Rotary
Mukono Central

THE DOWNTOWNER

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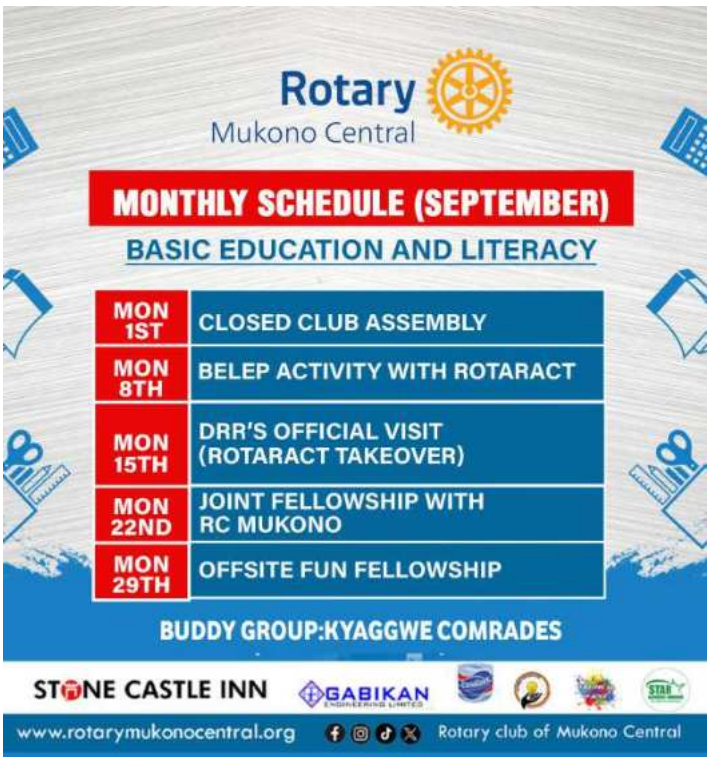
Volume 3, Issue 11 September 15th, 2025



www.rotarymukonocentral.org

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EDITOR'S NOTE

Dear Reader,

Greetings to you all and your loved ones. We are appreciative for the support you give the Downtowner; to those that share the Bulletin, the regular readers and those that give us feedback, we are grateful! Today, the Rotaract Club of Mukono Central will be hosting the District Rotaract Representative, Abesage Nahabwe at Star Gardens Mukono at 6:00PM; I encourage us all to be part of this fellowship.

The Rotary Club of Mukono Central is organizing a BELEP activity on the 29th September 2025. We shall be supporting pupils with lots of essential and everyday use items— please join us as we support these learning communities. All support ranging from scholastic materials, money, toiletries, gently used clothing are all welcome.

The Club is also in preparation for its 10 years Celebration and Fundraiser that is scheduled for 24th October this year at Raidar Hotel, Seeta. We invite you all to be part of this great Celebration; we shall share with you how far we have come, also expect lots of fun moments, networking and catching up with friends.

This week, we continue to share with you lots of Rotary Information as well as other educative articles, be inspired as you read and Let`s meet here next week.



Rtn. Beatrice Nannozi Kasirye
Public Relations Officer / Editor

Quote of the week

**"Results are important,
but the way they are achieved,
the process, is equally important."**



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BUILDING GENERATIONS THROUGH LITERACY.

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

In the Rotary calendar, September blooms as the month of Basic Education and Literacy Empowerment Project (Belep). Beyond the surface of education, Belep carries the spirit of enlightenment, an attempt to liberate communities not only from ignorance but also from the silent poverty that ignorance perpetuates.

Education is not merely about reading and writing. It is about unlocking the hidden potential of the human mind. Belep stands as a bridge between a child who dreams and a society that needs dreamers to become builders. In every book placed in a child's hands, in every classroom rehabilitated, and in every teacher empowered, there is an unseen revolution, quiet but powerful, gentle but transformative.

Philosophically, Belep is the manifestation of what Plato once called the "turning of the soul from darkness to light." It is a project that believes in human dignity and the right of every person to access the knowledge that makes life meaningful. For what is freedom, if not the ability to think? And what is justice, if not the ability to give each child an equal chance to rise?

