Rotary
Mukono Central

THE DOWNTOWNER

"My Community. My Service"

Volume 3, Issue 14 October 6th, 2025



MATERNITY WARD AND THEATER BOOSTED AT KATOOGO HEALTH CENTRE

www.rotarymukonocentral.org

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EDITOR'S NOTE

Dear Reader,

I welcome you all to the month of October, a month of Community Economic Development. This is the month where we engage the communities in developing productive achievable employment and entrepreneurship opportunities. Our goal in so doing is poverty reduction and income security for the communities especially the women, people with disabilities, the youth and the extreme poor. I implore you all to join the movement.

The Club is having an Open Assembly today at Star Gardens Mukono where we shall be nominating our new Leaders, you all invited to be part of this Pivotal Fellowship. The RI President has given us a message for the month of October, we could all pick a leaf from what Rotarians are doing in India. I am also excited to report on the Club`s ongoing projects; our work has been shared in this issue.
I have shared information on the MOU between District 9213 and AMREF once again for those who could have missed it. There is so much more that has been shared, please take a minute or two and be blessed as you read.



Rtn. Beatrice Nannozi Kasirye
Public Relations Officer / Editor

Qoute of the week

"For each weakness there is a corresponding strength."





October in Focus

COMMUNITY ECONOMIC DEVELOPMENT

Strategic Objectives

Rotary's community economic development strategy seeks to:

- ***Provide technical expertise, strategic direction, and***

experience to guide the implementation of human-centered and participatory initiatives.

- ***Engage Rotary members in measuring the outcomes and reporting data for programs,***

partnerships, and service projects.

- ***Communicate and share knowledge more consistently within Rotary and externally.***
- ***Cultivate strategic partnerships to enhance services for community economic***

development project services



ROTARY CLUB OF MUKONO CENTRAL'S DECADE OF SERVICE

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

Dear Downtowner readers, we are nearing the 25th Oct 2025, when our club will be celebrating a decade of service. The celebrations will emphasize our club's "10 years of impact" or "10 years of service" to the local community

Starting this week, we shall be highlighting key projects and accomplishments, over the years! Celebrating the 10-year anniversary is a significant milestone that honors a decade of community service, fellowship, and impact. We shall use this opportunity to reflect on our achievements, thank supporters, and look toward the future.

This event will also be a chance to honor the dedication of the Rotarians themselves, including founding members, past officers, and current members.

This will serve as a springboard for the club's next chapter.

The 10-year anniversary can also be a personal milestone for individual Rotarians. Rotarians and their guests are invited to celebrate our 10th Anniversary at the Ridar's Hotel, Seeta. Come and celebrate with us as we showcase our 10 years of service above self. We are a growing group of volunteers that have been giving back to the community in many ways and continue to give back. But we cannot do it alone and would love your company during the celebrations on 25th Oct, 4PM.

Each of the past president will share highlights of the year they led the club. 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.



WHAT COMMUNITY-LED DEVELOPMENT LOOKS LIKE.

FRANCESCO AREZZOPRESIDENT, ROTARY INTERNATIONAL

October is Rotary's Community Economic Development Month, a time to spotlight our efforts to help communities build thriving, sustainable futures. This month's observance aligns perfectly with the Rotary core value of leadership.

Leadership means empowering people to guide their own progress. That is precisely what Rotary's economic development projects aim to achieve.Take, for example, a recent initiative in southern India in which Rotary members unlocked the power of women of the Adivasi tribal groups through sewing training to earn a living and regain social inclusion. Historically, widows and abandoned women in this region lose social standing and are shunned by society or blamed for their misfortunes. Opportunities to support themselves or obtain training are minimal.

This year, the Rotary Club of Windsor-Roseland, Ontario, partnered with clubs in Districts 3203 and 3234 in India — and with the Indian organization Sevalaya Trust — to provide sewing machines and training to 80 Adivasi women. They learned to stitch saree blouses, kurta tunics, and salwar suits, enabling them to support themselves and their families.

Each woman received a certificate for completing the program, and the sewing-machine provider offered

free long-term maintenance for the machines. The project offered vital income and dignity to women ostracized by society after widowhood.

