Rotary
Mukono Central

THE DOWNTOWNER

"My Community. My Service"

Volume 3, Issue 7 August 18, 2025



THE DISTRICT GOVERNOR VISITS RC MUKONO

www.rotarymukonocentral.org

TABLE OF CONTENT

EDITOR'S NOTE	01
HAS YOUR CLUB QUALIFIED YET?	02
MESSAGE FROM THE PRESIDENT	04
MEMBERSHIP ENGAGEMENT	06
THE 11TH AUGUST 2025 MONDAY FELLOWSHIP- PICTORIALS	08
REBUILDING AFTER A BREAKAWAY WITH EMOTIONAL INTELLIGENCE	11
AUGUST BABIES	14
CLUB VISITS	15
ROTARACT CORNER	16
BOY CHILD CHRONICLES,	17
THE POLYMATH	19
COLLABORATIVE APPROACHES TO SNAKEBITE MITIGATION IN UGANDA	21





EDITOR'S NOTE



Dear reader,

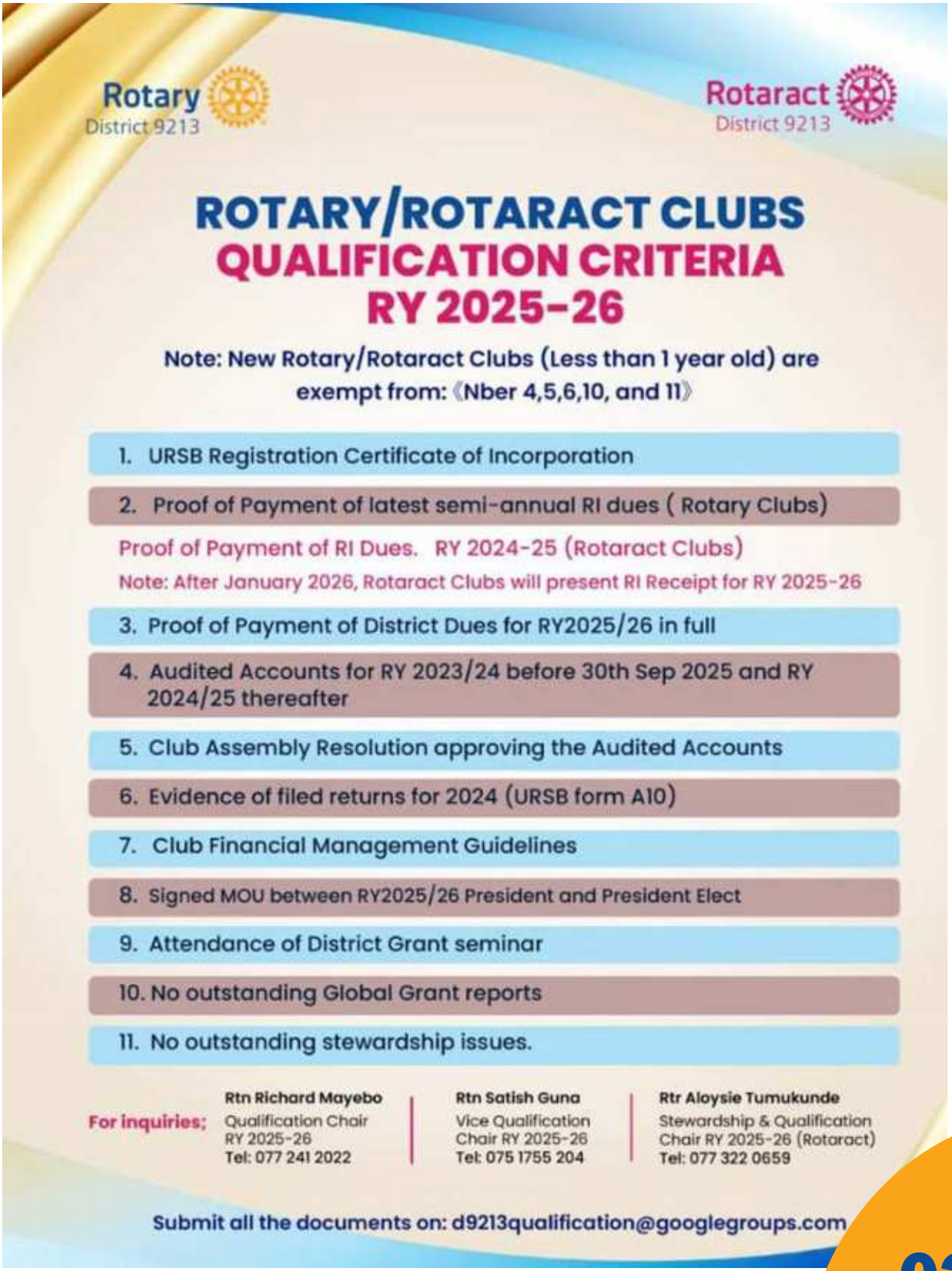
I welcome you to this week`s bulletin. We are still navigating the Membership and New Club development Month. Allow me convey my sincere gratitude to our passionate and budding writers, the backbone of this bulletin; we are grateful for your unwavering support to the Downtowner!

