Rotary
Mukono Central

THE DOWNTOWNER

"My Community. My Service"

Volume 3, Issue 1 July 07, 2025



UNITE FOR GOOD

Welcome to Unity

TABLE OF CONTENT

EDITOR'S NOTE	01
BOARD MEMBERS RY25/26	02
MESSAGE FROM THE PRESIDENT	04
MESSAGE FROM RI PRESIDENT	06
MESSAGE FROM DISTRCT GOVERNOR	08
MESSAGE FROM ASSISTANT GOVERNOR	09
MESSAGE FROM OUTGOING PRESIDENT	11
WHY YOU SHOULD START YOUR ANTENATAL CARE EARLY	12
LET US SERVE WITH PURPOSE	14
PICTORIAL	15
A ROTARY YEAR BEGINS	18
EKIKAZI KITAMYE	21
LETTER TO MY SON	25





THE EDITOR`S NOTE



Welcome to the third Volume of our weekly bulletin, the Downtowner where we educate but also share rotary experiences locally and beyond.

In this issue, we congratulate the Immediate Past President (IPP) Male Caroline, the Magic Leadership and the entire Rotary Club of Mukono Central upon the successful completion of the Magic year; we recognize and celebrate the efforts towards maintaining the club vibrancy! The club was popular for the Kikandwa water Project where we supplied a number of water collection tanks to those in need particularly the vulnerable elderly in a ceremony that was graced by the IPDG Anne Nkutu.

While the successes of the previous year are still noteworthy, the baton has been passed on and the call to serve has hence brought us to a new rotary year. Within these pages, you will find communications from leaders ranging from the highest in the Rotary structure to the Rotaractors, the future rotarians. The Club has sourced a subject matter specialist to guide us in various areas in the honour of the Maternal and Child health month so be ready to read and learn. Rotary news/announcements, boy child chronicles, fun articles and those that spell out the A-B-C of various aspects of life, the Downtowner is committed to becoming your one point source of information.

In tandem with the Unite for Good theme – the Club action plan has been adopted to fit the Rotary International priority areas. Consequently, the third volume of the Downtowner will feature stories and materials that inspire, encourage rotarian and public engagements while still maintaining the overall theme of working together.
I invite you all to the new rotary year and look forward to serving with you.

Rtn. Beatrice Nannozi Kasirye
Club Public Relations Officer/ Editor

THE 10TH BOARD OF THE ROTARY CLUB OF MUKONO CENTRAL, RY 2025/26



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PRESIDENT RY20205/2026



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Vice President.



Dennis Mulondo- Secretary



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Club Admin/PE



Stella Nanyonjo-
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Beatrice Nannozi Kasirye
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WE ALSO DO OUTSIDE CATERI

A MESSAGE FROM THE CLUB PRESIDENT

I want to congratulate Rtn. Male Carol on earning the title of Immediate Past President (IPP) and the excellent job done as President of the Rotary club of Mukono Central. We also recognize the outstanding work done by the club past Presidents and the entire membership of the Rotary club of Mukono Central. In this year, the Club Vision is in 4-fold; Club Projects, Club Membership, The Rotary Foundation (TRF) and Club Visibility.

As members we need to increase the club presence in the community and this will help us in increasing our membership. This all starts with us the current members. We need to have an engaged membership. There are many ways to get involved, such as committee duties, service project participation, contributing financially and making Rotary more visible in our community through conversations. Engagement is what keeps people in Rotary.



Diversity, Inclusion and Equity (DIE) has to be more than a slogan. Diversity of members makes a club stronger. Difference is good! We need to be inclusive of others with different experiences. We need to bring those, who have been historically excluded into membership.

We need to adopt the Rotary International Action Plan four priorities in all that we do (thinking and decision- making). The four action plan priorities are:

- **Priority #1**: Increase Our Impact
- **Priority #2**: Expand Our Reachz
- **Priority #3:** Enhance Participant Engagement
- **Priority #4**: Increase Our Ability to Adapt

It will be an interesting Rotary Year as we Unite for Good. In the past, our club has faced challenges that are known to all of us but a new day has come where we all unite for the good of our club, community, district and Rotary International.

