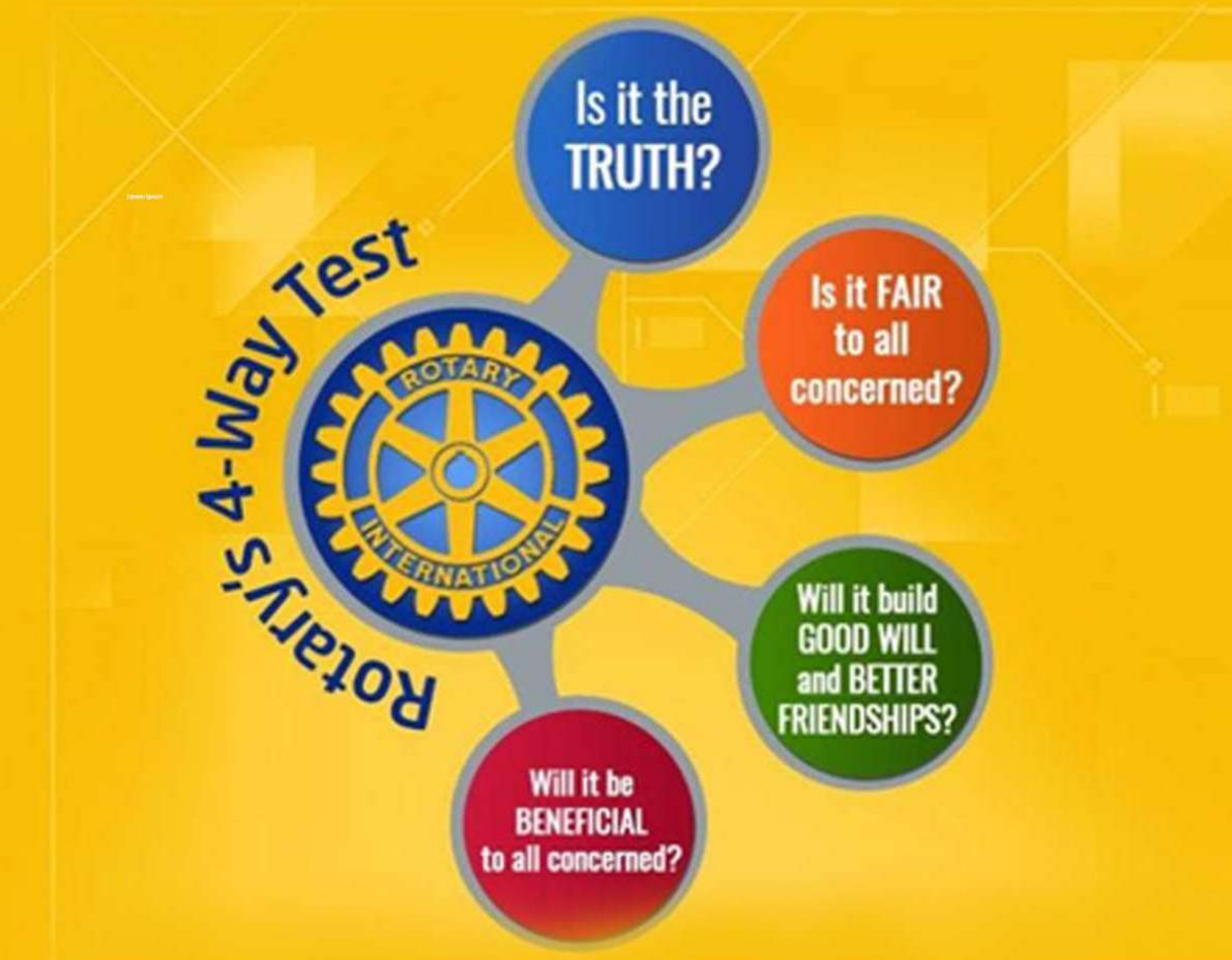
Rotary
Mukono Central

# THE DOWNTOWNER

"My Community. My Service"

