Rotary
Mukono Central

THE DOWNTOWNER

"My Community. My Service"

Volume 3, Issue 16 October 20th, 2025



THE PROPOSED MATERNAL SHADE AT SEETA NAZIGO HEALTH CENTER

#Rotary Eyamba

www.rotarymukonocentral.org

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EDITOR'S NOTE

Dear Reader,

Greetings, I thank you all for the enormous support you continuously give us, through reading, sharing and feedback; we are indeed very grateful!

I am also very thankful to the consistent contributors of the bulletin; PE Catherine Namoma, Rtn. Muzige Baker, Rtn. Angella Nanyonga, Rtn. Pauline Nankinga and Mr. Emmanuel Mukasa; the Downtowner team is indebted to your unwavering support! Our upcoming authors; President Martin Sentamu and CP Joanna Tendo; we are honored to have you on the team.

In this issue, one of our authors has written a tribute to the life of the fallen Nationalist, Raila Odinga (RIP), the great work he did for his country, his belief system and legacy, Plus an exclusive Q&A interview done by the Rotary Magazine with Bill Gates regarding his motivation towards the support of the Polio Eradication Drive. We also have several other fun articles, please check them out.

Let's meet again on Saturday, 25th October 2025 at Star Gardens Mukono for the Club`s 10 years anniversary Cerebrations. Hope to see you all and Cheers!



Rtn. Beatrice Nannozi Kasirye
Public Relations Officer / Editor

Quote of the week

"If you want to test a man's character, give him power."…..Abraham Lincoln





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

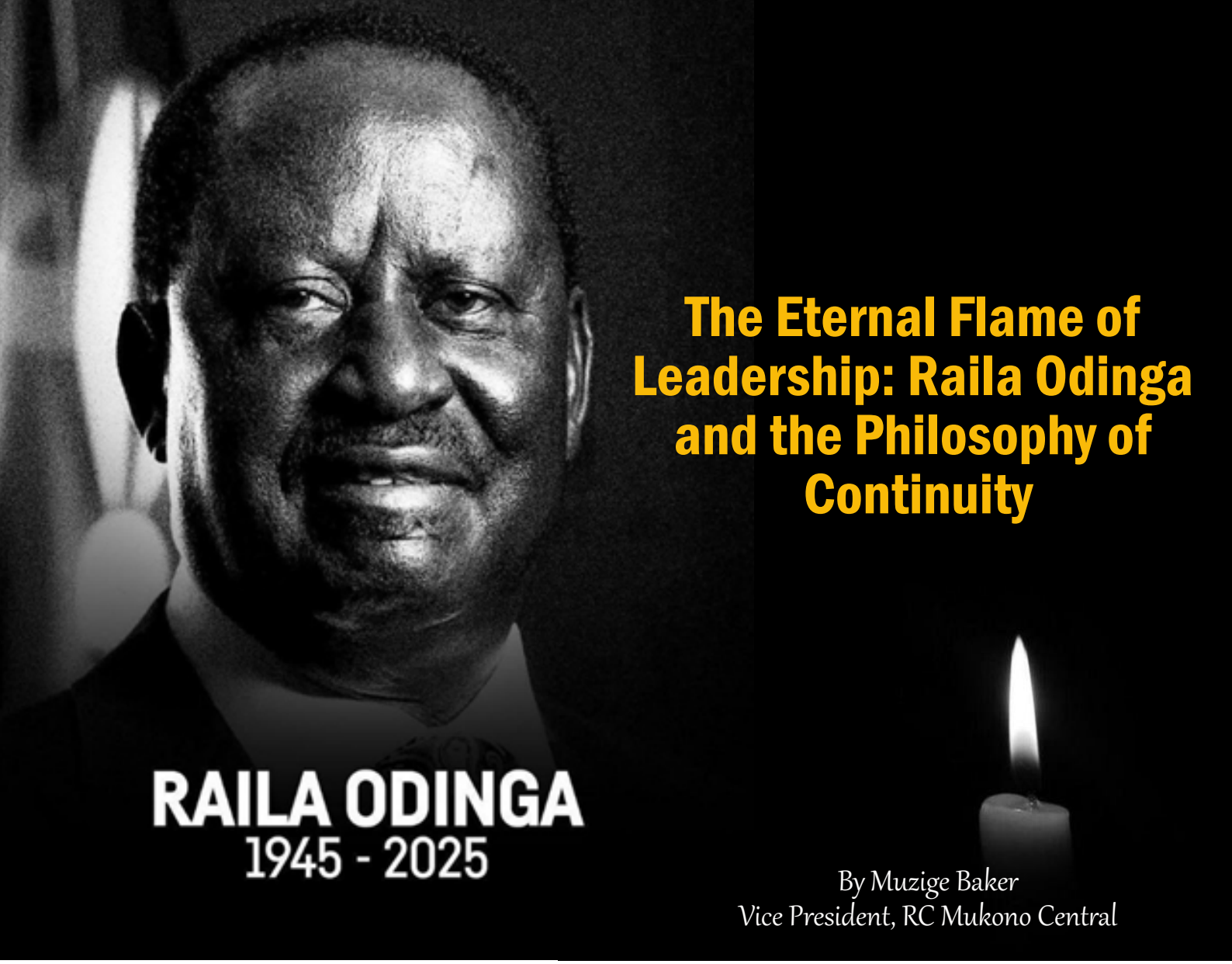
Dear Downtowner readers, we are nearing the 25th Oct 2025, when our club will be celebrating a decade of service. The celebrations will emphasize our club's "10 years of impact" or "10 years of service" to the local community. I cordially take this opportunity to invite you to be part of this historical 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 Eternal Flame of Leadership: Raila Odinga and the Philosophy of Continuity

