Rotary
Mukono Central

THE DOWNTOWNER

"My Community. My Service"

Volume 3, Issue 6 August 11, 2025

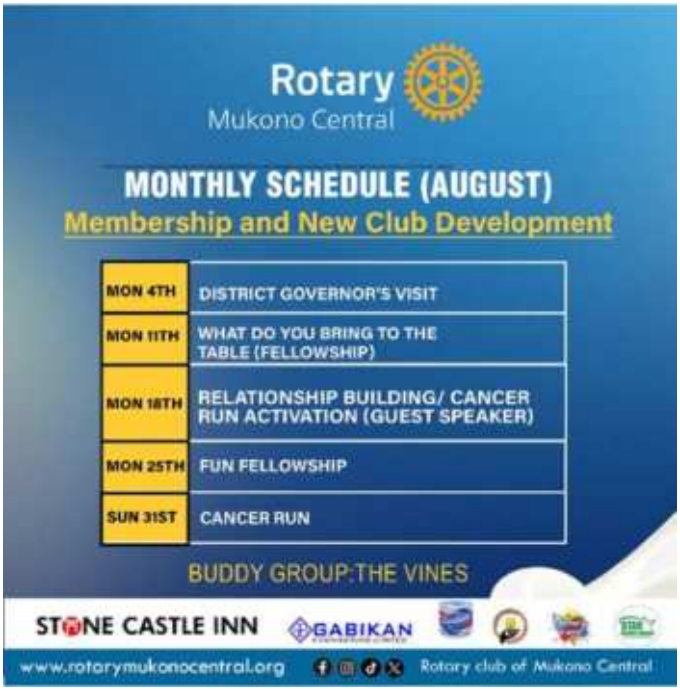


THE DISTRICT GOVERNOR VISITS RC MUKONO CENTRAL

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TABLE OF CONTENT

EDITOR'S NOTE	01
HAS YOUR CLUB QUALIFIED YET?	02
MESSAGE FROM THE PRESIDENT	04
THE DISTRICT GOVERNOR`S VISIT	06
FELLOWSHIP PICTORIALS	08
CANCER RUN ACTIVATION	11
BLOOMING AMIDST CRITICISM	14
THE ROTARACT CORNER	13
BOY CHILD CHRONICLES,	17
CLUB VISITS	17
THE POLYMATH	19





EDITOR'S NOTE



Dear reader,

The Rotary Club of Mukono Central is filled gratitude for the overwhelming support that was given to us during the District Governor`s visit to our Club. To all those that made it to Star Gardens Mukono on the 4th of August 2025, we are grateful!

In this issue, we are excited to share with you the highlights of the DG`S visit to the club. In addition, RC Mukono Central together with other Jinja Corridor Clubs carried out a massive Cancer Run activation campaign where the Clubs also had the opportunity to discuss and agree on a few things regarding the awaited Cancer run at the end of this month, the Club Cancer Run Officer extensively shares on the same in this issue.