In this month, more than ever, we are keen on growing our membership; we convene for fellowships every Monday from 7:00 pm to 8:00pm at Star Garden, Mukono; you are all welcome to join us for these weekly meetings. For those that cannot make it physically, there are always online options that are widely shared for your convenient engagements with the Club.

In this issue, we continue to bring you District 9213 communications all consolidated in one place together with other fun and educative articles. Be inspired as you read and Cheers!

Rtn. Beatrice Nannozi Kasirye
Public Relations Officer/ Editor

Has your Club Qualified Yet?



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WE ALSO DO OUTSIDE CATERING



MEMBERSHIP GROWTH AS WE RUN TO FIGHT CANCER

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

Greetings Downtowner readers, it's another beautiful Monday for your weekly dose of the bulletin. Last Monday 11th Aug, we hosted Rotarian Nasur Wananda from the Rotary Club of Mukono. Rtn. Nasur gave a talk to the club about the Membership Engagement and Retention and his emphasis was on "what you bring on the table" as a member.

In Rotary, August is Membership Month, a time to focus on growing the organization. For the Rotary Club of Mukono Central, one of our top priorities this month is membership growth and cancer run— because strong membership is the foundation of everything we do in Rotary.

Every member adds value to our club and brings unique talents, passions, and perspectives that make our club stronger. When we grow our membership, we expand our reach, increase our impact, and build a more vibrant and diverse Rotary community.