By Muzige Baker
Vice President, RC Mukono Central

"I have been to the mountain top, I have seen the glory land." These words,: echoing through the ages, have become more than a metaphor, they are a testament to the spirit of a man who has lived, fought, and sacrificed for the dream of a just and united Kenya. Raila Amolo Odinga, a name that stirs both reverence and reflection, stands as a living philosophy of endurance and hope.

Raila's life has been a journey through valleys of political betrayal and peaks of moral victory. His pursuit was never for self-glory but for the collective redemption of a nation. When he says, "I may not get there with you, but together you will get there," he speaks not as a man defeated, but as a prophet fulfilled, one who has seen beyond the limits of time, into a Kenya that is fair, free, and equal.

.

In these words lies the essence of philosophical leadership, the understanding that one's mission transcends personal ambition. To live for something greater than oneself is to embrace immortality in the soul of a people. Raila reminds us that the measure of leadership is not how long one reigns, but how deeply one plants the seeds of change. "I must not have to be the President of Kenya," he says, "but Kenya must have a good President." Such a statement is not a resignation; it is the highest form of patriotism, the surrender of ego for the survival of a vision.

And as Baker Muzige reflects: "A kingdom never stays empty when one great son rests; another rises." In this philosophy of continuity, leadership becomes a sacred relay. The struggle is not ended by the resting of one hero; it is renewed in the awakening of another. Raila Odinga built the foundation with sweat and sacrifice; now his political son, Babu Owino, must rise, not to replace, but to continue. The torch of justice must never dim, and the youth must guard it fiercely.

Every generation must answer the call of its time. For the youth of Kenya, the struggle for fairness, opportunity, and dignity remains unfinished. To follow Raila's vision is not to imitate his steps, but to walk in his direction towards truth, equity, and unity. The torch he lit must burn in classrooms, in parliaments, in the streets, and in the hearts of those who refuse to accept mediocrity where greatness is possible.

History does not remember those who sought power for themselves, it remembers those who sought purpose for humanity. Raila Odinga may not sit on the throne of State House, but he reigns in the moral conscience of a nation. His fight was not for position, but for principle. And in that, he has already won.

As Kenya stands at another crossroads, may her sons and daughters remember, the mountain top is not reached by one man's climb, but by a people's march. And though Raila may have seen the Promised Land from afar, his vision continues to guide those who still journey toward it.

The struggle lives. The torch burns. The kingdom endures.

THE MONDAY, 13TH OCTOBER 2025 FELLOWSHIP- PICTORIALS



















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WE ALSO DO OUTSIDE CATERING

WORLD POLIO DAY
24 OCTOBER



Q&A WITH BILL GATES: THE OPTIMIST

In May, Bill Gates gave himself a bold new challenge and a tough deadline: to give away virtually all his wealth in the next 20 years and close up his long-running philanthropic enterprise. The Gates Foundation, one of Rotary's partners in the Global Polio Eradication Initiative, has already given away more than $100 billion in its first 25 years. But for the foundation to wind down fully it first needs to ramp up — in order to spend more than twice that amount before it closes its doors on 31 December 2045.

Polio remains a priority. At the 2025 Rotary International Convention in Calgary, Alberta, Rotary and the Gates Foundation announced a joint commitment to direct up to $450 million over the next three years to support polio eradication, a renewal of their long-standing partnership. Rotary will continue to raise $50 million per year, with every dollar matched with two additional dollars from the Gates Foundation.

To learn more about his decision, how he views the foundation's legacy, and what lies ahead, the Rotary magazine posed some questions to Gates, who turns 70 this month. These are the responses he sent in their entirety.