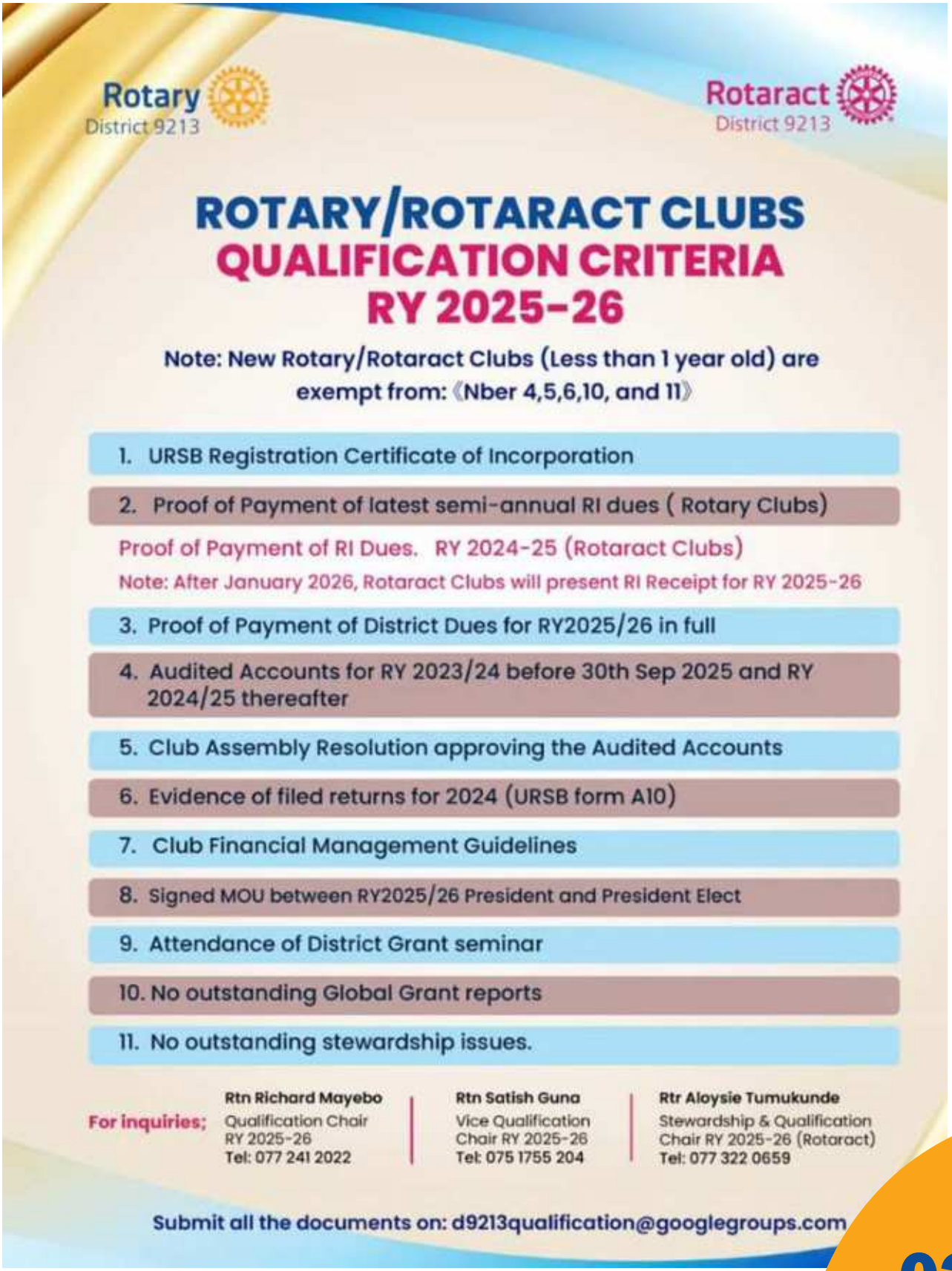
We have also shared information from District 9213 specifically, the Qualification Criteria for Rotary and Rotaract Clubs. The District in conjunction with Mengo Hospital blood bank have organized a Blood Donation Campaign, please check out the details of this noble drive. The Africa Peace Concert is also around the corner and information regarding the same has been shared.

Do not forget to check out inspirational and educative articles under the Boychild chronicles, the Polymath and a special one on how to deal with Criticism.

Cheers!

Rtn. Beatrice Nannozi Kasirye
Public Relations Officer/ Editor

Has your Club Qualified Yet?



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THE DISTRICT GOVERNOR'S OFFICIAL VISIT EXPERIENCE!

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

Greetings to you our dear readers, it's another beautiful Monday for your weekly juice of the bulletin. Last Monday the 4th of August, we were honored to host the District Governor (D9213), Rtn. Geoffrey Martin Kitakule at our home, the Star Gardens Mukono.