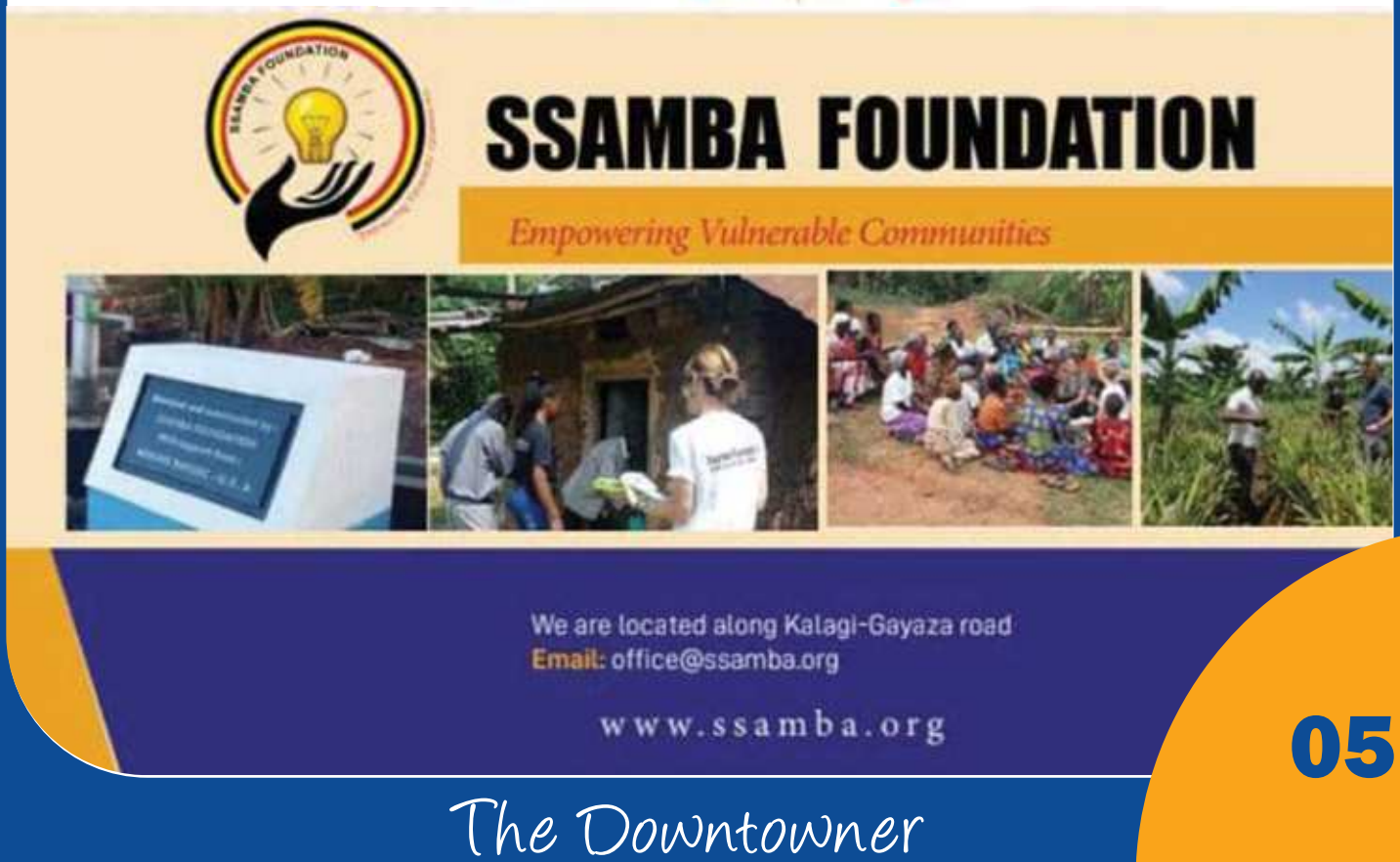
The Rotary Cancer Run is also a major annual event organized by Rotary Clubs in Uganda. Proceeds from the run are used to support cancer-related initiatives, such as building cancer treatment facilities and raising awareness about the disease.

This month, we focus on both welcoming new members and deepening engagement with current ones. Our goal is to attract new members who align with Rotary's values, while also ensuring that every current member feels con

Whether you're new or have been with us for years, your presence matters, and together, we will make the Rotary Club of Mukono Central stronger than ever. Let's make this the year we grow in every way, in service, in spirit, and in strength.

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!







MEMBERSHIP ENGAGEMENT

Rtn Nasur Wananda,
President Elect
Rotary Club of Mukono

On Monday, 11th August 2025, the Rotary Club of Mukono Central held its regular weekly fellowship from 7:00 pm to 8:00 pm at Star Gardens, Mukono. The evening's guest speaker was Rtn. Wananda Nasur from the Rotary Club of Mukono, a seasoned professional in risk management and compliance.

Rtn. Nasur delivered an insightful, engaging, and thought provoking talk on the theme of Membership Engagement, skillfully blending practical wisdom with humor and relatable examples. At the heart of his message was a challenge to every Rotarian to reflect on their personal contribution to their club's growth and vibrancy.

Quoting the famous words of former U.S. President John F. Kennedy:

"Fellow Americans, don't ask what America can do for you, ask what you can do for America."
Rtn. Nasur rephrased this for our context, asking:

"What have you done for Mukono Central?" The responses from members were both sincere and inspiring. PP Jonathan noted his commitment to paying dues, while Charter Member Rtn. Herman proudly stated that he fulfills the Rotary mandate by paying dues and serving humanity.