Volume 3, Issue 19 November 10TH, 2025



# TABLE OF CONTENT


| | |
|---|---|
| EDITOR'S NOTE | 01 |
| QOUTE OF THE WEEK | 02 |
| NOVEMBER IN FOCUS | 03 |
| MESSAGE FROM THE PRESIDENT | 04 |
| MESSAGE FROM ROTARY INTERNATIONAL PRESIDENT | 07 |
| THE ROTARY FOUNDATION | 1O |
| MONDAY FELLOWSHIP - PICTORIALS) | 11 |
| IMPORTANCE OF PUMPKIN SEEDS | 12 |
| DID YOU KNOW | 14 |
| NOMINATION DEADLINE IS 14, NOVEMBER 2025) | 15 |
| ROTARACT CORNER | 17 |
| A CONVERSATION WITH TUSU TUSUBIRA | 18 |
| BOY CHILD CHRONICLES | 20 |
| POLYMATH | 22 |




# EDITOR'S NOTE

## Dear Reader,

Thank you for staying with us on this journey! We are in week two of The Rotary Foundation Month and as promised, the Downtowner has shared inspirational quotes that we all can use to encourage us towards giving to the Foundation. In this and the next issue, I have and will share inspirational messages from the Major Donors of TRF, be inspired.

As a norm, the RI Presidential message runs for two weeks, he communicates extensively on the TRF while encouraging all of us to support the Foundation as a way of increasing our impact in several communities all over the world.

Catch the exclusive Q and A with the recently elected TRF Trustee, our very own, Tusubira of RC Kampala-North to appreciate how far we have come, where we want to be and the several opportunities we can embrace while we give.

Also included are the opportunities to win several awards while we serve especially for the youth, be sure to master the deadlines, the eligibility criteria and lets meet again next Monday.



**Rtn. Beatrice Nannozi Kasirye**
**Public Relations Officer / Editor**

# Quote of the week

**"The best way to help someone is to teach them new skills. Food drives and fundraisers are important but offer only short-term assistance. Providing a person with an education and opportunities to learn new skills can help them for life."**

**James Anthony**

Rotary
Mukono Central

We Meet:

**Every Monday**

**Time: 700pm - 8:00pm**

**Venue: Star Gardens Hotel, Mukono**



# NOVEMBER IN FOCUS

## *THE ROTARY FOUNDATION (TRF)*

***The Rotary Foundation helps Rotary members advance world understanding, goodwill, and peace by improving health, providing quality education, improving the environment, and alleviating poverty.***

***The Foundation is a not-for-profit organization supported solely by voluntary contributions from Rotary members and friends of the Foundation who share its vision of a better world.***

***This support is essential to making Foundation grants***

***Possible, which bring sustainable improvement to communities in need.***



# REFLECTIONS ON SERVICE & GIVING

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

***Last week, our club dedicated time to reflect on The Rotary Foundation (TRF), the heart of Rotary's work around the world. During our meeting, members were given the opportunity to share their thoughts, experiences, and creative ways to support this great foundation that turns our collective goodwill into sustainable action.***

It was an inspiring session filled with passion and purpose. Our mother club president, Rtn. Mooli, shared how Rotary Club of Mukono creatively raises funds by dedicating members' birthdays to support The Rotary Foundation. This simple yet meaningful act transforms personal celebrations into moments of service. e

Other Rotarians, including AG Kafeero Moses and PP Lwasa, reminded us of the deeper reasons behind our giving, because through The Rotary Foundation, we touch lives across the globe. They emphasized that every contribution, no matter the size, brings us closer to a world free of disease, ignorance, and poverty.

On Saturday, Rotary Club of Mukono Central proudly joined our mother club for their colorful fundraising event. It was not just a night of generosity, but also a celebration of fellowship, unity, and shared vision. The energy, commitment, and teamwork displayed reaffirmed the power of collective service and the spirit of Rotary.