The Board has already approved the Strategic Plan, Updated the Club Bylaws and has proposed various undertakings with an aim of engaging and strengthening our administration i.e., adapting succession planning to ensure continuity of our leaders and growth.

Annually we strive to attain citations at the highest level, both in the District and at a Rotary International level, we believe in letting our work speak for itself and this year is no different! We shall also make the world know about our amazing work through enhancements of our Public Relations & Image. We will continue to harness the power of social media including our website, Facebook, X (formally twitter) as well as other social media as recommended by Rotary International. We hope to increase our presence in the local media, as well as the circulation of our weekly bulletin, the Downtowner.

Foundation giving will always be a club priority; our targets are set, with a focus on new Paul Harris Fellows and Sustaining Members. Our club has a 50%-member participation rate which puts us below the targeted 100 % participation.

While our goals have been identified and the work has begun, we recognize that these goals are not attainable without Club members, our most valued asset. Equal attention will be given to the fellowship aspect of service life and there will be many opportunities for us to gather socially, and for us to grow as a unit as indicated in our calendar of activities.

In closing, I once again congratulate the club upon the successful completion of the Magic Rotary year. I also congratulate the board members upon their elections into their respective positions of Service; I look forward to serving with you! To the entire Club, I am humbled and elated to serve as President of this club.

Rtn. Isaac Ssamba
Club President – 2025/2026

-

A MESSAGE FROM ROTARY INTERNATIONAL PRESIDENT



Two weeks ago, I was in my living room playing with my grandchildren. A few days later, I was on a plane to Calgary, suddenly carrying the responsibility of leading this incredible organization. Life comes fast, but so often, it brings us exactly where we're meant to be.

We begin this year with a clear message: Unite for Good. It is a simple phrase, but a powerful one. Because behind every successful Rotary effort, every act of service, every new member welcomed, every global challenge met – there are two things that matter most: friendship and trust.

This is how we build strong clubs. It's how we create meaningful partnerships and transform global problems into local solutions. It's also how we lead—not through titles or applause, but with humility, humanity, and heart. But let me be honest with you—this kind of leadership is not always easy. We're human and yes, we make mistakes. We sometimes disagree, but in Rotary, we are called to something greater. Let us reflect on the full vision of Rotary:

Together, we see a world where people unite and take action to create lasting change — across the globe, in our communities, and in ourselves.

That last part is essential, because transformation doesn't start with strategy. It starts with character and the way we treat one another. It starts with how we listen, how we support, and how we serve.

This year, I ask you to lead with that spirit. To grow Rotary through relationships. To make your clubs more welcoming, more flexible, more open to new ideas. To think big—but also to think beyond one year. Our term is short, but our impact can be lasting if we plan and act with continuity and vision.
Let us remember our key priorities: membership, polio, and peace. We are closer than ever to ending polio. We cannot stop now.

We must keep the promise we made to the children of the world. And as for peace—Rotary has been building it for over a century. Every clean water system, every youth exchange, every maternal health project is a step toward peace.

I joined Rotary as a young professional, eager to help but terrified of public speaking. My fellow Rotarians believed in me and encouraged me to take on new roles, and in doing so, Rotary changed my life. It gave me courage and purpose, but above all, it gave me you: my friends, my team, my family around the world.

So now, my friends... take out your dreams tucked away in a drawer, especially those you thought were too big or bold to achieve. Let's bring them into the light. Let's Unite for Good—for our clubs, our communities, and our world. And let's make this a year not only of service, but of joy, of connection, and of love.

With gratitude and affection,
Francesco Arezzo
President, Rotary International, 2025-26

Who is Francesco Arezzo?

A rotarian for over 30 years, Francesco Arrezo is married to Anna Maria Criscione and they have two children. He is a member from the Rotary Club of Ragusa, Italy and an entrepreneur in the tourism field. He was selected by the Board of Directors to become the RI president for 2025-26 following the resignation of the then RI President-elect Mário César Martins de Camargo on 8 June.

Arezzo is a private orthodontist and an active member of the Italian, European and American orthodontics associations. He is also the vice president of the National Association of Italian Dentists for the province of Ragusa. He was the founder and head for seven years of the delegation for Ragusa of the National Trust for Italy.

