Rotary
Mukono Central

THE DOWNTOWNER

"My Community. My Service"

Volume 3, Issue 9 September 1st, 2025



The Cancer Run, Mukono Runs

www.rotarymukonocentral.org

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EDITOR'S NOTE



Dear reader,

Greetings, I welcome you all from the massive Cancer Run Campaign. Special regards to all those who contributed to the success of this drive; may God`s blessings be upon you all!
Today, we begin the Basic Education and Literacy Month. I encourage us all to use this month basing on the needs of our people to improve lives through basic Education and Literacy.

The Rotary International President has given us a powerful message regarding this month`s area of Focus, kindly find time and read it. On 15th September, the Rotaract Club of Mukono Central is having the Official visit of the District Rotaract Representative at Star Garden`s Mukono you are all invited.

Check out what our authors are sharing with you this week through their various articles. Do not forget to give us feedback as well and we wish you all a fruitful September.

Cheers!

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: INDIVIDUAL - 100K | TABLE - 2M
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Rotary club of Mukono Central

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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:
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facebook: Star Gardens-mukono

WE ALSO DO OUTSIDE CATERING



WELCOME BACK FROM THE CANCER RUN!

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

What a day it was! Greetings Downtowner readers, it's another beautiful Monday for your weekly bulletin. I would like to take this opportunity to welcome you back from the cancer run events, organized across the country

Thousands of Rotarians and non-Rotarians participated in the events and I am very positive we made our contribution and we will do so, until this fight against cancer is over!

Yesterday 31st August we concluded the Rotary Membership Month and throughout the month, I have emphasized that growing membership is about more than just numbers; it's about expanding Rotary's ability to serve and bringing lasting change to communities.

Welcoming new members brings new perspectives and strengthens clubs, ensuring Rotary can adapt and thrive in a changing world. The overarching message for this Rotary year, "Unite for Good," calls on members to collaborate and be a force for unity in a divided world, with membership growth being a key aspect of this collective effort.

My dear members, as we start the month of September which is about Basic Education and Literacy, let's strengthen our communities' capacity to support education and literacy for children and adults. As Rotarians we celebrate this month by engaging in projects such as donating books and supplies, repairing school infrastructure, providing teacher training, and advocating for sustainable education initiatives. .

The goal is to ensure everyone has access to sustainable basic education and literacy skills, which are crucial for success in society

As usual, the Rotary Club of Mukono Central will engage in hands-on projects, like donating books and geometry sets to students in primary and secondary, mainly targeting the most vulnerable ones. I encourage you members to support these initiatives for the best our communities.



SSAMBA FOUNDATION
Empowering Vulnerable Communities

We are located along Kalagi-Gayaza road
Email: office@ssamba.org
www.ssamba.org

CANCER RUN - MUKONO RUNS






























Rotary





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.



1. Emotions originate as physical arousal designed to capture our attention and cause us to take notice of something around us.
2. Emotions evolved for a different reason than cognition.
3. No one is exempt from the irresistible effects of emotions on the mind, not even the wisest among us.
4. We do not have conscious access to the origins of our emotions and the moods they generate,
5. Therefore, it is very hard for us to learn from them, to stop or prevent compulsive behavior in future.
6. Communication of emotions is also a tricky function e.g. we communicate anger when in fact the feeling is something else; this leads to a cascade of misunderstandings.
7. Rationality is not something you were born with; you acquire Rationality through training and Practice.

THE 25TH AUGUST 2025 OFFSITE FUN FELLOWSHIP AT PP JONATHAN WANGUBO`S HOME- PICTORIALS



























KNOW YOUR ROTARIAN

My name is Robert Ddumba. I am a past President (Change Maker President) of the Rotary Club of Mukono Central. I am married and blessed with children. I joined RC Mukono Central in 2018 and have served in different Directorates.

I am an Accountant and passionate about farming. Travelling, swimming and playing football are my preferred recreational activities.

My first interaction with Rotary happened in 2004 when a friend invited me to the introduction of the new Board at RC Jinja.

Service has always been part of my life coming from a family of a retired Nurse and having grown up in a Hospital staff quarters setting. All I needed was a platform that believed in Openness, Transparency and Respect for people as these were values I picked in my early career life.

Rotary then became the best candidate for my service.

Today in Rotary I feel at home because I have not only made new friends, I have also crossed paths again with colleagues who share similar values.

I am proud of the contribution Rotary makes in my community.