Rotary's Belep is not just a seasonal project, it is a perennial duty. For when we educate, we plant seeds of hope that will shade generations yet unborn. Literacy is not only about learning letters; it is about learning to question, to reason, to create, and to live with dignity.

As Rotarians, the call of Belep in September is a reminder: when we open a book for a child, we open a thousand doors for a community. When we light the lamp of literacy, we extinguish the shadows of dependency. And when we empower through education, we do not just build schools, we build nations.



08TH SEPTEMBER MONDAY FELLOWSHIP - PICTORIALS


























THE AMAZING BENEFITS OF RESISTANCE TRAINING

The Muscle building activity, also known as weight training was generally considered to be a male dominated domain. Many of us have grown seeing strong, heavy weighted men in sports such as powerlifting, bodybuilding and powerlifting. The Media has portrayed the need of high levels of strength coupled with masculinity as the primary requirements for one to engage in strength training. Consequently, the average persons did not find any reason to participate in weight lifting activities or sports.

Even though there has been increasing advocacy for regular exercises due to the sedentary lifestyles among the Elite coupled with a pandemic of Heart diseases, the emphasis has always been on the aerobic exercises. This was so because aerobic exercises have been sold as a promise card for physical fitness, the much sought after desirable body weight and heheart health.

We were all comfortable until recently when we all grew up, grew up further and started "aging." So, we started losing muscles aka shrinking, this was coupled with

bone loss, fat gain …….the list goes on. All these were more common problems of the sedentary and aging populationEven though there has been increasing advocacy for regular exercises due to the sedentary lifestyles among the Elite coupled with a pandemic of Heart diseases, the emphasis has always been on the aerobic exercises. This was so because aerobic exercises have been sold as a promise card for physical fitness, the much sought after desirable body weight and heart health.

However, all is not lost; there is overwhelming evidence that resistance training promotes muscle gains in individuals of all ages. This literally means you can start where you are; there is a common saying that goes "What you don't use, you lose", and muscles live for this saying! We lose between 3% and 8% of our muscle each decade after the age of 30 years, approximately 0.2Kg of lean weight loss annually, no wonder we become so frail, immobile and prone to falls as we age.

By the age of 50, the percentage of muscle loss increases to between 5% and 10%, each decade there after making a total annual loss of 0.4 Kg. The muscles that we think we do not need and sometimes are afraid to build especially in women represents 40% of our total body weight, influences a number of health risks including obesity, Heart diseases and type 2 Diabetes.
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Rotary District 9213

Rotaract District 9213

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EMBRACING A NEW SCHOOL TERM:KEY MESSAGES FOR OUR ADORABLE CHILDREN

Rtn. Angella Nanyonga
Rotary Club of Mukono

As our little ones prepare to head back to school, it's essential to instill values that will guide them throughout their academic journey and beyond. This time of year is not just about books and classrooms; it's an opportunity to mold our children into moral, God-fearing leaders and achievers.

The Power of Kindness;

Encourage your children to treat others with kindness. Remind them that every act of kindness, no matter how small, can create a ripple Effect. A simple smile or a friendly greeting could brighten someone's day, fostering a supportive and inclusive school environment.

Embrace Challenges;

School can be challenging, but it's crucial for children to understand that overcoming obstacles helps them grow. Teach them that it's okay to make mistakes and that each one is a
Stepping stone toward success. Encourage a growth mindset – the belief that they can improve with effort and perseverance.

Success beyond Grades;

Help your children realize that success is not solely measured by grades. While academic achievement is important, personal growth, good character, and the ability to work well with others are equally valuable. Teach them that skills such as teamwork, creativity, and perseverance contribute significantly to their overall success in life.

