Rotary
Mukono Central

THE DOWNTOWNER

"My Community. My Service"

Volume 3, Issue 5 August 4th, 2025



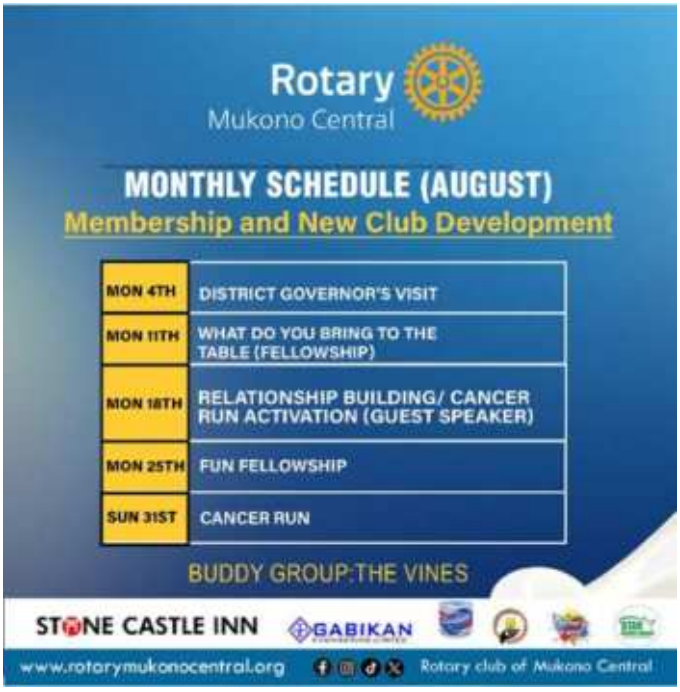
Hello August

DAHUNTERS HANDOVER TO VINES, THE BUDDY GROUP IN CHARGE OF AUGUST

www.rotarymukonocentral.org

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EDITOR'S NOTE



Dear reader,

I welcome you all to the Membership and New Club Development month. At Rotary Club of Mukono Central, we are privileged to begin the Month with the Official Visit of the District Governor to the Club, please join us as we host our dear Governor today, the 4th of August 2025. There will also be online options for those that cannot make it physically to Star Gardens Mukono. Please check out the fellowship flier for more details on how you can be part of this memorable fellowship.