Q. As the Gates Foundation celebrates its 25th anniversary, what are you most proud of?

Over the past 25 years, we've witnessed and contributed to more progress than we ever thought possible.

I'm proud of the partnerships that have contributed to saving lives — not only the Global Polio Eradication Initiative but also the Global Fund to Fight AIDS, Tuberculosis and Malaria, and Gavi, the Vaccine Alliance. Thanks to these programs, the price of lifesaving health care innovations — vaccines, treatments, bed nets, and diagnostics — has dropped dramatically.

The impact is mind-blowing: Thus far, these collaborations have reached 1.1 billion children with lifesaving vaccines, helped cut global child mortality in half, and saved more than 80 million lives. Hundreds of millions of people have risen out of poverty and into better lives.

Q. As you wind down your foundation over the next 20 years, where do you think your money will make the biggest impact? What headwinds do you anticipate?

In spite of all of the progress I've just described, we are seeing the toughest headwinds in the history of our foundation. Countries are slashing tens of billions of dollars in global development funding, and the consequences will be deadly. In fact, this will be the first year in the new millennium when the number of kids dying around the world goes up instead of down — an unthinkable tragedy. We need people who are committed to progress — like Rotarians — to stand against these deadly cuts and help us get back on a path to progress. For our part, we will be accelerating our work over the next 20 years to solve urgent problems and save and improve more lives. We remain steadfastly focused on where we can have the most impact: 1) reducing child mortality, 2) eradicating or eliminating infectious diseases, and 3) lifting millions more people out of poverty and onto a path to prosperity.

We're placing our bet on human ingenuity — on the scientists, health workers, educators, and farmers whose tireless work has already delivered some of the most dramatic gains in human history. They haven't given up, and neither will we.

Q. How do you ensure sustainability?

Our goal at the Gates Foundation has always been to solve problems, not manage them in perpetuity. That means helping communities build

capacity to take on the challenges they face. That will be our priority for the next 20 years, and we hope it will be the priority for the next generation of catalytic philanthropists who will take up the challenges of their time.

New innovations will continue to give these communities better tools than ever before to invest in their own health and prosperity. So, despite the challenges we face, I'm optimistic. The past 25 years was one of the greatest periods of human progress in history, and I believe that we can make the next 20 years even more transformative.

Q. Wild poliovirus case counts rose in 2024. What makes you optimistic polio eradication is still possible?

I am as confident as ever that the global polio program will end polio for good.

What keeps me optimistic, despite some challenges, are the innovation, frontline workers, and global commitment driving this effort forward. The next-generation polio vaccine, nOPV2, is helping to stop outbreaks, protecting children in under-immunized communities from paralysis. More than 1.6 billion doses have been administered as of July 2025 — that is an incredible number of children protected from this devastating disease. And we now have enough supply of this new vaccine to protect children wherever it emerges.

In the countries where wild polio remains endemic, Afghanistan and Pakistan, the program is working closely with local authorities to tackle obstacles, improving cross-border coordination and strengthening community trust to reach all children with vaccines.

Despite the recent uptick in cases, we shouldn't lose sight of the broader progress, which really is remarkable: the Global Polio Eradication Initiative has eliminated wild poliovirus in almost every country in the world, reducing the number of polio cases by over 99 percent. With continued commitment and collaboration, including from Rotarians around the globe, I am confident we can finish the job.

Q. How is the polio program pivoting given the current political and economic volatility? Is there any change to how your foundation is doing its work toward ending polio?

The polio program has a long history of adapting to stop polio in some of the world's most complex settings — working closely with governments and communities to protect routine immunization progress and stay focused on eradication.

Take Pakistan as an example. Security forces sometimes provide support in conflict areas so that vaccinators can do their jobs safely. But in areas of the Khyber Pakhtunkhwa province where conflict has been on the rise, the presence of those security forces was actually keeping families from feeling safe enough to go get vaccinated. So local influencers stepped in to keep vaccinators safe without having to involve security forces at all. The approach has been working well, with a reported 80 percent of children being reached. It will be critical that the program independently monitor these areas so we can be confident in the results.

Today, amid competing health priorities and growing political and financial pressures, we know tough challenges lie ahead. Some major donors are reducing support for global health, but new donors are also coming in with contributions, which is so critical at this time. And we are continuing to adapt as we do best, staying laser-focused on what works and using financial and human resources where they will have the greatest impact to end polio for good.

Q. What's the biggest lesson you've learned in your time working on polio eradication?

Progress depends on relentless collaboration. Success is only possible when polio workers, government officials, partners, and donors — including Rotary — all work together to reach children with life-saving vaccines, even in the world's hardest-to-access areas.

