Rotary
Mukono Central

THE DOWNTOWNER

"My Community. My Service"

Volume 3, Issue 12 September 22nd, 2025



Rotaract Takeover

DRR'S OFFICIAL VISIT

www.rotarymukonocentral.org

TABLE OF CONTENT

EDITOR'S NOTE	01
QOUTE OF THE WEEK	02
MESSAGE FROM THE PRESIDENT	04
DRR'S VISIT FELLOWSHIP - PICTORIALS	06
THE BENEFITS OF THE POLIO ERADICATION DRIVE	08
HAVE YOU HAD AN APPLE	10
KNOW YOUR ROTARIAN	12
DID YOU KNOW	14
ROTARACT CORNER (THE COURAGE TO LET GO & TRAFFIC)	16
BOY CHILD CHRONICLES	20
POLYMATH	22
SNAKEBITE	24





EDITOR'S NOTE

Dear Reader,

Greetings to you all and your loved ones. We are grateful for your continued support to our weekly Bulletin. Today, the Rotary Club of Mukono Central shall hold a joint fellowship with the Rotary Club of Mukono, our Mother Club. This is therefore to remind our guests, Rotaractors and all friends of Rotary to join us at our home, the Star Gardens Mukono for an open discussion on why we all need to apply common sense in the various situations we may encounter in life.

We continue to remind you about our upcoming Fundraiser as we celebrate 10 years of service on the 24th October this year at Raidar Hotel, Seeta. You are all invited to be part of this memorable day in our existence; we shall share with you how far we have come, also expect lots of fun moments, networking and catching up with friends.

Rotary International is in preparations for the commemoration the World Polio day, I urge us all to support this drive and build on the Legacy that was created by the people before us. We have also shared on the Milestones achieved since 1985 when RI initiated the "Eradicate Polio" drive, so take a few moments to read through our achievements.

The Rotaractors are also moving the "Eyes on the Road" campaign, a very Worthy Initiative! Please read and find out how you can be part of this Life saving Drive.



Rtn. Beatrice Nannozi Kasirye
Public Relations Officer / Editor

Qoute of the week

“Frustration is a sign that you are making progress as your mind becomes aware of higher levels of skill that you have yet to attain.”



STAR GARDENS-MUKONO

"Relax & Enjoy At Star Gardens-mukono"



A Place Good For:

Spacious And Quiet Environment
Meet Ups And Social Capital Hive
Quality Accomodation With Breakfast
Local And Continental Cusines
Home To Rotary And Rotaract Of Mukono Central

ACCOMODATION IS @ 50,000 SH

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

Reach Us On:
Tel: 0414-690-871
facebook: Star Gardens-mukono

WE ALSO DO OUTSIDE CATERING



THE ROTARY CLUB OF MUKONO CENTRAL CELEBRATES 10TH ANNIVERSARY

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 25th Oct, the Rotary Club of Mukono Central will be celebrating 10yrs of service above self. I am truly excited about this event.

The 10th anniversary will have a special fundraising dinner party at the Ridar's Hotel in Seeta. Several founding members are expected to join the current and past members to celebrate the occasion. The club's former presidents will be recognized during this dinner.

Each of the past president will share highlights of the year they led the club. Truthfully it will be an awesome event, you shouldn't miss out.

We will be celebrating as well as raising funds for our projects like the Maternal Shade at Seeta Nazzigo Health Centre IV and our Rain water harvesting project for the elderly and disabled in Kikandwa.

The theme of the year ***"Unite for Good,"*** resonates deeply with our 10yrs anniversary celebrations. It reminds us of the profound impact we can have on our community and beyond when we unite to address the challenges and needs around us. Our club's projects and initiatives will continue to reflect this theme, focusing on areas such as education, health, environmental sustainability, and socio-economic development.

I am particularly proud of the diverse and dynamic team we have assembled throughout these years. It is a special year for our club. A decade of passion and service above self is truly inspiring. The Rotary Club of Mukono Central is an underdog that has braved many challenges and obstacles to come out strong and resilient throughout these 10 years.