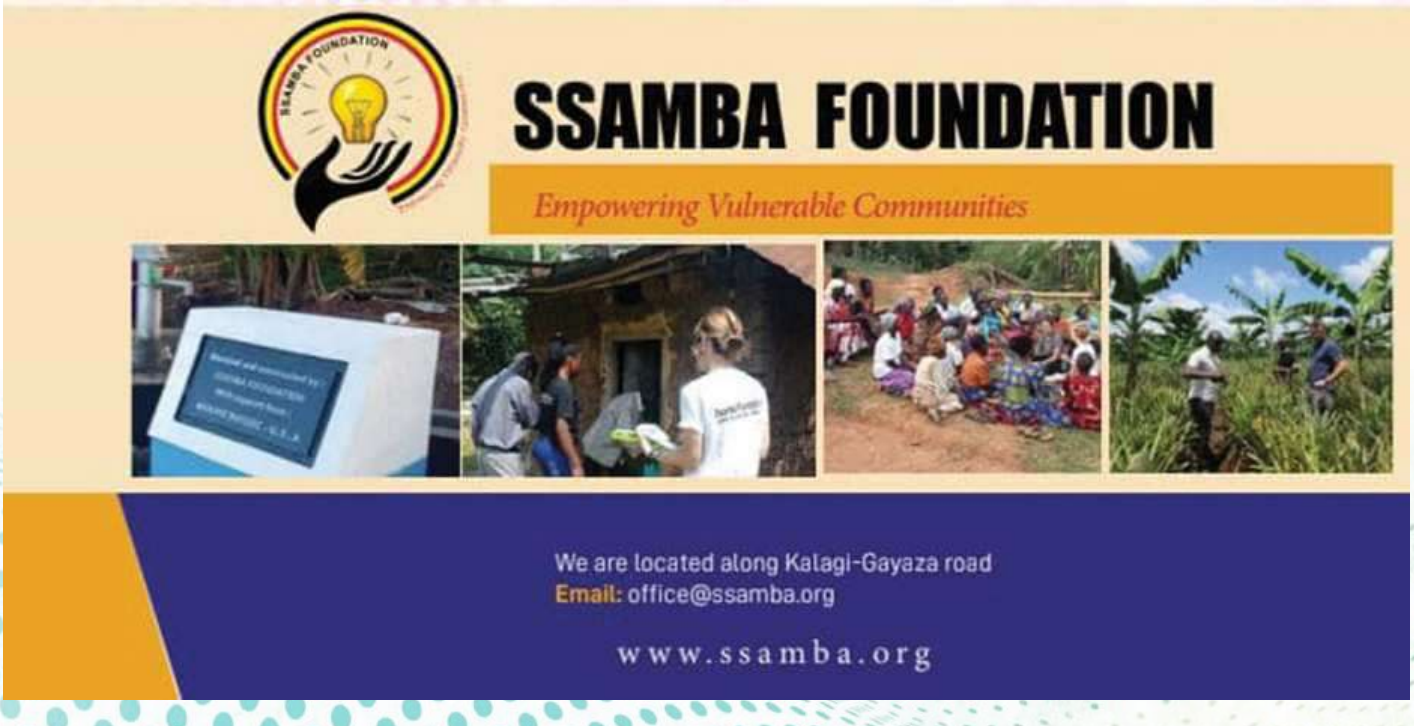
As Rotary Club of Mukono Central, we continue to stand in solidarity with our mother club and all Rotarians worldwide in supporting The Rotary Foundation.

Let us keep giving, keep serving, and keep transforming lives, because together, we create hope in the world.









# LET US GIVE WITH GRATITUDE

FRANCESCO AREZZO
President, Rotary International

This November, as we celebrate The Rotary Foundation, I invite you to consider not only what we give but why we give. The Foundation is more than a fund for projects. It is the beating heart of our promise that service, rooted in trust and friendship, can create lasting change.

Our Action Plan calls us to increase our impact, and the Foundation is how we make this vision real. Since 1988, Rotary and our partners have immunized nearly 3 billion children against polio. We have committed more than $2.6 billion to this cause, and last year alone we directed $146 million toward the final push for eradication. These numbers are significant, but the true impact is not in statistics — it is in the lives of children who will never again fear polio. It is in the hope restored to families and the peace built in communities once defined by disease.

