Rotary
Mukono Central

THE DOWNTOWNER

"My Community. My Service"

Volume 3, Issue 18 November 3rd, 2025



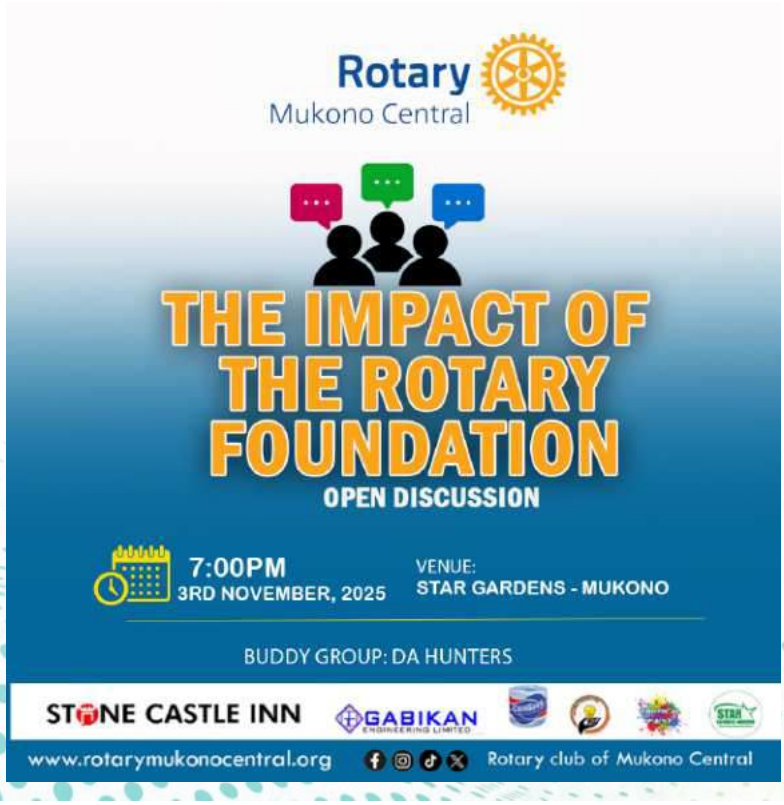
Happy 10th Anniversary

RC. MUKONO CENTRAL

www.rotarymukonocentral.org

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
ANNOUCEMENTS	1O
MONDAY FELLOWSHIP - PICTORIALS)	11
BENEFITS OF ONIONS	12
10TH ANNIVERSARY	13
DID YOU KNOW	14
ROTARY PEACE FELLOWSHIPS	15
ROTARACT CORNER	17
BOY CHILD CHRONICLES	20
POLYMATH	22



EDITOR'S NOTE

Dear Reader,

Greetings, I congratulate you upon completing the Month of October. I also thank you for all the good work done in the previous month especially work towards serving and improving our communities.

In a special way, I congratulate RC Mukono Central upon its qualification status for RY 2025/26.

Rotary International dedicated the month of November to honor The Rotary Foundation! This month, the Downtowner shall be sharing information on the Rotary Foundation; move with us as we breakdown TRF.

In this issue, check out the RI President`s message for the month of November where he calls upon all of us to increase our impact worldwide through the Rotary Foundation. I have also shared some RI announcements; lets us be informed as we serve!

Also look out for some amazing opportunities that may benefit you or your loved ones; some are fellowship opportunities that you may look forward to or Rotary Youth exchange programs that you may try out. Enjoy these and more stories and lets meet again next week.

Let's meet again next week and Cheers!



Rtn. Beatrice Nannozi Kasirye
Public Relations Officer / Editor

Quote of the week

""Smart people learn from everything and everyone, ordinary people from their experiences, stupid people already have all the answers." - Socrates"







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.



THE ROTARY FOUNDATION THEMED MONTH

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

Greetings Downtowner readers, it's yet another Monday for your piece of good content and information from the Downtowner. I want to thank the Rotary Club of Mukono Central for completing the month of October which was focused on the Economic and Community Development..

The Economic and Community Development theme is part of the Rotary's Seven Areas of Focus and highlights efforts to promote sustainable economic opportunities, support community well-being, and provide sustainable development solutions. In October, we also celebrated the World Polio Day on the 24th.

