Rotary
Mukono Central

# THE DOWNTOWNER

"My Community. My Service"

Volume 3, Issue 8 August 25th, 2025

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## MANY CANCERS ONE RACE

SUN 31ST AUG 2025
KOLOLO INDEPENDENCE GROUNDS AND MAJOR TOWNS ACROSS THE COUNTRY





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UGX 30,000
Comes with a vest

All proceeds go towards the completion of the Cancer Centre at Nsambya Hospital

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# EDITOR'S NOTE



**Dear reader,**

Greetings to you our dear readers, we thank you for walking this journey with us. We appreciate the feedback you give us, it's a testament of your support towards the Downtowner.

We are soon coming to the end of the Membership and New Club Development Month. I hope you have encouraged someone, done something for your Club, however small it may have been but most importantly; I hope you have shared the good work Rotary is doing in communities with the world.

The Rotary Club of Mukono Central has unveiled the 10 year Celebrations and Fundraiser program that is scheduled for 25th October this year at Raidar Hotel, Seeta; you will find more details to this as you read on and you are all invited.

This is yet another week to share with you lots of Rotary News; be informed about the criteria for award giving during the DISCON in a training session scheduled for today, the 25th of August. Also included, is information on the African Peace Concert; now is the time to get ready for this event. We continue to bring you several authors each sharing on different subjects of life, get ready to be informed!

By the way, what was your experience watching the game between Uganda Cranes Vs South Africa? A football enthusiast has shared their experience.

Be inspired as you read and Cheers!

**Rtn. Beatrice Nannozi Kasirye**
**Public Relations Officer/ Editor**

# Get Ready


Rotary
Mukono Central
10 Years
CELEBRATION
& FUNDRAISER
25TH OCTOBER
4:00PM
VENUE:
RIDAR HOTEL
- SEETA
FEE: INDIVIDUAL - 100K | TABLE - 2M
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WE ALSO DO OUTSIDE CATERING




# WHY YOU SHOULD JOIN THE ROTARY CANCER RUN 2025

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

Greetings Downtowner readers, it's another beautiful Monday for your weekly bulletin. On August 31, 2025, I will be joining other Rotarians and members of goodwill in Mukono town to participate in the 14th annual Rotary Cancer Run to help raise funds for building a Cancer treatment facility at Nsambya hospital.

As a Rotarian and humanitarian, I don't usually need any form of prompting to participate in such noble cause. That is why I feel that it's mandatory for all Rotarians to buy the cancer run kits and get involved. For all the previous cancer run events, I have huge collectibles and memories – pictures, running kits, friends, etc. I hope one day I will show these souvenirs to my grandkids.

It's remarkable how far we have come as Rotarians with this annual event, and how much we've done through it. We wouldn't be where we are without your support and without you dreaming big. Let's do it again this year!

You should run in the Rotary Cancer Run to support the construction of the cancer treatment center at Nsambya Hospital, raise awareness about cancer, fund early detection and treatment, foster community participation, and show solidarity for cancer survivors and their families.

This Rotary cancer run event serves as a critical fundraising and health mobilization tool, aiming to expand access to cancer care and build a

comprehensive treatment center. Looking forward to seeing you all my club members, your friends and family at Festino City, Ntawo.

On the other hand, last Monday 18th Aug, we hosted Rotarian Past Assistant Governor, Robert (Bob) Kibirango from the Rotary Club of Mukono. PAG Bob gave a talk to the club about Conflict Management in Organizations. A very hot topic that got all members in the meeting engaged and participating

The speaker encouraged that during conflict management process, we should foster an environment of open-mindedness, clear communication, and mutual

comprehensive treatment center. respect to address disagreements constructively. He encouraged Rotarians and visitors to listen to each other, keep an open mind, and promote discussion of different viewpoints to build consensus. What a great evening it was! .

As you 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. #RotaryEyamba!