We observed the power of this kind of collaboration recently in Madagascar during an outbreak of variant poliovirus. The government came in with strong political leadership to halt the spread; community partners worked quickly to strengthen vaccination campaigns; and international partners like UNICEF and the World Health Organization surged support to bolster those efforts. Everyone worked to protect children with vaccines in some of the most distant and isolated regions of the country, and they succeeded in stopping the outbreak.

Ending polio for good will require more collaboration like this whenever and wherever the disease continues to emerge. Rotary members' roles as global advocates and civic leaders are critical to ensure polio eradication remains a top global priority.

Q. The Gates Foundation has funded technical innovations in polio vaccines for two decades, including the development and rollout of nOPV2. What most excites you about what's in the research and development pipeline now?

Sustained investment in innovation is as critical as ever. As I mentioned, nOPV2 is already helping close outbreaks, and we continue to invest in more genetically stable vaccines to keep future generations safe from variant polioviruses. These advances are helping us stop transmission faster and protect more children with greater precision.

We're also excited about the hexavalent vaccine, which combines protection for children into a single shot against six diseases: diphtheria, pertussis, tetanus, Haemophilus influenzae type B, and hepatitis B, along with polio. This simplifies immunization schedules and strengthens early protection for children, especially in regions that have limited health care resources. In fact, in July, Senegal and Mauritania became the first countries to introduce this vaccine with support from Gavi, the Vaccine Alliance.

These innovative vaccines are giving frontline health care workers better tools to reach every child and stop transmission of all forms of polio for good.

Q. Why did you choose to have the Gates Foundation partner with Rotary? What does Rotary bring to the table?

Rotary was the first organization to envision a world without polio, and members' leadership has been essential in driving this global effort for over four decades.

As a founding partner of the GPEI, Rotary has helped vaccinate nearly 3 billion children across hundreds of countries since 1985. Rotary members have contributed numerous volunteer hours and significant funding, and their advocacy has helped secure billions more from governments to support eradication efforts. Their global network allows them to deliver vaccines and engage communities in the toughest settings, from India to the Philippines to Ukraine.

Because of Rotary's leadership, we are closer than ever to our shared goal of ensuring that families will never have to fear this disease again.

Q. Why are you extending the Gates Foundation's 2-to-1 funding match with Rotary?

Together, we hope to mobilize up to $450 million in new funding over the next three years. These funds will be used to support vaccine delivery, outbreak response, community engagement, and implementation and maintenance of polio eradication programs in affected regions.

This extension comes at a critical time. Over the past year, we have seen wild polio case numbers rise in the last endemic countries, Afghanistan and Pakistan. And the detection of polio in places that were previously polio-free is a stark reminder that polio anywhere is a threat to people everywhere. While transmission overall remains low, our hard-won progress is at risk. Reductions in global aid, vaccine misinformation, and rising conflict and political instability are all contributing to polio's continued spread.

Continuing our partnership with Rotary will allow us to address these challenges and reach children around the world with lifesaving vaccines.

It is critical that we finish the job on polio. Eradication is the only way to make sure that continuing challenges don't mean an ongoing risk for children today and for generations to come.

Q. In 2009, your father, Bill Gates Sr., suggested to Seattle Rotarians that they work on malaria eradication. Over the years, their work has grown into the Rotary Healthy Communities Challenge, which the Gates Foundation supports through a $13 million donation and technical assistance and guidance. How does this project fit into your overall strategy for malaria eradication and preventing childhood deaths?

Our long-standing partnership with Rotarians has been critical to the progress we've seen against malaria in recent decades — and it's more important today than ever, in the face of shifting agendas and uncertain financing that are putting this progress at risk.

Over the past 25 years, 2.2 billion cases of malaria and 12.7 million deaths have been averted — thanks to innovation, generous aid, and political commitment. For the first time, eradication is within our view, and the pipeline of next-generation tools to bring that vision to reality has never been stronger.

Rotary's work is essential to building the networks of community health workers who will bring these tools to the people who need them. Through the Healthy Communities Challenge, Rotary is helping to train thousands of community health workers across the Democratic Republic of Congo, Mozambique, Nigeria, and Zambia who are treating malaria, pneumonia, and diarrhea in their own communities. These community health workers know their communities in ways no one else could. They're the ones who will get us across the finish line in beating malaria in the toughest places — and in the process, they'll build the foundation for healthier, more resilient communities that can face multiple health challenges.

Q. How will AI impact development? Paint us a picture of what health care, agriculture, education, etc. might look like in 20 years.