This story is one example of Rotary leadership in action: local people guiding solutions that address their community needs. Our role is not to deliver charity or to impose outside models, but to foster self-reliance by investing in leadership, skills, and sustainable enterprise.

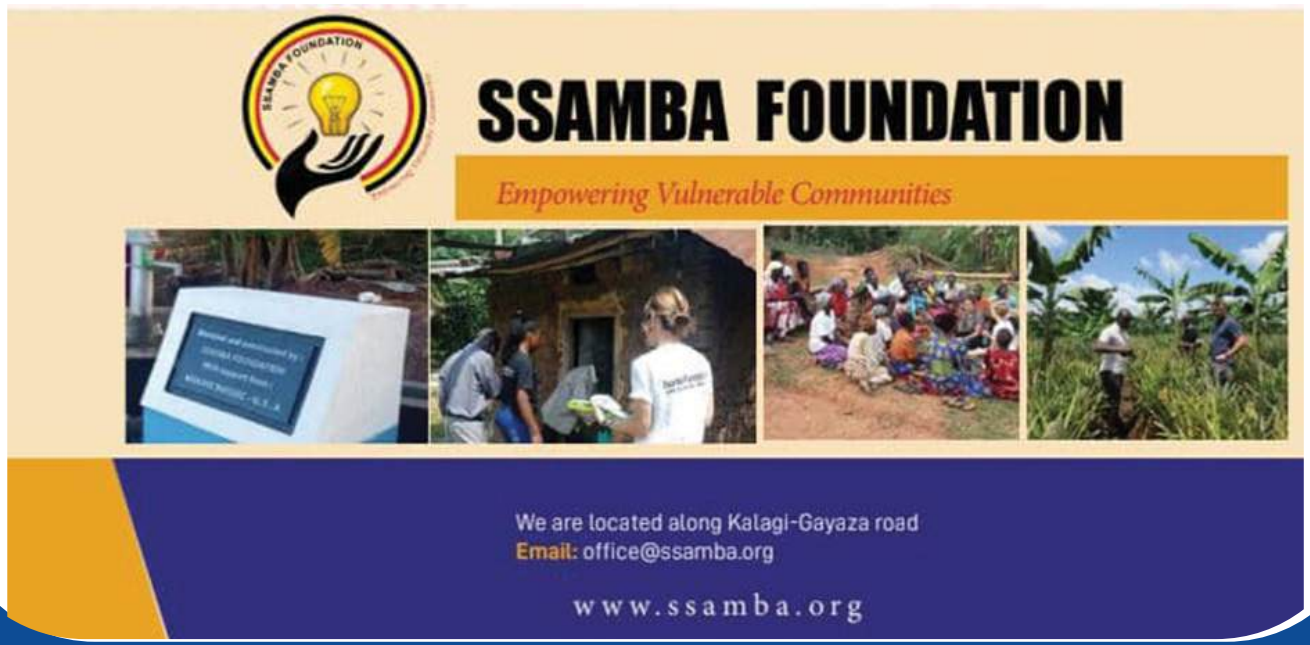
This October, I invite Rotary members worldwide to reflect on economic leadership in their communities. Who is stepping forward to lead local economic initiatives? Where is there untapped talent that could be supported with training or mentorship? How can your club catalyze opportunity through partnerships with local businesses, vocational schools, or savings groups?

Leadership is not always about being visible. Sometimes it means listening, working collaboratively, and amplifying the voices of others. That approach lies at the heart of Rotary's philosophy and our lasting impact on economic development.

By building capacity — whether through microcredit groups, vocational training workshops, or entrepreneurship programs — we enable communities to lead their own transformation. When people take ownership of their progress, change becomes sustainable.

Let us lead with good intention and provide support with heart. By nurturing local leadership, we can create opportunities that ripple through communities, empowering individuals, families, and societies.

Together, we can support economies that work for everyone and enact community development projects that last.



THE 29TH SEPTEMBER 2025 FELLOWSHIP - PICTORIALS

























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ROTARY CLUBS OF MUKONO CENTRAL AND MUTUNDWE SUPPORT KATOOGO HEALTH CENTRE: MATERNITY WARD AND THEATER BOOSTED

In a joint humanitarian effort, Rotary Club of Mutundwe and Rotary Club of Mukono Central have brought new life to Katoogo Health Centre, which is now on its way to becoming a Health Centre IV, following the opening of its maternity ward and the ongoing establishment of a fully equipped theater.