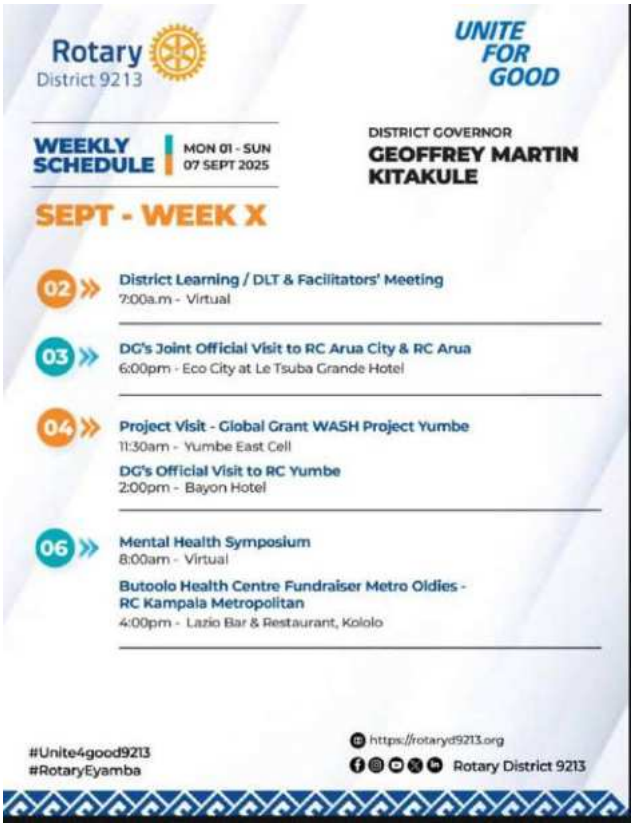
God as a Guide; Instilling a sense of faith can provide children with strength and guidance. Encourage

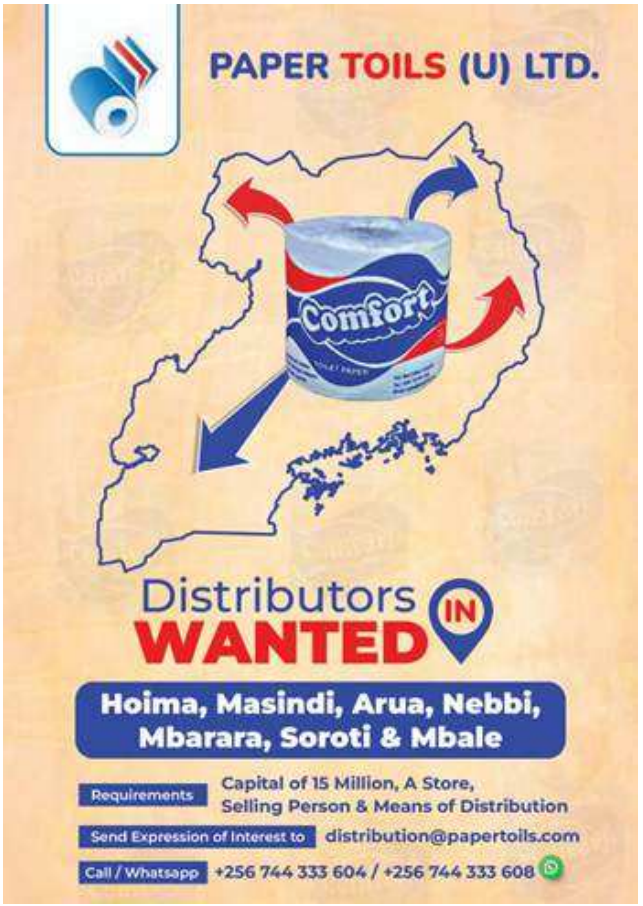
them to pray and seek God's wisdom in their decisions. Teach them that having faith means trusting in themselves and their abilities while also recognizing that they are part of a greater plan.

Be a Leader; Talk to your children about the qualities of a good leader: empathy, integrity, and selflessness. Encourage them to take initiative in making Positive changes within their school community. Whether it's starting a club or advocating for a cause they believe in, every little action contributes to their growth as future leaders.

Strive for Excellence; Celebrate achievements, big or small, and promote a strong work ethic. Teach your children that success comes through hard work and dedication. Set goals together, encouraging them to aim high and reminding them that the journey to becoming achievers starts with the steps they take today.

As they embark on this new school term, let's inspire our children to be the best versions of themselves. By embracing kindness, facing challenges, nurturing their faith, leading with integrity, and understanding that success encompasses more than just grades, they can shape their own futures and make a positive impact on the world around them.