But polio is only one story among many. Each year, Rotary Peace Centers train new generations of leaders who will transform conflict into dialogue and division into understanding. In 2023-24, nearly 100 new fellows began their studies, continuing a legacy of more than 1,800 peacebuilders from over 140 countries. When we invest in them, we are planting seeds of peace that will bear fruit for decades to come.

The Foundation also touches lives through district and global grants, supporting projects large and small. A clean water well for a rural community, scholarships for young professionals, medical care in the wake of disaster — these are not temporary gestures, but steps toward dignity, resilience, and opportunity. This is how Rotary service becomes lasting impact. And when natural disasters strike, our Foundation allows Rotary to act quickly with disaster response grants.

Our Foundation is not about what we can do alone but what we can do together. Each contribution, no matter its size, joins with others to create a collective act of faith in humanity and in the future.

The last mile of any great journey is always the hardest. We see this in our final steps toward ending polio, in our work for peace, and in every project that seeks to lift people out of despair. Yet every time we give, we declare that our work will continue regardless of the challenge.

***This November, let us give with gratitude, with joy, and with hope. Through our Foundation, we Unite for Good, and in doing so, we leave behind not only projects but a legacy of peace, trust, and Service above Self.***



# 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
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# 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

NOVEMBER IS

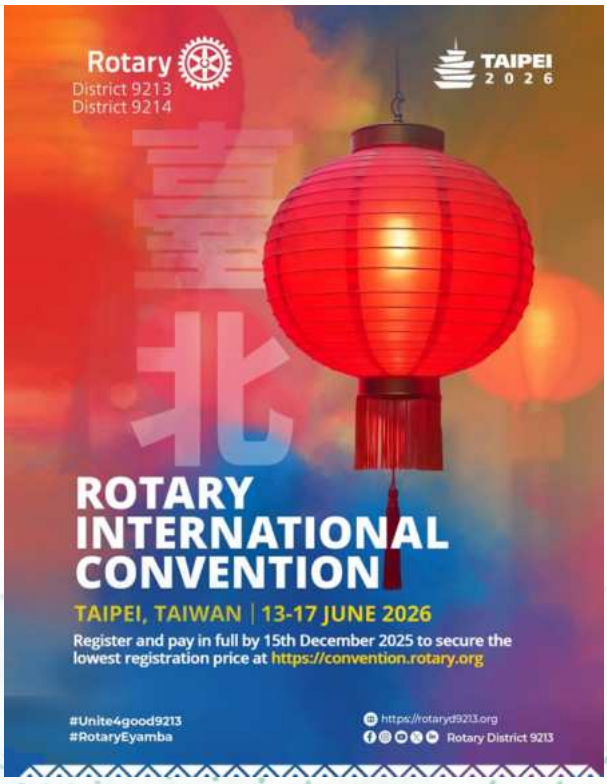



The Rotary Foundation | EVERY ROTARIAN EVERY YEAR

TAKE ACTION: www.rotary.org/give

# THE ROTARY FOUNDATION , REASON FOR GIVING

- The Foundation is a very credible organization that we trust to use our donations wisely. The more that Rotary can do for those in need, the more exposure our organization will receive, and that hopefully inspires others to join us - Sandra Castley.
- My donations are a way to share love, hope, and happiness with the world, while also encouraging others to follow suit. I know my contributions will support initiatives that provide essential resources, education, and opportunities to those in need - Ming-Ho "Carl" Chen.
- We trust that our contributions will be used effectively to advance both global initiatives and local communities, making a significant difference –Bob
- To me, donation and service are practice and action, Rotary is a service organization, and The Foundation financially supports those activities. My donation will be used to help others, which is why The Rotary Foundation stands out as an exemplary organization that I can contribute to with confidence - Inseok Kim



# THE MONDAYFELLOSHIP EXPERIENCE AT RC. MC













# THERAPEUTIC AND NUTRITIONAL IMPORTANCE OF PUMPKIN SEEDS



In recent years, pumpkin seeds have received growing attention due to high nutraceutical and therapeutic value of their bioactive components. There are several varieties grown throughout the world and each geographical location usually favours a particular species. Pumpkins have been cultivated for several purposes varying from Commercial, Decorative to Agricultural uses. However, the popularity of pumpkin in many systems of traditional medication has led researchers turning their attention to this crop.