Another key point in Rtn. Nasur's talk was accountability. He emphasized that while it is good to demand accountability from leaders,

it becomes unfair and counter-productive when those making such demands are not physically present or actively involved in club activities. True engagement, he reminded us, comes with participation, presence, and contribution. He concluded by encouraging members to approach the President directly and ask where they can add value to the club, whether through service, leadership, mentorship, or any other area of need.

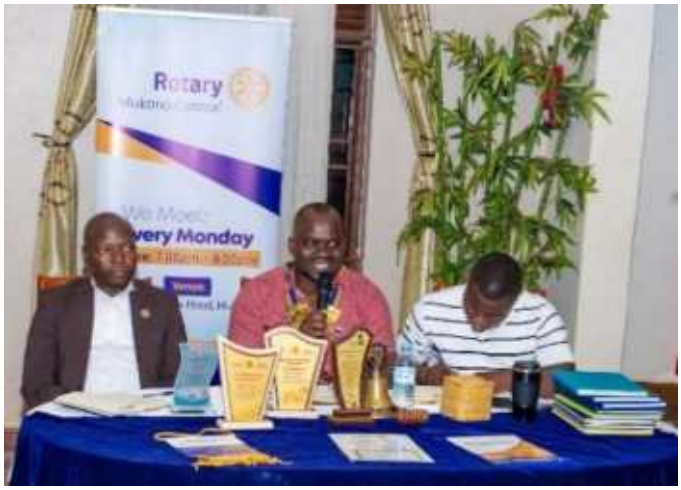
The interactive question and answer session that followed further demonstrated Rtn. Nasur's depth of knowledge and cheerful personality, leaving members both entertained and inspired.

Indeed, the fellowship was a reminder that the strength of Rotary lies not only in structures and policies but in the active, heartfelt participation of every member.

Compiled by;
Rtn Baker Muzige
Vice President,
Rotary Club of Mukono Central



The 11th August 2025 Monday Fellowship- Pictorials

















The 11th August 2025 Monday Fellowship- Pictorials













Rotary
District 9213

Rotaract
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REBUILDING AFTER A BREAKAWAY WITH EMOTIONAL INTELLIGENCE

Rtn. Angella Nanyonga
Rotary Club of Mukono

Navigating the aftermath of a breakup—whether it's a friendship, professional network, or romantic relationship—can feel overwhelming. However, integrating emotional intelligence (EI) into your recovery process can transform challenges into opportunities for growth, self-awareness, and healthier connections. Here's how to triumph after a breakaway using emotional intelligence.

Emotional intelligence starts with self-awareness. Acknowledge your emotions, whether they are sadness, anger, or relief. Recognizing what you feel and understanding why lays the foundation for healing. Journaling or talking to a trusted friend about your feelings can help in processing these emotions.

Practicing self-empathy is crucial: Understand that it's okay to feel hurt or betrayed. Treat yourself with the you would offer a friend in a similar situation. Forgive yourself for any perceived shortcomings or mistakes within the relationship.

Control your reactions to Gossip: In times of heartbreak, rumors can spread like wildfire. Use your emotional intelligence to manage your responses. Instead of reacting defensively, take a step back. Understand that gossip can stem from misunderstanding or insecurity, rather than truth. Maintain your dignity and focus on your own narrative instead of engaging in drama.

Utilize emotional intelligence to reassess the dynamics of your friendships and relationships: Consider how well the other person valued you and whether the relationship was reciprocal.

Reflect on whether those connections fulfill your emotional needs. Sometimes, the end of a relationship highlights those who support your growth and those who don't.

Prioritize activities that offer personal joy and relaxation: Engage in self-care practices like mindfulness, meditation, or physical exercise. These activities not only recharge you but also enhance your emotional resilience, enabling you to cope better with stress.
When you're ready to meet new people, approach potential friendships or relationships with emotional intelligence. Be open to understanding others' feelings and perspectives. Foster connections that enrich your emotional landscape, allowing you to learn from diverse experiences.