Rotary District 9213

Rotaract District 9213

ROTARY/ROTARACT CLUBS
QUALIFICATION CRITERIA
RY 2025-26

Note: New Rotary/Rotaract Clubs (Less than 1 year old) are exempt from: 《Nber 4,5,6,10, and 11》

1. URSB Registration Certificate of Incorporation
2. Proof of Payment of latest semi-annual RI dues (Rotary Clubs)

Proof of Payment of RI Dues. RY 2024-25 (Rotaract Clubs)

Note: After January 2026, Rotaract Clubs will present RI Receipt for RY 2025-26

3. Proof of Payment of District Dues for RY2025/26 in full
4. Audited Accounts for RY 2023/24 before 30th Sep 2025 and RY 2024/25 thereafter
5. Club Assembly Resolution approving the Audited Accounts
6. Evidence of filed returns for 2024 (URSB form A10)
7. Club Financial Management Guidelines
8. Signed MOU between RY2025/26 President and President Elect
9. Attendance of District Grant seminar
10. No outstanding Global Grant reports
11. No outstanding stewardship issues.

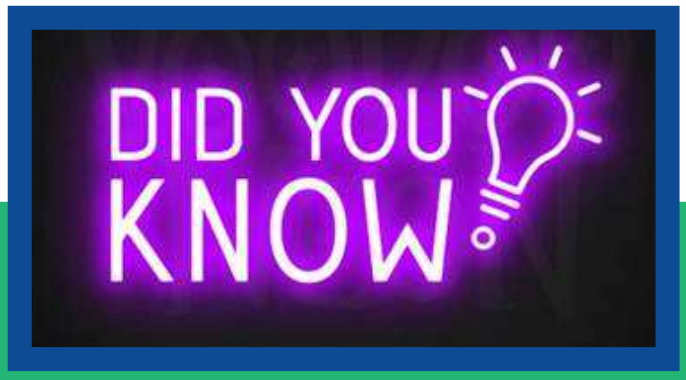
For inquiries;

Rtn Richard Mayebo
Qualification Chair
RY 2025-26
Tel: 077 241 2022

Rtn Satish Guna
Vice Qualification
Chair RY 2025-26
Tel: 075 1755 204

Rtr Aloysie Tumukunde
Stewardship & Qualification
Chair RY 2025-26 (Rotaract)
Tel: 077 322 0659

Submit all the documents on: d9213qualification@googlegroups.com



1. No man can ever estimate the power of will.
2. Just like the athlete trains for his race, the mind must be put into training if one will win the life`s race.
3. The most valuable result of all education is the ability to make yourself do the thing you have to do when it ought to be done whether you like it or not.
4. To be able to hold all of your energies upon one point, to focus all of the scattered rays of the mind upon one place or thing is the epitome of successful living
5. The way to learn to run is to run, the way to learn to swim is to swim.
6. To stick to a thing till you master is proof of intellectual discipline and power.
7. Careful planning is a significant stage of all Successful processes.
8. There is no chance, no destiny, no fate that can circumvent, hinder, or control the firm resolve of a determined soul.
9. Men who have left their mark upon the world have been men of great will and prompt decision.
10. There are three kinds of people in the world "the wills, the won'ts and the can'ts." The first accomplish everything; the second oppose everything and the third fail everything.
11. The secret of so many failures among those who started out with high hopes is lack of will-power.
12. Strength of will is the test of a young man`s possibilities.
13. He that shoots may sometimes hit the mark but he that shoots not at all can never hit it.


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BOY CHILD CHRONICLES

Letters to My son

INSANITY VS HUMANITY

Rtn Catherine Namoma
President Elect
Rotary Club of Mukono Central

Dear son, last week the world experienced the shocking shooting and killing of world political activist and strongly conservative media personality in America, Charlie Kirk. I didn't know much about this gentleman but I must confess that I enjoyed how he reasoned out issues and always had biblical backing. He was a voice of bravery in a world where many compromise their values for likes and popularity. He wasn't afraid to walk in truth no matter how lonely the road was. He stood up for what he believed in and never wavered to the point of death.

Let me remind you that a few weeks back, in this country, a video of two goons beating up a media person circulated on various media plat forms.

I read comment after comment in wonder and dismay. A bit of me was amused by the comical reactions of so many people who thought it was ok for this lady to be roughed up. However, a deeper bit of me was saddened by the complete lack of emotion exhibited in the aftermath of this crude and cruel act.