What an evening it was! Full of laughter, learning and unlearning. The Governor was accompanied by members and friends from various clubs. We were so honored and felt so blessed to have you all that day.

The official DG's visit, is the most important meeting of the year for a Rotary club. The DG first held a fruitful meeting with the Board of Directors where we shared with him the Club Annual work plan and what we have accomplished so far.

He then joined us for the Assembly and he gave remarks on the District goals and targets. It was a very special evening indeed! During the meeting, the DG recognized some outstanding members of the club, including Assistant Governor, Rtn. Moses Kafeero for his generous giving to The Rotary Foundation. Rtn. Moses was pinned a PHF5 by the District Governor.

The District Governor, gifted several members of the club, appreciating their contribution to the club and beyond. The Club Board also had a gift for the DG in form of a Cheque towards the TRF Cause.

The District Governor challenged us to grow the club to 66 members through the "each one, bring one campaign",

more giving to the Rotary Foundation and working on improving our public image and show off our work to the public through vigorous media campaigns.

As a club we are committed to supporting the Cancer Run Program 2025 and attending the District Conference 101 in Entebbe in big numbers. We ended the evening with a live band performance and networking session at Kimeeza.

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.





THE DISTRICT GOVERNOR`S VISIT

By Rtn Baker Muzige
Vice President – 2025/2026
Rotary Club of Mukono Central

The Rotary Club of Mukono Central had the privilege of hosting the District Governor, Rtn. Geoffrey Martin Kitakule on the 4th of August 2025 in what will be remembered as a punctual, inspiring, and truly memorable occasion. In a display of exemplary discipline, the District Governor arrived at exactly 3:00 pm, earlier than most members, setting the tone for the day and reminding us that service begins with timekeeping.

The day's program commenced with a Board Meeting from 5:00 pm to 6:00 pm, during which each board member presented their reports. The District Governor listened with keen attention, offering valuable guidance and encouragement. Among his strongest messages were two clear calls to action, to prioritize contributions to The Rotary Foundation (TRF) and to intensify membership growth, ensuring the club remains vibrant and impactful.

What made his address unforgettable was the depth of his knowledge about our club. His remarks revealed not only familiarity, but genuine engagement with our activities, achievements, and individual members. At one point, he publicly recognized AG Kafeero Moses for his remarkable status as a Paul Harris Fellow +5, a moment that drew heartfelt applause. He also commended our club's bulletin, the Downtowner, praising its quality and role in keeping members informed and connected.

In a touching gesture, the District Governor presented gifts to members who have shown exceptional commitment, particularly those who actively visit and support other clubs.

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These acts of recognition highlighted the values of fellowship, service, and consistent participation that lie at the heart of Rotary.

The event drew representation from over 20 clubs and their presidents, creating a vibrant and united atmosphere. By the close of the fellowship, the energy in the room was palpable, and members left feeling inspired to serve with renewed dedication.

The District Governor's visit was not just a formal engagement, it was a celebration of commitment, punctuality, growth, and the enduring spirit of Rotary service.



The District Governor`s Official Visit to RC Mukono Central –Pictorial



























The District Governor`s Official Visit to RC Mukono Central –Pictorial





























The District Governor`s Official Visit to RC Mukono Central –Pictorial



















THE CANCER RUN ACTIVATION

Rtn. Baker Muzige ,
Cancer Run Officer



On Sunday 3rd August 2025, the Rotary spirit and energy filled the streets of Mukono as five Rotary clubs came together for a memorable Cancer Run Activation. The participating clubs were RC Mukono Central, RC Mukono, RC Bukerere, RC Mukono Namilyango, RC Lugazi, and the Interact Club of St. Balikuddembe S.S. Kisoga.

The event began at the Star Gardens, home of RC Mukono Central. Led by the lively Interact Club band from St. Balikuddembe S.S. Kisoga, we set off in high spirits, marching through the community and spreading awareness about the upcoming Cancer Run. Our journey ended at Hasteh Hotel, the home of RC Mukono Namilyango.

