Rotary
Mukono Central

THE DOWNTOWNER

"My Community. My Service"

Volume 3, Issue 15 October 13th, 2025



12 days to

10 YEARS CELEBRATIONS

Don't Miss

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EDITOR'S NOTE

Dear Reader,

Greetings, last Monday we held a successful Club assembly where not only did we nominate our future leaders but also shared some of the achievements made by the Club so far in the Unite for Good year. I thank all those who joined us for that great fellowship.

Today we shall be presenting details on the Maternity Shed- a Project that is being implemented by the Club as well as a classification defense for one of our prospective member, you are all welcome!

We shall be sharing the Rotary- Community Economic Development strategic objectives this entire month of October. The purpose of this is to continuously remind ourselves of our roles as Rotarians in this economic development themed month.

We have articles talking about early menopause, diversification of incomes for middle income earners and the career traps that are very familiar to most of us; you could learn a thing or two from our authors.

As we come closer to the 10 years celebration of the Club existence, we hope that your calendars have already been marked and 25th October reserved for RC Mukono Central. We shall be very glad to host you all.

I wish you all a nice week and Cheers!



Rtn. Beatrice Nannozi Kasirye
Public Relations Officer / Editor

Qoute of the week

"Each of us has a particular way of looking at the world, of interpreting events and the actions of people around us. This is our attitude, and it determines much of what happens to us in life."





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



INSPIRED BY ROTARY LEADERSHIP TRANSITION

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. I cordially take this opportunity to be part of this historical event.

Last Monday, we held an open club assembly, where we got to listen to the progress report of our first quarter of the Rotary year 2025-2026. I am proud of the success reached and we are so grateful for the guidance offered by members.

In the same club assembly, we nominated our club leaders; the President Nominee for 2027-2028 Rotarian Ronald Mugabi was nominated unopposed by the club members. Other leaders nominated include Rotarian Josephine Maria Nakalembe who also went through unopposed as the Club Secretary, RY 2026-2027. Rotarians Catherine Naigembe and Marvin Kakooza were also nominated for the post of Treasurer RY 2026-2027 and a vote will be organized on 19th- Oct-2025.

From fighting disease to supporting education – Rotary also builds leaders. Rotary treats leadership development as a primary focus, building the skills of its members for use within the organization and in their professional lives.

I was truly inspired by the transition process and one of the key lesson from this leadership transition process was the focus on leadership development, structured succession planning, and clear communication to ensure continuity.

The Rotary system centers on an annual, one-year term for club presidents, preparing new leaders continuously while ensuring the organization benefits from fresh ideas. Membership growth is important and retention is dependent on the quality of club.

Clubs with good leadership are more likely to involve their members in exciting service activities and programs helping maintain them and attract new ones

Leading a volunteer-based organization like a Rotary club requires a different skill set than leading employees. It emphasizes inspiring and motivating members rather than directing them.

Rotary's leadership model is grounded in broader ethical principles that guide its leaders and members. Our greatest strength lies in our ability to unite people of all cultures and generations through a shared commitment to doing good in the communities we live in.





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 MONDAY, 6TH OCTOBER 2025 OPEN ASSEMBLY - PICTORIALS

























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Today, 20 million people who would otherwise be paralyzed by polio are walking, and 1.5 million people who would otherwise have died are alive.

2. YOUR GIFT WILL INVEST IN THE FUTURE.

If all eradication efforts stopped today, within 10 years, polio could paralyze as many as 200,000 children each year. A polio-free world will be a healthier world for children everywhere.

3. YOUR GIFT WILL IMPROVE CHILD HEALTH.

Polio surveillance networks and vaccination campaigns also monitor children for other health problems, like vitamin deficiency and measles, so we can address them sooner.

4. YOUR GIFT WILL LOWER HEALTH CARE COSTS

The global effort to eradicate polio has already saved more than US$27 billion in health care costs since 1988, and expects to save US$14 billion more by 2050.

5. YOUR GIFT WILL MAKE HISTORY.

Polio eradication will be one of history's greatest public health achievements, with polio following smallpox to become only the second human disease eradicated from the world.



KNOW YOUR ROTARIAN

1.TELL US ABOUT YOURSELF (NAME, CLASSIFICATION, WHEN YOU JOINED).