# THE 18TH AUGUST 2025 MONDAY FELLOWSHIP- PICTORIALS



















UGAN















# KNOW YOU ROTARIAN

**My name is Grace Nanyonga, a Past President of the Rotary Club of Mukono Central.**

I am also commonly known as the Fish girl, a name that was given to me by Rotarians who would be looking for Fish at Normal Gallery….. they would say "Akaana ka Fish Kaliwa?! Today, I am proud of the Brand that has been built -"the Fish girl." I smoke Fish, season it and make it ready for eating. I am also a mother of three. I love Rotary because it has made me who I am.

I first came to Rotary circles as a guest speaker, I was invited by the Rotaract Club of Kampala Ssese in 2005 in the Month of the Youth engagement. I later joined the Rotaract Club of Kampala Ssese Island and later transited into Rotary and joined the Rotary Club of Mukono Central. I am a proud Charter member of the Rotary Club of Mukono Central! Rotarians are supportive people who have always bought my fish, mentored me and encouraged me to be a better Rotarian.

I have lived to value and respect the 4 way Test and also mindful of if something builds good will and better friendships – these have helped me foster good relationships but also to live comfortably with others in the community.

Having been a charter member, I am proud of my club and I love seeing my Club grow but also stay. I love my Club for all the services they offer to the communities, especially the young people. I am passionate about the Interactors! I love lighting a candle for the young people!

I love going out and meeting/ interacting with new people and Rotary has provided me that opportunity through weekly meetings in Clubs all over Uganda. I also learn a lot from the guest speakers in different Clubs. Through Rotary, I have developed acquaintances as an opportunity to serve people in society.



# FROM PANIC TO PURE MAGIC: MY CAF UGANDA VS. SOUTH AFRICA GAME-DAY EXPERIENCE

By; PP Asia Kamukama
RC Mukono Central

On Friday, 15th August, I went on a mission: to find tickets for the CAF Uganda vs. South Africa game. Simple enough, right? Wrong! Everywhere I checked, tickets were sold out. Panic set in. Not only did I desperately want to experience the game live, but I had also promised my son—a die-hard football fan—that I would take him to this big match.

After hitting dead ends with the online ticket sales platform and friends,

I decided to turn to the secret weapon of our generation- social media. I posted my search for tickets on my WhatsApp status. And behold—the magic of technology! Within two days, I had two offers for four tickets. ! Game day finally arrived.

My son was so excited, he couldn't even eat before the game. We set off with buzzing energy, jumped on a boda, and made our way to the stadium. The atmosphere was electric, a sea of people in white, red, black, and yellow Uganda Cranes jerseys, filling the streets with waving flags and with faces painted in national colors.

The stadium filled up pretty quickly, and the fans excitedly cheered on the players as the game started. When Uganda scored the first goal, the stadium exploded with joy, drums (chairs were being turned into drums), cheers, and wild ululations shook the air.

But then came the near heartbreak experience. South Africa equalized. Then scored again. And again. By the third goal, the stadium's mood had flipped and.

The once excited Uganda Cranes fans started to jeer, make fists of annoyance, and look with pensive faces. A crowd of them stood out and stormed out of the stadium, heavy with disappointment. The once cheer-filled screams turned into dead silence.

But football has a way of turning despair into miracles. Uganda was awarded the first penalty and scored. The fans slowly began to rise with hope. Then, as if heaven had heard our prayers, we got a second penalty—where it came from, I still don't know, but we weren't complaining! Uganda scored again, and the stadium erupted in chaos. Songs, dances, chants, wild screams—It was as if the entire country had been reborn in that moment. Even after the final whistle, no one wanted the night to end. Fans stayed behind, dancing, singing, and celebrating Uganda's march into the CAF quarter-finals.

From panic over tickets to witnessing one of the most thrilling comebacks I've ever seen, it was a night of pure magic. Uganda Cranes marched into the CAF quarter-finals, and we were left with memories we'll never forget. History had been written and all was forgiven.