Artificial intelligence has the potential to help solve some of the world's toughest challenges. One of the key ways AI is helping to shape the future is by providing critical support to frontline workers — including community health workers, farmers, and teachers — who are using AI to reach people more efficiently and effectively.

In global health, AI-powered tools could significantly reduce pressure on overburdened health care systems by supporting frontline workers in diagnosing health problems and delivering better, more effective care. Imagine a nurse in a rural clinic using an AI tool to analyze a patient's symptoms, flag high-risk cases, and provide accurate diagnoses and treatment suggestions. This kind of real-time clinical support could improve both accuracy and access, bridging long-standing gaps in care and bringing lifesaving capabilities to those who need them most.

And this is just the beginning. In agriculture, AI is delivering tailored advice to smallholder farmers to increase agricultural production. In classrooms, AI-powered tools are helping teachers personalize lessons for students and improve learning outcomes. f the world continues to prioritize equity and access at the forefront, AI can be a powerful force multiplier for development — expanding opportunity, reducing inequality, and improving millions of lives.

Q. Rotary has been increasingly emphasizing measurable impact in its projects. As someone who has long been focused on data collection, can you give our members any advice?

Quality, timely data is critical for everything from development of AI-backed tools to vaccine delivery to advocacy. Through advances in how researchers collect and analyze global health data, we now know much more about what kills children, where these deaths occur, and why some kids are more vulnerable than others. By putting those insights to work, we've been able to make incredible progress over the last 25 years, reducing child mortality and saving lives. Over time, better data has revolutionized how we understand health challenges, target resources, and measure impact — and remains one of the most powerful tools we have to drive future progress.

Investing in data is a smart, cost-effective way to create impact. Continuing to improve data-gathering and to invest in the collection of quality data will give us a fuller picture of where our investments and programs will have the greatest impact and help us build solutions to some of the world's toughest health challenges. Measuring impact and starting with quality data to design programs will make Rotary initiatives even more effective.

Q. What message do you have for Rotary members?

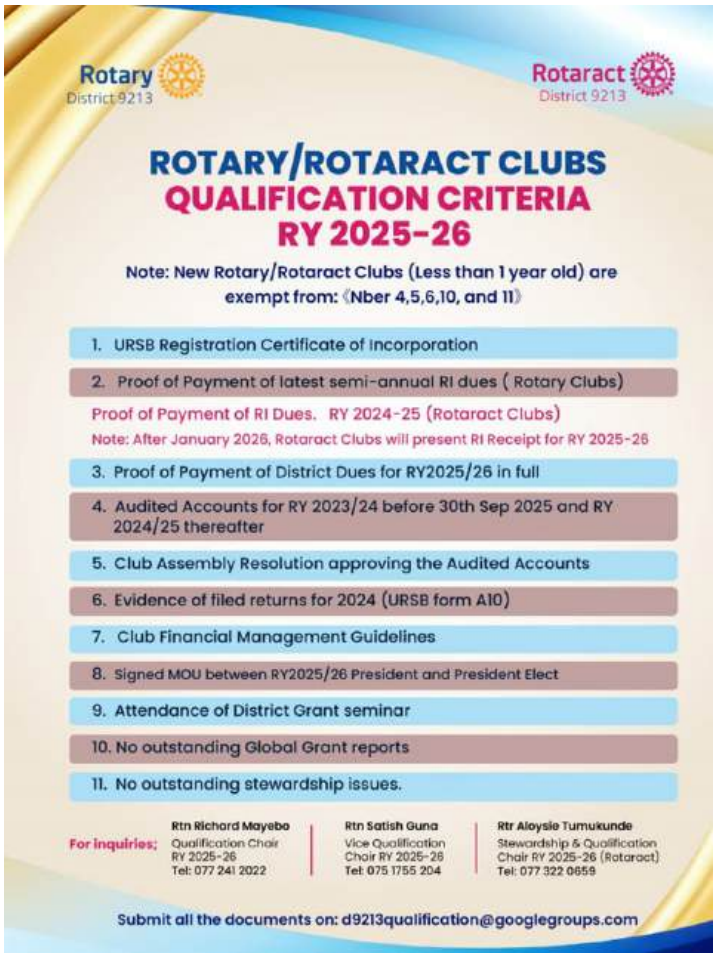
Most importantly, thank you for your unwavering support to eradicating polio. Rotary's leadership, advocacy, and sustained commitment have brought the world to the brink of eradication — something once thought to be impossible.