I *am Assistant Governor Kafeero Moses, a Past President of RC Mukono Central and a Charter member of the Club in 2015.* But was also a charter member of the Rotaract club of Mukono community in 1997. My Classification is Security management.

2.WHY DID YOU JOINED ROTARY

The Rotary Seven areas of focus are exciting to me. I like to serve in them

3.TELL US ABOUT YOUR ROTARY EXPERIENCE

Fantastic! I have learnt to connect with people of various backgrounds and has the advantage of learning how to lead volunteers.

4.WHAT ARE YOUR HOBBIES?

Reading,Spinning, playing football and listening to country music.

5.WHAT DO YOU LOVE ABOUT YOUR CLUB?

It's free of conflicts and contradictions. Just happy people.

6.WHERE DO YOU WANT TO SEE YOUR CLUB IN THE NEXT 5 YEARS?

A club of over 100 members with mega projects and a Rotary club mothered by RC Mukono Central.

7.ANYTHING ELSE YOU WANT TO SHARE WITH US?

I'm married to Mary Nakayita with 3 kids but planning to produce more with her.


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To My Brother in Spirit

Your brother always,
By Baker Muzige (Bpharm); Rotary Club of Mukono.



In the vast laboratory of life, where encounters are often random reactions, sometimes two elements combine to form a bond so stable that it resists all forms of decomposition. That is what I found in you, Isaac. When I entered Rotary, I did not merely meet a fellow member; I discovered a compound of friendship and brotherhood that has become a sustained release formulation in my journey.

Our friendship is like a well-designed medicine, precisely measured, profoundly effective, and deeply healing. It is not a placebo of temporary cheer, but a true therapeutic agent that works at the level of the soul. Philosophers remind us that friendship is the highest form of virtue, a mirror in which we see our better selves reflected. In you, I see courage, kindness, and the rare chemistry of a heart that serves without calculation.

There are moments between us that defy explanation, moments where we anticipate each other's thoughts as if bound by a telepathic equation, where silence speaks louder than words. Perhaps this is what Aristotle meant when he spoke of "a single soul dwelling in two bodies." You once asked me if we are blood brothers. And indeed, by every test that matters, loyalty, trust, sacrifice, the results are positive.

In pharmacy, we often speak of synergy, when two agents combine to produce a greater effect than either could achieve alone. You and I, brother, embody that principle. Together, we amplify each other's strengths, we buffer each other's weaknesses, and we catalyze ideas that neither would have created alone. What we have is not mere friendship, it is a sustained release preparation of mutual inspiration.

Your encouragement has been my antidote in times of doubt. Your vision is a prescription for a future that many dare not imagine. And your heart, compassionate, open, tireless, is the pharmakon in its original Greek sense, both remedy and protection.

If philosophy teaches that the good life is one lived in virtue and community, then pharmacy teaches that healing is found in the right combinations. You are my combination, my fellow active ingredient in this formulation called life. That is why I call you not just friend, but brother.

We may not share blood by birth, Isaac, but we share something rarer, a covenant of spirit, a kinship of thought, a bond that even time cannot metabolize. In this brotherhood, I have found a medicine that never expires.







1. Until thought is linked with purpose, there is no intelligent accomplishment.
2. They who have no central purpose in their life fall an easy prey to petty worries, fears, troubles and self –pityings.
3. Thoughts of doubt and fear never accomplish anything and never can.
4. Purpose, energy, power to do and all strong thoughts cease when doubt and fear creep in.
5. The will to do springs from the knowledge that we can do.
6. He who has conquered doubt and fear has conquered failure.
7. Thought allied fearlessly to purpose becomes a creative force.
8. All that a man achieves and all that he fails to achieve is the direct result of his own thought.
9. A man`s weakness and strength, purity and impurity, are his own, and not another man`s; they are brought about by himself, and not by another; and they can only be altered by himself, never by another.
10. A man`s suffering and happiness are evolved from within, as he thinks, so he is; as he continues to think, so he remains.
11. A man can only rise, conquer, and achieve by lifting up his thoughts.
12. There can be no progress, no achievement without sacrifice, and a man`s worldly success will be in the measure that he sacrifices.
13. Achievement, of whatever kind, is the crown of effort, the diadem of thought.
14. He who would accomplish little must sacrifice little; he who would achieve much must sacrifice much; he who would attain highly must sacrifice greatly.