While pumpkin seeds are largely regarded as agro-industrial waste, they serve as powerhouses of nutrients with interesting nutraceutical properties. The consumption rate of pumpkin seed is increasing in many African countries and elsewhere due to their ethnomedical benefits. The seed often consumed after roasting and salting can also be used as food additives in the baking industry.

The pummkin seeds , like other seeds are rich in functional components. These seeds are high in vitamin E, carotenoids, provitamins, pigments, unsaturated fatty acids, flavonoids and proteins among many others. They are also a good source of magnesium, potassium, phosphorus, as well as other minor minerals such as zinc, manganese, iron, calcium, sodium, and copper.

Some of the mentioned bioactives have a potential to impart physiological benefits, promote well-being and reduce the risk of non-communicable disorders such as tumors , microbial infections, hyperglycemia and diabetes, oxidative stress associated complications, prostate disorders and urinary bladder complications. Other therapeutic activities of pumpkin seed extract (PSE) include hepatoprotective , wound healing and hair-growth stimulating , antihelmintic , antioxidant and chemopro-

# HAS YOUR CLUB QUALIFIED YET?

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.

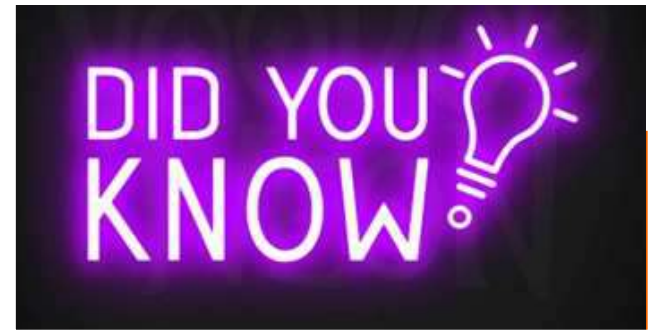
**For inquiries;**

**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. Nothing is more demoralizing to life, weakening to the character, than to be constantly wishing and dreaming of the great things you are going to do without a corresponding effort to actualize our dreams.
2. Wishing without a corresponding effort to realize degenerates the mind, destroys initiative.
3. Our visions are the plans of the possible life structure; but they will end merely in plans if we do not persistently follow them up with vigorous effort to make them real.
4. Three things we must do to make our dreams come true; visualize our desire, concentrate on the vision, work to bring it into the actual.
5. No matter what the accidents of birth or fortune, there is only one force by which we can fashion our life material — mind.
6. It is a good thing to ask ourselves every now and then whether we are making good; whether we are making the most of our opportunities; whether we are going up or down.
7. At the very onset of your career, it is a splendid thing to make up your mind that you are going to be a conqueror in life that you are going to be king of your mental realm and not a slave to any treacherous enemy.
8. Do not let doubt balk your efforts.
9. Confidence, self-assurance, self-faith— these are great friends which will kill the traitor doubt.
10. There is no greater mistake in the world than that of postponing present responsibility thinking that we will be better prepared to assume it later.

# WHY THE TAIPEI 2026 ROTARY INTERNATIONAL CONVENTION.



Dihua Street



Taipei 101



The National Museum



The Cuisines

## THE 2025-26 PEOPLE OF ACTION HONORS: CHAMPIONS OF TOMORROW

(NOMINATION DEADLINE IS 14, NOVEMBER 2025)

**Members of the Rotary family as Champions of Tomorrow for their hands-on volunteer activities.**

The Champions of Tomorrow are young people, between the ages of 13 and 30, who are working to create a brighter future today. These are members of the Rotary family who are not waiting their turn but are disruptors and change-makers – putting their talents to use to build a better tomorrow.