Before the formal program, participants engaged in an energizing workout session, skillfully led by Rtn. Nasur Wananda, Rtn. Eric Haumba, and Rtn. Baker Muzige. The atmosphere was vibrant, as music, movement, and laughter warmed everyone up.

The day featured inspiring speeches from several Rotarians, including Rtn. Freda, who represented the President of RC Bukerere, and the highly anticipated address from our Guest Speaker, Past District Governor Steven Mwanje. PDG Mwanje gave a moving account of the history of the Cancer Run, reminding us of its purpose and impact in the fight against cancer. His words left us both informed and inspired to contribute even more to this noble cause.

In the spirit of unity, the participating clubs, also part of the Jinja Road Corridor Clubs, agreed to run together from Mukono on 31st August 2025. This decision reflects our commitment to stand as one voice and one team in the fight against cancer.

The program was laced with entertainment, camaraderie, and the unmistakable energy of service above self.

This activation was more than a march, it was a testament to what Rotary can achieve when clubs unite for a shared vision.

As we look forward to the main Cancer Run event, the enthusiasm and unity displayed on this day will carry us forward in our mission to create awareness, raise funds, and bring hope to those affected by cancer.







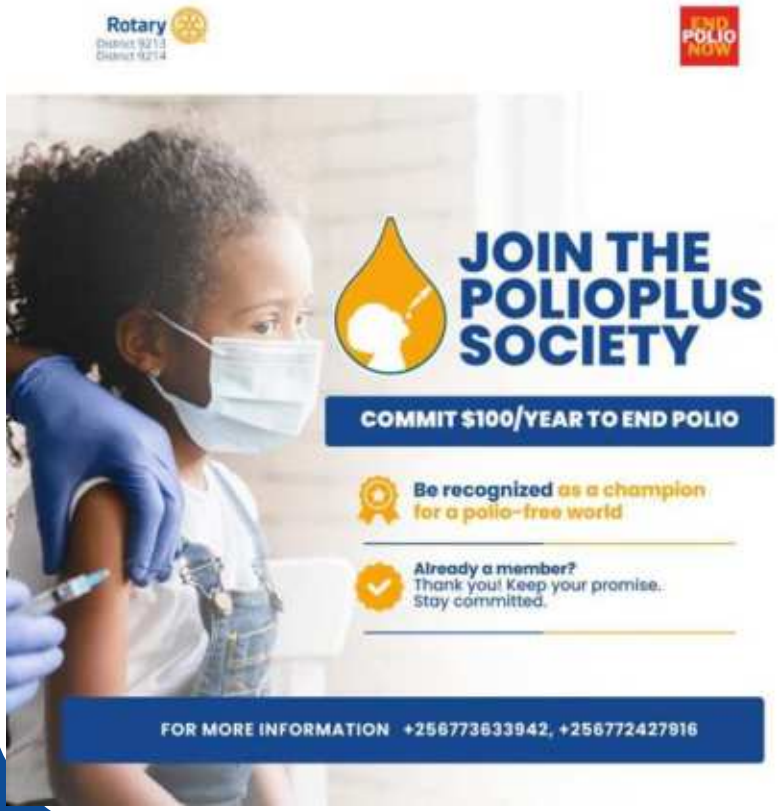







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BLOOMING AMIDST CRITICISM – THE AFRICAN WAY

Rtn. Angella Nanyonga
Rotary Club of Mukono

In Africa, we know a thing or two about blooming in the face of challenges. From the resilient baobab tree thriving in dry lands to the bright hibiscus blossoming even under scorching sun, nature teaches us a powerful lesson: growth doesn't wait for perfect conditions. It finds a way—criticism or not.

Our continent is no stranger to opinions. From "that idea is too big" to "who do you think you are?"—criticism often comes served with a heavy dose of doubt. But we're also known for turning such words into stepping stones. When the world said Africa couldn't dream big, we gave them Nollywood, Afrobeat, and technological innovations that rival the best globally.