# EMPOWERING OUR CHILDREN IN A CONSTRAINED ECONOMY

Rtn. Angella Nanyonga
Rotary Club of Mukono

In today's challenging economic landscape, parents often find themselves faced with the daunting task of providing quality education for their children amidst limited resources. However, this challenge can also serve as an opportunity to cultivate resilience, creativity, and resourcefulness in the next generation. With the right mindset and strategies, parents can ensure their children thrive even in tough times.same kindness

First and foremost, effective communication is key. Parents should engage their children in conversations about the family's financial situation, helping them understand the value of money, budgeting, and making informed choices. By demystifying financial constraints, children can develop a healthy appreciation for what they have and learn the importance of prioritizing needs over wants.

Additionally, leveraging community resources can greatly benefit families. Many neighborhoods offer free or low-cost educational programs, workshops, and extracurricular activities. Parents should explore local libraries, community centers, and online platforms that provide access to learning materials and virtual courses. These resources can enrich their children's education without straining the family's finances.

Encouraging a culture of learning at home is equally vital. Parents should foster a love for reading by creating a cozy reading nook and having regular family reading time. This not only promotes literacy but also strengthens family bonds. Integrating educational games, puzzles, and DIY projects at home can stimulate critical thinking and creativity without requiring significant financial investment.

Finally, instilling a growth mindset in children will empower them to view challenges as opportunities for growth. Encourage them to set personal goals, celebrate achievements, and learn from setbacks. Remind them that perseverance and determination can lead to success, regardless of economic hardships.

In conclusion, while economic constraints may pose challenges, they can also inspire parents and children to cultivate resourcefulness and resilience. By embracing open communication, utilizing community resources, fostering a love for learning, and promoting a growth mindset, parents can help their children navigate the current landscape and emerge stronger, equipped for future success.