Each member brings unique skills, perspectives, and a shared commitment to making a difference. In the second quarter of the year, we have a series of exciting events, projects, and collaborations planned. These include our ongoing support for local schools, and initiatives to empower vulnerable and disabled children, our causes towards accessible healthcare and services to all.

I encourage each of you to actively participate, share your ideas, and contribute to our collective efforts. Our weekly bulletin, social media handles and our website serve as platforms to celebrate our achievements, share stories of impact, and keep everyone informed about upcoming activities.

I invite you to read through the pages, learn about the incredible work being done, and be inspired to take part in our journey of service and also to contribute towards these platforms. Thank you for your unwavering support, enthusiasm, and commitment.



ROTARACT TAKEOVER, THE DRR'S VISIT - PICTORIALS


































THE BENEFITS OF THE POLIO ERADICATION DRIVE

Since 1985, nearly three billion children have received the oral polio vaccine. Thousands of public health workers have been trained to investigate cases of acute flaccid paralysis and manage massive immunization programs. Cold chain, transport and communications systems for immunization have been strengthened because of the polio eradication initiative.

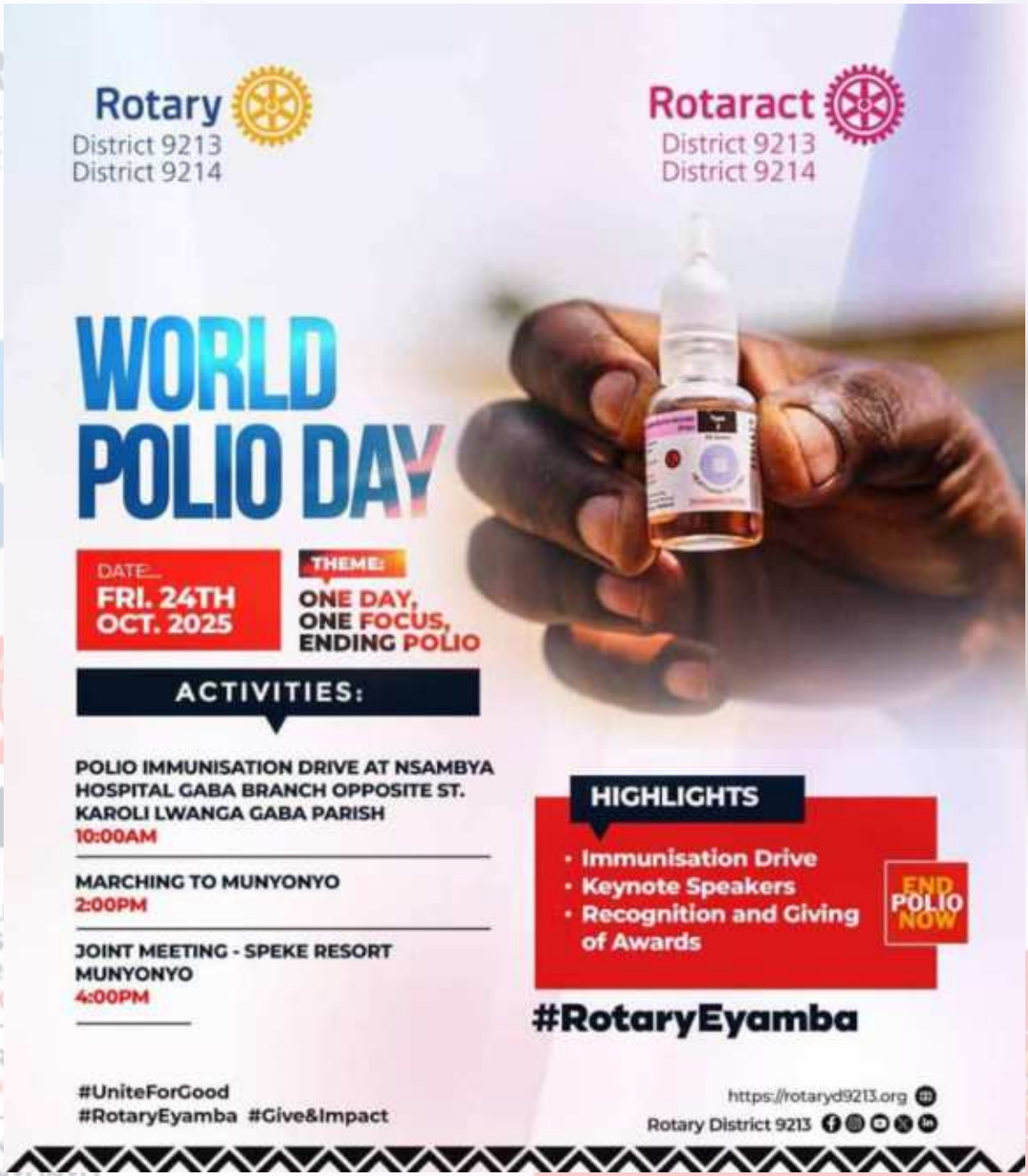
Polio eradication is helping countries to develop public health and disease surveillance systems useful in the control of other vaccine-preventable infectious diseases. The disease surveillance system, the network of 146 laboratories and trained personnel established for polio eradication –help track measles, rubella, yellow fever, meningitis, COVID-19, and other deadly infectious diseases. The Acute Flaccid Paralysis (AFP) surveillance system and global laboratory network that supports it will continue to support the surveillance of other diseases long after polio has been eradicated. Immunization campaigns for polio have been used as an opportunity to provide other essential health services such as distribution of essential vitamin A, which has saved the lives of more than 1.25 million children since 1998.