He served as a vice chair of the Joint strategic planning Committee, RI director, learning facilitator and district conference presidential representative. He is a Major Donor and Benefactor of the Rotary Foundation. He is also a Knight of Honor and Devotion in Obedience within the Sovereign Order of Malta.

Rotary
District 9213

DG Geofrey Martin Kitakule Message

LET'S UNITE FOR GOOD

Dear Rotarians and Rotaracters, as we look forward to Rotary year 2025-26, we embrace a timeless concept: unity in our efforts to do good.

In today's fast-paced and often divided world, it's easy to get lost in the noise and feel disconnected. But there's one truth that we can all agree on—when we come together, we have the power to create positive change. As Rotarians, together, we possess the unique ability to inspire change, uplift one another, and create a ripple effect of kindness and compassion in our world.

The first key to uniting for good is recognizing that we are all connected by a shared purpose. We want to live in a world where kindness, compassion, and opportunity are accessible to everyone. A world where inequality is challenged, where environmental sustainability is a priority, and where peace and love triumph over conflict and division. This is the vision that can drive us, but it can't be achieved alone. It requires each of us to come together, to contribute our unique talents, perspectives, and ideas. The most significant accomplishments have arisen not from individual efforts but from collective action. When people unite, they become a force that can overcome even the greatest challenges. Whether it's fighting against injustice, reducing poverty, or caring for our environment, the path to progress is paved with unity.

In our diverse Rotary community, we each bring different experiences, backgrounds, vocations and perspectives. This diversity is our strength. By coming together and embracing our differences, we can innovate solutions that make a difference in the communities we serve. Let us remember that when we unite for a common purpose, we amplify our voices, resources and in the process enhance our impact.

Each of us has causes they care about most deeply under our seven areas of focus. Now imagine the possibilities when we join hands—when we share our time, talents, experiences and resources. Together, we can plant trees to avert climate change, run to get rid of cancer in our society, fundraise to save our children from malaria, support our schools to improve basic education, advocate for the vulnerable and promote peace, rally people to donate blood, and promote economic empowerment, enable access to water and improved health for our mothers, and most important save our future generations from Polio. The good we do for others reflects back on us, creating a community where everyone feels valued.

I know that uniting to do good isn't always easy. It requires commitment, forgiveness, empathy, and understanding. We may face obstacles, disagreements, or differing opinions or tribal or religious cultures or even support different football teams for that matter. But it's crucial that we approach these challenges with open hearts and minds. By engaging in constructive engagements and seeking common ground, to create long lasting partnerships.

Let us also not forget the power of small actions. Every kind word, every helping hand, every shilling donated to the foundation can spark positivity and hope. You don't have to wait for a grand event or significant moment to take action. Each one of us can make a contribution and together, those small actions can lead to extraordinary outcomes.

I urge you all to think about how you can contribute to this cause. Let us commit to working together to create a better future for ourselves and for generations to come. The road ahead may not always be smooth, but with unity, we can navigate any obstacle and spread goodness far and wide. And let us invite others to share in this goodness to grow our membership for it's the foundation that starts it all. With more members we shall together create a world where kindness prevails over hate, where understanding triumphs ignorance, and where our communities will thrive.

So, let us unite for good. Let's put aside what separates us and focus on what can bring us together. Together we can—and we will—make a difference.

A MESSAGE FROM THE ASSISTANT GOVERNOR



Dear Rotarians,
Warm greetings to you all, I am honored to have been appointed by District Governor Geoffrey Martin Kitakule as your Assistant Governor for the 2025-2026 Rotary year. I pledge to serve diligently and be available whenever you need guidance or support in our shared mission to serve humanity.

I congratulate President Isaac Ssamba on your elevation to the highest office in the club. I congratulation the club officers as well for earning trust from your colleagues to lead during this Rotary year. You have been chosen as "Servant Leaders" because of your demonstra ted leadership potential. Remember, servant leaders not only serve but also inspire and guide others.

I encourage you to motivate more members to participate actively in all club activities, including service projects and fellowship events. Now is the time to demonstrate to your members that you are dependable, trustworthy, and committed to action. To President Carol, I sincerely thank you for dedicating your time, resources, and expertise to Rotary leadership during your year of service, with the support of outgoing Assistant Governor Cynthia. May God reward your efforts with numerous successes and blessings beyond your tenure through this year and beyond.

