Rotary
Mukono Central

THE DOWNTOWNER

"My Community. My Service"

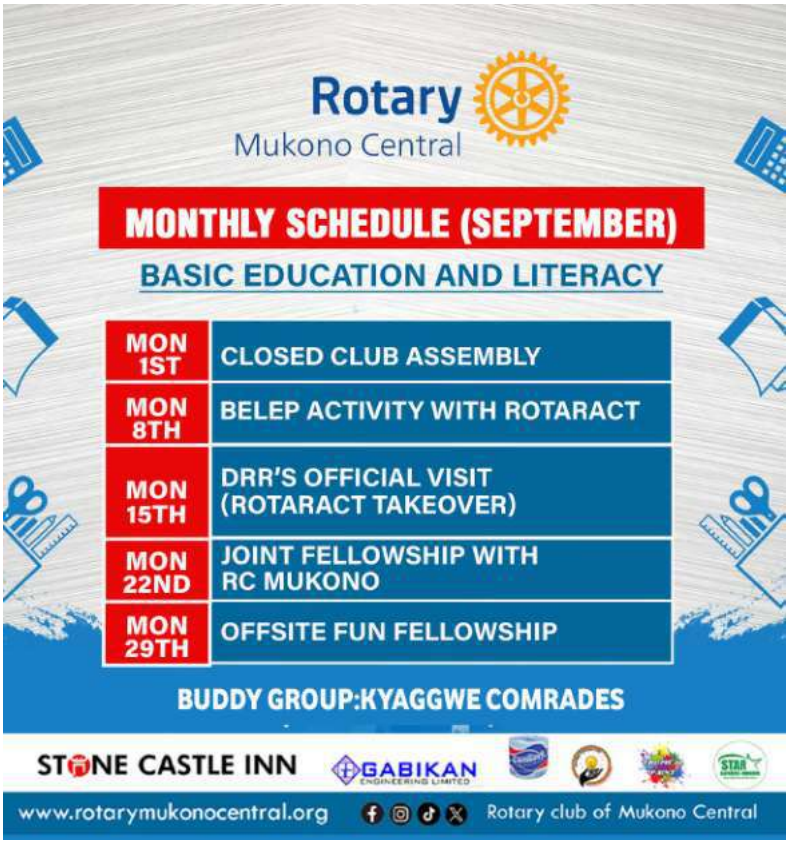
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www.rotarymukonocentral.org

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EDITOR'S NOTE



Dear reader,

This is the second week of the Basic Education and Literacy Month. We have been given the opportunity to serve through supporting literacy and Education systems in our communities; let us all join hands and support this noble cause.

At the Rotary Club of Mukono Central, we annually find a school and support the learners with scholastic materials like Text books, Geometry sets, Exercise books, pens and sets. This year is not any different; we call upon any Rotarians, Rotaractors, friends and the general public to join us this year for this worthy cause.

We have shared the RI message again on BELEP for those that missed it the other week. Also Included, is the RI President Elect, find time and read on his inspiring Rotary journey right from Rotaract through all the leadership hierarchies to date. One of our writers has written on the newborn Princes of Busoga Kingdom, it is an interesting read! This together with all other fun and educative articles, it is always a pleasure to serve you our dear readers!

Let's meet here next week and be blessed

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: 100K - PER PERSON
STONE CASTLE INN
GABIKAN
ENGINEERING LIMITED
www.rotarymukonocentral.org
Rotary club of Mukono Central

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We Are Located In Mukono Municipality 200 Metres Off Kampala- Jinja Highway, Sloping Next To Mukono General Hospital.

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WE ALSO DO OUTSIDE CATERING



BUILDING GENERATIONS THROUGH LITERACY.

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

Every Rotary month carries a heartbeat, and in September that heartbeat is Basic Education and Literacy. For us at the Rotary Club of Mukono Central, September is not just another month on the Rotary calendar, it is a season of remembering why we serve, and how service shapes destinies.

What BELEP Means to Rotary:

The Basic Education and Literacy Empowerment Project (BELEP) reminds us that literacy is more than learning how to read and write; it is learning how to live. A child who can read discovers the world. A parent who can count breaks free from exploitation. A community that values literacy plants the roots of democracy, peace, and prosperity.

The Mukono CentralApproach

At Mukono Central, we have chosen to celebrate BELEP in a way that touches every level of society:

Schools: Supporting learners with tools and creative reading programs that turn classrooms into nurseries of imagination.

