Rotary
Mukono Central

THE DOWNTOWNER

"My Community. My Service"

Volume 3, Issue 4 July 28th, 2025



Welcome Back From

THE JOINT BLOOD DONATION CAMPAIGN

www.rotarymukonocentral.org

TABLE OF CONTENT

EDITOR'S NOTE	01
MESSAGE FROM THE PRESIDENT	03
MESSAGE FROM THE RI PRESIDENT	05
DISTRICT GOVERNORS VISIT TO RC KAMPALA EARLY BIRD	07
BLOOD DONATION CAMPAIGN	08
FELLOWSHIP AT RC MUKONO CENTRAL –PICTORIALS	09
MARTENAL HEALTH	10
AVOIDING CANCER TRIGGERS IN OUR FAMILIES	14
TOTEM NOMENCLATURE AND MORALITY IN BUGANDA CULTURE	16
RITARACT CORNER	18
BOY CHILD CHRONICLES,	19
TIME: THE EVER-FLOWING RIVER OF EXISTENCE	20





THE EDITOR`S NOTE



Dear reader,

I welcome you all to another week of Service and congratulate you upon the completion of the Maternal and Child Health month.

In a special way, I thank everyone that joined us at the Mukono Church of Uganda Hospital for the blood donation campaign; with your support, we collected 132 units of blood.

I am also grateful to Dr. Kiyemba Christopher who has devoted his time in educating us about the July Rotary theme and the various contributors of the Downtowner; you have been the backbone of the weekly bulletin for month of July!

In this week`s issue, I have shared the RI President`s message for the month of August; be inspired by his communication on membership growth.

This issue has also shared some training/learning opportunities, I encourage the target group to enroll for these courses.

I wish you all a nice week ahead and be blessed.

Rtn. Beatrice Nannozi Kasirye
Club Public Relations Officer/ Editor

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A GOOD START OF THE UNITE FOR GOOD YEAR



Dear Downtowner readers, it's yet another Monday for your piece of good content and information from the Downtowner. I want to thank the Rotary Club of Mukono Central for completing the first month of the Rotary Year in vibe, good spirit and full participation in Club projects and activities… so far so good, please keep it up. I am really grateful to you my members for your service and dedication.

I also want to take this opportunity to thank our Assistant Governor, Rtn. Florence Waira, for the support and dedicationto our club particularly the guidance she offers towards my leadership. I am really grateful and this is not something I take for granted.

The weekend was filled with many activities and the most notable one was the partnership between our Mother club, the Rotary Club of Mukono and the Rotary Club of Mukono- Namilyango and the Rotaract Clubs of Mukono and Mukono Central in a blood donation drive run by Nakasero Blood Bank on Saturday, the 26th of July at Mukono Church of Uganda Hospital. Over 230 units of blood were collected from community members and Namilyango High School.

On Sunday, we joined the Rotary Club of Gayaza in welcoming the District Governor, Rtn. Geoffrey Martin Kitakule on his official club visit. It was a wonderful evening, learning and unlearning a lot of things. Thank you our DG for the support and guidance you are giving to our clubs.

I congratulate the DaHunters buddy group for finishing the month of Maternal & Child Health month (July) in style and setting the yardstick of the year. Having nearly all its members fully paid up with club dues- this is a wonderful milestone and it's something to celebrate.

However, as we welcome another buddy group to take us through the month of August, remember excellence is not an achievement, it is a lifestyle; a lifestyle that often results in opportunity and privilege. Privilege that results in a Rotary membership and an opportunity to help others.

August is another month of service and community impact, running on theme of Membership and New Club Development. Let's remind ourselves that, this is the month when Rotary Clubs, around the world focus on membership in Rotary. It's a month of growth!

Next month of August, let's focus on strengthening our connections, welcoming new members, and working together to create positive change in our community. I encourage you to get involved in our upcoming projects, share your ideas, and let's make another month of joy, connection, and service.

August is also a great month for our club, because we will be hosting the District Governor next Monday on 4th of August 2025 on his official club visit. We will be much honored to share our success, aspirations and challenges with the district leadership. I invite you all the Downtowner readers to join our club as we welcome the Governor.