The Rotary Club of Mukono Central participated in several activities during the month but my highlights of the month was the celebration of 10yrs of our existence and of course club qualification status. Feeling proud and extremely happy.

As we enter our 5th month of the Rotary year, The Rotary Foundation month. We shall highlight the work and importance of The Rotary Foundation, Rotary International's charitable arm.

During this month, Rotary clubs worldwide emphasize their commitment to the Foundation's projects, which focus on global issues like eradicating polio, promoting peace, fighting disease, providing clean water, supporting basic education, and growing local economies.

The Rotary Foundation is the non-profit arm of Rotary International that funds humanitarian and educational projects worldwide. The month of November' focus is to encourage Rotarians to contribute to the Foundation to support the initiatives run by it.

November will be an exceptional time for our Rotary club of Mukono Central as we will dedicate it to celebrating and supporting our Foundation's vital role in making a difference worldwide. With the combined efforts of Rotarians like you, we can continue to transform lives through impactful projects and sustainable initiatives.

I highly encourage all members to contribute to the Annual Fund. This support fuels a diverse range of projects that advance health, peace, and prosperity worldwide. Every donation to The Rotary Foundation has a direct impact on communities in need.
Together, let's make this month a powerful celebration of service and generosity.

Vice President, RC Mukono Central







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
Local And Continental Cusines
Home To Rotary And Rotaract Of Mukono Central

ACCOMODATION IS @ 50,000 SH

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

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

WE ALSO DO OUTSIDE CATERING



1. RI BOARD ELECTS 2026-30 ROTARY FOUNDATION TRUSTEES

The Rotary International Bylaws provide that Rotary Foundation trustees are nominated by the president-elect and elected by the RI Board in the year before the trustees are to take office. At its October meeting, the Board elected the following members to serve as Rotary Foundation Trustees beginning 1 July 2026 to serve terms of four years each:

Francesco Arezzo – the Rotary Club of Ragusa, Italy

Cynthia Covington – the Rotary Club of South Jacksonville, Florida, United States

Francis Tusubira – the Rotary Club of Kampala-North, Uganda

Ananthanarayanan Venkatesh – the Rotary Club of Chennai Mambalam, India.

2. CITATION FOR MERITORIOUS SERVICE AWARD NOMINATION PERIOD OPENS IN NOVEMBEr

The Rotary Foundation's Citation for Meritorious Service honors Rotarians and Rotaractors who demonstrate their commitment to helping others through their service to The Rotary Foundation. Rotary Foundation Chairs may nominate one candidate from their districts to receive this award each Rotary year by completing an online nomination form between 1-30 November.

If you know any members you think would qualify, contact their district Rotary Foundation chair and encourage them to recognize them with a nomination.

THE MONDAY, 27TH OCTOBER 2025 HOME FELLOWSHIP- PICTORIALS













THE ONION

The onion is usually thought of as a vegetable, it also has a long history of medicinal use. The freshy bulb that grows below the ground is used medicinally as well as food but other parts of the plant also has a place in the traditional medicines.

The major components of onions are water, carbohydrates, proteins, fat, vitamins, minerals and sulfur compounds among others. The health benefits associated with onions are mainly due to the presence of its bioactive components. Onion is believed to have a positive effect on the circulatory system. It has been used as a diuretic to reduce swelling. It is also thought to help reduce arteriosclerosis by lowering blood cholesterol levels and preventing the formation of blood clots. Onion has been used to treat diabetes and is reputed to lower blood sugar levels.



Externally; fresh onion juice is used to prevent bacterial and fungal infections. It can be applied to wounds and stings on the skin, used to remove warts, used to stimulate hair growth, and even used to reduce unwanted skin blemishes. Warm onion juice dropped in the ear is said to help relieve earache. Baked onion is used to draw pus from abscesses.

In view of the thermal instability of the bioactive compounds, onions must be eaten raw or only moderately cooked to deliver maximum health benefits. Despite the health benefits of onion, many of these benefits have been confirmed on freshly cut samples, but they have not been tested on ready-to-eat fresh-cut packaged onion during storage.