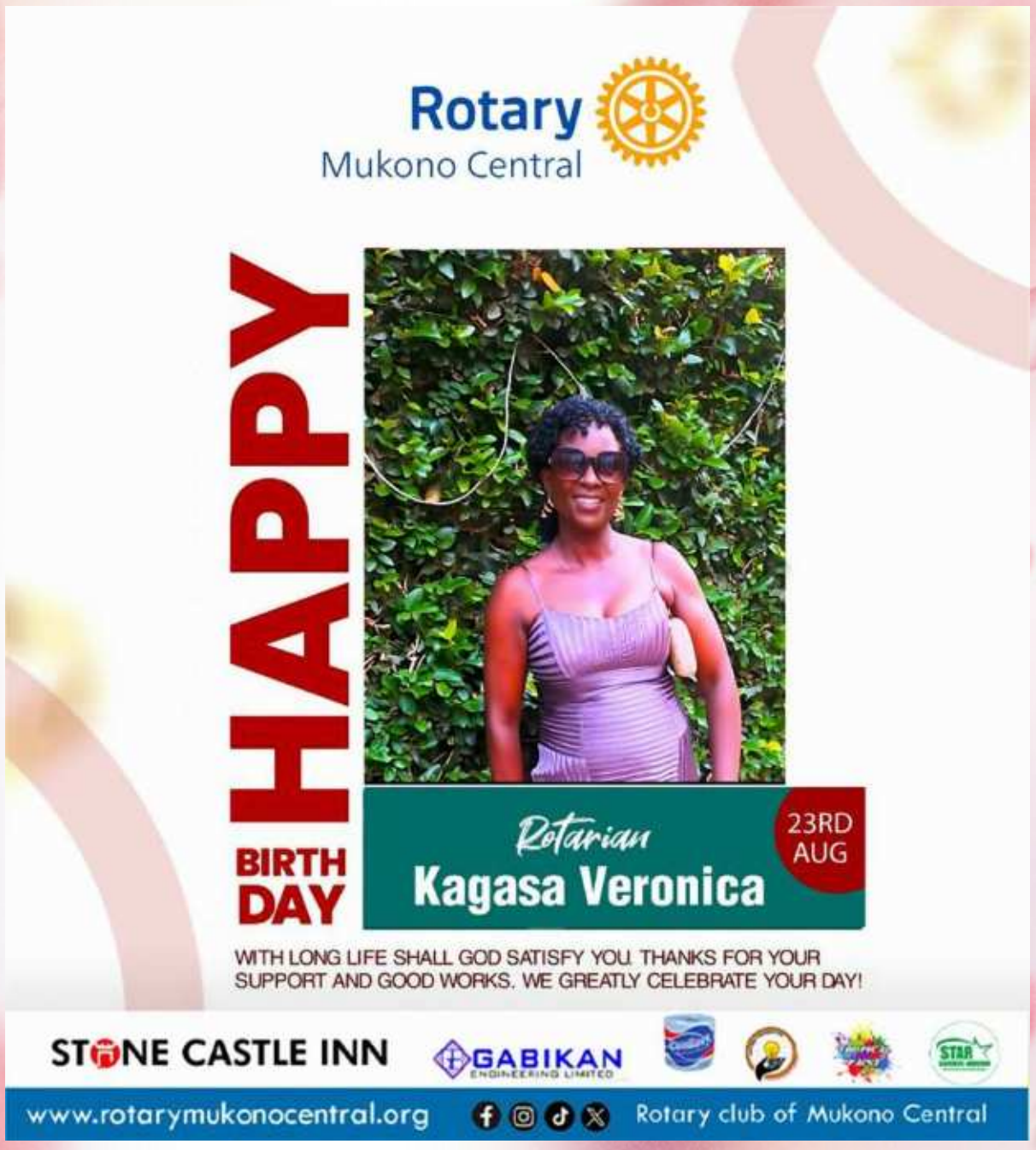






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# CLUB VISITS



Rtn. Hanypher Kasule of RC Mukono Central represented the Club at RC Kira during their weekly meeting



PP Grace Nanyonga of RC Mukono Central represented the Club at RC Naalya during their meeting where they unveiled Women in Rotary Concert 2026



## ROTARACT CORNER

# THE IMPORTANCE OF ALUMNI IN THE 18-YEAR JOURNEY OF THE ROTARACT CLUB OF BUGANDA ROYAL INSTITUTE

Tamale Aaron Luwagga,
The Rotaract Club of Rubaga Lakeview

**The Rotaract Club of Buganda Royal Institute is now in its 18th year of service,** and as someone who has had the honor of being part of this incredible journey, I write not as a current member, but as a proud alumnus who has transitioned into a Community-Based Club. My years at Buganda Royal shaped my leadership, service, and friendships, and now, looking back, I see even more clearly how vital alumni are in keeping the spirit of the club alive

**1. Carrying Forward the Legacy**

When I joined, I stepped into a space that had already been built on years of dedication by those before me. Today, as an alumnus, I understand that we — the past members — are custodians of that legacy. We hold the history of the club: the projects we started, the milestones we celebrated, and even the challenges that molded us. The alumni remain living proof of the club's resilience.

**2. Guiding the Next Generation**

I remember being guided by those who came before me, and now it is my turn to extend the same to those who are still in the club. Alumni are not outsiders; we are mentors, advisors, and sounding boards for the young Rotaractors stepping into leadership. With the benefit of hindsight, we can share lessons that help current members lead better and dream bigger.

**3. Opening Doors beyond the Club**

Rotaract does not end at the institute level — it evolves. Alumni become bridges to the wider Rotary world and to opportunities in professional and community life. The networks we carry are valuable resources for members who wish to explore service, career, and leadership beyond Buganda Royal

4. Giving Back to the Club that Raised Us

I owe a lot to the Rotaract Club of Buganda Royal Institute, and like many alumni, I feel a duty to give back.