Teachers: Training and encouraging educators to teach not only knowledge, but curiosity.

Communities: Extending literacy to adults through financial and digital skills, ensuring parents can inspire the very children they raise.

The Deeper Philosophy of September

Why does Rotary dedicate a whole month to literacy? Because illiteracy is silent poverty. It is a form of imprisonment without walls. BELEP is Rotary's answer: to turn silence into voice, dependence into confidence, and ignorance into possibility.

September reminds us that when we give a child a book, we are not giving pages of paper, we are giving wings. When we teach a parent to read, we are not teaching letters, we are teaching freedom.

A CALL TO ACTION

This month, I invite every Rotarian and friend of Rotary to join hands in advancing BELEP. Sponsor a book. Mentor a child. Support a teacher. Advocate for community libraries. Every small act of literacy is a seed, and every seed has the power to become a forest.

As President of the Rotary Club of Mukono Central, I see September as a month of transformation. We may never know all the names of the children we empower, but the future will. And perhaps, years from now, someone will stand as a Leader, a Teacher, a Doctor, or an Inventor, and whisper back to us: Thank you for giving me the gift of literacy.

That is what BELEP means. That is why September matters.





PEACE THROUGH EDUCATION

FRANCESCO AREZZO
President, Rotary International

When I stepped into the role of Rotary International president, the moment came swiftly and unexpectedly. It got me thinking how the world can change in an instant, and how Rotary has the power to be a steady force for good in that change. This month, Rotary's Basic Education and Literacy Month, we have a clear call to action: to strengthen the foundation of learning in every community we serve.

Millions of people worldwide remain unable to read. Millions of children lack access to basic education. And yet, we know the solution: sustainable, inclusive, and equitable education, especially for girls and marginalized youths. Literacy is more than the ability to read and write. It is the key to human dignity, economic mobility, and peace. Every book opened, every classroom supported, and every teacher trained becomes a building block of peace.

This year, our message is Unite for Good. "Unite" speaks to the strength we find in each other. When we unite our talents and resources — not only among our clubs but across partners, organizations, and communities — we expand our reach. And when we do so consistently over time, we create lasting change. Rotary service cannot be measured only in annual goals. Our work in education must extend beyond a single year. Literacy projects take time to take root, grow, and bear fruit.

Now is the time to think boldly and creatively. New types of clubs can help us engage educators, students, and advocates in new ways. Let us use this month to welcome new members with a passion for education and empower existing ones to lead service projects that reflect local needs. Whether you're building libraries, distributing textbooks, or mentoring students, your actions matter.

Education is also peacebuilding. Every scholarship we provide, every early childhood program we support, every adult literacy class we fund is an act of peace. And Rotary has been building peace in this way for more than a century.

Let us not forget that the fight for literacy is not only about access, it's about equity. It is about ensuring every learner, regardless of background, has the opportunity to reach their potential.

And it is about standing together — across borders, languages, and generations — to say that education is a right, not a privilege.

Let's Unite for Good by committing to literacy that lasts. Let's dream of a world where every child learns to read. And then, as people of action, let's work together to make that dream a reality.

Together, we can change lives, starting with the power of education. Together, we Unite for Good.



THE CLOSED CLUB ASSEMBLY - PICTORIALS


























Rotary
Every Monday









THE HEIRS THAT WAIT

A Muzige Discourse on Busoga's Twin Princes

The Heirs That Wait: History, like the mighty River Nile that cuts through Busoga, always surprises us with fresh tributaries of destiny. The joyous news of the Kyabazinga and the Inhebantu unveiling twin princes is more than a personal blessing to the royal household; it is a philosophical punctuation in the long narrative of Busoga's kingship.

1. The Mystery of Twin Heirs

Twins in African cosmology are never "ordinary." Among the Baganda, Banyoro, Basoga, and across Africa, twins are a sign of double blessing but also double responsibility. They do not only symbolize continuity, but also the duality of life itself—order and chaos, light and shadow, hope and uncertainty. Now, with Prince William Ethan Nadiope and Prince Arnold Eli Nadiope, Busoga stands not only before the joy of succession but also before the age-old riddle:

when two sons are born at once, who carries the heavier weight of tomorrow.

2. Heirship in a Kingdom of Elections

Unlike the monarchies of Europe where primogeniture dictates, Busoga's throne is not passed like inheritance of cattle or land. It is not the automatic bloodline but an elective process by the Lukiiko and the eleven hereditary chiefs.