To you all colleagues, members of this esteemed club, congratulations on the installation of your 10th President. Ten years of dedicated service to humanity is a remarkable milestone —please continue this noble work for many more years to come. The District Governor emphasizes key focus areas for this year: Membership Growth—including extension through new clubs; Strengthening club systems to build stronger clubs; Increasing TRF contributions—encouraging all Rotarians and Rotaractors to give; Promoting Club projects,

each club actively participating in global grants; Enhancing Public Image by documenting and sharing our stories and achievements; and Fostering the Family of Rotary — caring for our members and their families.

Let us unite and work together under District Governor's stewardship to achieve these goals. I am pleased to come to a vibrant and healthy club that Mukono Central is. I urge you to give your best, develop strategic plans to retain members, and infuse the spirit of CARE, CONCERN, and COOPERATION. These virtues will strengthen bonds, foster harmony, and promote camaraderie and unity. Such an environment inspires volunteers to share responsibilities and achieve greatness. I wish President Isaac and the entire club a successful Rotary year.

I look forward to collaborating closely with all of you as we elevate Mukono Central to new heights. Unite for Good.

Assistant Governor,
Florence Womanyi Waira





MESSAGE FROM THE OUT-GOING PRESIDENT

Dear Rotarians and Friends

I send you my sincere greetings as we begin the ,Unite for Good year! I am grateful for the love, commitment and the great memories you gave me as your Club President in the Magic year. With you, I have grown both as a rotarian but also as a leader in so many other aspects of life.

I am immensely grateful for the support given towards the Kikandwa water project for the Elderly and Vulnerable; this was a priority project for the Club at the beginning of the Magic year. The project has been passed on to the Unite for Good year and I am counting on your usual support to do better than we did last year.

I congratulate the magic board upon a successful year of service; it's been a great honor and privilege to serve with you as your leader. To my Vice President, Rtn Catherine Namoma and Secretary, Rtn Pauline Nankinga, you have been strong pillars throughout my term of service and I will forever be grateful for your kindness.

As we start a new rotary year, I congratulate the new club leadership upon their election into the various positions of leadership. I look forward to my next chapter in service and encourage us all to support the club leadership under the banner of Unity. "The Magic year can only be magical when we magically support the Unite for Good team".

I wish you all the best in your future Endeavors.

Rtn Male Carolyne.

Club President -2024/2024

WHY YOU SHOULD START YOUR ANTENATAL CARE EARLY



Antenatal care (ANC) refers to the care provided by skilled health-care professionals to pregnant women in order to ensure the best health conditions for both mother and baby during pregnancy.

There should be early initiation of antenatal care ideally as soon as you miss your periods and get a positive pregnancy test, this is crucial for optimizing the mother's and unborn baby health outcomes. At the point of missed periods, the pregnancy is about four (4) weeks of gestation and below is the benefits of early ANC;

Timely Identification of Risks: Early ANC allows healthcare providers timely identification of potential risks like high blood pressure, diabetes, infections, and genetic conditions that could adversely affect the pregnancy.

Timely Identification of Complications: A typical example here is that of a tubal pregnancy; this complication can be identified by the 6th week of gestation before the tube ruptures to cause excessive blood loss and other associated complications.

Timely Interventions: Early detection of complications during pregnancy enables prompt treatment and management, potentially preventing serious health issues for both the mother and baby.

Preventing Adverse Outcomes of Pregnancy: Healthcare providers do comprehensive assessments of the mother`s overall health; physical and mental well-being. This reduces the risks of stillbirths, low birth weight, and premature births.

Personalized Care: When ANC is started early, it is easier for healthcare providers to tailor recommendations and interventions based on the individual's specific needs and risk factors.

Lifestyle Guidance: Early ANC provides opportunities to address lifestyle factors like nutrition, exercise, smoking cessation, and alcohol consumption, which all significantly impact the pregnancy. Reduced Anxiety and positive Pregnancy Experience: Knowing about the expected changes in your body during pregnancy can ease anxiety and promote a more positive pregnancy experience. Improved Bonding: Early engagement with healthcare providers can foster a sense of connection and support, promoting a positive overall pregnancy experience.