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Whether by supporting projects financially, offering technical expertise, or simply being present, alumni contributions remind current members that they are not walking alone — the family extends beyond active membership.

**5. Role Models in Transition**

When younger members see alumni who have transitioned to Rotary or into leadership roles in society, they see what is possible. Our journeys are examples that Rotaract is not just about the years we spend in the club, but about how those years prepare us for lifelong impact.

**6. Ensuring the Future**

As the club grows, sustainability is a priority. Alumni engagement ensures that transitions are smooth and that the story of Buganda Royal Rotaract continues to be written. By staying connected, we secure the future of the club we love.

**.In Conclusion, I am proud to be an alumnus of the Rotaract Club of Buganda Royal Institute.** This club gave me a platform to serve, to lead, and to grow — and now, as I serve in a Community-Based Club, I carry its spirit with me. **Alumni are not just former members; we are lifelong ambassadors of the values we learned. And as Buganda Royal Rotaract marks 18 years, I know that the best way to honor its legacy is for alumni and current members to walk hand in hand, ensuring that the flame continues to burn for generations to come.**

## MEMBERSHIP GROWTH

**It is essential to track the growth and progress of new members in any organization, recognizing the value their journey adds to them.**

**On Monday, 18th August, the Rotaract Club of Mukono Central held an insightful fellowship where members openly shared their experiences in the club. The purpose was two-fold:**

- **To inspire and encourage fellow members.**
- **To enhance and improve the overall member experience**



**#Rotaract #RotaractClubOfMukono-Central #ServiceAboveSelf #Fellowship #Leadership #Inspiration #MemberExperience #GrowthMindset #CommunityService #Rotary-Family**



# BOY CHILD CHRONICLES

## BE A TEAM PLAYER

*Letters to My son*

Rtn Catherine Namoma
President Elect
Rotary Club of Mukono Central

Dear son, last week I enjoyed an adrenaline packed soccer match between Uganda cranes and South Africa. It was an unforgettable experience. On the screen, one could tell the passion and extreme emotions amongst the spectators during the match. Some couldn't hold back their tears as Uganda lagged 1:3; others gave up and started exiting the stadium. Where I was, one lady angrily blamed the goalkeeper for abandoning his post leading to concession of the three goals. I listened to many people with varying views on what strategies could have been used to change the narrative. The criticism and frustration towards the players was visible and evident. By the end of the evening, it was a draw. What a relief.

However I couldn't help but wonder why the spectators thought they could do better than the players on the pitch. Why were they more emotional than the players? Did they think the players weren't giving their best? Why did they imagine the players enjoyed the course of the game? On and on, the questions kept running through my mind. It got me thinking about those team players who often criticize the performance, make unnecessary noise but never contribute to the success of the team.

In your Rotary club, work, social or family space, here are a few true pointers to being a great team player.

- Be present in all situations, activities and engagements. Your absence negatively affects the results of the team.
- Use your gift for good; Each one of us has a strength that could be beneficial to the team. Make sure your gift is not dormant.

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- Groom a positive atmosphere; Let the aura around you be attractive and positive that others will be glad to be part of the team. Your attitude and actions can break the team.

. • Support the leader; Be the player who committedly encourages, supports and follows the leader. Your loyalty should be of great support to the leader. How dependable are you as a team player?

- Be flexible: Your willingness to go above and beyond for the team is very important. For excellence to be achieved by the team, humble yourself and serve in any available capacity.
- Believe in the greatness of your team and its ability to excel.

Son, being a great team player is important to the success of the team. All players are important to the team and whatever they bring to the table is valuable. You can never singlehandedly be responsible for the success of the team. It's imperative to self-evaluate what type of player you are. Ensure you aren't the spectator on the team.