Thus, these princes, though blood of the Kyabazinga, are not in the waiting room of guaranteed enthronement. They are royal sons, yes, but their crowns—if ever—will depend not on birth alone but on consensus, politics, and the delicate equilibrium of clan power.

This makes them heirs in spirit but not necessarily heirs in law. They symbolize continuity but do not own it.

3. The Philosophy of the "Waiting Heir"

So, who then becomes the waiting heir? The answer lies not in the cradle but in the council chambers of the chiefs. In Busoga, the throne is not merely about blood but about balance, legitimacy, and destiny negotiated among equals.

This is profoundly philosophical. It reminds us that power, even when surrounded by the aura of divine blessing, is still subject to the collective will. It reminds us that the Kyabazinga is less a hereditary king and more a custodian chosen to embody unity.

The twin princes thus embody the paradox of kingship: to be royal but not necessarily ruling, to be crowned by blood but not by law, to be heirs without yet being heirs

4. A Lesson for Uganda and Africa

In this, Busoga teaches Africa a deeper lesson about leadership. Power need not be sealed by blood alone. Even kings can be chosen. Authority is at its best when legitimacy is broader than lineage.

The question of succession

in Uganda itself—where one man's long reign casts shadows across generations—echoes Busoga's dilemma in a different scale. Who is the waiting heir of Uganda? Is it the biological son, the political protégé, or the voice of the people themselves?

The Kyabazinga's twins remind us that legitimacy cannot be swaddled in a cradle; it must be affirmed by the community.

5. The Double Crown of Destiny

In the end, the twin princes are not yet heirs but living metaphors of Busoga's future. One day, they may walk into the elective circle not as mere sons of Gabula IV but as men who must convince Busoga of their worth.

Until then, they embody hope, continuity, and divine laughter. For the gods of Busoga have given the kingdom not one heartbeat of tomorrow but two. And in that double blessing lies both promise and provocation:

Promise that the royal line shall not wither.

Provocation, that the chiefs and the people must one day answer: which twin shall be more than a prince?

Muzige's Last Word:

The waiting heir in Busoga is not born; he is chosen. The twins may sparkle as jewels in the crown, but the crown itself is heavy with the weight of tradition and elective legitimacy. And herein lies the irony of kingship: blood gives you the name, but the people give you the throne.

KNOW YOUR ROTARIAN



Past President
ASIA KAMUKAMA
Rotary Club of Mukono Central

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



OLAYINKA HAKEEM BABALOLA SELECTED TO BE 2026-27 ROTARY INTERNATIONAL PRESIDENT

Olayinka Hakeem Babalola, a member of the Rotary Club of Trans Amadi, Nigeria, has been selected by the Board of Directors to become Rotary International's president for 2026-27. His term will begin on 1 July 2026.

The Board, guided by the RI code of policies, conducted a special session to select the organization's leader after the resignation of RI President-elect SangKoo Yun, who decided to step back from his Rotary responsibilities and focus on his recovery from recent cancer treatment.

Babalola began his Rotary journey in 1984 as a Rotaractor. He joined the Rotary Club of Trans Amadi 10 years later. His leadership roles include serving as district governor (2011-12), RI vice president (2019-20), and member of the RI Board (2018-20). He was also an active leader and participant in

RI committees such as the End Polio Now Countdown toHistory Campaign Committee (2017-23) and the Nigeria National Polio Plus Committee (2013-present, adviser 2016-present).

