Herp Fauna Foundation has been working at the intersection of conservation and community health — rescuing snakes, educating children in schools, and conducting snakebite awareness in vulnerable districts. But the truth is, we need a national strategy. Just as we've mainstreamed malaria and HIV education, snakebite response must be integrated into our rural health policies and school curricula.

As we mark World Snake Day, I challenge our leaders, educators, and media to shift the narrative: from fear to understanding, from killing to coexistence.

Let us not wait for another child to die in a village without anti venom, or another farmer to swing a hoe out of fear and lose biodiversity in the process. Let Uganda lead in East Africa — not in snakebite deaths, but in snakebite solutions.

Snakes are not our enemies. Ignorance is.

By Mukasa Emmanuel
Founder, Herp Fauna Foundation

ROTARACT CORNER



BOYCHILD CHRONICLES

"Unity in action"

Letters to My son



Rtn Catherine Namoma
President Elect

Dear son, a story is told in the Bible of a leader called Moses who was called to rescue God's chosen people, the Israelites from slavery. He was a wise and courageous man and successfully carried out this task unwaveringly. However on the way to the Promised Land, they were attacked by the Amalekites and spent a night in battle.

Moses being the leader went to the top of the hill and held his hand up to the heavens and as long as his hands stayed up, the Israelites were winning and whenever he lowered them, they would lose. When his hands grew tired, his two assistants Aaron and Hur gave him a stone to sit and each raised one hand to keep them raised. This continued from morning till sunset which led to victory over their enemies… (Full story in Exodus 17).

The moral of this story is as you walk this journey called life, you will always have a leader who often times will get tired, confused, frustrated and resigned. Your role as a follower is to uplift, encourage, strengthen and support that leader. Understand and accept the authority of that leader and intentionally create a winning environment with the team. As long as the leader is supported, victory will be realized. Everyone's contribution is crucial to the outcome of the story.

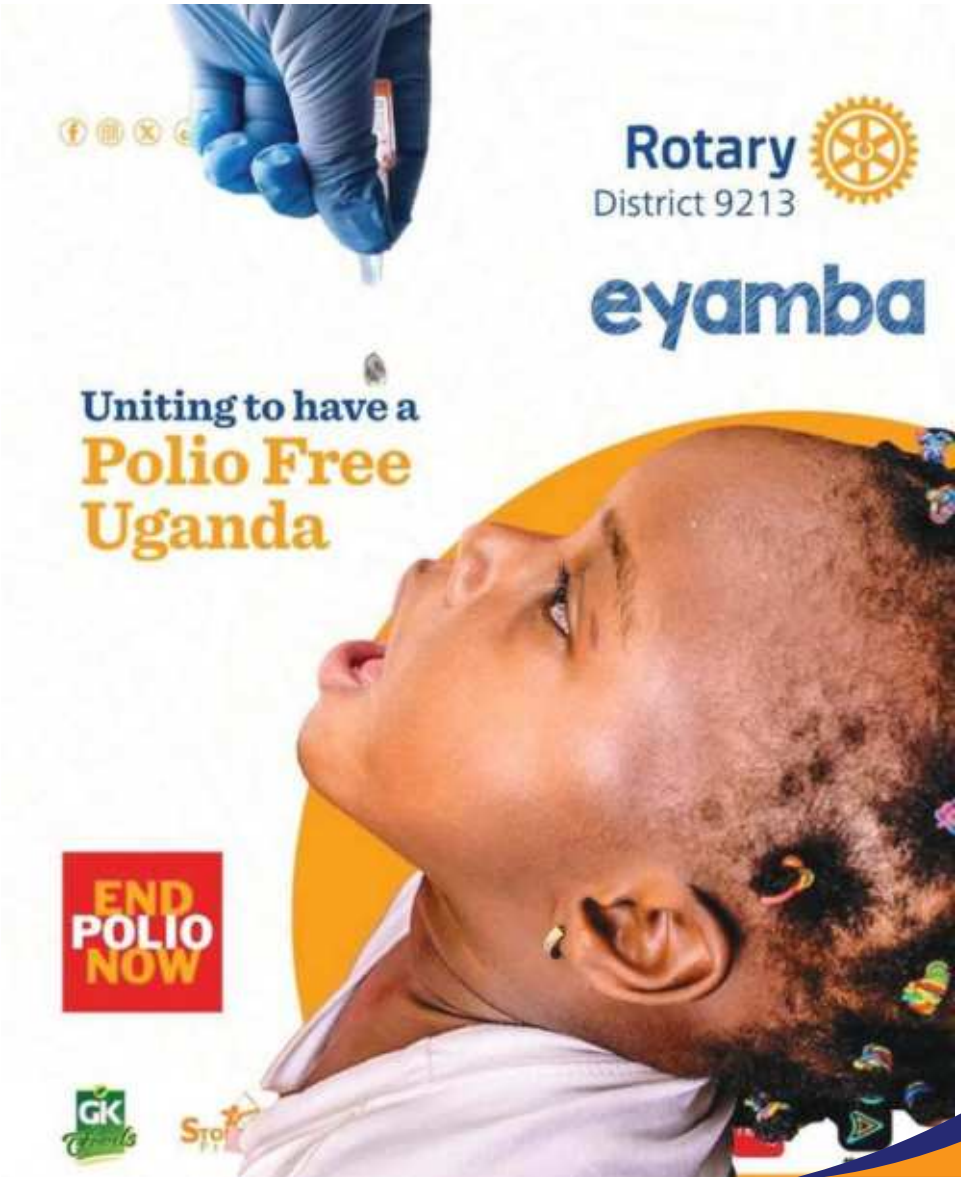
As Rotarians, we have different classifications, gifts, experiences and resources which are needed to accomplish a common goal. Be reminded that there is room for your gifting to contribute to the success of your Club. While one is good in public speaking, another will be good in administration, another with finance, another with socialization and etc; use these to support your presidents.