Viva Rotary

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

ROTARACT CORNER



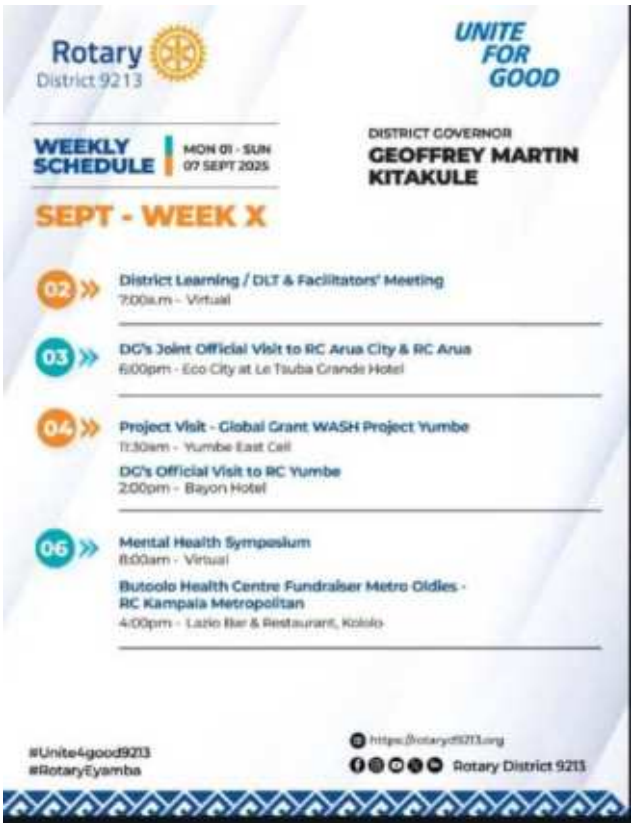





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31-10-2025
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Rotary
District 9213
UNITE FOR GOOD
WEEKLY SCHEDULE
MON 01 - SUN 07 SEPT 2025
DISTRICT GOVERNOR
GEOFFREY MARTIN KITAKULE
SEPT - WEEK X
02 District Learning / DLT & Facilitators' Meeting
7:00a.m - Virtual
03 DG's Joint Official Visit to RC Arua City & RC Arua
6:00pm - Eco City at Le Tauba Grande Hotel
04 Project Visit - Global Grant WASH Project Yumbe
11:30am - Yumbe East Cell
DG's Official Visit to RC Yumbe
2:00pm - Bayon Hotel
06 Mental Health Symposium
8:00am - Virtual
Butoolo Health Centre Fundraiser Metro Oldies - RC Kampala Metropolitan
4:00pm - Lazio Bar & Restaurant, Kololo
#Unite4good9213
#RotaryEyamba
Rotary District 9213

A GIFT OF HOPE: ROTARACT CLUB OF KYENGERA TOWN'S 'SAVE A SOUL' PROJECT"

In the heart of Kikajjo Village, Tarurr Centre, Kyengera, the Rotaract Club of Kyengera Town's annual "Save a Soul" project shines a light on the lives of underprivileged Children with disabilities. This initiative is a testament to the club's commitment to serving the community and making a difference in the lives of those who need it most.





The project brings together the Rotaract Club's passion for service and the resilience of these special young souls, who face challenges that would break the strongest of wills. Many of these Children are raised by single mothers, who embody the essence of selflessness and love. Their stories are a powerful reminder of the impact of kindness, compassion, and support



During the "Save a Soul" project, the Rotaract Club of Kyengera Town comes together to make a difference in the lives of these Children and their families. Here's a glimpse into the project's activities:

A Day of Joy and Giving

1. Sharing a Meal Together: We sit down with the children and their families, breaking bread and building bonds.

2. Empowering Conversations: Our talks with the Children aim to inspire, motivate, and empower them to reach their full potential.

3. Medical Aids for a Brighter Tomorrow: We provide medical aids that can significantly improve the Children's quality of life.

4. Warm Clothes for a Cozy Christmas: Our clothing donations bring warmth and comfort to the children, reminding them that they are not forgotten during the festive season.

5. A Christmas to Remember: We give the children something special to make their Christmas season a little brighter.

6. Equipping the Centre for Better Care: By donating medical equipment to the Tarurr Centre, we enable the staff to provide better care and support to the kids.

We are grateful to the Rotary Club of Mukono Central for providing us with this opportunity to share our project's story in their magazine, The Downtowner. Now, we invite you to join us in making a difference in the lives of these incredible children with disabilities. Your support can bring hope, joy, and a brighter future to these deserving children and their families.

Take Action Today!

- Donate medical aids, clothing, or equipment to support the kids
- Volunteer your time to help with the project
- Spread the word about the "Save a Soul" project and its impact

For more information, please contact:

- Director Francis: +256 765 255 800
- Bogere Abusufyan Kateregga: +256 787 250 606
- Kizito: +256 759 512 860
- John Kasule: +256 708 998 309



BOY CHILD CHRONICLES

Letters to My son

STAY FOCUSED AS A ROTARIAN

Rtn Catherine Namoma

Dear son, I recently heard the perfect analogy of staying focused. Let's assume James needs to travel to Kampala from Mukono and he is planning to board a taxi. First, he has to go to the right stage and board the right taxi which will take him to kampala. If he ever was to board a taxi to Jinja without making the inquiry of where it was headed, greatest possibility is he will end up in Jinja not kampala. Also it's important to remember that various occupants in the taxi, have quite a variety of plans as they travel to Kampala but have to align with the intended destination.