EARLY MENOPAUSE

Menopause refers to the permanent cessation of the menstrual cycles. It is typically characterized by twelve consecutive months of missed periods. Usually, menopause occurs around the age of 50 to 51 years especially in high- income Countries.

In practice, even before menopause, often there is onset of menstrual changes and some menopausal symptoms generally indicating the start of Perimenopause or transition to menopause. Premature menopause refers to menopause that occurs before the age of 40 years while Early menopause occurs at or before the age of 45 years, both ranges are below the median age of natural menopause (age 51 years).

Premature menopause or early menopause can be either natural or induced; if induced, it can be due to medical interventions such as chemotherapy or surgical interventions. Some of the risk

Smoking: One of the strongest and most clearly demonstrated risk factors for an early menopause is cigarette smoking. In general, women who smoke are likely to undergo a natural menopause earlier than nonsmokers. Tobacco smoke contains polycyclic hydrocarbons that may lead to estrogen deficiency related follicular exhaustion.

Demographic characteristics: There is early onset of menopause in certain groups of people. For example, African-American women reached menopause earlier than Caucasian women. However, also noted is that African–American girls reached puberty earlier than Caucasians, which may indicate a shift in reproductive years rather than a shortened reproductive span.

Reproductive correlations: Age at puberty/ first menstruation, menstrual cycle length, number of children birthed, and oral contraceptive use are key determinants of lifetime number of ovulatory cycles. For example,

shorter cycle lengths, especially during early reproductive years can decrease the age at natural menopause.

Chronic Depression: The highest prevalence of major depression in women has been noted during the late premenopausal years between the ages of 35 and 45. Thus, if there is any link between estrogen, depression, and early menopause, it may be that depression occurs as a precursor to, and may be associated with, a premature cessation of menstrual cycles.

In conclusion, one would wonder, "Why should we be concerned about the age at natural menopause? After all, menopause is a natural process that will occur in all women; the motivation comes from the fact that early decline in estrogen production can translate to greater risk of osteoporosis, cardiovascular disease and possibly earlier onset of Alzheimer`s disease.






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DIVERSIFYING YOUR INCOME: PRACTICAL STRATEGIES FOR MIDDLE-INCOME EARNERS IN UGANDA

Rtn. Angella Nanyonga
Rotary Club of Mukono

In the face of rising living costs and economic fluctuations, middle-income earners in Uganda can benefit significantly from diversifying their income sources. Here are practical strategies tailored to the local context that can help you create additional streams of income while managing financial pressures.

1. AGRIBUSINESS VENTURES

Agriculture remains a cornerstone of Uganda's economy. Consider engaging in small-scale farming or livestock rearing. Even if you have limited land, you can invest in crops like vegetables or fruits that have a high market demand. Vertical farming or container gardening can maximize small spaces and yield significant returns.

1. CRAFTS AND HANDMADE GOODS

If you have a knack for arts and crafts, consider creating handmade products to sell. Items like basketry, jewelry, or traditional crafts are highly valued locally and can be marketed through social media or local markets. Platforms like Facebook Marketplace are excellent for showcasing your work.

2. HOME-BASED SERVICES

Think about offering services within your community, such as tutoring, childcare, or cleaning services. Many families are looking for reliable help, and these services can provide a steady income with minimal startup costs.

3. FOOD SALES.

If you enjoy cooking, starting a small food business can be lucrative. You could sell items like snacks, baked goods, or local dishes from your home. Participating in local markets or food fairs expands your reach and client base.

4. MOBILE MONEY AGENCY

With the rise of mobile money usage in Uganda, consider becoming a mobile money agent. This business requires a low initial investment and can generate income through transaction fees, appealing to many community members who rely on mobile transactions. For middle-income earners in Uganda, diversifying income sources is essential for financial stability. By leveraging local resources, skills, and community needs, you can create multiple income streams that provide a buffer against financial challenges. Start small, stay adaptable, and embrace the opportunities around you to enhance your financial resilience.









BOY CHILD CHRONICLES

Letters to My son

LIVE A LITTLE!!!!!!!