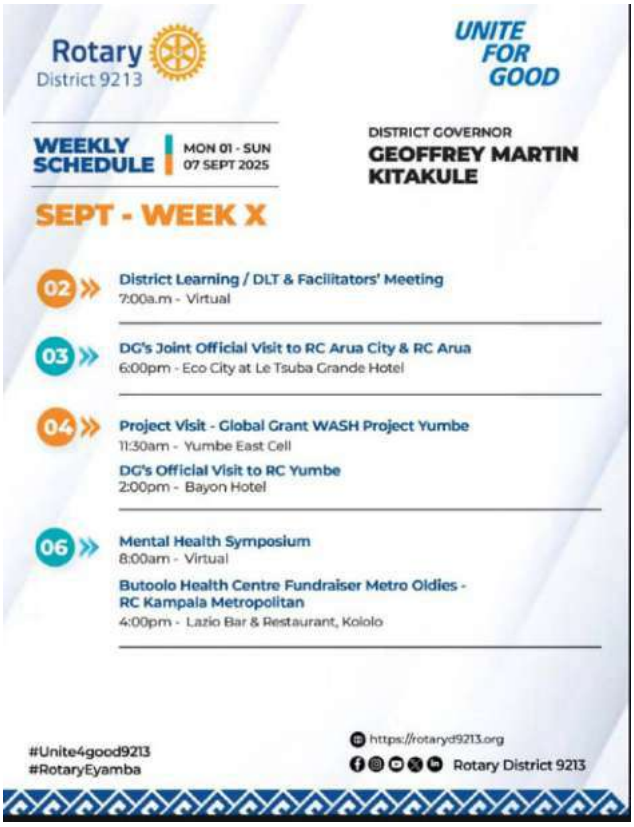
Babalola received a university degree in engineering in 1988. He worked for 25 years in the oil and gas industry, holding senior positions in Shell PLC. He is the founder of two companies: Riviera Technical Services Ltd., an oil and gas infrastructure Delivery Company, and Lead and Change Consulting, an executive coaching and organizational performance advisory group.

Babalola's professional affiliations include the Nigerian Society of Engineers, the Institute of

Safety Professionals of Nigeria, and the Association of Change Management Professionals. He is a member of Jericho Businessmen Club, an organization in his birth city of Ibadan that provides input to governments on economic and social policy.

Babalola and his wife, Preba, live in the city of Port Harcourt. He supports The Rotary Foundation with a named endowment and as an Arch Klumph Society member. A trustee of Shelter Box UK, he is a recipient of the Africa Centennial Heroes Award, the Regional Service Award for a Polio-Free World, the RI Service Above Self Award, and The Rotary Foundation Citation for Meritorious Service.

The president of Rotary International serves a one-year term, presiding over the Board of Directors and providing inspirational leadership for the organization. As the spokesperson for the global network, the president visits clubs around the world to promote Rotary's values and represent the organization at major events. Rotary chooses its president from members who have demonstrated extensive leadership experience within Rotary, including service as a club president, district governor, and member of the Board.







Rotary | Rotary Fellowship for Home Exchange

THE SILENT BATTLES PEOPLE FIGHT

Rtn. Angella Nanyonga
Rotary Club of Mukono

In our busy lives, it's easy to overlook the silent battles many individuals face daily. Behind simple smiles and routine interactions lie struggles with mental health issues, emotional trauma, chronic pain, and personal crises. These are often battles that are invisible to the naked eye, yet they profoundly impact individuals' lives

What are Silent Battles, any way?

Many people deal with issues like anxiety, depression, loneliness, or overwhelming stress. Societal stigma often leads to silence, making it challenging for those affected to seek help or share their experiences. In the workplace, employees may struggle with job-related stress or burnout while wearing a façade of productivity and competence. Similarly, in family settings and community groups such as Rotary circles, underlying issues might go unnoticed as individuals prioritize external appearances over internal realities.

Remedies for Battling Silent Battles

Encouraging Open Conversations: Creating a safe environment where members feel free to share their experiences can significantly ease the burden of silent battles. This could involve implementing regular check-ins in family gatherings, workplace meetings, or community events, allowing individuals to voice their feelings without fear of judgment.

Promoting Mental Health Awareness: Regular workshops or seminars can help break the stigma surrounding mental health. Education about the signs of stress or mental health struggles can empower individuals to seek help and support others effectively.

Practicing Empathy and Patience: Understanding that everyone has their struggles promotes a supportive culture. Encouraging team members and loved ones to express themselves and actively listen can foster deeper connections and aid recovery.

Encouraging Professional Help: Many who face silent battles benefit from counseling or therapy. Encouraging individuals to seek professional help can be one of the most effective remedies. Providing resources or referrals to mental health professionals can make seeking help less daunting.

How to Treat Those Fighting Silent Battles

When dealing with individuals facing silent battles, it's crucial to approach them with compassion and understanding. Avoid making assumptions or judgments based on appearances. Instead, offer genuine support by being present, listening without interruption, and validating their experiences.

In Rotary circles and community settings, fostering an atmosphere where mental health is prioritized can encourage openness and 1healing. Initiatives focusing on "mental health days" or well-being programs can reinforce a supportive environment.