Informed Decision-Making: Early ANC empowers mothers to make informed decisions about their health and the health of their babies.
Reduced Maternal Mortality: Early ANC is linked to a decrease in maternal mortality rates.
Improved Infant Health: Early detection and management of complications can lead to improved infant health outcomes.
Continuum of Care: Early ANC can facilitate access to other essential services, such as immunization, micronutrient supplementation and HIV testing and treatment.
Therefore, early initiation of antenatal care during pregnancy is a vital step towards ensuring a healthy pregnancy, delivery, and postpartum period.

By: Dr. Kiyemba Christopher,
Obstetrician and Gynaecologist,
Peak Medical Centre, AM Legacy Plaza, Gayaza Road
0703897835



Rotaract
Club of Mukono Central

LET US SERVE WITH PURPOSE



MARTIN SENTAMU- PRESIDENT, ROTARACT CLUB OF MUKONO CENTRAL.

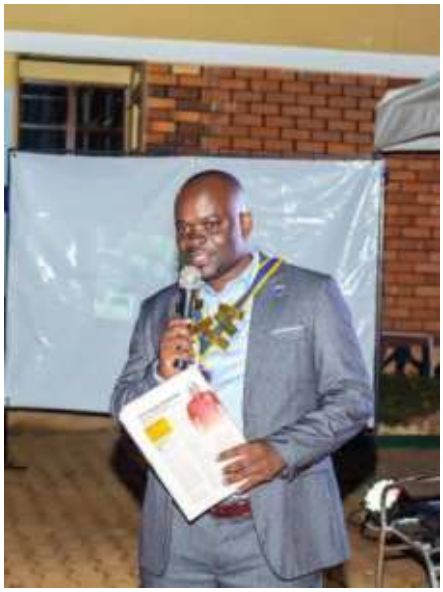
It is with deep humility and great enthusiasm that I step into the role of President of the Rotaract Club of Mukono Central for the Rotary year 2025/2026. Guided by this year's Rotary theme, "Unite for Good," we are called to serve with purpose, deliver excellence, and inspire others through the strength of our collective impact. More than ever, we are reminded that meaningful service is born from unity—and that when we come together as one, our potential is limitless. This club is not defined by one person's vision, but by all of us. It belongs to each member equally. There is no division, no individual ownership—only shared responsibility, shared leadership, and shared success. We rise together, lead together, and serve together. As we move forward, let us strengthen our collaboration with our mother club, the Rotary Club of Mukono, whose guidance, mentorship, and unwavering support remain vital to our journey. Together, we form a vibrant and impactful Rotary family, united by values and driven by service. Here's to a year of unity, passion, and purpose. Let's unite for good—and leave a legacy worth celebrating.

THE JOINT INSTALLATION OF ROTARY CLUB OF MUKONO CENTRAL AND ROTARACT CLUB OF MUKONO CENTRAL- PICTORIALS



























WHAT IS NEXT FOR ROTARY DISTRICT 9213? EXPLORE OUR GOALS FOR THE ROTARY YEAR 2025-26

OUR GOALS 2025-26 AT A GLANCE

Purpose	Unite for Good *Inspire Serve and create lasting impact supported by a strong Rotary public image*			
Action	Increase our Impact	Expand Our Reach	Enhance Participant Engagement	Increase our Ability to Adapt
Key Focus	• Larger and impactful projects • Collaboration and Strategic Partnerships • Embed a culture of Giving and recognition • 100% Projects on SPC	• Tell People of Action stories on all media platforms, • Partnerships that amplify our brand • Attract youth and professionals • Leverage events and alumni networks	• Encourage Interesting fellowships • Celebrate achievements • Create a FOR environment • Leadership Development	• Foster a culture of learning and innovation. • Strong Governance structures • Encourage new club formats, fellowships, RAGS • Encourage new ways of Recognition and celebration
Annual Targets	• TRF Giving: $ 1MTRF • Utilisation: $5M • Non Global Grants – $2.5M • 100% Clubs Giving to TRF • 100% Grant Reporting • 70% Grant Qualification • 100% participation in Polio Initiatives	• 760 Net new members • 15 New clubs • 100% Brand compliance • 100% online presence • Impactful stories in the media • 450 RYLA Participation	• 50%Rotarian train in RLC • 100% club participation FOR 80% Membership retention • 100% RI - District Dues payment • 100% Club Participation DISCON • Alumni engagement	• 100% Governance Assessment for Clubs • Utilisation of RI Online tools • 100% Rotarians have RCC accounts
Foundational enablers	RI Values | Learning | Accountability | Collaboration | Documentation			