The maternity ward, now operational even on weekends, is under the capable leadership of Nurse Awino Christine, who expressed her gratitude for the delivery of essential medical equipment and the construction of a bathroom within the maternity ward, both generously provided by the two Rotary Clubs.

She noted that these contributions will greatly enhance hygiene, privacy, and the overall quality of maternal health services at the facility.

Mr. Bagomose Fred, the officer in charge of Katoogo Health Centre, also commended Rotary's intervention,

emphasizing that the donated equipment will soon enable the theater to start operations, marking a major milestone in the facility's upgrade to a full Health Centre IV.

During the handover ceremony, President Stella Muhumuza of Rotary Club of Mutundwe narrated how the project began. Having learned about Katoogo Health Centre through relatives residing nearby, she shared the facility's challenges with her club, leading to a needs assessment. Recognizing the scale of the project, President Stella reached out to President Isaac Ssamba of Rotary Club of Mukono Central for collaboration, appreciating his swift response and willingness to partner for community service. The findings prompted the two Rotary Clubs to provide an oxygen cylinder, oxygen concentrator, ward screens for patient privacy, and the construction of a washroom within the maternity ward

President Isaac Ssamba highlighted Mukono Central's contribution, which focused on constructing the new washroom and addressing related infrastructural challenges, including plans for a septic tank installation.

He also acknowledged the teamwork and dedication of his club members, introducing them beginning with Vice President Rtn Baker Muzige, who has been instrumental in the coordination of the project.

The event concluded with the official handover of the medical equipment and the newly constructed bathroom to the health centre management, the local community, and District Health officials. The district representatives commended Rotary for its continued service to humanity, urging the community to maintain the donated items in good condition and encouraging Rotarians to keep expanding their impact.

This partnership between Rotary Clubs of Mutundwe and Mukono Central stands as a shining example of how collaboration, compassion, and community spirit can bring lasting transformation to local health facilities, improving lives one project at a time.





Rotary District 9213

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District News

THE DISTRICT 9213 AND AMREF MOU PARTNERSHIP

The Rotary District 9213 and AMREF Health Africa –Uganda signed a Memorandum of Understanding. The five-year, $5 million initiative aims at directly improving the lives of over 1.6 million Ugandans by 2030 through interventions towards Healthy communities. The areas of interest are as below;

A. SAFE WATER, SANITATION AND HYGIENE (WASH)

*10,000 improved household latrines

66 inclusive institutional sanitation facilities

*38 rainwater harvesting systems

*54 handwashing stations

B. DISEASE PREVENTION AND COMMUNITY HEALTH

*Outreach services for 193,200 people

*Distribution of 25,000 insecticide-treated nets

Training of 900 Village Health Teams and Community Health Extension Workers

A. MATERNAL AND CHILD HEALT

Connection of 17 maternity wards to water

Provision of 22,000 mama kits

Construction of 15 placenta pits and 15 incinerators

Capacity-building for 640 health workers

A CALL TO ACTION

Rotary Clubs are hereby called upon to do the following;

1. Identify Communities: Work with AMREF teams and District leaders to map underserved schools, health facilities, and villages in your areas of operation.

2. Mobilize Clubs and Partners: Lead your clubs in fundraising, advocacy.

and volunteer mobilization, ensuring each club contributes to at least one project intervention.

3. Champion Awareness: Drive community sensitization on WASH, maternal health, and disease prevention through Rotary platforms, local radio, and outreach activities.

4. Monitor and Report: Nominate Club focal persons to join quarterly joint monitoring visits with AMREF and District representatives, ensuring accountability and sustainability.

5. Support Sustainability: Encourage youth and women led enterprises, such as sanitation services and hygiene products, to ensure long-term community ownership.