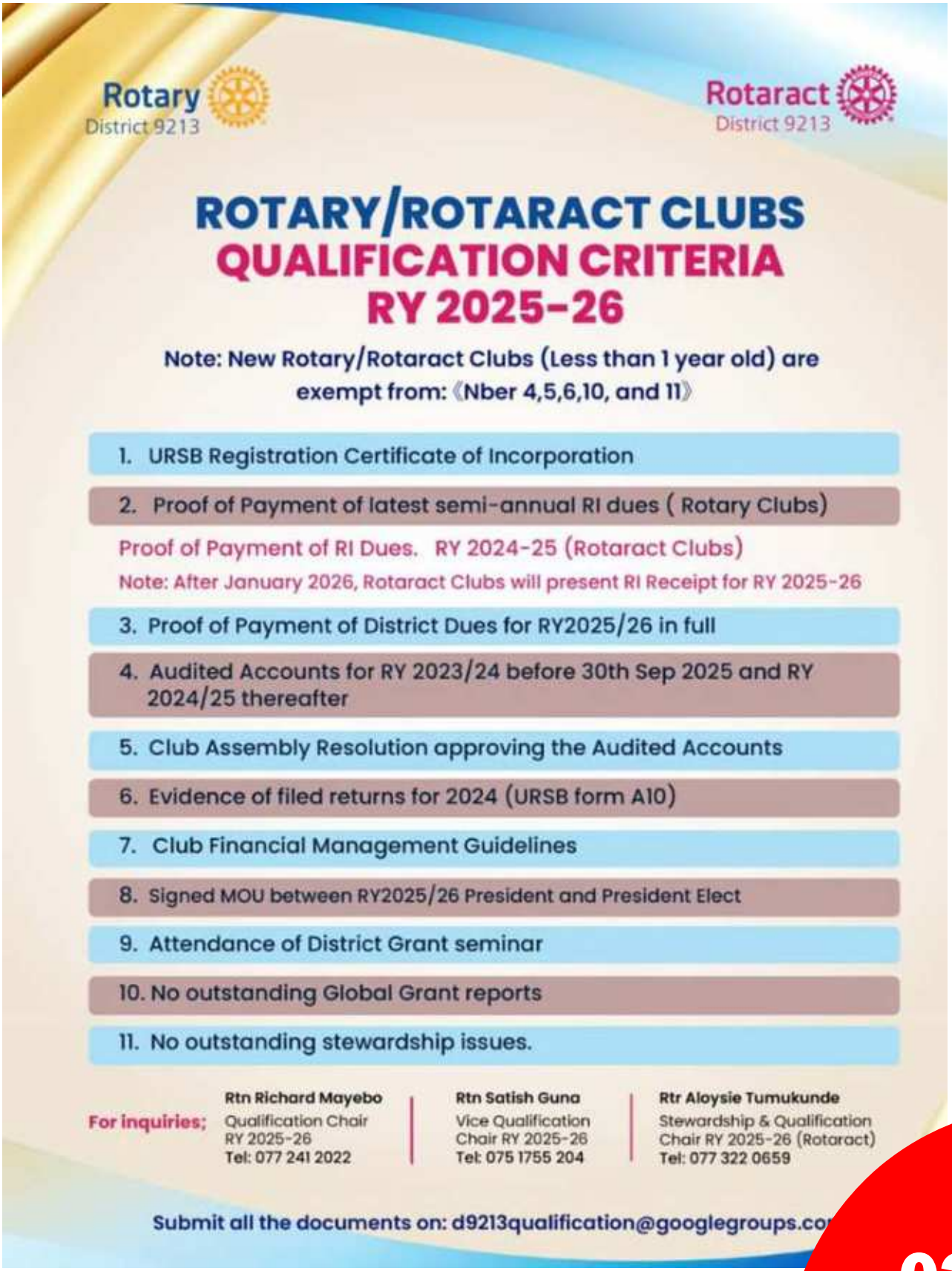
In this issue, we have shared the RI Presidential Message for the month of August for those who might have missed it last week. We have also shared announcements from the District in particular information regarding the Qualification criteria for Rotary and Rotaract Clubs in District 9213 for Rotary year 2025-26.

The Rotaract Club of Mukono Central has also shared how they ended the month of July plus the lessons learnt so far. The Boychild Chronicles, the polymath, plus other educative columns are also within the pages of this issue. Are you low on Vibrancy? Stick with us as we have unveiled ways on how to bring back the vibe.

Be inspired as you read and I wish you all a fruitful August.

Rtn. Beatrice Nannozi Kasirye
Public Relations Officer/ Editor

Has your Club Qualified Yet?



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A MONTH OF MEMBERSHIP GROWTH & CLUB DEVELOPMENT

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

Greetings Downtowner readers. As we enter our 2nd month of the Rotary year, we mark and celebrate Membership and New Club Development. It's a time to focus on membership recruitment and retention, and to celebrate the club's members and the good they do in the community.

Here at the Rotary of Mukono Central, we are beginning this month with the privilege of hosting the District Governor Geoffrey Martin Kitakule today, Monday 4th- August- 2025. We are looking forward to hosting you all Rotarians, Rotaractors and friends of Rotary at our home, Star Garden Mukono, at 7pm as usual.

As we step into the month of August, I am filled with excitement and anticipation for the wonderful opportunities that lie ahead. As we continue our journey through the Rotary year,

, I express my deepest gratitude to each one of you for your tireless efforts, your generosity, and your dedication to our shared mission. You are the backbone of our Rotary family, and I am honored to serve alongside you.

As we focus on increasing our club membership, we should all remember that the key to increasing membership is for every member of the club to be convinced that it's good to be a Rotarian, and to convey that passion to others and their friends.