We are living in times where hearts are mired with hatred, bitterness, envy, cruelty and evil. We rejoice in the pain of others and never flinch in the demise of the deceased. We so easily dismiss the cries of others in justification that they deserved what they got. We have comfortably embraced violence and revenge as a solution to criticism and differences.

What happened to self-control? What happened to the hearts of men? What happened to the family values we were raised in? What happened to the freedom we so desperately prayed for? What happened to the biblical principles we learnt in Sunday school? Why can't we disagree and still coexist?

Am I the only one thinking about this? I think not. Am I the only one perturbed by this? I hope not. Am I the only one wishing for renewed hearts? I definitely hope not. Charlie Kirk didn't deserve to die, nor did Full figure deserve to be beaten. They are all human.

That person you so vehemently hate and wish dead, is someone's father, mother, brother, sister, friend, uncle, aunt, son or daughter. Someone out there wakes up every morning hoping against hope that they stay alive. Before you inflict pain on others, pause and be empathetic. How many lives will you have shattered with that one act of cruelty?

So, son, get back to humanity. My prayer for you and everyone reading this is in the Bible "Give us a heart of flesh and remove a heart of stone, so we can be sensitive to the things of the spirit". Be human.
Food for thought.





TEN FACTS ABOUT VENOMOUS SNAKES

Mukasa Emmanuel, Buganda Youth Council,
Executive Director Herp Fauna Foundation

At Herp Fauna Foundation Uganda, we are committed to raising awareness about venomous snakes, their role in nature, and how communities can coexist safely with them. Here are ten important facts everyone should know:

1. harmless to humans. Only a small number produce venom dangerous to people.
2. Venom is for survival, not aggression – Snakes use venom mainly to catch prey or defend themselves, not to hunt humans.
3. Different venom types – Snake venom can be neurotoxic (nerves), cytotoxic (tissues), or hemotoxic (blood). Some species carry mixed venom.
4. Uganda's venomous snakes – Some species like the Black-necked Spitting Cobra, Egyptian Cobra, Puff Adder, Gaboon Viper, Boomslang, and Jameson's Mamba are medically important.5. Not all snakes are venomous – Most snake species are
5. Snakebite is a neglected health crisis – Thousands of Ugandans suffer bites yearly, yet access to effective anti-venom remains limited.
6. Anti-venom is species-specific – Correct identification of the biting snake is essential for successful treatment.
7. Safe first aid saves lives – Do not cut, suck venom, or apply tight tourniquets. Instead, keep the victim calm, immobilize the bitten limb, and get them to a hospital quickly.
8. Snakes are ecosystem guardians – They regulate rodent populations, protect crops and prevent the spread of diseases like plague.

9. Human activity increases conflict – Habitat destruction, climate change, and urban expansion force snakes into closer contact with people.

10. Conservation is the solution – Protecting snake habitats, spreading awareness, and improving access to antivenins are vital for both human safety and snake conservation.



Our Call:

Snake conservation is not just about protecting reptiles – it's about protecting human lives and ecosystems. At Herp Fauna Foundation Uganda, we believe that with knowledge, preparedness, and respect for nature, people and snakes can coexist safely.

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"MOTHER, I AM ONLY A PRODUCT OF YOUR EXCITEMENT": HOW EXTENDED FAMILIES POISON THE WELLSPRING OF MARRIAGE.

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

"Mother,
I beg you, leave my home. After all, I am only a product of excitement between you and my father."
— A son's bitter truth, shouted not in hatred, but in desperate liberation.

Introduction: The Third Body in the Marital Bed

In the anatomy of most failed marriages, the cause is rarely infidelity. It is rarely poverty. It is rarely irreconcilable differences. It is often something quieter, closer, more dangerous—family. Not the nuclear one, but the extended one. And of these, none has been more consistently destructive than the mothers of the spouses, particularly the mothers of the husband and the mothers of the wife.

They do not arrive with guns. They come in with casseroles, prayers, and expectations. They whisper rather than shout. But they occupy space in the mind, corrupt loyalty, and pull invisible strings until two lovers become two strangers… and the marriage collapses under the weight of expectations that were never theirs to carry.