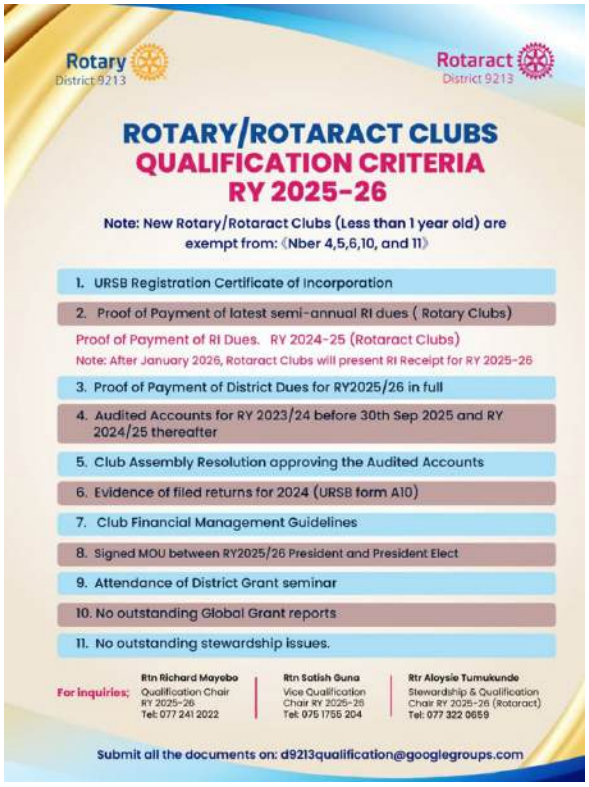
NOTE:

Below are the immediate next steps;

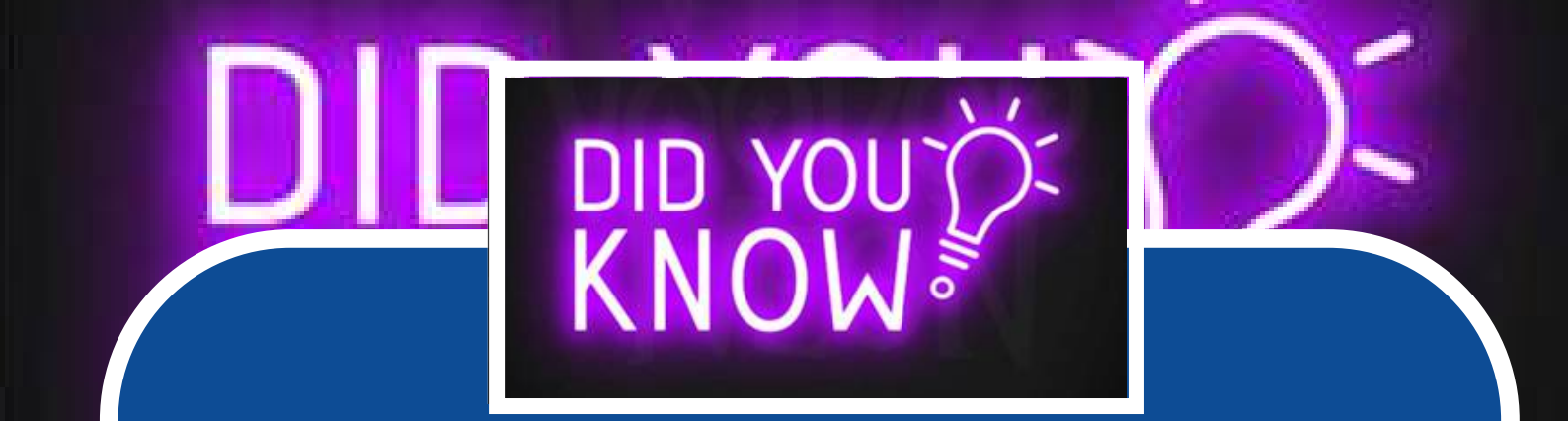
i. Phase 1 Rollout (2025/2026); Rwenzori Region, Kabarole, Kamwenge and Bunyangabu

ii. Club Confirmation is by 15th October; Clubs are required to submit the nominated focal persons and a priority intervention area as given above i.e. (WASH, Maternal Health, and Disease Prevention).

iii. Joint Launch Event: The District-AMREF launch is scheduled for November 2025.