Projects may fit within any of the areas of focus. The primary requirement is that they must be either led by or in service to youth. As with all nominations, the projects must meet Rotary International's minimum impact standards.

### Recognition Criteria

All viable projects must:

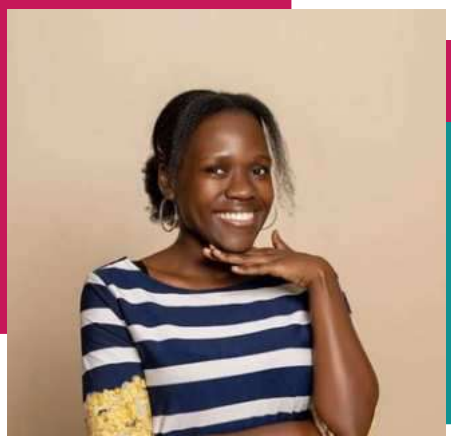
- Be led by and/or focus on the needs of youth. This could be anti-violence or anti-bullying campaigns, education activities, promotion of social inclusion, etc.
- If not strictly led by youth, the project should demonstrate that youth were integral to the development and implementation of the project. Youth should have an equitable seat at the table.
- Provide evidence of partnerships, measurement, community assessment, scalability, and sustainability.

• Demonstrate the following evaluation criteria:
**RELEVANCE** - is the intervention doing the right things?
COHERENCE - how well does the intervention fit community needs?
EFFECTIVENESS - is the intervention achieving its objectives?
EFFICIENCY - how well are resources being used?
IMPACT - what difference does the intervention make?
SUSTAINABILITY - will the benefits last?
• Be currently active or have not concluded before 30 June 2024
• Not primarily focusing on fundraising or providing material support (i.e., buying laptops, books, pads, etc.), though both can be an element of the larger project.
The 2025-26 Rotary People of Action Honors will recognize six

**Individual Eligibility:**
Champions of Tomorrow project representatives must:
• Be Rotary or Rotaract members, Peace Fellows, Global Grant Scholarship recipients, Interact members, RYLA participants, Rotary Youth Exchange students, or Rotary alumni.
• Be involved with a project that is currently active or concluded no earlier than June 30, 2024.
• Between the ages of 13 and 30.
• Have held a leadership role in the hands-on implementation of the project.
• Self-nominations will not be considered.
Individuals or projects previously recognized with one of the following honors are ineligible for consideration:
• Past People of Action Honors recipients (2015-2025)
• Rotary Programs of Scale recipients

As with all People of Action Honors recognitions, nominees should have taken a leadership role in implementing "hands on" volunteer activities or initiatives. Ideal projects should be able to demonstrate/define/address a specific community need and serve as examples of work that can/should be replicated by Rotary members.

NOTE: Find Nomination Forms at https://on.rotary.org/4nHbx4Y



## ROTARACT CORNER

# MEN'S MENTAL HEALTH: IT'S TIME TO SPEAK UP

CP Joanna Tendo
Rac Mukono Central

***Men's mental health is one of the most overlooked issues in our society. Many men are silently battling challenges — pressure at work, financial struggles, family conflicts, and even stress from their own children. Yet, they often have no one to open up to.***

We've been conditioned to believe that men are strong, unshakable, and immune to emotional pain. But behind many calm faces are untold stories of worry, fear, and exhaustion. Too often, men carry their pain in silence — not because there's no one to talk to, but because they fear

being seen as weak. The truth is, silence doesn't make you strong — it makes you suffer alone. Bottling-up emotions only builds inner pain, which can later show up as depression, irritability, social withdrawal, or even physical illness.

Dear men, it is okay to cry. Yes, it is very okay. Crying doesn't make you less of a man — it's a natural way of releasing emotions, a built-in system your body uses to heal. Those tears release hormones that act as natural painkillers and mood stabilizers.