Besides the savings of more than $27 billion in health costs that has resulted from eradication efforts since 1988, investing in polio now may cumulatively save an estimated $33.1 billion by the end of this century when compared to the cost of maintaining the control of polio without eradication.

Polio eradication is a cost-effective public health investment, as its benefits accrue forever. On the other hand, as many as 200,000 children could be paralyzed annually in the next 10 years if the world fails to capitalize on the more than $20 billion already invested in eradication.

Our Legacy: In 1985, Rotary made the historic decision to immunize all the world's children against polio. Today, the world is nearly polio free. With the continued leadership of global governments, civil society, and partner agencies, we will fulfill the promise of a polio free world..

.





HAVE YOU HAD YOUR APPLE?

By now, we are all familiar with the saying "an apple a day keeps the doctor away." Apples are widely available fruits worldwide and they have gained popularity due to their various health benefits. One to 2pieces of the whole fruit daily have been known to be sufficient moreover, apples are easy to eat on the go and are versatile in both cooking and baking. However, the impact of apple juice is less known!

Apples are also rich in vitamin C and E. Unlike most animals, our bodies cannot make its own vitamin C so we acquire it through the food we consume. Because Vitamin C acts as an antioxidant and plays a major role in the immune function, it has been promoted as a means to help prevent and/or treat numerous health conditions. Vitamin C has been documented to play a role in the prevention of certain cancers, improved eye health and in the prevention of common colds. Vitamin E is equally an important antioxidant important for healthy vision, blood, brain and the skin.

Additionally, a big percentage of the fruit is made up of water hence helping with the overall hydration of the body.

Aside from their strong aroma and fruity taste, the higher dietary fiber in apples may be just what your body needs for several functions. For example, dietary fiber improves gut motility thereby reducing the risks of constipation, it also supports healthy body weight as fiber is known to reduce the frequency of eating and food consumption and it also supports the good bacteria in the body among so many other benefits.