TRANSFER OF POWER- PICTORIALS





On the 30th June, 2025, IPDG Anne Nkuttu handed over the Official Chain to District Governor Geoffrey Martin Kitakule in a Ceremony Graced by Several leaders at the Hotel Africana





At Star Gardens, home of the Rotary Club of Mukono Central, IPP Male Carol handed over the Chain of Leadership to President Isaac Ssamba on the 30th June, 2025





Installation pictures of President Andrew Masaba of Rotary Club of Nagalama that took place at Aalora Hotel ,Naggalama on 20th June, 2025. The function was graced by Assistant Governor Moses Kafeero(Chief Guest) who is also a member of RC Mukono Central. Also present was our



A ROTARY YEAR BEGINS

In the warmth of a sunny gentle glow, a fresh Rotary year begins to flow; with hearts aligned, our spirits soar, a call to action; Unite for Good, and more. Service above self, our timeless creed. In every act, we plant a seed; Compassion fuels our shared delight, transforming lives, igniting light.

In neighborhoods where shadows creep, we'll lend a hand, our promises to keep. With projects grand and visions clear, together, we'll conquer doubt and fear.

Diversity, our vibrant thread, in every culture, respect is spread, uniting voices, strong and free, in harmony, we shape our destiny.

Hope ignites in every heart, as we gather 'round, each play a part, with kindness as our guiding star, together, we'll travel near and far.

Our passion for peace fuels our quest, in every challenge, we'll do our best, with love as our foundation, firm and strong, our bonds grow deeper, where we belong. From the tiny spark of a single deed, a wave of change will surely proceed,

In cities, towns, and lands afar, we stand united—here we are! So here's to the journey that lies ahead, in every story where kindness is spread, together we rise, a force for good, embracing our motto, as we all should.

With hearts wide open to the world so vast, In unity, we'll create a lasting impact, for as long as we gather, side by side, we'll unite for good, in the Rotary tide.

Rtn. Angella Nanyonga
Rotary Club of Mukono



PRICES LIST		
Number	Item	Price
Weather Guard All colors	4 Liter Bucket	50,000
	20 Liter Bucket	240,000
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
Mat Ceiling	4 Liter Bucket	35,000
	20 Liter Bucket	165,000
Mat Emulsion	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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EKIKAZI KINTÁMYE": A DISCOURSE ON THE PHILOSOPHY OF FERTILITY, THE FOLLY OF UNPLANNED PARENTHOOD, AND THE TYRANNY OF REGRET

To the wombs that weep silently, and the men who plant unseen forests.

There are certain conversations whispered at dusk that carry the weight of generations. They do not scream, yet they echo through the corridors of our collective conscience. This is one such conversation—a private confession by an aging man, tired not just of his wife, but of himself; weary not only of his choices, but of the cultural script he blindly followed.

In a world where procreation is often mistaken for purpose, and where sexual conquest is cloaked in the illusion of legacy, this discourse is a lamentation—a philosophical rebuke wrapped in the laughter of hindsight. It is a mirror held up to a society that celebrates birth but ignores the burden; that exalts the seed, yet neglects the soil.

We explore the womb as both sanctuary and snare. We question the man who blames the woman for the fruit of his own desire. We grieve for the children born not from unity, but from insecurity. And we listen—to the brittle voice of an elder who once thought fertility was freedom, only to find that every child was a chain forged by unplanned moments of lust and sealed by a culture that romanticizes recklessness.

This is not merely a tale, it is an indictment! A requiem for wasted years, a warning to the young, a tribute to the tired, and above all, it is a philosophical reckoning with the haunting truth that the body remembers what the mind tries to forget.