Emotional intelligence is key to resilience. Practice techniques like deep breathing or mindfulness to regulate your emotions during tough moments. This awareness can prevent impulsive reactions allowing you to respond to situations thoughtfully rather than emotionally.
After a breakaway, reflect on the lessons learned with emotional insight. Identify any patterns or triggers from the past relationship: What was beneficial? What was not?

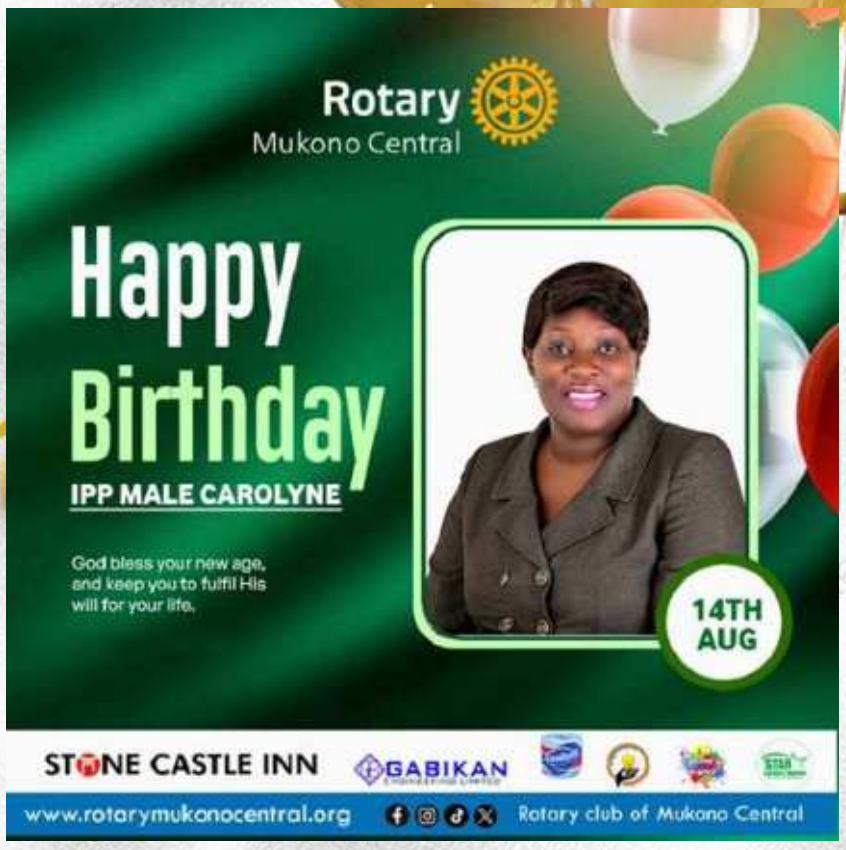
Apply these reflections to shape healthier future connections, ensuring that you don't repeat past mistakes.
Channel your energy into setting personal or professional goals driven by your values and aspirations. Consider what truly matters to you and align your goals with your core beliefs. This intention-focused approach will not only keep you motivated but also foster emotional healing.

If feelings of grief or confusion persist, seeking support from a therapist can be immensely beneficial. They can help you enhance your emotional intelligence, providing tools and strategies to navigate your emotions effectively and develop healthier relational patterns.

Triumphing after a breakaway requires embracing the power of emotional intelligence. By acknowledging and managing your feelings, demonstrating empathy towards yourself and others, and reflecting on lessons learned, you cultivate a deeper understanding of yourself and your relationships. With these skills, you can transform your healing journey into a path of personal growth, resilience, and the potential for more fulfilling connections in the future.


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AUGUST BABIES





CLUB VISITS



Rotarians from RC Mukono Central during the Official visit of the District Governor to our Mother Club, the Rotary Club of Mukono.



Rtn. Nankinga Pauline of RC Mukono Central represented the Club at RC Nakwero Manyangwa during the Official Visit of the District Governor to the Club.



PP Grace Nanyonga of RC Mukono Central representing the Club at RC Kampala Ssese Islands.