Rotary District 9213

Rotaract District 9213

101 DISTRICT CONFERENCE

INSPIRE • SERVE • IMPACT

PARTIAL PAYMENTS ARE ACCEPTED



EARLY BIRD REGISTRATION

(Exclusive of Lunch)

FOR ROTARIANS	FOR ROTARACTORS
$149	$99

DEADLINE: 31ST OCTOBER 2025

REGULAR REGISTRATION

(Exclusive of Lunch)

FOR ROTARIANS	FOR ROTARACTORS
$299	$199

DEADLINE: 31ST DECEMBER 2025

16-18 APRIL 2026 | Imperial Resort Beach Hotel, Entebbe

Scan to register.
Registration is now open

In Partnership with fireworks Advertising

DISCON 101



Know your Rotarian

My name is Nanyonjo Stella, a Past President of the Rotary Club of Mukono Central for the Rotary year 2022/2023. I joined Rotary in November 2018 and my Classification is Education Management services.

I joined Rotary because I wanted to be part of an Organization that serves society but also for social networking. It has been interesting to serve in different directorates; three times as a treasurer and one year as a secretary.

Rotary has greatly improved my Public Speaking skills and leadership skills as well.

Away from Rotary, I love listening to Gospel music, travelling, cooking and shopping.

In the next 5 years, I would love to see cohesion, diversity of talent, personality and profession in the membership of the 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.

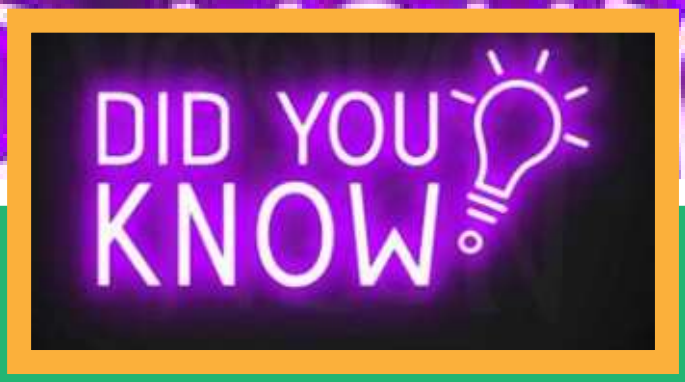
For inquiries;

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



1. Opportunity is coy, swift and gone, before the slow, the unobservant, the indolent, or the careless can seize her.
2. The best men are not those who have waited for chances, but who have taken them; besieged the chance; conquered the chance; and made chance the servitor.
3. The man without self- reliance and iron will is the plaything of chance, the puppet of his environment and slave of circumstances.
4. The world takes us at our own valuation, it believes in a man who believes in himself but has little use of a timid man.
5. Those who have accomplished great things in the world have been, as a rule, bold, aggressive and self-confident.
6. No one will insist upon your rights while you yourself doubt that you have any.
7. The world turns aside to let any man pass who knows where he is going.
8. The man who succeeds must always in mind or imagination live, move, think and act as if he gained that success, or he never will gain it.
9. The man of Iron will is cool in the hour of danger.
10. The great prizes of life ever fall to the robust, the steadfast, the strong; those with strong vitality and a great nervous system.
11. To prosper, you must improve your brain power and nothing helps the brain more than a healthy body.
12. Healthy is essentially the requirement of our time to enable us succeed in life.
13. As a rule, physical vigor is the condition of a great career.

CLUB VISITS



Rtn. Nankinga Pauline of RC Mukono Central represented the Club on 17th September, 2025 at RC Kira where Mrs. Babra Nabukenya Omudu gave a presentation on "How parents can truly connect with their Children."







THE COURAGE TO LET GO AND MOVE ON

CP Joanna Tendo Nasirumbi
Rac Mukono Central

Forgiveness is one of the hardest, yet most liberating things we can ever do. I have recently walked through this journey, and it has taught me lessons that I believe can help someone else.

For a long time, I carried a heavy burden in my heart. I knew I had wronged someone, but at the same time, this person had also hurt me deeply. The weight of both guilt and pain was overwhelming! I kept praying to God to show me how to let go, how to forgive, and how to take the right step forward.

Finally, I gathered the courage to do what I had been avoiding. I reached out to the person, admitted my mistake, and asked for forgiveness

At the same time, I chose to forgive them for what they had done to me. That moment changed everything. My heart felt lighter, my peace was restored, and my joy returned.