Ultimately, by recognizing the silent battles that many face, we can cultivate a more compassionate society. Together, through empathy, education, and support, we can help our families, colleagues, and friends feel seen and heard in their struggles.







BOY CHILD CHRONICLES

Letters to My son

A GRATEFUL HEART.

Rtn Catherine Namoma
President Elect
Rotary Club of Mukono Central

Dear son, recently I was shocked to learn that someone I considered a friend had gone through a major milestone in his life and I was completed clueless about it. Imagine investing so much in a friendship and believing this person has become family while they make choices that clearly communicate that your position in their life is at level one. It was a shock to realize that while I was making assumptions that the friendship was grounded, it was a whole different ball game at the other end. While I was still thinking about this, I came across Gashumba's ranting on social media about a young lady he once helped who never invited him to her introduction ceremony. While people had varying views about the whole incident with some defending her actions, others supporting Gashumba's outburst, there were those who justified the lady's actions.

The truth is every one of us has had people in our lives who held our hand and spurred us forward. This could be a parent, relative, neighbor, friend, stranger, colleague or superior. These people out of the goodness of their hearts sacrifice their time, lives, finances, wisdom and possessions to give you a platform to thrive. Majority go above and beyond in spite of their own struggles and challenges. They could have ignored you but they didn't.

What should be your response?

• Show gratitude: We sometimes get comfortable with the help we receive and take it for granted,

never realizing the sacrifices people go through to do what they do. Showing gratitude includes voicing it, buying a gift, writing a thank you card and probably paying a courtesy visit.

• Involve them in your life milestones. At critical times of your life, you want your people to be present. For example, at a graduation, wedding, introduction, birthday, birth of a child or in times of tragedy like sickness or loss of a loved one, these people should be present because they have you at heart.

• Give back: Now that you know that if it wasn't for that person, you wouldn't be where you are today, do it for another. This is the only way to change the world. One story at a time, brick by brick.

• Pray for them: We sometimes might not have material things to give but "the prayers of a righteous man availth much James 5:16". Pray blessings over them. God in his wisdom will bless them.

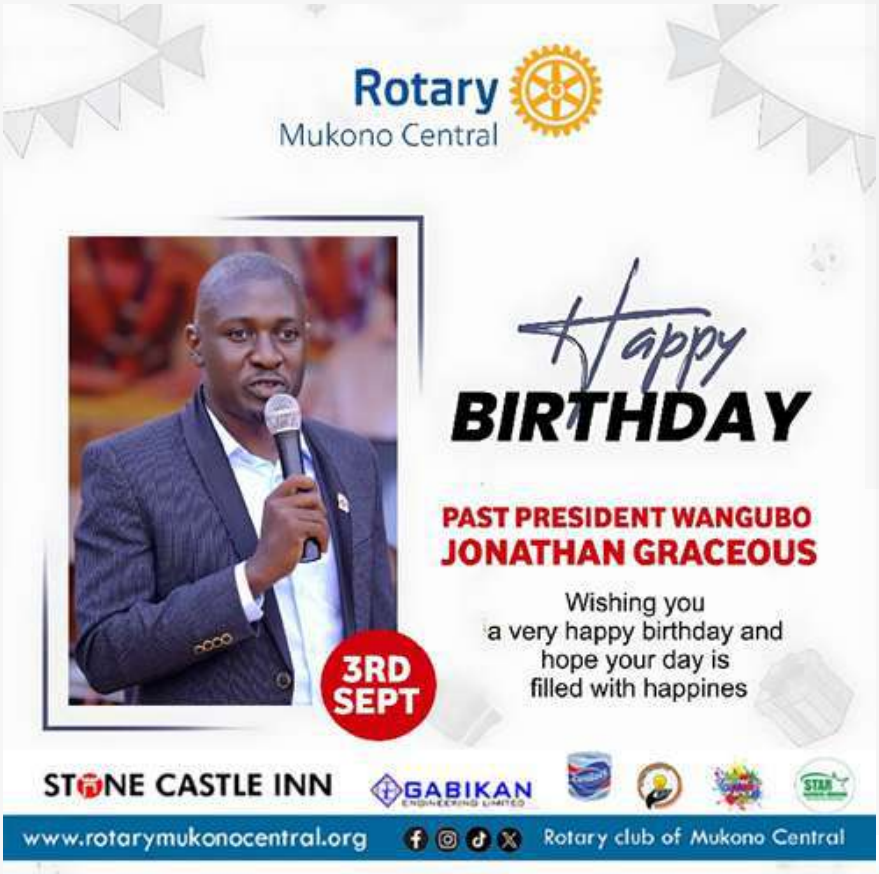
Son, I implore you this week to think about the people who have made a difference in your life no matter how small, and show gratitude. It means a lot."Gratitude unlocks the fullness of life. It turns what we have into enough and more" - MelodyBeattle





September Babies









Quote of the Week

"You will learn that as a leader your best means of moving people in your direction lies in setting the right tone through your attitude, empathy, and work ethic."