1. A man is literally what he thinks, his character being the complete sum of all his thoughts.
2. As the plant springs from, and could not be without, the seed, so every act of a man springs from the hidden seeds of thought, and could not have appeared without them.
3. Act is the blossom of thought, and joy and suffering are its fruits; thus does a man garner in the sweet and bitter fruitage of his own husbandry.
4. Thought in the mind has made us, what we are by thought was shaped and built.
5. A noble character is not a thing of favor or chance but is the natural result of continued effort in the right thinking.
6. A man is made or unmade by himself.
7. Man is the master of thought, moulder of character, and the maker and shaper of condition, environment, and destiny.
8. Good thoughts bear good fruit, bad thoughts bad fruit.
9. As the reaper of his own harvest, man learns both by suffering and bliss.
10. Men are anxious to improve their circumstances, but are unwilling to improve themselves; they therefore remain bound.
11. The man who does not shrink from self-crucifixion can never fail to accomplish the object upon which his heart is set.
12. Good thoughts and actions can never produce bad results; bad thoughts and actions can never produce good results.
13. Men imagine that thought can be kept secret, but it cannot; it rapidly crystallizes into habit, and habit solidifies into circumstances.



BREAKFAST IN CHILDREN

Breakfast is one of the fundamental meals in most households and has been considered a healthy eating habit all over. It has been recommended by health professionals due to its positive effects on health such as improved mood, daily nutrient intake and mental function among others.

Regular breakfast consumption in children has also been associated with healthy weight probably because the level of snacking is likely to reduce if the children consume healthy breakfast servings. Also noted is high mental performance, this can be seen in school going children and an overall better quality of life.

Breakfast consumption is also associated with better utilization of food by the body in children but also better food choices which favor adolescents especially, a habit that will be very useful throughout life.

In children and adolescents, a standard nutritional recommendation suggests that a good breakfast should have 20% to 35% of daily energy coming from three food groups, including milk and milk derivatives (a glass of milk, fresh yoghurt, cheeses etc.), cereals (unrefined and whole grain) and fresh fruit or juice without added sugar. The breakfast could also be supplemented with other protein rich foods such as eggs, nuts, chicken etc.

The children who eat breakfast on a regular basis when compared to those who do not eat breakfast consume higher amounts of dietary fibre, fruits and vegetables, and fewer sugar-sweetened beverages.

In a similar context, the children who eat a daily breakfast consisting of dairy products, breakfast cereals or their equivalents, and fruits have higher daily intakes of some key micronutrients such as iron, potassium, magnesium, zinc and iodine compared to breakfast skippers.



LEADERSHIP BEYOND TITLES

CP Joanna Tendo
Rac Mukono Central

I hold many titles—first born child, Deputy mother, Family Mulamu, Charter President (CP), mama secretary, finance minister, mama 7-9, mama GOGA, youth chair, and many more. Each of these reflects a role, but true leadership goes beyond titles.

John Maxwell defines leadership in five levels (5Ps):

1. Position – This is where leadership starts. You may be called president, chairperson, or minister, but a title alone is not enough.

2. Permission – Leadership is about relationships. How well do you connect with people of different ages, backgrounds, and education levels? Do people follow you because they want to, not because they must?

3. Production – Results matter. As a leader, are you driving growth, or are you stagnant? People believe in leaders who deliver.

4. People Development – The highest test of leadership is the ability to grow others. Do you empower and mentor, or does everything revolve around you? A true leader makes themselves less indispensable by equipping others.

5. Pinnacle – The peak of leadership is influence and legacy. At this stage, you lead from the front, inspire across generations, and your impact outlives your position.

Leadership, therefore, is not about the many titles we hold, but about the lives we touch, the results we achieve, the people we raise, and the legacy we leave behind.