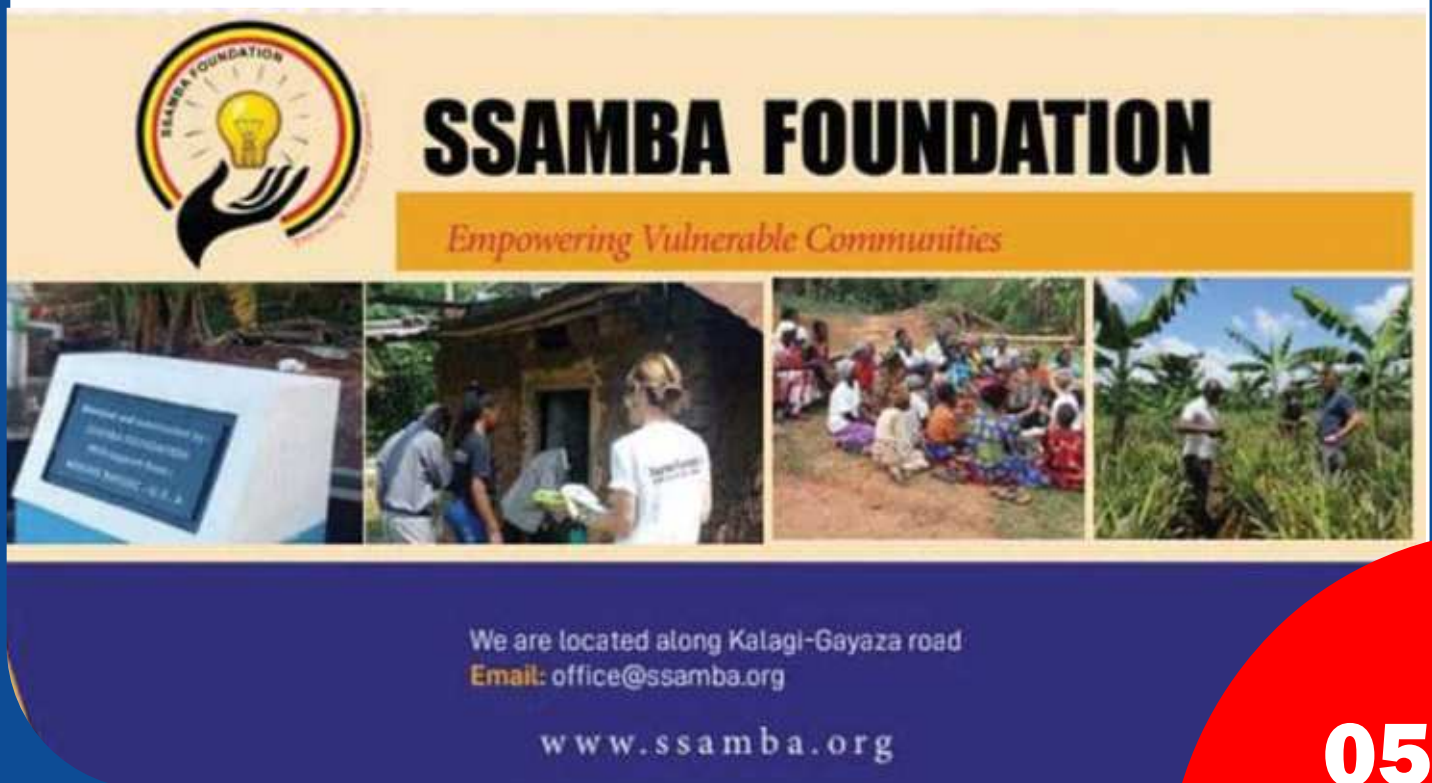
In our Rotary club of Mukono Central, we have a tendency to be humble and keep our achievements to ourselves. But we must share them with those around us and invite them to enjoy and explore with us.

I am positive each members has a specific moment within the club experience that stands out and has a special meaning. I believe it is very important to share this moment with others. Facts and numbers can only go so far, but sharing a personal experience can open doors and build friendships.

To strengthen our club, we need more members. But unless members are convinced of the benefits of Rotary and can share that passion with others, expanding Rotary won't be meaningful.

If every member is happy about being a Rotarian and spreads the word with a clear, unified message, if every member of the club can be the club's PR – the combined, collective effect will be enormous.

As we enjoy the Downtowner and explore the month of August, I encourage you to share your Rotary experience with other Rotarians as well as non-Rotarians. Have a wonderful week.



Pictorials












The 28th July Fun Fellowship at RC Mukono Central –

Pictorials













MESSAGE FROM THE RI PRESIDENT FOR THE MONTH OF AUGUST

FRANCESCO AREZZO
President, Rotary International
RI (ROTARY INTERNATIONAL)

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.

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.



AUGUST BABIES





ACCESS WITHOUT ACCEPTANCE

Rtn.Pawulo Ssenyonga.
Club Admin - RC Mukono

In many spaces, think of Rotary, workspaces or any other social group, it's imperative that a sense of acceptance is gained the moment access is granted; with access alone, people's potential shrinks as they feel crushed every single moment that passes. Cliques become inevitable! The common cancer of those who belong talking ill about their company, club or organization is largely informed by access without acceptance.