Lastly, I call upon all Club members to continue participating in club activities, volunteer for projects, and contribute to the "Unite for Good" initiative through TRF or Polio Plus contributions. Together, we can 'Unite for Good'!"

Rtn. Isaac Ssamba
Club President – 2025/2026
Rotary Club of Mukono Central



MESSAGE FROM THE ROTARY INTERNATIONAL PRESIDENT FOR THE MONTH OF AUGUST



August is Membership Month, but our commitment to growth and connection is year-round. When we focus on growing Rotary, we grow our ability to serve, to lead, and to bring lasting change.

Membership growth isn't just about numbers. It's about opening doors. It's about inviting more people who are ready to give their time, talents, and hearts to a cause greater than themselves. When we welcome new members, we bring in fresh ideas and new energy. We expand our impact, strengthen our clubs, and ensure that Rotary continues to evolve with the world around us.

Remember, there is now great flexibility in fashioning nontraditional club models. I'm inspired when I see these innovative clubs thrive by offering new and prospective members more ways to connect and serve.

In Korea, the growth of satellite clubs has created opportunities for nearly 1,000 new members to find their place in Rotary. In Romania, the close collaboration between Rotarians, Rotaractors, and Interactors has built a pipeline of future leaders. In India, some Rotarians gather around a shared interest — whether it's professional development or a passion for service —and those connections deepen their commitment and their joy in being part of Rotary. And we've seen cause-based clubs thrive in regions as diverse as Southeast Asia, Africa, and Europe.

There's a common thread: Where clubs are growing, membership is a priority and there is a willingness to try something new. Rotary is not limited to one structure or tradition. We are a global network of people of action, and that means there is room for many kinds of clubs, many ways to serve, and many paths into our organization.

This spirit of innovation is also guiding our efforts to reach new communities. In places where there has never been a Rotary club — or where a club once existed and faded — Rotarians are finding ways to grow Rotary. They are identifying areas of potential and building clubs that reflect the character and needs of their communities.

Every member plays a part in this journey. Whether you introduce a friend to your club, support a new meeting format, reconnect with program alumni, or simply share your Rotary story, you are helping our organization grow stronger and more vibrant.

No one owns a Rotary club. It is a gift we pass on to the next generation. When we nurture that gift, when we invite others to share in it, we ensure that Rotary continues to be a force for good.

Let's prioritize membership growth — not just in August but every month of the year. Together, through friendship, creativity, and shared purpose, we will grow Rotary and Unite for Good.

FRANCESCO AREZZO
President, Rotary International

THE DISTRICT GOVERNOR`S VISIT TO RC KAMPALA EARLY BIRD

The District Governor Geoffrey Martin Kitakule visited the Rotary Club of Kampala Early Bird on Monday, 21st July 2025.

The session started by remembering the now late CMP Henry Nsamba of the Rotary club of Kampala Kawempe, who passed on during the 5- ASIDE football tournament.

In his speech, DG Kitakule praised the Early birds for a spectacular Reggae night they championed at the just concluded District conference in Jinja. He cited Bob Marley as a lover of unity which matches the Rotary focus for this year. Songs like "One Love" aimed at uniting people!

He called members to be present at the Discon to celebrate the Rotary year in style.

The Unifying Governor praised the Early birds for championing Collaboration, noting that it is the way to go. He commended the Club`s 7 by 7 installation and stated that it was a sign of humility but also a way of cutting down on the financial burden thus saving millions of money.

He advised rotarians to encourage rotaractors to join the club, citing that to be an Early bird is a discipline that should be passed on to the younger peoplenoting that this kind of mentorship will help the club grow. He mentioned that the club has more room to grow its membership from the 37 members.



DG GOFFREY KITAKULE

The early Monday morning fellowship is a discipline that sets the tone and tune of the week, which should be emulated by youths. The district has made it possible for Rotaractor by waiving the fees. He however advised that, as recruitment is done, emphasis should be put on the quality of those joining.

The tailored speech also encouraged members to do meaningful service projects, impact the community, and give to the Rotary foundation.

The epic speeches given by the governor are tailor made and suitable for the audience and clubs.