ROTARACT CORNER

THE GOLDEN DAYS: MAKING THE MOST OF YOUR YOUTHFUL DAYS

Henry Mutebi,
Projects Director,
Rotaract Mukono Central

A person's youth is an integral time that is full of potential, opportunities and aspirations. Raising the most out of that period requires someone's dedication, self-discipline, and learning. Achievement is made accessible with knowledge, skills which can be acquired through different forms of education, be it through formal school programs, vocational training, or self-study. With hard work coupled with a dedicated mind, opportunities are endlessly available.

Furthermore, to be successful a person should also maintain and achieve good health, a good balanced diet alongside solid exercises that can help you stay sharpened, mentally and physically. Youth should channel out your energy to creativity, meaningful work, and sporting ventures that need to be put into action or service. Permanent reshaping is achieved through selfless kind acts, honesty, willingness to carry on, the blend of helping others, respecting elders, and building up strong relationships, a life of wide-spread enduring impact is achieved, thus character acquires equally significant roots.

Goal-oriented, focused, structured and progressive steps are all necessary footsteps that pave the road to a fruitful tomorrow. Efforts are bound to be undone if hesitation steps in, hence is condemned on the quest to achieving a youth's potential.

With purposeful focus and character, a goal-oriented youthful individual who balances structure and free spirit can seize the world's limitless opportunities and transform the world creatively. A life built on intention and passion with strong roots provides the ability to withstand life's challenges. Investing wisely during adolescence can reap the rewards of a meaningful legacy.



BOY CHILD CHRONICLES

CALLED TO SERVE, YOUR PURPOSE

Letters to My son

Rtn Catherine Namoma
President Elect, RC Mukono Central

Dear son, a story is told in the Bible of a man; Moses who was called to rescue God's people the Israelites from slavery in Egypt. He was an adopted child in Egypt, a fugitive who was wanted for murder. Moses himself when chosen to lead gave the excuse that he couldn't speak. He also knew that if he returned to Egypt he was a dead man but in obedience he positively responded to God's call. (See full story in Exodus 3:1-12). God had predetermined that Moses was the right person for the job regardless of his short comings

As human beings, we often give excuses for not serving humanity. We disqualify ourselves whenever opportunity knocks. Some of the excuses include I am not smart enough, I am not rich, I am not educated, I am not connected, I am busy, I am shy, I am fearful, I am broken, I am weak on and on this list goes on. We think there is someone perfectly suited..

God doesn't call the qualified, he qualifies the called. In the event that God is sure you are the right person for the job, he will empower, strengthen, guide, support, protect, enable and groom you into becoming the leader he wants you to be. Your only response to this call is Yes! And then trust that He alone knows what he is doing.

In the book "purpose driven life, Rick Warren emphasizes that everything about you was predetermined by God. Nothing about you or your life is a mistake or surprise

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. The parents you have, the way you were born, the experiences you have had both good and bad were fashioned for God and his glory. Everything got started in him and finds its purpose in him."

So son, as a Rotarian who has committed to service, consider aligning your life purpose with that commitment and allow God to use you to impact communities in spite of your short comings. This will enable you live a truly fulfilled life.

"Your purpose is not the thing you do. It is the thing that happens in others when you do what you do.







THE POLYMATH

THE COLD SEASON REMINDER

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

1. I know that you have heard this severally but let me remind you that arthritis is painful. Arthritis can put you on a wheel chair and become abled differently

2. Arthritis can cause excruciating pain that is horrible. Early intervention is necessary to slow disease progression, and improve quality of life.

3. During the cold season people with arthritis tend to suffer more By Baker Muzige (Bpharm)

4. Arthritis is a general term for a group of joint inflammation conditions

5. Joints are held together by cartilage, ligament and Synovial fluid or what Basoga people call "Ekinonko " . Arthritis occurs when something is wrong with either of these.

6. Osteoarthritis is the most common in Uganda and is caused by wear and tear of the cartilage that protects the joints.

This is where people say that the bones are eating each other triggering excruciating pain.The Cold Season Reminder

7. Osteoarthritis kicks in with age and that's what your biology teacher referred to as degenerative.

8. When the cartilage breaks down, bones begin to rub against each other causing pain and discomfort. It can lead to joint damage, inflammation and formation of bone spurs.