The whisper beneath the Wrinkle; It started with a whisper, barely audible—like the rustle a dried banana leaves beneath a forgotten tomb. An old friend, shoulders slouched by years and voice coated with fatigue, leaned in and said: "Ekiikaazi kintámye", loosely translated, "I am fed up with my woman."This was not a complaint. It was a eulogy to his own patience. As Søren Kierkegaard once wrote; "Life can only be understood backwards; but it must be lived forwards."

he Vulgar Poetry of Pain; I inquired, shocked. "But why, Mwami Kafúumito?" And with the rawness of a man no longer afraid of his truth, he replied; "Kizaala ng'á kamyu!""She gives birth like a rabbit." The phrase stabbed the silence like a spear. But I dared to ask;



"Don't you, Mwami Kafúumito, make her pregnant?" He turned sharply, eyes blazing like an old lion whose mane had turned grey; "Kigumikiiriza, naye kiremeddwa okwefuga". Meaning:She may tolerate you, but has lost the ability to control herself. And just like that, the farce collapsed into laughter—but beneath that laughter laid a deep and aching wound.

The Paradox of Pleasure and Punishment; How ironic that many men, driven by appetite, plant the seed and later curse the harvest.

They seek pleasure in the night, but curse the fruits by morning. And many women, in a desperate attempt to solidify love, wield the womb like a weapon. Children become the currency of competition, not the consequence of communion. As Friedrich Nietzsche once said; "The desire for possession is a kind of multiplication of the self." But multiplication, without wisdom, is the mathematics of madness.

Love as Strategy, Not Sincerity; In our society, love has become tactical. Women give birth okuziyiza bakyala bajja (to dispel off co-wives). Men father children okusibira omukazi wansi (to trap her into loyalty). And slowly, what was once romance turns into routine… then into regret. "Bwozaála, oba osibiddwa mayisa emyaka abíri mu etáano." Loosely translated as; "When you give birth, you have unknowingly signed a contract of 25 years of unpaid labour." Jean-Paul Sartre warned us; "Man is condemned to be free." But freedom abused becomes a self-inflicted prison.

The Womb as a War Zone; In this age, the womb is no longer sacred. It is a war zone! Men launch missiles of masculinity and leave the woman to nurse the battlefield. She bleeds and breastfeeds while he boasts and bolts. And yet, both return in their twilight years with dust on their dreams and chains on their conscience.

The Anatomy of Regret; Now in his old age, Mwami Kafuumito lives not in anger—but in melancholic hindsight. He walks daily not beside his wife—but beside a trail of what-ifs. What if he had waited? What if he had planned? What if love had not been confused with lust? As Marcus Aurelius wrote in Meditations; "The impediment to action advances action. What stands in the way becomes the way." And now—parenthood, once celebrated, stands as his crucifix.

A Generation Raised by Regret; And what of the children? The unintended heirs of emotional strategies? They too carry the weight of being born not out of vision, but out of verbal wars and veiled agendas. They are loved—but not led, fed—but not fathered, protected—but not prepared. A whole generation raised by parents who mistook procreation for purpose.

The Final Lament; Let this old man's lament be a lesson, not a joke. Let the phrase "Ekiikaazi kintámye" echo in the hearts of young men and women who play with fire, thinking only of warmth but never of the scars. Let it be known that childbirth is not a reward but a lifelong duty, sex without vision is slavery in disguise, the womb deserves worship, not warfare and that parenting is not a title—it is a sacrament.

Final Thought;To every man intoxicated by his testosterone, think before you plant! To the woman entangled in emotional blackmail, your womb is not a bargaining chip! And to us all—listen to the whispers of the old. They have seen the horizon where you still chase shadows. As George Santayana famously said; "Those who cannot remember the past are condemned to repeat it."

By: Rtn Baker Muzige



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LETTERS TO MY SON NEW ROTARY YEAR!!!



Rtn Catherine Namoma
President Elect



Dear son, Congratulations on entering the New Rotary year. You beat the odds. It's not been easy. Just like any journey, there have been moments of great joy, victories and immense impact; as well as trials, hardships and disappointments. Through it all, you made it.