**"Don't aspire to be the best on the team, aspire to be the best for the team"**








# THE POLYMATH

## THE CLEMENCY TO LIE

## A DEBATE BETWEEN MYSELF AND MY CONSCIENCE

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

**Scene:** A dimly lit courtroom of the soul. There is no jury. No judge. Only me… and my conscience.

Opening Bell:
Me (rising with defiance):
I'm done being righteous and broke.
I'm done telling the truth and watching others eat lies for lunch and belch success. The world is not built for honest men.
So let me lie. Let me learn the science of survival.
Because truth has become a beggar in the marketplace of the powerful.

**Conscience** (slamming the table):
Sit down!
Do you want to survive as a man, or exist as a shadow?
Lies are sugar-coated cyanide. They feed your moment but rot your legacy. You think you're learning to lie? No, you are unlearning to be human.

**Sit down!**
Do you want to survive as a man, or exist as a shadow?
Lies are sugar-coated cyanide. They feed your moment but rot your legacy. You think you're learning to lie? No, you are unlearning to be human.

**Round One: The Justification of Hunger**
Me: Then tell me, oh holy one—what shall I feed my children with?
Moral purity? Will truth buy food at the market?
Will honesty fill an empty pot? They told me, "Be good."
I was. Now my landlord knocks with a court order, while the liar next door parks a Benz. The stomach has no moral compass.
Conscience: You confuse survival with surrender. Do not wrap cowardice in the robe of necessity.

The liar may feast today, but he starves tomorrow when no one believes him—even when he's right. Would you rather beg for bread with dignity—or build a castle with stolen stones?

**Round Two: The World Rewards the Wicked**

Me:Look around you—who are the leaders? The deceivers.

Who gets ahead? The ones who edit their CVs, cheat tenders, smile at donors then loot grants. And what happens to those who tell the truth? They get silenced, exiled, buried in files labeled "uncooperative."

So please, I too deserve my place at the table of deceit. Why should I keep being the only one bleeding ethics in a room of devils?

Conscience:Because you are not them. Because truth is not a strategy—it is your identity. If the world celebrates madness, would you amputate your mind to fit in? Corruption looks like success—until it becomes inheritance. Do not normalize dysfunction just because it wears a suit and speaks English.

**Round Three: The Moral Bankruptcy of Virtue**

Me: But what is truth in a broken world?

Tell the truth and you lose the job.

Tell a lie and you feed a family.

Then lie bigger and you get promoted.

So what's more ethical—feeding ten mouths with a lie, or dying righteous and leaving ten orphans?

Sometimes, a lie saves a life.

Sometimes, a lie secures tomorrow.

So yes, give me the clemency to lie—because this world is not neutral.

Conscience (quietly):

You're right.

Me (shocked): I… am?

Conscience: Yes.

Sometimes a lie is a life raft in a storm.

But ask yourself: Is it the lie you need—or the courage to confront the storm differently? There's a difference between strategic silence and complete deception. Between negotiating survival and becoming the very darkness you once resisted. When you lie enough, the line disappears—and you won't even know when you've become your enemy.

**Final Round:**

The Legacy Question

Me: So then tell me—what do I do? Starve with principles?
Be noble in a world that monetizes illusion?
Conscience: You be wise.
You be strategic. But you never become a liar. You learn diplomacy.
You master silence. You disguise truth in metaphors if you must.
But you don't trade your soul for supper. Because when the lie is finished feeding you—it will ask for something more: yourself.

**Closing Statement:**
Me (whispering): So truth is not just spoken.
It's endured?
Conscience: Exactly.
You may not win quickly with truth. But you will sleep.
You will breathe. And you will never fear being found out. That… is wealth.

**Verdict: Reserved.**
The debate continues. Every morning. Every job application. Every corner cut or avoided. But somewhere deep inside, a voice still asks: "What will you tell your child—when they ask what made you a man?"







# Rotary
## Mukono Central



## Rotary
District 9213

**Chartered: 8th April 2016**

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