Rtn Catherine Namoma
President Elect
Rotary Club of Mukono Central

Dear son, I grew up predominantly in a boys' world. I loved the kind of mischief we got into. I still have a scar on my chest from a fall while playing soccer with my brothers. In an effort to dribble the ball, he pushed me and I landed on a thorny plant. With a bleeding cut, I was inconsolable. Of course being a daddy's girl meant that my brother would receive a good whooping so he desperately tried to calm me down. We played all sorts of games like imaginary shootings where we often argued on why one wasn't dying in spite of being shot!!! lol, high jump, tire rides, boxing, racing etc. My favorite time was during the rainy season. We would excitedly play in the rain and get soaked. We laughed uncontrollably and excitedly as we pushed and shoved each other. We had a carefree environment as we played and made memories together

Today, we are all adults with families and responsibilities. We no longer do fun things like that, neither do we hang out enough. Some of us have become more serious than others, while others are ambitiously chasing their dreams.

I wonder why it was easier to do what we wanted back then and not today? Today we care about what people say/think. We confine ourselves in a box to appease others' expectations.
Think about this.

When was the last time you freely ran in the rain?
When have you taken off your shoes and walked in the grass without a care?

Have you ever stood on a mountain top and screamed so loudly without a care?

Can you dance off beat to a song you like oblivious to the people around?

Do you ever sing in the showers regardless of how bad your vocal skills are?

Basically, my question to you is, have you ever truly freely lived? I know as an adult, society expects us to act, think and feel a certain way. Adults don't shout, parents don't behave like that, wives don't dress like that, on and on, the judgements keep hitting us. But maybe just maybe, we have given too much power to people around us and have unknowingly and innocently sacrificed our freedom?

So son, the question to you is are you really free to live? Sing that song, take that trip, shout out loud, buy that dress, and write that book. Be silly, be wild, be free and live unapologetically. Stop allowing the world's chains of opinions to entangle you. Do you and live. The people we consider happy are doing it.

October Babies









THE PREDICTABLE TRAP: LIVING OTHERS' LIVES

By Baker Muzige (Bpharm)
Rotary Club of Mukono

A child becomes a surgeon not because he wants to heal, but because he wants to be "someone important." A daughter becomes a lawyer not to defend justice, but because "that's what successful people do." And we, the adults, smile proudly, blind to the fact that they are donning masks, not identities.

THE RETHINK: PREPARING CHILDREN TO SOLVE PROBLEMS, NOT FIT PATTERNS

What if our metric was not what will you be, but what problem will you solve?

What if a child grew up asking;

"Can I invent a sustainable food source for famine-stricken regions?"

"Can I cure cancer?"

"Can I create the next generation of clean energy?"

"Can I design cities that house the poor with dignity?"

What if, instead of teaching children to fit in, we trained them to break new ground?

This is the philosophical call of thinkers like John Dewey, who argued education must be connected to the real problems of society. In his words; "Education is not preparation for life; education is life itself."

Yet, modern education is too often divorced from life's challenges. We teach abstract formulas but not how to combat poverty. We teach grammar but not how to communicate justice. We've created citizens who can pass tests, but cannot change the world.

A LIFE WORTH LIVING: MEASURING EXISTENCE BY IMPACT

Jesus of Nazareth, arguably one of history's most transformative figures, lived only 33 years, yet redefined love, sacrifice, and redemption for over two millennia. His legacy is not in a

profession, but in his impact. Likewise, Dr. Martin Luther King Jr., who declared; "Life's most persistent and urgent question is, what are you doing for others?"

So why do we not teach our children to ask:

What legacy shall I leave?

Will the world be better because I existed?

Did I live, or was I merely lived through by the scripts of others?

THE CALL TO PARENTS, MENTORS, EDUCATORS

We must rescue our progeny from the inertia of imitation. We must kindle within them not the flame of ambition alone, but the fire of meaningful existence. We must teach them to live traceable lives—lives that leave behind a trail of improved human conditions.

Stop asking them what they want to be.

Start asking them what needs to be fixed.

Do not gift them careers; gift them causes.

Do not shape them to be professionals; shape them to be problem-solvers.

THE FINAL APPEAL: BECOME UNRECYCLABLE

Let us not be the generation that lived and left no unique fingerprint on time. Let us die empty—having given the world every idea, every solution, every contribution we were born to offer. Let our children not inherit our professions but surpass our limitations. As Steve Jobs famously urged: "Your time is limited, so don't waste it living someone else's life."

Let us then not prepare them to merely live, but to live impactfully, originally, and eternally in the echoes of history.

#polymath



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Chartered: 8th April 2016

Join us for our meetings every Monday 1900hrs - 2000hrs
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