Criticism is like the village elder who grumbles about your plan but secretly hopes you'll prove them wrong. And isn't that the beauty of laugh it off, and get back to work. Whether it's a Rotary project in a rural village or a grassroots effort to empower youth, we channel that criticism into something meaningful.

Remember the farmer who tends to his crops? He doesn't throw away the manure; he uses it to enrich his soil. Criticism is like that manure—it smells bad, sure, but it can help you grow if you know how to use it.

So, when your efforts to create change are met with skepticism, smile and keep going. After all, the baobab didn't grow tall by worrying about what the passing goats thought of it. As Rotarians, we're here to bloom, inspire, and make a difference. Criticism may come, but like the African sun, we rise every day, stronger and brighter.


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ROTARACT CORNER

Rotaract Mukono Central

The Monday Fellowship Experience

We had an enriching fellowship and project training session in partnership with the Rotaract Club of Mukono. The session focused on effective project planning and was facilitated by our esteemed guest speaker, CP Ssembeguya Brian.

He emphasized the importance of using the SMART approach when designing and implementing projects — ensuring that every goal is:

Specific , Measurable, Achievable, Relevant, Time-bound

It was a highly insightful experience that equipped us with practical











The Rotaract Club ōf Mukono Central Fellowship- Pictorials



BOY CHILD CHRONICLES

MEMBERSHIP: ARE YOU A TRUE ROTARIAN?

Letters to My son

Rtn Catherine Namoma
President Elect, RC Mukono Central

Dear son, a story is told about a gentleman called Tom (not real name) who was a member of an uptown Rotary club. He was one of the most passionate, dedicated and vibrant members. Anytime he was called upon to participate in any club activity, he did so committedly. He was always willing to travel to far off areas to visit club community projects. At the weekly meetings, he was ever present and ready to welcome guests with a hug and an infectious smile. He was a true description of service.

As time passed, Tom faced some financial challenges and often struggled to pay dues. This inability to meet one of the Rotary obligations of being a member frustrated some leaders in the club and often times, he was threatened with termination. However, there was one club member who always came to his rescue and paid his dues without complaint or explanation.

As fate would have it, this club one day woke up to the shock of Tom's death. Tom was no more. In the weeks following his passing, the club felt the impact of his absence. No one was willing to visit projects on behalf of the club. There was an emptiness during weekly meetings not because there were no other member but none did it like Tom. It was a painful reality which dented the club for a while.

This was a learning lesson to the members of that club. They learnt to appreciate the uniqueness and contribution of each member. That member who used to pay Tom's dues recognized the importance of Tom to the club. He acknowledged Tom as a valuable member.

This being a month of membership and extension on the Rotary calendar, I want to encourage each Rotarian to recognize and appreciate every member of their club. Some do great things with no recognition and are easily overlooked. Ask yourself a question if that member suddenly disappeared, would his absence affect the club?

Son, it's also important to have a moment of self-reflection; ask yourself a few questions

Am I a true Rotarian?

Now that I have paid dues, what else do I bring to the table?

What can I do differently to be a better member of club X?

In an effort to become a holistic Rotarian, self-reflection is a tool to success. I implore you to try this.

uld potentially offend you.

CLUB VISITS



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



PP Grace Nanyonga of RC Mukono Central representing the Club at RC Kira.



THE POLYMATH

THE SILENT HUMILIATION OF CONTRACT NON-RENEWAL: A UNIVERSAL ACHE

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

There is a kind of sorrow so subtle, so politely inflicted, so silently spread, that it often goes unnamed. It is the heartbreak of the dedicated worker—not fired, just quietly set aside. A betrayal disguised as "policy." A rejection cloaked in silence. A gentle but deadly sentence: "Your contract will not be renewed."