What I learned is this:

1. Accepting that you are in the wrong and asking for forgiveness is not easy. It takes courage—sometimes more than we think we have.

2. Saying "I am sorry" may sound simple, but in reality, it is one of the hardest words to utter. Our ego often holds us back.

3. Forgiveness is not a one-day event; it is a process. You must reflect on your words, actions and their impact on others.

4. When you finally acknowledge your mistake and verbalize it, a burden is lifted from your chest.

5. Likewise, telling someone "I forgive you" is equally powerful. It heals not only the other person but also yourself.

6. Forgiveness is not optional—it is a must. Holding on to anger and resentment keeps us chained, while forgiving sets us free.
The Bible speaks clearly about forgiveness:

"And when you stand praying, if you hold anything against anyone, forgive them, so that your Father in heaven may forgive you your sins." — Mark 11:25

"Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you." — Colossians 3:13

"Then Peter came to Jesus and asked, 'Lord, how many times shall I forgive my brother or sister who sins against me? Up to seven times?' Jesus answered, 'I tell you, not seven times, but Seventy-seven times.'" — Matthew 18:21-22
These verses guided me and gave me the strength to forgive and seek forgiveness. So, let's normalize forgiving genuinely. Let's have the courage to say, "I am sorry, I was wrong"—and the courage to say, "I forgive you". "As Steven Evans once said:
"It takes a lot of courage to forgive someone. It even takes more courage to ask for forgiveness."





EYES ON THE ROAD:

A Collective Call for Safer Streets

In the vibrant, bustling heart of our communities, our roads are the arteries that connect us. They take us to work, to school, to loved ones, and back home. Yet, these same pathways can become scenes of unimaginable tragedy due to a single moment of distraction, a single reckless decision. The question we must all ask ourselves is: where are our eyes when we are on the road? This is the pressing question behind the "Eyes on the Road" campaign, a seven-day digital movement spearheaded by the Rotaract Club of Cape Munyonyo in collaboration with fellow Rotaract clubs; Mukono, Seeta, Bugolobi and Uganda Christian University.

This initiative is more than just a hashtag; it is a unified call to action, a reminder that safety on the asphalt is a responsibility we all share.

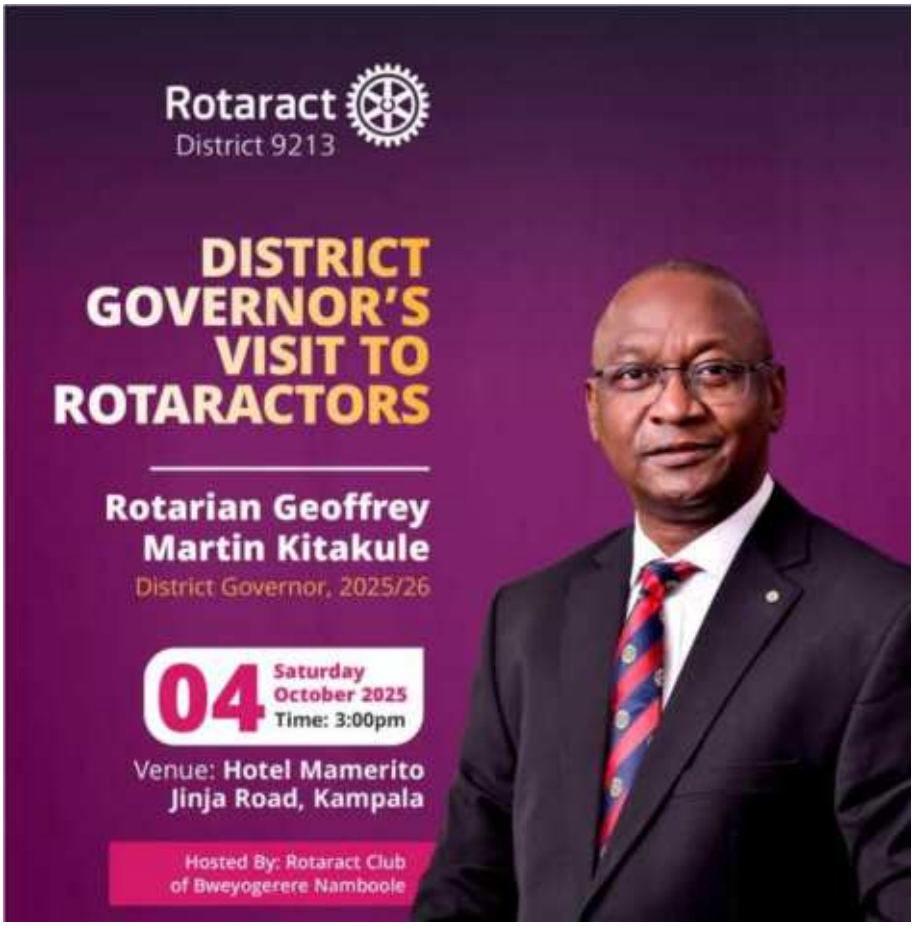
The Blink of an Eye; It happens in a split second. The ping of a notification, the urge to change a song, a glance at a billboard, or a conversation that demands just a bit too much attention. At 60 km/h, a car travels approximately 17 meters every second. In the two seconds it takes to read a text message, you drive over 30 meters completely blind. The "Eyes on the Road" campaign seeks to jolt us out of the illusion of multitasking. Our brains are not wired to focus on a screen and the complex task of driving simultaneously. Choosing to look down is choosing to drive blindfolded, with devastating consequences for yourself, your passengers, and everyone around you.