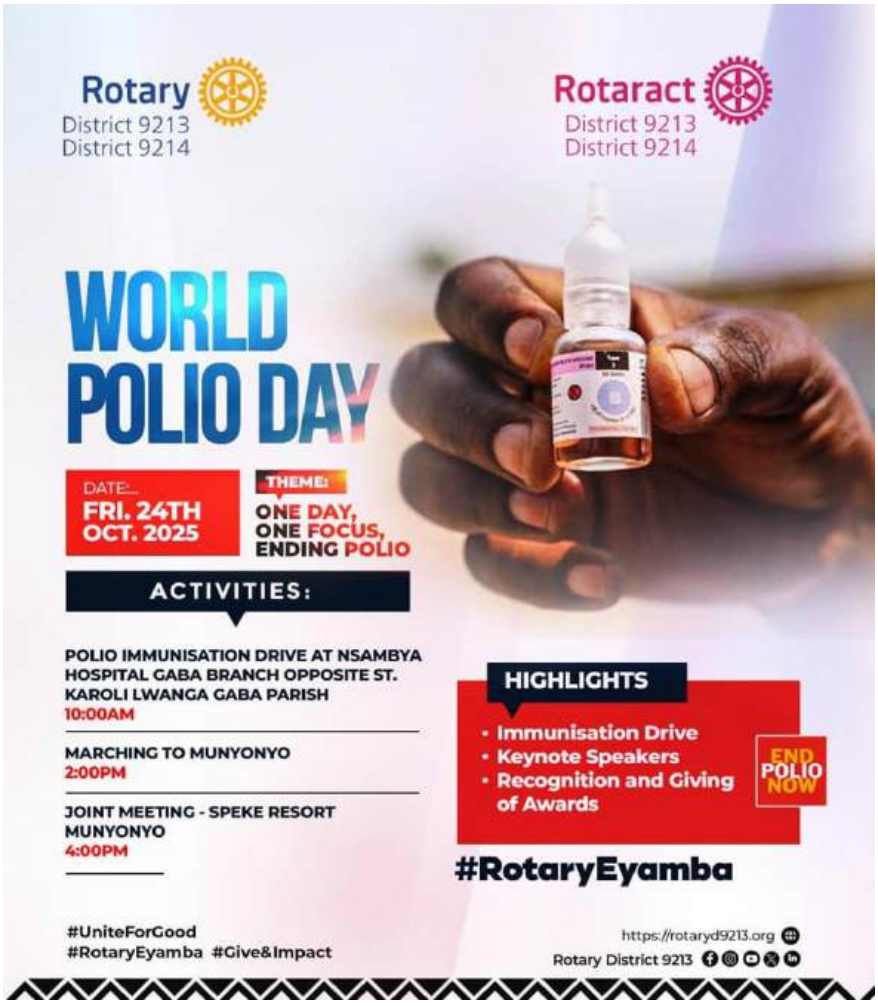
To Rotarians everywhere: Thank you for decades of dedication and partnership. Because of your efforts, we will one day live in a world where all children are safe from this disease. We look forward to leaving polio behind long before our foundation closes its doors in 2045.



1. The dreamers are the saviours of the world.
2. As the visible is sustained by the invisible, so men, through all their trials and sins and despicable vocations, are nourished by the beautiful visions of their solitary dreams.
3. He who cherishes a beautiful vision, a lofty ideal in his heart, will one day realize it.
4. To desire is to obtain; to aspire is to achieve.
5. Dream lofty dreams, and as you dream, so shall you become.
6. Your vision is the promise of what you shall one day be; your ideal is the prophecy of what you shall at last unveil.
7. In all human affairs, there are efforts, and there are results, and the strength of the effort is the measure of the result.
8. Gifts, powers, material, intellectual and spiritual possessions are the fruits of effort; they are thoughts completed, objects accomplished, visions realized.
9. The Vision that you glorify in your mind, the ideal that you enthrone in your heart— this you will build your life by, this you will become.
10. Self-control is strength; Right thought is mastery; calmness is power.
11. Ambition is the spur that makes man struggle with destiny; it is heaven`s own incentive to make purpose great, and achievement greater.
12. The instinctive impulse to keep pushing on and up is the most curious and most interesting thing in human life,
13. When we reach the height which looks so attractive from below, we find our new position as unsatisfying as the old, and a perpetual call to go higher still rings in our ears.


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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


Rotary District 9213 District 9214
Rotaract District 9213 District 9214
WORLD POLIO DAY
DATE:
FRI. 24TH OCT. 2025
THEME:
ONE DAY, ONE FOCUS, ENDING POLIO
ACTIVITIES:
POLIO IMMUNISATION DRIVE AT NSAMBYA HOSPITAL GABA BRANCH OPPOSITE ST. KAROLI LWANGA GABA PARISH
10:00AM
MARCHING TO MUNYONYO
2:00PM
JOINT MEETING - SPEKE RESORT MUNYONYO
4:00PM
HIGHLIGHTS
• Immunisation Drive
• Keynote Speakers
• Recognition and Giving of Awards
END POLIO NOW
#RotaryEyamba
#UniteForGood
#RotaryEyamba #Give&Impact
https://rotaryd9213.org
Rotary District 9213



GOD SENT AN ANGEL IN FORM OF A JOGGER.