What is done is done. Whatever hasn't gone well is in the past. It's a new day with unimaginable possibilities, and unending opportunities. Whatever your new role is this Rotary year, take it on with passion, determination and commitment. Be ready to be stretched to the limit and tried to the extreme. Some days will be great with lovely memories while other days will be filled with unfathomable pain and betrayal. Through it all may you face each day with a belief that you were chosen for a purpose and you are the perfect person for that role.

As you start the year here are a few reminders.

- Surround yourself with positivity and be your greatest fan.
- Create a peaceful environment for you and others to serve and impact community.
- Keep your eye on the prize.
- Dim the noise as often as possible.
- Seek God always.
- Reboot and restart as often as possible.
- Celebrate every milestone no matter how small.
- Appreciate the persons of peace around you.
- And determine to win no matter what.

I wish you the very best of the new season as you impact communities and create lasting change.

You my son are destined for greatness.

Rotary District 9213

Rotaract District 9213

District Conference 101

Inspire. Serve. Impact



Rotary District 9213

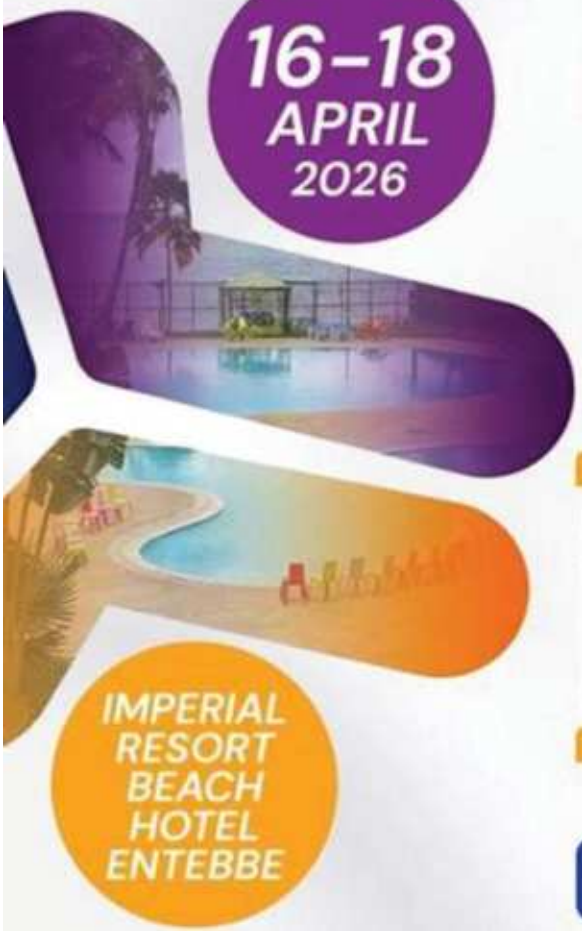
District Conference 101

Inspire. Serve. Impact

Rotaract District 9213

EVENT BREAKDOWN

DATE	PLENARY SESSIONS	LUNCH	DINNER	EVENING EVENT/ ENTERTAINMENT	HOST CLUB	EVENT DETAIL
Wed. 15th Apr. (Kasiki)	N/A	NO	NO	Brazilian BBQ (Optional)	TBA	Paid for BBQ Event
Thur. 16th Apr.	N/A	NO (APE)	YES	YES	RC Upper Kololo	TBA
Fri. 17th Apr.	YES	YES (APE)	YES	YES	Rotaract D9213	Grande Concert
Sat. 18th Apr.	YES	NO (APE)	YES	YES	RC Kampala South	Governor's Banquet



EARLY BIRD REGISTRATION

REGISTRATION	RATE
Rotarians & Guests	USD 149
Rotaractors	USD 99

Until 31st October 2025

LATE REGISTRATION

REGISTRATION	RATE
Rotarians & Guests	USD 299
Rotaractors	USD 199

Until 31st December 2026

Scan to Register.

http://bit.ly/discon101

PLEASE NOTE THAT THE BASE RATE DOES NOT INCLUDE "THE EXTRA OPTIONS."

KEY

APE - Available as Paid Extra

TBA - To be Communiated

EXTRAS	RATE (USD)
Conference Bag	20
Conference Shirt/ Blouse	20
Brazillian BBQ	30
Lunch	20

Please keep checking our event posters for more offers