More Than Just Distracted Driving; While phone use is a paramount concern, "Eyes on the Road" symbolizes a broader principle. It calls for:

- Mental Presence: Driving while emotionally distressed, fatigued, or preoccupied is equally dangerous. Your eyes might be forward, but your mind is elsewhere.
- Pedestrian Awareness: For those walking, our "eyes on the road" mean keeping our heads up, avoiding headphones that dull our senses, and using designated crossings. Your safety is in your hands too.
- Infrastructure Watchfulness: It calls on authorities and communities to keep their "eyes on the road" by advocating for and implementing better infrastructure—clear signage, functioning traffic lights, zebra crossings, and well-maintained streets.



AGABA ISAAC MAKANISA
ROTARACT CLUB
OF CAPE MUNYONYO





BOY CHILD CHRONICLES

Letters to My son

COMFORTING A BROKEN SOUL

Rtn Catherine Namoma
President Elect
Rotary Club of Mukono Central

Dear son, I recently was engulfed in a situation where a lady I love dearly was going through an emotional crisis. It was heart breaking to see the turmoil she was going through. Being so close to the situation, I couldn't think straight. A bit of me had pre envisioned this pain because I had witnessed her make so many reckless decisions yet I chose to let it play out. Deep inside of me, I was battling feelings of defeat, anger and frustration. We had had countless conversations with unfulfilled promises and resolutions.

As I watched her shed tears, I wanted to scold her and I did. I wanted to slap her but didn't. I wanted to walk away but couldn't. I wanted to hurt the person who had hurt her but refrained.

On and on the emotions ran wild. I blamed her while a bit of me blamed myself. I felt like a failure for trusting her to take control of her life.

I had to talk to someone who had a voice of reason for me to handle the situation maturely. Deep within me I wanted to distance myself from this situation, run and never look back. I searched for ways to let off steam but the heart was in turmoil. Someone reiterated that this was the price of loving another.

The heart is fragile.
Son as you comfort a broken soul, this is what you should keep in mind.