Viva la Rotary

By Gracie Epila

THE BLOOD DONATION CAMPAIGN

The Rotary Club Of Mukono carries out a Blood donation campaign annually as solution to address the persistent blood shortages in the Country. This year, the campaign was held in partnership with;

- The Rotary Club of Mukono Central
- The Rotary Club of Seeta
- The Rotary Club of Mukono- Namilyango
- The Rotaract Club of Mukono Central
- The Rotaract Club of Mukono

The Blood donation Campaign was held on Saturday, 26th July 2025 at the Church of Uganda Hospital, Mukono. Below are the Pictorials.













THE CLUB ASSEMBLY - PICTORIALS.

















WHEN TO SEEK MEDICAL ASSISTANCE IN REGARD TO FAILING TO GET PREGNANT?



DR. KIYEMBA CHRISTOPHER,
OBSTETRICIAN AND GYNECOLOGIST

Pregnancy holds deep significance in many marriages and enhances a couple's emotional bond while fulfilling mutual hopes for parenthood.

Generally, 80% of couples (with women of reproductive age) who try to get pregnant will achieve it within one year without medical assistance.

Failure to realize pregnancy after one year of trying (regular sexual meetings at least every after three days), usually indicates a couple's need for medical assistance to get pregnant.

Depending on the findings from the assessment, Assisted Reproductive Techniques (ART) may be employed to help the couple get a baby.

ART refers to medical procedures that aid in achieving pregnancy when natural conception is difficult or impossible. These techniques typically involve handling eggs, sperm, or embryos outside the body.

They have transformed the landscape of fertility treatment, offering hope to couples and individuals struggling with infertility.

Below are some of the commonly performed techniques:

- **IN VITRO FERTILIZATION (IVF)**

Here, eggs and sperm are combined in a laboratory setting, and the resulting embryo is transferred to the uterus. Can be used to overcome the challenge of blocked tubes

- **INTRAUTERINE INSEMINATION (IUI)**

Here, sperm is directly placed into the uterus, can help to overcome the challenge of low sperm count in individuals with patent tubes.

- **INTRACYTOPLASMIC SPERM INJECTION (ICSI)**

In this procedure, a sperm is injected directly into an egg to aid fertilization, often used in cases of severe male infertility.

- **EGG AND SPERM DONATION**

Donor eggs or sperm are used when one`s reproductive cells are not viable.

- **SURROGACY**

Another woman carries and delivers a baby for a couple.

ART is not just a medical advancement but a beacon of hope for many families.

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AVOIDING CANCER TRIGGERS IN OUR FAMILIES



Rtn. Angella Nanyonga
Rotary Club of Mukono

Cancer remains one of the leading causes of morbidity and mortality worldwide, including in Africa. While genetics play a role, many cancer triggers can be mitigated through lifestyle changes and environmental awareness. This article aims to provide practical strategies for African families to avoid common cancer triggers.

UNDERSTANDING CANCER TRIGGERS

Cancer triggers are factors that increase the risk of developing cancer. These can be categorized into lifestyle choices, environmental exposures, and hereditary factors. In many African countries, certain triggers may be more prevalent, making it crucial for families to be proactive.

1. NUTRITION AND DIET

Embrace Whole Foods: Promote a diet rich in fruits, vegetables, whole grains, and lean proteins. Traditional African diets often include a variety of vegetables such as spinach, amaranth, and pumpkin leaves, which are packed with antioxidants.

Limit Processed Foods: Encourage families to reduce their intake of processed foods, which often contain preservatives and additives linked to cancer. Instead, focus on fresh market produce.

Stay Hydrated: Encourage drinking plenty of clean, safe water. Contaminated water sources can lead to infections that may increase cancer risks.

Mindful Cooking Methods: Opt for healthier cooking methods such as steaming, boiling, or grilling instead of frying, which can produce harmful compounds.

oped through duties.

2. PHYSICAL ACTIVITY

Encourage Regular Exercise: A physically active lifestyle can help maintain a healthy weight, reducing the risk of various cancers. Here, families can engage in community-based sports, walking, or farming activities as forms of exercise.

Involve the Community: Organize community fitness events, such as traditional dance programs or sports days, to encourage collective participation.

3. TOBACCO AND ALCOHOL USE

Reduce Tobacco Exposure: Educate families on the dangers of smoking and secondhand smoke. Initiatives to create smoke-free environments, especially in homes and public places, should be emphasized.