It is also okay to share your struggles with a close friend, a loved one, or a counselor. Speaking out is not a sign of weakness — it's a step toward healing.
So, to every man reading this; don't just man up — speak up.
Because true strength lies not in enduring pain silently, but in having the courage to face it, express it, and seek help when you need it.





## INCREASING OUR IMPACT: A CONVERSATION WITH TUSU TUSUBIRA

Meet Francis "Tusu" Tusubira. A founding partner of an information and communications technology consulting firm, Tusubira is a member of the Rotary Club of Kampala-North, Uganda, and served on Rotary's Strategic Planning Committee when our Action Plan was developed. He's also a member of The Rotary Foundation Cadre of Technical Advisers. And recently a Rotary Foundation Trustee beginning 1 July 2026 for the next four years.

**Q. The Action Plan asks us to increase our impact. How should we think about doing that?**

**TUSU:** Here's an analogy: When your children are in school, it's easy to get excited about a great grade or test result — the success of that immediate moment. But as parents, we know we also need to take the long view. What kind of people are our children becoming? What will they do for the world after we're gone?

Real impact is something that resonates well beyond the work we do on a project. It's sustainable long after we have left the scene.

This definition of impact requires us to think about service in a different way. It is not what we give to communities that creates sustainability. It's whether the project enables communities to take ownership and drive the transformation on their own after we are gone. A good project is a catalyst for sustainable change.

**Q. Why is it important to measure our impact?**

**TUSU**: So we can be smarter about what we need to start doing, what we need to continue doing, and what we need to stop doing. It's essential to the future of our organization. Major funding agencies demand evidence of impact. Young people — the future of Rotary — have grown up asking institutions and

organizations for greater accountability and transparency.

**Q. What changes are you already seeing in Rotary?**

TUSU: I'm heartened that Rotary is identifying consistent ways to assess and measure results. This way, we'll all be on the same page when it comes to planning projects and identifying impact.

I'm also seeing a greater appetite for risk. Less proscriptive funding will promote smart risk-taking and will encourage people to learn from — rather than fear — setbacks.

There's greater support for clubs to focus their efforts on a few key areas, rather than trying to do too many projects. Instead of starting by asking "What are the deficits here?" clubs are learning how to build on a community's strengths and seeking out what I call the "pressure points" — areas where targeted, concentrated work can set in motion a cascade of change.

I'm also excited by the new Programs of Scale initiative. These projects have the longer time frame necessary to make a sustainable difference. Most important, Programs of Scale incentivize clubs to work together and recognize them for doing that. If you want to provide clean water sources, why would you want 50 clubs doing 50 different projects? We united against polio. Let's unite to solve other challenges facing our world.

**Q. What makes you feel optimistic?**

TUSU: Our work eradicating polio proves we are an organization capable of genuine and lasting impact. And I'm excited about the rising generation of Rotarians and Rotaractors who are bringing their commitment to sustainable solutions. We can do this. Besides that, my name, Tusubira, literally means "we hope"!





## BOY CHILD CHRONICLES

Letters to My son

# A LEADER'S HEART.

Rtn Catherine Namoma
President Elect
Rotary Club of Mukono Central

*Dear son, the bible talks about a king named David, who was a great leader. He led Israel to victory in numerous wars. He was chosen by God to rescue his people and slayed giants on behalf of God's people. In spite of his greatness, he was tainted with grave mischief. David one day had admired a lady whose husband was one of the commanders in his army. He went on to lay with her and she conceived. David devised a plan to lure the woman's husband to laying with his wife, in an effort to cover his sin, but the man being loyal to the king couldn't do it. David then ordered for the killing of the man and took his wife for himself. Many would say what an evil and wicked man David was, yet surprisingly when God's prophet went to confront him, David broke down in shame and repented of his sin. Unlike his predecessor, David was known as the man after God's own heart.*

## WHY?

Humility: when confronted with his sin, he humbled himself and listened to the voice of the prophet. As a leader, how do you respond to rebuke from others? Are you humble enough to listen or do you reject correction?