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Fundraiser

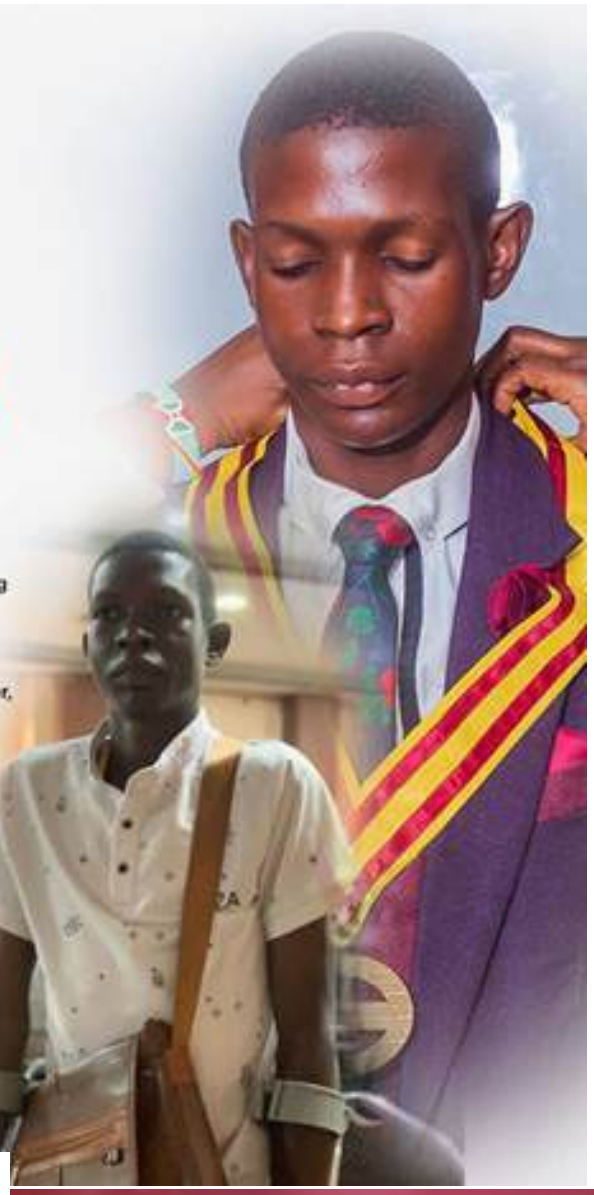
President Buule Reagan is a sickle cell champion suffering from a condition called avascular necrosis , he needs urgent HIP replacement which amounts to **10-Million (ten million UGX)** needed for surgery. Let's come together, show **Reagan** that there's still hope and he's not alone .

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	20 Liter Bucket	290,000
Undercoat	4 Liter Jerrycan	9,000
	20 Liter Jerrycan	45,000
	4 Liter Bucket	12,000
	20 Liter Bucket	55,000
Vinyl Silk all colors	4 Liter Bucket	55,000
	20 Liter Bucket	285,000
Matt Ceiling	4 Liter Bucket	35,000
	20 Liter Bucket	165,000
Matt Emulsion	4 Liter Bucket	12,000
	20 Liter Bucket	65,000
Paste	20 Liter Bucket	145,000
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EXPLORING PASSIVE INCOME SOURCES.

Rtn. Angella Nanyonga
Rotary Club of Mukono

Passive income sources present a golden opportunity for individuals looking to earn money with minimal effort. Uganda, with its vibrant economy and diverse landscape, offers various passive income opportunities that are less taxed and require minimal supervision. Let's explore some fun and realistic options

1. Rental Properties: A Roof Over Your Earnings

Owning rental properties remains a popular avenue for generating passive income. Uganda's rental market is booming, especially in urban areas, with high demand for housing. Hiring a property management company can make it even easier, allowing you to enjoy stable earnings without the day-to-day hassle.

2. Agricultural Investments: Harvesting Returns

Investing in agriculture can be incredibly rewarding. Whether farming crops or raising livestock, you can create a passive income stream. Consider joining cooperatives, which reduce the need for direct supervision and often have lower tax burdens compared to individual farming ventures.

3. Peer-to-Peer Lending: The New Lending Landscape

Peer-to-peer lending platforms allow you to lend money to individuals or small businesses and earn interest on your loans. Once your loans are set up, this can become a hassle-free income source with generally lower taxes on the interest earned.

4. Investing in Local Startups: Seed the Future

Investing in Uganda's thriving startup scene can yield impressive returns.