Limit Alcohol Consumption: If consumed, alcohol should be in moderation. Host awareness programs about the relationship between excessive alcohol use and cancer.

4. ENVIRONMENTAL FACTORS

Air Quality Awareness: In cities where industrial pollution or waste burning is prevalent, families should be mindful of indoor air quality. Encourage practices like using air purifiers or planting trees around homes to improve air quality.

Safe Use of Chemicals: Many families use pesticides and herbicides in farming. It's important to educate on the safe handling and disposal of these chemicals to minimize exposure.

Promote Hygiene: Simple hygiene practices, like regular hand washing and ensuring food is properly cooked and stored, can prevent various infections that may increase cancer risks.

5. REGULAR HEALTH CHECK-UPS

Create Awareness: Encourage families to engage in regular health check-ups and screening for cancer, especially in regions with high cancer incidence. Awareness campaigns should target both urban and rural area.

Family Health Discussions: Promote family discussions about health and awareness of cancer symptoms, encouraging an environment where family members feel comfortable seeking help.

6. EDUCATION AND AWARENESS

Schools as Resources: Engage schools in health education pertaining to cancer prevention, incorporating health classes that teach children about healthy practices.

Community Workshops: Organize workshops led by healthcare professionals to educate communities about cancer, its risks, and preventive measures.

CONCLUSION

By implementing these strategies, African families can take proactive steps to reduce cancer risks within their communities. Empowerment through education, a focus on nutrition, community engagement, and regular check-ups are vital in the fight against cancer. The goal is to create a healthier future, not just for individuals but for families and communities as a whole. Emphasizing collective responsibility can lead to lasting change, protecting the health of generations to come.

THE RELATIONSHIP BETWEEN TOTEM NOMENCLATURE AND MORALITY IN BUGANDA CULTURE



Introduction

As a proud son of the Buganda Kingdom and a cultural researcher, I have always been fascinated by the profound role that totems (ebika) play in shaping not just our identity but our moral compass as a people. The Buganda Kingdom, one of Uganda's most historic and organized monarchies, relies heavily on its clan system, which is deeply intertwined with totemic symbolism. Each Muganda belongs to a clan represented by a unique totem—an animal, bird, plant, or object—that reflects their lineage and cultural obligations. More than identifiers, these totems serve as guiding principles for behavior, shaping interpersonal relations, discipline, ethics, and the social cohesion of the kingdom.

This paper reflects my own understanding and experiences as I explore how the nomenclature and structure of totems in Buganda is intricately connected to the moral values of its people.

Totem Nomenclature as a Source of Social Identity and Responsibility

Totem nomenclature is fundamental to our sense of who we are as Baganda. These names are inherited from our paternal lineage and are more than just symbolic—they represent the values, stories, and responsibilities passed down from our ancestors. When a child is born into the Ngo (Leopard) clan, for example, they are raised to embody the traits associated with the leopard: bravery, assertiveness, and leadership. The name itself serves as a moral anchor, reminding individuals of the dignity and expectations that come with belonging to that particular clan. As a Muganda, I have seen how names tied to totems influence how one is viewed by the community and how one behaves in order to uphold the honor of their ekika.

Moral Boundaries and Inter-Clan Relationships

Totem nomenclature is not only personal; it is deeply relational. It defines how we interact with others and sets ethical boundaries. For example, it is a moral and cultural taboo to marry someone from your own clan. This rule is not just biological; it serves as a strong ethical boundary that fosters respect and accountability. Clan identity is always recognized and respected in every interaction, whether at family gatherings, traditional ceremonies, or even in political leadership. Personally, I have witnessed how the mention of one's totem commands a certain level of respect, and how people strive to uphold the good name of their clan in all relationships and responsibilities.

Totemic Taboos as Ethical Guidelines

Each clan in Buganda has specific taboos (emizizo) that are directly linked to their totem. For example, those from the Fumbe (Civet Cat) clan are forbidden from eating or harming the civet cat. These taboos are more than superstition—they represent a strong moral code that teaches self-control, discipline, and respect for nature. In my own experience, such taboos instill a sense of sacred duty. Violating them is considered a breach not just of tradition but of moral integrity. These taboos help cultivate values like humility, respect for life, and community discipline. They promote ethical conduct both at the personal and societal level.