The deserving superior (leader)'s mark on people's hearts is made when they feel seen and heard not the average plastic mentions of simply noticing individuals.

Every once in a while, we ought to let in the people under our leadership by respectfully listening to them, embracing them without judgement, making them not just feel part of our team but instead having them be part of us.

Granting work requests without petty questioning, fulfilling work related promises with minimal or no reminders.

Access without acceptance breeds internal sabotage, resentment and assures risky behaviors amongst members, employees friends and family.

Its tiny oversights that create risky behaviors that cost empires. In the event that you have made any mistake regarding this, everything is not lost yet, risk managers are in place to save you, reach out to the likes of Wanland Consult as they can aid put controls to save your business/ organization.


Rotary
District 9213
District 9214
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The District Conference

Rotary Districts hold conferences annually, and usually , these gatherings bring rotarians from various Clubs within the District. The Conference is often used as a networking opportunity for rotarians from numerous circles of life as well as a reconnecting tool for friends.

Here, rotarians receive updates on Rotary International and the District through reports inclusive of the successes that have been achieved but also the challenges met while implementing the annual work plans. There are also Local and International speakers deliberating on various issues of life.

During the DISCON, several awards are given to various Clubs in recognition of their excellent performance and dedication towards service in the communities. These awards are aimed at motivating Clubs towards effective engagement of their members, increased relevance in their communities as well as high efficiency at Club level. Clubs can earn awards for achieving goals that strengthen Rotary and their individual Clubs. Goals used in the awarding system include; increasing club membership, developing and delivering sustainable service projects, supporting the Rotary Foundation, and building awareness of Rotary in the community and beyond.

Above all , DISCONgives us a safe space to unplug and reflect on our journey in preparation for another cycle of Service and Community Leadership.

Compiled by,
Rtn. Beatrice Kasirye





Rotary | Rotary Fellowship for Home Exchange

A MONTH OF EMBRACE YOUR INNER YOUTH: STAYING VIBRANT BEYOND 20

Rtn. Angella Nanyonga
Rotary Club of Mukono

Ah, the roaring twenties! A decade filled with adventure, self-discovery, and late-night escapades. But what happens when the confetti settles, and you find yourself facing the daunting thirties and beyond? Fear not! Maintaining a youthful spirit and vibrancy is not just about age; it's an art form, a celebration of life!

Feeling youthful has profound effects on our well-being. It enhances your mental health, boosts creativity (think about the fresh ideas you had as a child!), and strengthens resilience against life's challenges. When you embrace a youthful mindset, you're more likely to explore new hobbies, like painting or rock climbing, form deep connections, and take on the world with an adventurous heart. Studies show that a positive outlook can even extend your lifespan. Who wouldn't want that?

Timeless Remedies for Vibrancy

1. Stay Active: Exercise is your best friend! Dance like no one's watching by joining a salsa class, take up yoga to enhance flexibility, or join a fun sports team like kickball or ultimate Frisbee. Movement keeps your body flexible and your spirits high.

2. Fuel Your Body: Nutrition plays a key role in anti-aging. Load up on colorful fruits and veggies—imagine a vibrant salad filled with kale, cherry, tomatoes, and blueberries. Whole grains like quinoa and brown rice add energy, while staying hydrated with water or herbal tea is vital; think of water as your elixir of youth!

3. Cultivate Connections: Surround yourself with inspiring, fun-loving people. Organize game nights with friends or join local clubs, like book clubs or hiking groups. Friendships rejuvenate the soul and keep life exciting. Don't hesitate to make new friends, regardless of age!

4. Continuous Learning and Forgiveness: Engage your mind! Enroll in cooking classes to master new recipes, pick up a new skill like photography or coding, or learn a new language through apps or community classes. Curiosity keeps your brain young and your perspective fresh. Forgive yourself for anything and the same to those who hurt you. Make peace

5. Mindfulness and Gratitude: Practice mindfulness through meditation or nature walks to stay present and appreciate each moment. Keeping a gratitude journal can boost your mood and help you savor life's little pleasures, like a warm cup of coffee on a chilly morning.

In conclusion, the journey of life is a magnificent adventure filled with endless possibilities. By nurturing your body, mind, and spirit, you can not only maintain your youthful essence but also live life to the fullest, no matter your age! Embrace each decade with joy and enthusiasm, and remember: age is merely a number!