Can you imagine if along the way, one occupant asked to stop in kireka for lunch and asked the rest to stay in the taxi and wait?

Or another occupant asked to stop by a clinic so they could visit an ailing relative while the rest waited? The taxi will never arrive at the designated destination.

This is true of every Rotarian. We join our various clubs with different motives and expectations. However as vast as our reasons for joining this great organization, we have the mandate to embrace the objects of Rotary. Do we buy into them or just dismissively recite them? Here are some points of reflection as a Rotarian

- Pay your dues. You made a conscious decision to subscribe to this organization. Avoid being reminded and probed to fulfill your obligation

.

- Understanding why we contribute to The Rotary Foundation, will make it easy for you to do so without coercion

-

Make the effort to understand what Rotary is all about, in order to effectively engage as a member.
Have you ever taken the time to log onto the Rotary International portal? How will you know unless you are informed?

- Membership engagement is important as you desire to fulfill your expectations. Your continued absence will prevent you from enjoying the blessings of being a Rotarian. You have to plug into the source to be powered.

- Your Rotary experience is entirely your responsibility. Create the ideal atmosphere for the desired experience. For example if you joined to have fun, make every effort to create fun moments because no one will do it for you.

- Stay focused no matter the distractions. Rotary is about service, so serve.

- Respect the Leadership of Rotary. You might not like the leader and the reasons could be valid, but that's your leader.
Son, there comes a time when you ask yourself if you are in the right space to realize your goals. You can be a great Rotarian. Question is do you want to?







THE POLYMATH
A POLITE MONDAY HEALTH REMINDER

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

1. Women, if you were there when cheating was called double dealing or when dating was called grooving, you are either in perimenopause or already there.

2. If you ever attended DS during ASK shows, you are either in perimenopause or already there.

3. If you were around when alcohol like Sapphire or Marycanne was being sold in sachets like Royco cubes, you are either in perimenopause or already there

4. If you know of F2, Coco Savanah, Taidys , and Dimples you are either in perimenopause or already there

5. Hormonal fluctuations, especially lower estrogen and higher cortisol that tend to occur during perimeno pause and menopause, can make cells less responsive to insulin.

6. This increases the risk of insulin resistance and, consequently, type 2 diabetes for women.

7. When this happens you start gaining weight carelessly and unknowingly.

8. When you are in this stage, avoid refined carbs completely
9. When in this stage avoid sugar

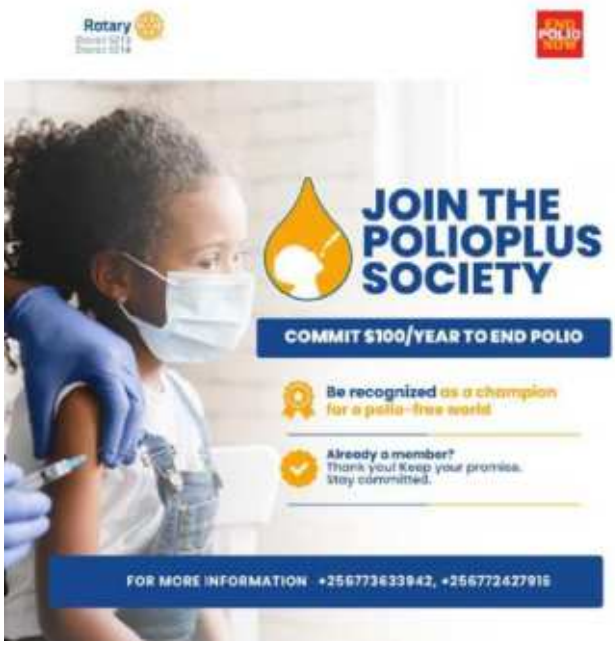
10. When in this stage engage in cardio exercises and strength training to improve glucose control.

11. Strength training boosts IGF-1, a key hormone for muscle growth & cellular repair that declines with age. Focus on progressive overload to stimulate IGF-1. You will remain youthful!

12. During this period, use fermented foods. 90% of serotonin, a crucial mood-regulating hormone and neurotransmitter, is produced in your gut.

13. The health of your gut microbiome directly influences this production. A healthy gut can significantly impact your mental well-being, helping to reduce symptoms of anxiety and depression, and fostering a greater sense of overall well-being.

14. Having read 1-13, have a blessed Monday.



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
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EN

Rotary
Mukono Central



Rotary
District 9213

Chartered: 8th April 2016

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