9. Rheumatoid arthritis occurs when your immune cells attack the lining of the joints. Progressively your bones start to erode and your joints might fuse together.

10. Ankylosing spondylitis is mostly an inflammation of the bottom of the spine where it joins with the pelvis. It causes lower back pain. Some Abadoofu graduates advise women that it's a result of missing analytical geometry classes.

11. Gout is a form of arthritis that happens when uric acid crystals accumulate in your joints.

12. Abadoofu graduates will tell you that gouts is caused by eating lots of meat. Uric acid is filtered by the kidney and excreted in urine. In some instances it might be in excess due to too much production or too little excretion. When this happens, it can settle in joints and cause pain and that's how people start walking like a Bedford without a Centre bolt.

13. Osteoarthritis has no cure. Treatment is focused on relieving pain and improving joint function. First line approach: Lifestyle modifications

* Lose excess weight
* Exercise regularly
* Physical therapy helps strengthen joints and make them flexible

14. Second line approach: Medications for pain relief

* Paracetamol for mild pain
* NSAIDs for severe pain and inflammation (may cause stomach upset)
* Topical creams for localized effect

15. Alternative treatment. Use of supplements like glucosamine and chondroitin

* Turmeric
* Omega 3 fatty acids

* Acupuncture. There're also advanced treatments, but that would be communicated by your doctor in a level 5 or 6 hospital or its equivalent

6. As you get older major on proteins as you minor in refined carbohydrates.

17. As you age Stay active, Maintain a healthy weight. Protect your joints from injuries and Eat anti-inflammatory foods.

18. As you get older stop taking uji power and look for Bone soup because of collagen. Preferably look for soup joints that include head, limbs and molokoni in their broth.

19. If you have arthritis and you are still using sugar, processed foods, …… Munha, oli mudoofu.

20. To seek a solution start by visiting a place lebelled, "Level 4, 5 or 6" hospital. Don't rely on concoctions and second floor clinics



COLLABORATIVE APPROACHES TO SNAKE-BITE MITIGATION IN UGANDA

MUKISA EMMANUEL
Executive Director,
Herp Fauna Foundation

Snakebite envenoming is a neglected tropical disease (NTD) that poses a major health and economic burden in Uganda. The World Health Organization (WHO) recognizes snakebite as a global health priority, emphasizing the need for a holistic, multi-sectoral response. Uganda, with its diverse snake fauna, including medically significant species such as *Bitis arietans* (puff adder), *Naja haje* (Egyptian cobra), and *Dendroaspis polylepis* (black mamba), requires a strategic and collaborative approach to reduce snakebite mortality and morbidity.

Uganda's healthcare system faces challenges in managing snakebites due to limited availability of antivenom, inadequate training of healthcare providers, and delayed treatment. Community engagement programs, such as those led by the Herp Fauna Foundation and Snakebite Community Engagement Network, focus on education, first aid training, and awareness campaigns. Additionally, herpetologists conduct research on snake ecology, promote conservation, and advocate for responsible snake breeding for venom research.

To enhance snakebite mitigation, Uganda has initiated collaborations among government agencies, pharmaceutical companies, research institutions, and community health workers. The Ministry of Health has developed national guidelines for snakebite management, while NGOs support antivenom procurement and distribution. Engaging local communities in training and awareness is also a key strategy.

To strengthen Uganda's collaborative snakebite mitigation efforts, key recommendations include enhancing antivenom access, expanding healthcare worker training, developing a national snakebite registry, and sustaining community engagement. Strengthening partnerships between researchers, policymakers, and local communities will be crucial for long-term impact.

Uganda has made progress in addressing snakebite envenoming, but more collaborative efforts are needed. Integrating scientific research with traditional knowledge and strengthening multi-sectoral partnerships will be essential in reducing the burden of snakebite in Uganda.





Rotary
Mukono Central



Rotary
District 9213

Chartered: 8th April 2016

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