This is not just about teachers. It is about the nurse who served during Ebola but wasn't kept. The NGO staffer who led community programs until the donor pulled out. The IT specialist laid off with a generic email. The receptionist who trained others only to be let go when the system "restructured." The casual laborer at a hotel. The radio presenter replaced by someone cheaper. It is you. It is me. It is us.

This is not just my story. It is a quiet epidemic. And it's time we told the truth.

I. The Lingering Ache of Sudden Absence

Contract non-renewal doesn't knock like a dismissal. It seeps in through silence. One moment, you're busy. Important. Trusted. The next, you're out—no noise, no ceremony.

The password to your email no longer works. The gatekeeper at the office says, "Oh... sorry. They didn't tell you?"

You scroll your calendar. Empty. No meetings. No rosters.

No farewell. Just your professional obituary written in invisible ink.

In a continent where unemployment bites hard, where networks are lifelines, the message hits with a humiliating undertone:

"You are not worth keeping."

And the worst part?

No one calls it injustice. They just call it policy.

II. The Violence Behind the Politeness

Make no mistake—this is not a soft ending. It is a slow erasure.

It is not just the removal of a salary. It is the evaporation of belonging.

You begin to doubt your worth:

Did I do something wrong? Was I not good enough?

But the truth is, you can be excellent and still be let go.

This pain is real. It is socially ignored. It is unspoken because it's technically "not personal."

But what is more personal than being told your presence is no longer valuable?

In reality, this is institutional cowardice—the fear of honest communication and the moral laziness of treating people like seasonal tools.

III. When Your Absence Must Be Explained

This is what no HR manual prepares you for:

How do you explain it to your children?

"Daddy, why aren't you going to work?"

"Mummy, when are you returning to office?"

How do you explain to your spouse that you did your best—and it wasn't enough to be kept?

How do you tell your landlord that the job just ended—not because of wrongdoing, but because it ended you?

This is where dignity collides with despair. Because you still wake up, still dress up, still smile for your loved ones—even when inside, you feel like a statistic.

IV. Institutions Without Memory, Systems Without Soul

The greatest betrayal is when institutions you gave your soul to act like you never existed.They talk about impact and transformation in their brochures. But you, the impact-maker, the night-worker, the innovator—they forget you overnight.

And it's not just private institutions. Even public bodies are guilty. Government contracts expire. Consultants are used and dumped. Community health workers disappear from budgets.

The system doesn't break you. It forgets you. And that is worse. Because forgotten people begin to forget themselves.

V. But What Next? And How?

We cannot blame the system forever—lest we forget our agency.

So the question is no longer "Why me?" The question is: What next? And how?

Here is where we shift from reaction to resolve:

Let us create networks that honour people, not just their CVs.

Let us mentor others in the dignity of moving forward, not just upward.

Let us build our own platforms—where our value isn't dictated by contract dates.

Let us teach our children that being let go does not mean being let down by God.

Because systems will fail. But you must not fail yourself.

VI. To Everyone Carrying This Pain

To the teacher whose class no longer has a name on the timetable.

To the civil servant whose contract "wasn't extended."

To the NGO field worker whose project ended without closure.

To the bank officer let go during "realignment."

To the young intern who was promised "we'll call you," and never got the call.

You are not weak. You are not invisible. You are not forgotten.

You are the living proof that faith sometimes walks without salary, that purpose outlives appointment letters, that rejection is sometimes divine redirection.

You are the cornerstone the builders ignored.

VII. A Final Word

I do not write this as a resignation. I write it as a resurrection.

Because when the world forgets you, it's your turn to remember who you are. Let every non-renewal be fuel. Let every silence be a seed.

Let every exclusion become a push toward the platform you were meant to build. You are not your contract. You are your calling.

And that cannot be terminated.

> "The stone the builders rejected has become the cornerstone." — ***Psalm 118:22***

So rise again, in truth.
Rise again, in pain.
Rise again, in power
Because your story is not over.

Rotary
Mukono Central



Rotary
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Chartered: 8th April 2016

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