I. "Mother, I Am Only a Product of Your Excitement": A Son's Cry for Autonomy

What drives a man to say to the woman who birthed him, "Mother, I am only a product of your excitement"? It is not rebellion, cruelty or revelation! It is the moment he realizes that he owes her life, not allegiance. That her role was creation, not occupation. That her duty ended with raising him, not running his household.

It is the painful moment when the man looks around his home—his sanctuary—and sees not a wife's embrace but his mother's echo in every argument, every judgment, and every cold night."You gave me life, yes. But you no longer get to script it. I am not your second husband. This is not your home. You may have birthed me, but you cannot be both mother and mistress of my emotions."

II. The Tyranny of the Matriarch: When Mothers Refuse to Let Go

There is something tragic about a mother who cannot transition from giver of life to witness of it. Many mothers weaponize love into guilt. They don't want to see their sons grow; they want to see them grateful—forever chained to the umbilical cord of emotional obligation.

"After all I've done for you, she's the one you choose?"
"She's changed you. You used to be my boy."
"In this house I still have a say."
These aren't words of love. They are the battle cries of insecure mothers afraid of being irrelevant.

In that fear, they undermine, accuse, and manipulate their sons into prioritizing loyalty over intimacy.

The son becomes torn: a man in his wife's bed, but a child in his mother's heart. And that contradiction is unbearable!

III. The Poisoned Well: When Mothers of Wives Become Marriage Auditors

If a man's mother can be possessive, a woman's mother can be entitled. She believes she raised a princess, and any man who marries her owes her proof that he is worthy. Her interference is rarely loud. It is slow, persistent erosion. Daily phone calls: "Has he given you money this week?"
Backhanded counsel: "Men should never be trusted. I know—I married your father."

Constant comparisons: "Look at your cousin's husband. That one built a house in the first year." Soon, the wife begins to see her husband through the disapproving eyes of her mother. She stops being present and begins policing!
She turns their home into a courtroom where her husband must defend himself against unspoken charges.

Aunties ask about sex life during funerals.
Cousins expect financial support as a sign of loyalty.
Uncles threaten to "go to elders" if their niece is "not being treated like a queen."
What began as a bond of two individuals becomes a covenant held hostage by the opinions of outsiders who neither lie in that bed nor pay those bills.
Marriage cannot thrive in a stadium. It needs a sanctuary.

V. Boundaries Are Not Betrayals
The commandment in Genesis is clear: "A man shall leave his father and mother and be joined to his wife."
It does not say "consult with them weekly."
It does not say "build an extension for them."
It says leave.

Leaving is not betrayal. It is preservation.
A marriage without boundaries becomes a battlefield for loyalty—a place where the man is forced to choose between the woman who bore him and the woman he loves.
And sometimes, for peace to return, for sanity to reign, for the covenant to be salvaged, one must look into the teary eyes of the very woman who birthed him and say: "Mother, I am only a product of excitement between you and father. But this home is not your theatre. Please leave."

VI. The Tragedy of Good Intentions
To be fair, many mothers do not enter marriages with the intent to destroy. They enter with memories.
Memories of their own pain, memories of their own regrets, memories of what they wish they had received.
So they project, advise, intrude… and in doing so, they crush the very thing they hoped to protect.

But good intentions, when not restrained, can become emotional colonization. And what colonizers always forget is this:
Even love becomes toxic when it ignores borders.

Conclusion: Exorcising the Ghosts of Our Mothers and Fathers
Every couple must, at some point, exorcise the ghosts of their upbringing—not with disrespect, but with discipline. Not with rebellion, but with resolve. If your marriage is a house, your mother cannot live in the master bedroom. If your union is a journey, your family cannot control the steering wheel.

And if your love is to survive, it must learn to shut the door—not in hate, but in self-preservation.

To all the sons and daughters torn between love and liberation, know this:

You owe your parents gratitude, not governance.

You owe your spouse sanctuary, not shared sovereignty.

And you owe yourself the right to peace, even if it means saying words that break hearts in order to save your own.

"Mother, I am only a product of excitement… but this marriage is the product of my choice. Please… leave."





Rotary
Mukono Central



Rotary
District 9213

Chartered: 8th April 2016

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