Son, discover what you bring to the table as the notion goes and use it for the benefit of service above self. This is a true definition of Uniting for good. Remember the President cannot do it alone, neither can the board. We need each other to successfully serve.

Publilius Syrus said "where there is unity, there is always victory".


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DOPAMINE ADDICTION



The more negative emotions we are dealing with, the more vulnerable we are to dopaminergic signals. Dopamine is a hormone that the body uses as a reward system. It gives the body the "feel good" effect (pleasure).

If you are feeling depressed, anxious and lonely, it's more likely that you will seek solace in food, movies, alcohol, sex or social media. Dopamine helps you shut off negative emotions. Negative emotions induce the craving for dopamine.

Whenever you feel bad, the body wants to help you feel better. The brain releases dopamine to get you the pleasure. Each time this happens, you get these dopamine hits that keep you hooked to the same things that give you pleasure. The danger here is the dependence. When your body gets used to dopamine hits from social media or text it starts craving for those short term rewards. Over time, it gets wired in a way that it's always in a deficit. It makes it hard for us to stay motivated without those instant gratifications.

This dependency can deepen our natural drive making it difficult to stay focused on meaningful work. This is why you wake up and the first thing is to check your phone. You are at work and your mind is constantly craving for the phone so you can continue with that gossip video you were watching, the reason why you are constantly on Instagram, Facebook and Tiktok, dating sites or even porn sites. You want that "new high".

Try a dopamine reset in the form of;

- One day a week, move without your phone. Detoxify from social media.
- Fasting every week. Detoxify from food addictions. Fasting also cleans your soul and you will realize you can't find the mind to masturbate when fasting.
- Find a new healthy habit that can get addictive, like the gym, journaling and even reading.
- If depressed or anxious, try and stay present. Things that depress or get you anxious are not in your present. They are either in the future or the past, both of which you don't have.
- Fix the gut. There's a direct relationship between the gut and the brain.

Start slow and gradually grow into it.

BY: BAKER MUZIGE

REST IN PEACE ROTARIAN





REMEMBERING CMP HENRY NSAMBA





Rotary
Mukono Central



Rotary
District 9213

Chartered: 8th April 2016

Join us for our meetings every Monday 1900hrs - 2000hrs
Star Gardens Mukono