1. Emotions continually affect your thought processes and decisions
2. The Commonest emotion is the desire for pleasure and avoidance of pain
3. People want to hear their own ideas and preferences confirmed by other people; they will interpret what you say in light of what they want to hear, if you counter their desires, they will find a way to dismiss your opinion.
4. People hold onto ideas that are secretly pleasing to them and will loudly contradict anyone who challenges them.
5. We see people not as they are but as they appear to us; people have trained themselves to present the front that is most appropriate.
6. We experience tremendous relief when we find others who think the same way we do.
7. We do not want to look too closely at what we did, our introspection is limited; our natural response is to blame others, circumstances or a momentary lapse of judgement.
8. We cannot seem to see our faults and irrationalities, only those of others, we feel a tremendous pull to imagine ourselves as rational, decent and ethical. Rationality and ethical qualities are achieved through awareness and effort—it's a maturation process.



KNOWLEDGE OF THE ANCESTORS: HOW HERP FAUNA FOUNDATION IS SAVING LIVES THROUGH INDIGENOUS KNOWLEDGE

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

Indigenous Knowedge: Uganda's Untapped First Aid

For generations, rural Ugandan communities have developed and refined a practical understanding of snakes and snakebites. This body of indigenous knowledge—passed orally through elders, hunters, and healers—provides invaluable strategies for prevention and survival.

Through Environmental awareness, Villagers instinctively recognize snake habitats—rock crevices, termite mounds, or riverbanks—and adjust farming or settlement patterns accordingly. For example, during hot hours of the day parents would advise children not to fetch water and collect firewood because they assume snakes move during that time hence mitigating snakebites.

Species recognition tales, Stories and proverbs teach children to identify dangerous snakes such as puff adders, spitting cobras, and Gaboon vipers. A case in point is a story of a cow jumping up and down— parents would say there is a snake so don't go there hence avoiding bites to happen

Preventive practices: Traditional hut construction, keeping livestock close, and using firelight at night reduce human-snake encounters.
First response wisdom techniques such as immobilization and the use of cooling herbs may not cure envenomation but can delay venom effects, buying time for victims to reach help.

This knowledge, though rooted in tradition, reflects a keen ecological intelligence—a survival science honed through lived experience.

Herp Fauna
Foundation's Approach

HFF has made indigenous knowledge the cornerstone of its snakebite mitigation strategy. Rather than replacing traditional practices with modern ones, we work to integrate, validate, and enhance them. Our programs focus on:

-Engaging elders, traditional healers, and local leaders in structured forums to document and refine indigenous snakebite responses.
-Teaching school children how ancestral stories align with modern herpetology, turning cultural knowledge into practical life-saving lessons.
- Training communities to adapt traditional methods in safer, evidence-based ways—minimizing harmful practices while preserving useful ones.

-Showing communities that protecting snake habitats reduces conflict and sustains the ecological role of snakes as pest controllers which fosters agricultural productivity.

Measurable Impact

The results of this integration are already visible across communities we serve:
-
Communities participate actively because their knowledge is respected, not dismissed.
-Reduction in harmful remedies such as tight tourniquets and dangerous herbal overdoses

-Traditional healers now partner with health centers, ensuring victims reach antivenom treatment faster.
-HFF is creating a living archive of Uganda's ethno-herpetological wisdom—protecting cultural heritage while informing science.

The Path Ahead

Snakebite mitigation in Uganda will not be won through medical interventions alone. Indigenous knowledge is not superstition—it is a form of science born of necessity. By bridging this ancestral wisdom with modern medicine, the Herp Fauna Foundation is proving that the fight against snakebite is best led by communities themselves, empowered with both tradition and technology.
As we move forward, HFF remains committed to building a Uganda where no life is lost to snakebite simply because modern systems overlooked the wisdom of the ancestors.

Rotary
Mukono Central



Rotary
District 9213

Chartered: 8th April 2016

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