ROTARACT CORNER

Rotaract Mukono Central

The Fun Fellowship

At the Rotaract Club of Mukono Central, we do more than serve—we grow, lead, and build lasting bonds. Through impactful projects and team-building experiences, we learn from one another, support each other, and most importantly, have fun while doing it. This fun fellowship reminded us that Rotaract is more than a club—it's a family where everyone belongs, where laughter comes easy, and where we progress together.

#FunFellowship #RotaractMukonocentral #FamilyInService









The Rotaract Fun Fellowship- Pictorials



BOY CHILD CHRONICLES

WHAT DID SHE SAY!!!!!!!

Letters to My son

Rtn Catherine Namoma
President Elect
Rotary Club of Mukono Central

Dear son, a few weeks ago I celebrated my beloved daughter's birthday. For me every year added to anyone is a blessing and I want to do anything within my power to make sure that I celebrate the people I love. So imagine my shock when one lady boldly walked to me and said, I over celebrated my daughter, I had too much hope in her and was bound to be disappointed. I over-loved her. OMG!! My initial temptation was to hold her by the hair and wring her neck. Who did she think she was to make a judgment call on my child? What did she know about me or my child? Who did she think she was? God? Over and over and over, those very mean and horrendous visions ran through my mind as I thought of an appropriate answer to give her.

My issue was this woman doesn't have the moral or intellectual authority to talk about my child.

Why did she feel the need to critique me simply because she had stumbled onto my WhatsApp status? As the emotions ran wild, I had to mentally withdraw and think. What did I want to say exactly? Did she know that anything she says can and will be held against her in Cathy's court of law?

I asked myself whether it was worth it. I mean she was completely entitled to her opinion, unfortunately she had insensitively voiced it. It's not something anyone should ever say to a parent. Is there anything like over loving? I decided to let it go. Not because I didn't have any rebuttals at the tip of my tongue but because I decided to prioritize my peace.

The bible says in Proverbs 15:1 "a gentle answer turns away wrath but a harsh word stirs up anger".

Son, in life, your choices, blessings, achievements, possessions and decisions will attract many opinions. Some will voice them while others will reject you. Many will give unsolicited advice about situations they are not familiar with which could potentially offend you.

Their perceptions should never be your concern; manage your reactions and responses. Through it all exercise self-control and never give into provocation. Remember it's ok to be angry but never ok to be cruel.

"In a gentle way, you can shake the world". Mahatma Gandhi







THE POLYMATH

A POLITE AUGUST REMINDER

By: Baker Muzige (Bpharm)
Rotary Club of Mukono Central

1. Water should be the first thing to enter your mouth every morning

2. Avocado is good for your heart. Eat them proper. Don't belittle Avocado.

3. Coconut is good for energy and coconut oil is healthy. Ignorant people still believe that Coconut is food for coast people only.

4. Cucumber is good for the skin. The size doesn't matter but NEVER eat Cucumber at your female friends' house.

5. Turmeric is good for your health .Turmeric has blood sugar lowering properties .Curcumin an active compound in turmeric is vital in diabetes care and reversal.

6. Cabbage is good for your gut. The problem with modern cabbage is too much use of pesticides and herbicides. If you have safe cabbages, it's advisable to make sauerkraut.

If you are the people who couldn't see a specimen using a microscope, don't try making sauerkraut.

7. Carrot is good for eyes. Eat carrot at your home only.

8. Money is good for the soul. Look for money using lawful means.

8. Reading is good for the brains. Read a book. Read an article. Read a journal.

9. Okra is good for diabetes, HBP patients and other okra manenos.

10. Eating wheat products and still expecting to lower your blood pressure or deal with diabetes is like expecting Arsenal to win champions league.

11. Using sugar and still expecting to lose weight and lower your blood pressure is another very informative idea from Abadoofu

12. Always remember that you can sweat out salt but you can't sweat out Sugar.

13. Peace of mind is very important for your mental health. Avoid online sadists and idiots. Don't engage in stupid arguments online.

15. Get your 10-15k steps in, drink your water with electrolytes, eat your protein, measure your BP and mind your business.

16. Have a blessed Week

By Baker Muzige, the Saint who was stoned for no good reason





Rotary
Mukono Central



Rotary
District 9213

Chartered: 8th April 2016

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