CP Joanna Tendo
Rac Mukono Central

August was supposed to end beautifully. I was excited to welcome my birth month, September, full of joy and hope. I had no idea that one Sunday morning would change everything. It was August 31st, 6:40 am. The morning was calm, and my heart full of purpose as I set out for the Cancer Run.

Then—out of nowhere—a man attacked me. He threw me down, forcing himself on me. I fought back, screamed "Munyambe!" but no one
came. Exhausted, I almost gave up, whispering "Kale katutese."

And just then—I saw God's hand. Angels exist in human form
.
A jogger appeared on the path. My attacker, startled, jumped off and fled.

He had been on top of me, trying to flip me over, but the sight of another human being saved me. My life had just been spared—but I had no idea the real battle was only beginning.
To be continued.... (in the next issue)



ON MONDAY, 13TH OCTOBER 2023, FELLOWSHIP - PICTURES





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The Rotaract Club of Mukono Central had the privilege of engaging with a remarkable speaker, Past President Aquino Ssesaazi, who retooled and inspired Rotaractors to better understand their responsibilities. He emphasized the importance of building acquaintances within Rotaract and serving with unwavering commitment. Below are the Pictorials.







CELEBRATING A JOURNEY OF ACHIEVEMENTS IN FINANCIAL MANAGEMENT:

Rtn. Angella Nanyonga
Rotary Club of Mukono

In any Rotary club, effective financial management serves as the backbone of our efforts to impact communities positively. It ensures that our resources are utilized efficiently, allowing us to fund vital projects, support our members, and contribute to the Rotary Foundation. As we navigate through various financial landscapes, it's essential to begin with a recognition of our achievements before addressing the challenges that test our resilience.

KEY ACHIEVEMENTS

This year, our Rotary club has seen remarkable commitment from our members, reflecting a spirit of generosity that deserves celebration. Many members have consistently paid their dues on time, which demonstrates loyalty and support for our collective mission. This financial reliability has significantly bolstered our club's ability to sustain its activities and initiatives.

Moreover, the contributions made to the Rotary Foundation of over $60,000 have been noteworthy. These donations enable us to extend our support to global initiatives, ensuring that we fulfill our promise of "Service Above Self." The willingness of members to give generously underscores the strong values that unite us in our cause.

We must also acknowledge the active participation of our members in club activities. Many have stepped up to contribute their time and resources, fostering an engaging environment that enriches our Rotary experience. This spirit of collaboration enhances our community ties and strengthens our club's foundation.

Additionally, this year has seen improvements in our financial reporting processes. Directors have worked diligently to submit timely accountability reports, providing greater transparency and allowing us to make informed financial

decisions. This proactive approach aids in steering our club towards a stable and prosperous future.

Effective financial management within a Rotary club encompasses various aspects, from budgeting and fundraising to accountability and transparency. It requires a strategic approach to ensure that funds are allocated appropriately, maximizing their impact on both local and international projects.
Each year, our club develops a budget that outlines expected income from membership dues, fundraising events, and donations, alongside anticipated expenses for projects and operational costs. This budget serves as a financial roadmap guiding our activities and ensuring we can meet our community's needs

Moreover, fundraising plays a crucial role in financial sustainability. Engaging members in fundraising initiatives, whether through events or individual contributions, helps secure additional resources necessary to support our mission.

Accountability and transparency are vital components of our financial management practices. Regular financial reporting ensures that all members can assess the club's financial health and contribute to informed decision-making. This structure promotes trust and collaboration among members, strengthening our club's integrity.
Moving Forward Together

As we reflect on the positive achievements in our financial management and the spirit of generosity among our members, it's important to carry this momentum into the future. Together, we can continue to navigate challenges, celebrate successes, and work towards a prosperous Rotary year ahead. Thank you all for your unwavering support, dedication, and commitment to our mission.... Viva La Rotary





BOY CHILD CHRONICLES

Letters to My son

THE REDEEMING LOVE OF GOD

Rtn Catherine Namoma
President Elect
Rotary Club of Mukono Central

Dear son, a story is told of a young man who asks his father for his inheritance, moves to a far off land and squanders it all. He lives a lavish life and spends all his inheritance on parties and recklessness. Within a short time, he loses everything and was back to nothing. Faced with poverty, he gets a job looking after pigs, while working there, hungry and destitute, he envies the life of the pigs. After some time of suffering, he comes to his senses, regrets his actions and decides to return to his father's house, kneels down and asks for a second chance. The father seeing his son is overcome with emotions; welcomes him back with open arms. He crowns him with royalty and celebrates his son's return with a feast. (The parable of the prodigal son Luke 15:11-13)