Brokenness: being a great and strong leader, didn't prevent him from having a broken spirit when confronted with his sin. Many leaders are hard headed and could never admit to their misgivings, they would rather blame others for their actions than take responsibility.

Love for God: David genuinely loved God and was very conversant with His precepts, so in the midst of confrontation, he recognized how much his actions had displeased God and was willing to change. Many leaders claim to love God but neither adhere to his will nor follow his teachings.

They only practice lip service.

Value for God: Time and time again, God had shown his faithfulness to David through winning major battles in the past and preserving his life from his enemies' attacks. Needless to say, he repented of his sin, because he valued the relationship he had with God and rather than act in pride, he confessed to his sin. How many times have leaders' pride devalued God?

Vulnerability: David was vulnerable to counsel and allowed his subordinates witness his misgivings. This is one of the reasons, he was referred to as the man after God's own heart.

His reaction to God's punishment makes him one of the greatest leaders in the bible. God forgave him but let his son die. On receiving the news of his son's death, David gracefully, arose went to the house of the Lord and worshipped, which shocked his servants. Many leaders blame God when things don't go their way.

So son, it's a heart matter. You are a great leader only if you're aware of the condition of your heart. Care more about what God sees than the praises of men.

"O God, my sacrifice is a broken spirit, broken and contrite heart, you will not despise" Psalm 51:17











POLYMATH

# TIME: THE EVER-FLOWING RIVER OF EXISTENCE

By Baker Muzige (Bpharm),
RC Mukono Central

## Introduction

Time is one of the most fundamental and mysterious aspects of our reality. It governs our lives, structures our universe, and yet remains an elusive concept. From ancient civilizations tracking celestial movements to modern physicists unraveling the nature of spacetime, time has been a central theme in philosophy, science, and human existence.

## What is Time?

Time is often understood as a continuous progression of events from the past, through the present, and into the future. It is measured in seconds, minutes, hours, and years, but its true nature remains a topic of debate. In physics, time is a dimension, much like space, but with unique properties that make it distinct.

## Philosophical Perspectives on Time

Philosophers have long debated whether time is an objective reality or a human-made construct.

Two major views dominate the discussion:

1. Presentism – Only the present moment is real; the past and future do not exist.
2. Eternalism – The past, present, and future all exist simultaneously, much like different points on a timeline.

Time in Science

## Newtonian Time

Sir Isaac Newton viewed time as an absolute, unchanging entity that flows uniformly throughout the universe. This perspective dominated scientific thought until the 20th century.

Einstein's Theory of Relativity

Albert Einstein revolutionized our understanding of time with his theories of relativity. He showed that time is not absolute but relative, depending on speed and gravity. This means that time moves slower in stronger gravitational fields or at higher speeds—a phenomenon known as time dilation.

## The Arrow of Time

In physics, time appears to have a direction, moving from past to future. This is known as the arrow of time, primarily explained by the second law of thermodynamics, which states that entropy (disorder) in a system always increases over time. This is why we remember the past but not the future.

## Time in Human Life

Time influences every aspect of human existence:

Biological Time – Our bodies follow natural rhythms, such as the circadian cycle.

Psychological Time – Our perception of time changes with age, emotions, and experiences.

Cultural Time – Different cultures have unique ways of understanding and measuring time, such as linear (Western) or cyclical (Eastern) concepts.

Time Travel: Science Fiction or Reality?
The idea of traveling through time has fascinated humans for centuries. While time travel remains a staple of science fiction, relativity suggests that time travel to the future is possible under extreme conditions, such as near the speed of light. However, traveling to the past remains speculative and paradoxical.

## Conclusion

Time remains one of the greatest mysteries of existence. Whether seen as a flowing river, a dimension of space-time, or an illusion, its impact on our lives is undeniable. As science progresses, we may one day unlock deeper secrets of time, changing our understanding of reality itself.



# Rotary
# Mukono Central



## Rotary
## District 9213

**Chartered: 8th April 2016**

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