It's never easy: The pain your loved one is experiencing will emotionally and physically drain you. There are bumps and valleys through this journey. It's not a smooth ride

- They are human; and their decisions will sometimes perplex you because deep down you know they are headed for disaster. However, mistakes are part of the process.
- You can't protect them from pain. Yes, you will advise and listen but you might never be able to protect them from the pain. Sometimes it's inevitable.
- Be gracious: it's never easy to support someone through a tremulous journey without exercising grace over and over.
- Be empathetic: Put yourself in their shoes, what would you want another to do for you while going through a similar situation? Emulate.
- Words hurt: Every word that comes out of your mouth has grave impact both positively or negatively. If you don't know what to say, stay silent.
- Pain could be a blessing: very few people grow in comfort. Sometimes pain is a re awakening which fuels growth. So allow it to happen.
- Allow God to work: You are not the healer, God is sovereign and will heal in due time.
- Pray for yourself, for your loved one, for the situation. Prayer changes everything.
- Protect your heart: Avoid being too emotional or your heart is bound to get entangled and eventually broken.





A POLITE HEALTH REMINDER

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

1. Nobody is late to transform his or her own health. Your health is your responsibility
2. Always check what goes into your mouth. Don't let your mouth make other organs suffer.
3. Be very intentional about your life.
4. Nutritionists and doctors only show you the path but it's you to walk through it.
5. Always use your brains well. Avoid quick online fixes including weight-loss scams. They can work for a while but throw your future health into a pit latrine.
6. Choose to be different from others, follow your own path. You understand your body better.
7. Avoid Abadoofu reasoning and quotes. "We shall all die. My grandfather was using sugar and died aged 130 years. Bread has been there since the time of Jesus. The first miracle of Jesus in Galilee……."
8. As they buy the 5 litres, Sunflower, seed oil or Canola we buy ghee, tallow, butter, Olive oil, Macadamia or Coconut oil
9. As they buy junk we buy turmeric, black pepper, cloves, cinnamon, ginger, cayenne pepper and tamarind.
10. As they slay in malls with sweat pants and crocs, we sun our balls and walk barefoot for grounding benefits.
11. As they fart in treadmills, we walk for at least 10,000 steps daily.
12. As they buy noodles, we buy eggs.
13. As they buy alcohol, we buy sweet potatoes, yams and cassava
14. As they buy modern toothpaste, we buy activated charcoal and use twigs
15. As they make merry in clubs, we sleep for 8-9 hours.
16. As they take their early morning breakfast, we take fresh water with a pinch of salt and eat hard-boiled eggs after 11am.

17. As they cheat, we strictly date our wives and omu-husbands.
18. As they take late night meals, we eat the food facing the earth.
19. As they take Uji power and Penegra, we take soup full of collagen
20. As they buy non-stick, we buy stainless steel, glass, cast iron, or clay pots
21. As they sit on a toilet, we squat and properly empty the bowels.
22. As they take "pure fruit juices", sodas and energy drinks, we take sauerkraut
23. As they eat as if they are going back to the forest to fight for independence, we are practicing intermittent fasting
24. As they buy pizza we go for Duyiro.
25. Your health can be your best investment or your worst liability. Either way, you're going to spend money on it.26. You can spend the money now by investing time and money on a good diet and lifestyle or you can invest the time and money paying for your ill health later. The choice is yours
27. Bonus 1: Intermittent Fasting is free. Walking is free. Water is mostly free. Sunlight is free. Sleep is free. Grounding is free. But since there is no profit from them, they will never be advertised

28. Bonus 2: Exercises can't outdo a bad diet
29. Having read 1-28, choose to be different. Have a blessed weekend.







UGANDA'S SNAKEBITE CRISIS DEMANDS URGENT NATIONAL

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

Snakebite envenoming remains one of Uganda's silent public health emergencies. Over recent years, new evidence has brought the magnitude of the problem into sharper focus. Despite these findings, many victims continue to suffer from delayed treatment, mismanagement, and avoidable disability or death. On the occasion of International Snakebite Awareness Day, Herp Fauna Foundation Uganda calls for renewed urgency in prevention, care, and policy implementation.

What the Recent Data Tells Us

1. Treatment and outcomes (2017–2021, across 16 health facilities):

- A recent retrospective study of 532 snakebite cases found a median age of 26 years, with 55.3% male victims.
- Most snakebites (92.3%) were from unidentified snake species.
- Only 6.9% of patients received antivenom.