Totemic Narratives and Moral Education

Storytelling has always been a powerful tool in Buganda, and totemic narratives are central to our moral education. As a child, I was told stories about the origins of various clans and how their totems came to be. These stories were not just entertaining—they carried lessons about courage, justice, honesty, and loyalty. For instance, tales about the Mpologoma (Lion) clan often revolve around themes of noble leadership and protection of the weak. These narratives play a significant role in shaping children's characters and laying the foundation for lifelong moral values. In my work as a community educator, I use these stories to reconnect youth with their heritage and remind them of the ethical roots of their culture.

Accountability through Name and Legacy

In Buganda, a person's totem is more than a cultural label—it is a badge of honor and accountability. When a Muganda acts immorally, they not only shame themselves but also their entire clan. This shared identity fosters collective accountability. I often hear elders remind the young, "Toleka kubeera muzibu wa kika kyo"—meaning, do not be a disgrace to your clan.

This communal system of moral responsibility means that people think twice before engaging in actions that would bring dishonor. It teaches us that our choices affect more than just ourselves—they reflect on our family, our ancestors, and our community.

Conclusion

As I reflect on the values and discipline that shaped my upbringing, I realize that totemic nomenclature in Buganda is more than tradition—it is a blueprint for moral living. From instilling personal responsibility and shaping relationships to guiding ethical choices and teaching cultural heritage, the system of totems remains one of the most powerful pillars of Buganda's moral code. It is my hope that through cultural education and storytelling, we can preserve and strengthen this system for future generations. Understanding our totems is not just about identity—it is about living a life of dignity, discipline, and communal honor.

By: Mukasa Emmanuel Buganda Youth Council, Executive director Herp Fauna Fauna Foundation



ROTARACT CORNER

On 24th July 2025, the Rotaract Club of Mukono Central and the Rotaract Club of Mukono had the pleasure of visiting the Interact Club of Bishop's Senior School Mukono. This was an engaging and impactful session aimed at enlightening the Interactors about the essence of Rotary, Rotaract, and Interact.

We shared insights on the Rotary family, emphasizing the importance of being intentional about their journey—from joining Interact, transitioning to Rotaract, and eventually engaging with Rotary.

The students were encouraged to actively participate, involve their sponsoring Rotary club (Rotary Club of Mukono), and strive for visibility and impactful service in their communities.

Rotarian Cathy Namoma delivered a powerful message on the importance of character and intentionality as an Interactor, highlighting that leadership and service must be driven by strong personal values.

Martin Sentamu- President,
Rotaract Club of Mukono Central.



The Rotaract Club of Mukono Central Visits Bishop's Senior secondary school, Mukono







BOYCHILD CHRONICLES

"Overcoming fear"

Letters to My son



Rtn Catherine Namoma
President Elect

Dear son, last Saturday, I was privileged to participate in the blood donation campaign organized by the Rotary Clubs of Mukono, Mukono Central and Namilyango. Through the day, the M.C. kept calling upon men and women to donate blood in an effort to curb maternal death during child birth due to blood loss. The response from community was overwhelming and aspirational.Before last week, I had never donated blood. Not because I didn't want to but fear always stopped me.

I am an A- human, which means my blood type is rare. My doctor always told me to ensure that I maintain a healthy diet for my blood type. My blood quantity was always below 12ltrs. The hardest part is, I had phobia for that IV needle. The thought of it being inserted into my veins, always caused fear and panic; I had a reason and excuse why I couldn't do it. I grew up in an error where injections on the rear were as common as taking painkillers today; not IVs.

This time I was determined to overcome the fear. It's funny because I have a few tattoos on my body, one might wonder how I endured that self-inflicted pain but not the IV needle.(that's a long story too hahaha) I gave myself a pep talk as I anxiously waited in line for my turn. I started feeling nauseated and wanted to run. The people around me couldn't help but laugh as they watched me squirm. Little did they know that I was actually panicking. I couldn't quite comprehend the many emotions which were running through my head as I lay back on that bed waiting for the medical personnel to do her thing. I was a wreck but was determined to overcome.

Eventually, I did it!!! The joy and relief I had were indescribable. I walked away with pride knowing that my one act of bravery through blood donation would save a life.