THE RC MUKONO CENTRAL 10TH Anniversary Celebrations -Pictorials











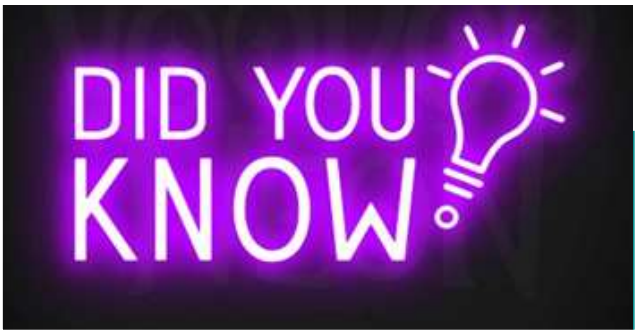












1. Nothing strengthens the mind and enlarges the horizon of manhood as a constant effort to measure up to a worthy ambition.
2. Between the great things that we cannot do and the small things we will not do, the danger is that we shall do nothing.
3. If the motive is big enough , the ability to match it is usually forthcoming
4. Success in life is a process of selection and elimination—a choosing between the worthless and the worthwhile.
5. The moment ambition sags, we lose the force that propels us; and once our propelling power is gone, we drift with the tide of circumstances.
6. The love of excellence is the lodestar that leads the world onward.
7. If you have the energy and the will to succeed, nothing can hold you back,
8. But if you have not, no amount of education, no pull or influence, no power on earth outside of yourself can push or lead or boost you into success.
9. There is nothing so important in your life as your mental attitude towards yourself; what you think of yourself, the model which you hold of yourself and your possibilities,
10. If this is small, narrow, and dwarfed, your life will correspond.
11. You must see yourself above a clerkship or you will never be anything higher than a clerk.
12. You must visualize yourself in a better position, and hold constantly a grim determination to reach it or you will never get there.

ROTARY PEACE FELLOWSHIP

WHAT YOU NEED TO KNOW ABOUT THE ROTARY PEACE FELLOWSHIPS

- Each year, Rotary awards up to 130 fully funded fellowships for dedicated leaders from around the world to study at one of the peace centers.
- The fellowships cover tuition and fees, room and board, round-trip transportation, internship and field-study expenses.
- The Rotary Peace Fellowship is designed for leaders with work experience in peace and development.
- The Rotary Peace program develops the capacity of peace and development professionals to become effective catalysts for peace.
- Since the program began in 2002, the Rotary Peace Centers have trained more than 1,800 fellows who now work in over 140 countries.
- The 2026-27 Rotary Peace Fellowship application is now

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

LET'S STOP SAYING "YOU'LL BE FINE"

CP Joanna Tendo
Rac Mukono Central

We've all heard — or said — those three little words: "You'll be fine." They often come from a place of good intention, but let's be honest — when someone is sharing a painful experience, this phrase can feel empty, dismissive, and even hurtful.

When a friend opens up about something difficult, they are not always looking for quick reassurance. They're seeking understanding, empathy, and a safe space to express what they're feeling. Saying "you'll be fine" may seem like a comforting response, but it often shuts
down the conversation and minimizes their emotions.

Yes, eventually, they probably will be fine someday — but that's not the point. In the moment, they are not fine. They are hurting, confused, or lost, and what they need most is someone who will sit with them in that discomfort, not brush it aside.

Let's challenge ourselves to do better. When someone opens up to us, let's try to truly listen. Instead of offering hollow comfort, we can
say things like: "That sounds really hard. Do you want to talk more about it?" "I can't imagine how that feels, but I'm here for you."

"Take your time — you don't have to be okay right now."
Empathy doesn't require the perfect words; it requires presence. Sometimes, just being there and allowing someone to feel what they feel is the best comfort you can give. Choose compassion over convenience.