I don't know how many parents would do that for a lost and disgraceful son, but it's refreshing to know that in a world where rejection is possible, heartbreak is a given, mistakes are a must, bad choices are evident and failure is possible, there is a God who never let's go. Friends can betray you, family can disown you, colleagues can disappoint, spouses can abandon you, strangers can judge you and life can definitely overwhelm you. Through it all, while losing your grip and falling from grace, there is a redemptive and redeeming love of God.

When you're broken, he will mend you
When you're lost, he's your way,
When you're confused he is your clarity,
When you fall, he will steady you
He will never leave you, forsake you, reject you, ignore you, nor forget you.
He is the beginning and the end,
The Alpha and Omega
The banner over you,
The author of your life,
The first and the last

He will forgive you, love you, welcome you, honor you, protect you, strengthen you, guide you, restore you, protect you and cover you.

Son, in all things, find footing in the comfort of the sovereignty and redemption of a God who sees and knows all. This is and always will be the best decision you will ever make.





H. PYLORI AND ULCERS

By Baker Muzige (Bpharm)
Rotary Club of Mukono Central

1. If you suffer from H. pylori and ulcers, this message is for you. Some of you keep blaming "witchcraft from the village" for your ulcers. My friend, it is not witchcraft. It is science, bacteria, and bad eating habits united in wicked harmony.
2. Are you carrying Omeprazole in your handbag, pocket, or house? You might be slowly destroying your gut health while thinking you are protecting it.
3. Let us set the record straight. Ulcers are caused by H. pylori infection, low stomach acid, and frequent use of certain painkillers called NSAIDs.
4. Some Abadoofu graduates will still argue that strong acid causes ulcers. No, brother. Listen here and listen very carefully.
The real culprit is Helicobacter pylori — a cunning spiral-shaped bacterium that survives stomach acid by producing an enzyme called urease.
6. Urease breaks down urea into ammonia and carbon dioxide. The ammonia neutralizes your stomach acid, creating a local alkaline pocket where the bacteria hide and multiply comfortably.

7. Using their flagella (tiny tails), the bacteria dig into the protective mucus layer and attach to the stomach lining. They release toxins and trigger inflammation, damaging the cells that produce mucus.
8. With less mucus and more inflammation, your stomach acid starts burning your own tissues, leading to painful ulcers and gastritis.
9. You rush to the hospital, get tested, and are given the famous H. pylori kit. It sounds curative, but here is where the cycle begins.
10. These kits contain antibiotics and

14. The H. pylori and acid relationship is complicated. The bacteria survive by neutralizing acid, but the infection damages the mucus lining, letting acid cause more inflammation. Sometimes it even triggers more acid production, a toxic love affair inside your stomach

15. Chronic ulcers are painful, and in rare cases, they may progress to stomach cancer. That is why doctors recommend endoscopy with biopsy for serious cases.

16. If you like calling it "my gastritis," please note that persistent H. pylori infection can lead to precancerous changes in the stomach lining.

17. To help your body heal, start by restoring stomach acidity and rebuilding your gut flora.

18. Eat fermented foods such as sour porridge, sauerkraut, kombucha, or get authentic kefir grains .These populate your gut with beneficial bacteria and help maintain healthy acid balance.

19. Try intermittent fasting to give your gut time to repair. It costs nothing and heals a lot.

20. You can keep swallowing all the kits in the world, but until you fix your stomach acid and gut flora, H. pylori will keep renewing its lease.

21. And for those who take Omeprazole daily like multivitamins, remember this: you are not treating acidity, you are fundraising for Big Pharma while turning your stomach into a milk storage tank.

22. CAVEAT: If you have gut problems and still over drink alcohol, you are only clever by half.

23. Bonus: This habit of urinating in the bathroom while squeezing your thighs together must stop. You know yourself.



Rotarian Visits





On the 17th October 2025, the District governor Geoffrey Kitakule Officiated the Launch of the Financial Literacy Program at Fairway hotel. The IPP, Rtn. Carolyne Male and Rtn. Pauline Nankinga of the Rotary Club of Mukono Central represented the Club at this event that was organised by the Unity President of the Rotary Club of Bulindo PHF Percy Paul Lubega.





Rotary
Mukono Central



Rotary
District 9213

Chartered: 8th April 2016

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