The vast majority were treated supportively: antibiotics (71.6%), hydrocortisone (66.0%), and analgesics (36.3%).

- Outcomes: 89.5% were discharged, 1.3% died, 5.5% had unknown outcomes.

2. Knowledge among healthcare practitioners (HCWs) in high-burden districts:

- A 2022 study of 311 HCWs from two high-incidence districts showed that only 9.6% had ever been trained in snakebite management.
- Just 22.8% had "high knowledge" of first aid, diagnosis, and antivenom administration.

3. Facility and system gaps:

- Many health facilities still do not stock antivenom. When they do, the quantities and distribution are very uneven.

- Supportive treatments are much more common than antivenom therapy, even though antivenom is essential for reducing mortality and complications.

4. Community behavior & traditional practices:

- Traditional remedies, application of herbs, tourniquets, and other harmful first-aid practices are still widespread in rural areas.
- These practices often delay arrival at health facilities. Financial barriers and lack of access also contribute to delays.

Policy & Practice Gaps

- Training for HCWs is insufficient, particularly in first aid, diagnosis of envenoming, and antivenom administration.
- Antivenom supply is unreliable; many facilities are not equipped or stocked.
- Surveillance and reporting are weak; snakebite cases may be undercounted due to non-presentation to formal health facilities.
- Community awareness is low; many people do not know proper first aid or the urgency of seeking formal healthcare.

Response

What We Still Don't Know (Unpublished / Needed Data)

- Updated district-level incidence rates for 2024 in high-burden areas (e.g. Gulu, Nakapiripirit, Kamuli).
- Data on long-term outcomes: disabilities, economic, psychosocial impacts post-snakebite.
- Precise mapping of which snake species are responsible for most envenomings in different districts.
- Up-to-date health office records of antivenom stock outs in specific districts.

Recommendations

1. National antivenom procurement & distribution plan.

2. Healthcare worker training & protocols.

3. Community education & first aid awareness.

4. Improve surveillance, reporting & research.

***5. Policy elevation*.**

Call to Action

With recent data showing only ~7% of patients receive antivenom, and widespread gaps in healthcare worker knowledge and facility readiness, the status quo is unacceptable. Herp Fauna Foundation Uganda urges;

- The Ministry of Health to ensure that snakebite is recognized and fully resourced as a public health priority.

- District health offices (especially in Gulu, Nakapiripirit, Kamuli, etc.) to share their 2024–2025 data, ensure stock availability, and support training.
- Development partners and donors to fund antivenom supply and capacity building.

- Communities to learn safe first aid practices, avoid harmful traditional treatments, and seek care promptly.

Conclusion

Snakebite envenoming remains a preventable source of suffering in Uganda. Recent studies make abundantly clear the size of the challenge—and they also highlight clear, actionable solutions. To save lives, prevent disability, and ease the economic burden on households, Uganda must mobilize now. On this International Snakebite Awareness Day, let's not just raise awareness but commit to real change

ROTARY INTERNATIONAL CONVENTION
TAIPEI, TAIWAN | 13-17 JUNE 2026

Rotary | TAIPEI 2026

REGISTRATION CATEGORY	21-25 JUNE 2025	26 JUNE 2025 TO 15 DECEMBER 2025	16 DECEMBER 2025 TO 31 MARCH 2026	1 APRIL 2026 TO 17 JUNE 2026
Club member, nonmember, or guest, age 31 or over	$395	$475	$575	$675
Club member, nonmember, or guest, age 30 or under	$150	$175	$225	$275
Guest age 5-18	$20	$20	$30	$40
Guest under age 5	Free	Free	Free	Free
Saturday, House of Friendship only	$60	$60	$60	$100

All amounts are in U.S. dollars.

Register today at convention.rotary.org
#Rotary26

EN

Rotary
Mukono Central



Rotary
District 9213

Chartered: 8th April 2016

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