5. Dividend Stocks: Making Your Money Work For You

Dividend-yielding stocks provide a steady income stream. Ugandan companies that pay dividends allow you to maintain a diversified investment portfolio with minimal oversight.

6. Digital Products: The Fun of Online Sales

Creating digital products like e-books or online courses requires initial effort but pays off over time. With growing internet access, maintaining digital sales becomes less burdensome and often has lower tax implications.

7. Franchise Ownership: A Turnkey Business

Franchise ownership allows you to benefit from an established brand without starting from scratch. Flexible models reduce management concerns, making this an attractive option.

By exploring these fun and realistic options, you'll be well on your way to earning passive income while enjoying life in Uganda!







BOY CHILD CHRONICLES

Letters to My son

LIVE NO REGRET

Rtn Catherine Namoma
President Elect
Rotary Club of Mukono Central

Dear son, in an affluent hospital in the city sat a young man, who anxiously waited and continuously glanced at the closed doors ahead for any news. As he sat in quiet wonder and deep thought, fear was evident in his eyes as a nurse walked up to him and excitedly announced those 3 words that would change his life forever, "it's a girl". Immediately, his form straightened with purpose and determination; finally, God had given him a gift of a child and as he took the long walk towards his wife's room, a thousand thoughts rushed through his mind, (she will never lack, she will be protected, I will do whatever she wants, she will be my pride and joy), on and on the resolutions were made. Pausing briefly at the door, he uttered a silent prayer and slowly opened the door to meet his daughter for the first time.

She was perfect and was treated as so. She was named after a famous artist who was admired by the young couple. Michelle had everything. She was loved, adored, protected and provided for. She smoothly walked through life with no worry or wonder. Her parents indeed had lived up to their promise to give her everything that was within their power. Life was perfect. She finished school, got the perfect job, lived an admirable life but one thing lingered, she treasured positions, careers, money but not people.

Later in life as this lady turned 60, with her parents long gone, she sat silently in the house filled with memories of the love she had enjoyed; the deafening silence only brought tears to her eyes with a damning realization of the great loss she had faced in life. In an effort to pursue her career, she had drifted away from her parents, with very minimal contact

. On the countable times she visited, she was too busy to talk to them. Unknown to her, the parents had tragically died in an accident as they travelled to her town for a surprise visit.

Thoughts running through her mind were filled with regret. She wished she had visited more, talked to them more, appreciated their sacrifice and hugged them more. Now as she hugged the cushion in her arms tightly, tears running down her eyes, she realized she had lost it all.

No amount of tears could bring back the two people who had given her the world. She would never get the chance to say" I Love you" to them. With a resigned gaze, life had finally taught her a valuable lesson, people matter.

Son, as you read this, may you pause. Reflect and self-evaluate. Ask yourself a few questions

Who matters to me?

Do they know they matter?

Do I appreciate them?

Time waits for no one. Reboot, create lasting and meaningful relationships because tomorrow might never come.





THE PREDICTABLE TRAP: LIVING OTHERS' LIVES

By Baker Muzige (Bpharm)
Rotary Club of Mukono

From the moment a child is born, society hurls at them a checklist—become a doctor, a lawyer, an engineer, a teacher—not because these vocations reflect an inner calling, but because they are tried, safe, and socially accepted. But is safety the highest virtue of life? As Henry David Thoreau once declared: "The mass of men lead lives of quiet desperation."

Desperation, not because they lacked opportunity, but because they lacked originality. They were taught to walk in the footsteps of others, not to leave their own.

This is the tragedy of modern existence: life preparation has been reduced to economic integration, rather than existential purpose. We do not ask our children what problems they are meant to solve; we ask them what titles they wish to wear. We are less concerned about their impact and more concerned about their status.

Friedrich Nietzsche warned us; "He who has a why to live for can bear almost any how." Yet we give our children a how—a profession, a curriculum, a routine—but never give them a why. Why are they alive? Why must they become? Søren Kierkegaard, the father of existentialism, argued that despair is not the result of suffering, but the result of not being oneself. In The Sickness unto Death, he writes; "The greatest hazard of all, losing one's self, can occur very quietly in the world, as if it were nothing at all."

Rotary
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Rotary
District 9213

Chartered: 8th April 2016

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