Son, if ever you are afraid of anything, it's okay and understandable. You have the power and ability to overcome your fear. Be brave and face it. Who knows it just might not be as bad as you think. Remember fear is all in the mind and might not be the reality.

"The fears we don't face become our limits" Robin Sharma

"If you fear something you give it power over you" African Proverb

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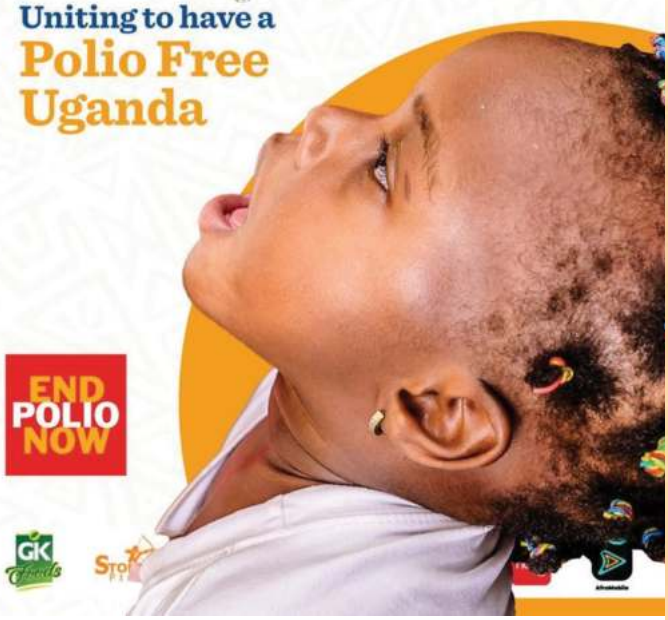
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TIME: THE EVER-FLOWING RIVER OF EXISTENCE:



Time is one of the most fundamental and mysterious aspects of our reality. It governs our lives, structures our universe, and yet remains an elusive concept. From ancient civilizations tracking celestial movements to modern physicists unraveling the nature of space-time, time has been a central theme in philosophy, science, and human existence.

WHAT IS TIME?

Time is often understood as a continuous progression of events from the past, through the present, and into the future. It is measured in seconds, minutes, hours, and years, but its true nature remains a topic of debate. In physics, time is a dimension, much like space, but with unique properties that make it distinct.

PHILOSOPHICAL PERSPECTIVES ON TIME

Philosophers have long debated whether time is an objective reality or a human-made construct. Two major views dominate the discussion:

1. Presentism – Only the present moment is real; the past and future do not exist.

2. Eternalism – The past, present, and future all exist simultaneously, much like different points on a timeline.

Time in Science, Newtonian Time

Sir Isaac Newton viewed time as an absolute, unchanging entity that flows uniformly throughout the universe. This perspective dominated scientific thought until the 20th century.

EINSTEIN'S THEORY OF RELATIVITY

Albert Einstein revolutionized our understanding of time with his theories of relativity. He showed that time is not absolute but relative, depending on speed and gravity. This means that time moves slower in stronger gravitational fields or at higher speeds—a phenomenon known as time dilation.

messages or even notifications,The

ARROW OF TIME

In physics, time appears to have a direction, moving from past to future. This is known as the arrow of time, primarily explained by the second law of thermodynamics,

which states that entropy (disorder) in a system always increases over time. This is why we remember the past but not the future.

TIME IN HUMAN LIFE

Time influences every aspect of human existence:

Biological Time – Our bodies follow natural rhythms, such as the circadian cycle.

Psychological Time – Our perception of time changes with age, emotions, and experiences.

Cultural Time – Different cultures have unique ways of understanding and measuring time, such as linear (Western) or cyclical (Eastern) concepts.

TIME TRAVEL: SCIENCE FICTION OR REALITY?

The idea of traveling through time has fascinated humans for centuries. While time travel remains a staple of science fiction, relativity suggests that time travel to the future is possible under extreme conditions, such as near the speed of light. However, traveling to the past remains speculative and paradoxical.

CONCLUSION

Time remains one of the greatest mysteries of existence. Whether seen as a flowing river, a dimension of space-time, or an illusion, its impact on our lives is undeniable. As science progresses, we may one day unlock deeper secrets of time, changing our understanding of reality itself.







Rotary
Mukono Central



Rotary
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Chartered: 8th April 2016

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