Rotary
Mukono Central

We Meet:

Every Monday

Time: 700pm - 8:00pm

Venue: Star Gardens Hotel, Mukono


Rotary
District 9213
District 9214
Rotaract
District 9213
District 9214
ROTARY FAMILY CARNIVAL
THE ROTARY FAMILY
CARNIVAL
FEE:
ADULTS: UGX 50,000
ROTARACTORS
INTERACTORS
CHILDREN: UGX 30,000
06TH Saturday
Dec, 2025
Las Vegas Bunga
nbs
MALARIA FREE UGANDA
Brizzy Media


Rotary
District 9213
Give &
Impact
#Rotary Eyamba
Log on to
trf.rotaryd9213.org
Enter your name and
follow the prompts
Welcome to TRF Giving
#Give&Impact
#RotaryEyamba
Rotary District 9213



BOY CHILD CHRONICLES Letters to My son

FRIENDSHIP RULES

Rtn Catherine Namoma
President Elect
Rotary Club of Mukono Central

Dear son, in a room full of people, I witnessed a horrific and devastating scene of backlash and judgement as one gentleman reiterated secret tales between him and his friend. Horrific because I considered them very close friends, devastating because the tales were tailored to destroy the other party who wasn't present to defend himself. My heart was heavy as I witnessed the betrayal of one I thought was a friend to another.

In life, we all need a friend at one time or another. We relatively need to be friends to others. Friendship is a necessary part of our life journey, so much so that some friends turn into family. However, for friendship to last, there are certain rules that should be taken into consideration.

Loyalty: This is probably one of the most important part of a lasting friendship.

For one to be considered loyal, there should be an element of passionate protection no matter what happens.

For example, are you the kind of friend who defends your person in their absence? Most times true loyalty precedes reason. Questions come later, but first, a true friend stands up for another.

Consistency: No matter what is going on in your life, a true friend will consistently show up over and over. There should never be a time when your friendship is attached to moods or feelings. In good and bad times, your presence is assured.

Vulnerability: True friendship is hinged on allowing yourself to be vulnerable to another. You remove the masks, let loose and allow that person to get into your inner space. You cry when you want to cry and laugh when you need to. There is no pretense.

Connection: that feeling you get about another while you're miles apart which confirms that they might be in trouble.

If you have ever sensed the pain in someone's voice, seen the tears behind someone's smile or felt the tension in someone's embrace, the screams in the silence, then you know the beauty of connection in a friendship.

Grace: Emphasis is on unlimited grace. True friendships will get strained with disappointment and heartache. However, the real ones will last because two people choose to continuously extend grace to one another, because they value each other and know that mistakes are human.

Accountability: A friend will lovingly call you out in times when you don't want to hear it. They are not afraid to hurt you because they love you. They will hold you to your word or promise and demand you stay on course no matter what. It takes years of failed attempts to earn a friendship with accountability.

Let go. Always know when a friendship has run its course. We often times stay in spaces longer than necessary and end up heart broken. Some friendships are not meant to last. Learn the difference.
Son, my prayer is that you become that friend, who will uphold the true values of friendship every day and everywhere.









POLYMATH

POLITE REMINDER

By Baker Muzige (Bpharm),
RC Mukono Central

1. Water should be the first thing to enter your mouth every morning
2. Avocado is good for your heart. Eat them proper. Don't belittle Avocado.
3. Coconut is good for energy and coconut oil is healthy. Ignorant people still believe that Coconut is food for coast people only.
4. Cucumber is good for the skin. The size doesn't matter but NEVER eat Cucumber in your female friends' house
5. Turmeric is good for your health .Turmeric has blood sugar lowering properties .Curcumin an active compound in turmeric is vital in diabetes care and reversal.
6. Cabbage is good for your gut. If you have safe cabbages, it's advisable to make sauerkraut. If you are the people who couldn't see a specimen using a microscope, don't try making sauerkraut.
7 . Carrot is good for eyes.
8. Money is good for the soul. Look for money using lawful means.
8. Reading is good for the brains. Read a book. Read an article. Read a journal.
9. Okra is good for diabetes, HBP patients and other okra manenos
10. Eating wheat products and still expecting to lower your blood pressure or deal with diabetes is like expecting Arsenal to beat Man U in 2025.
11. Using sugar and still expecting to lose weight and lower your blood pressure is another very informative idea from shakahola
12. Always remember that you can sweat out salt but you can't sweat out Sugar. Use your kongosity well
13. Bonus .Peace of mind is very important for your mental health. Avoid online saddists and idiots. Don't engage in stupid arguments

Rotary
Mukono Central



Rotary
District 9213

Chartered: 8th April 2016

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