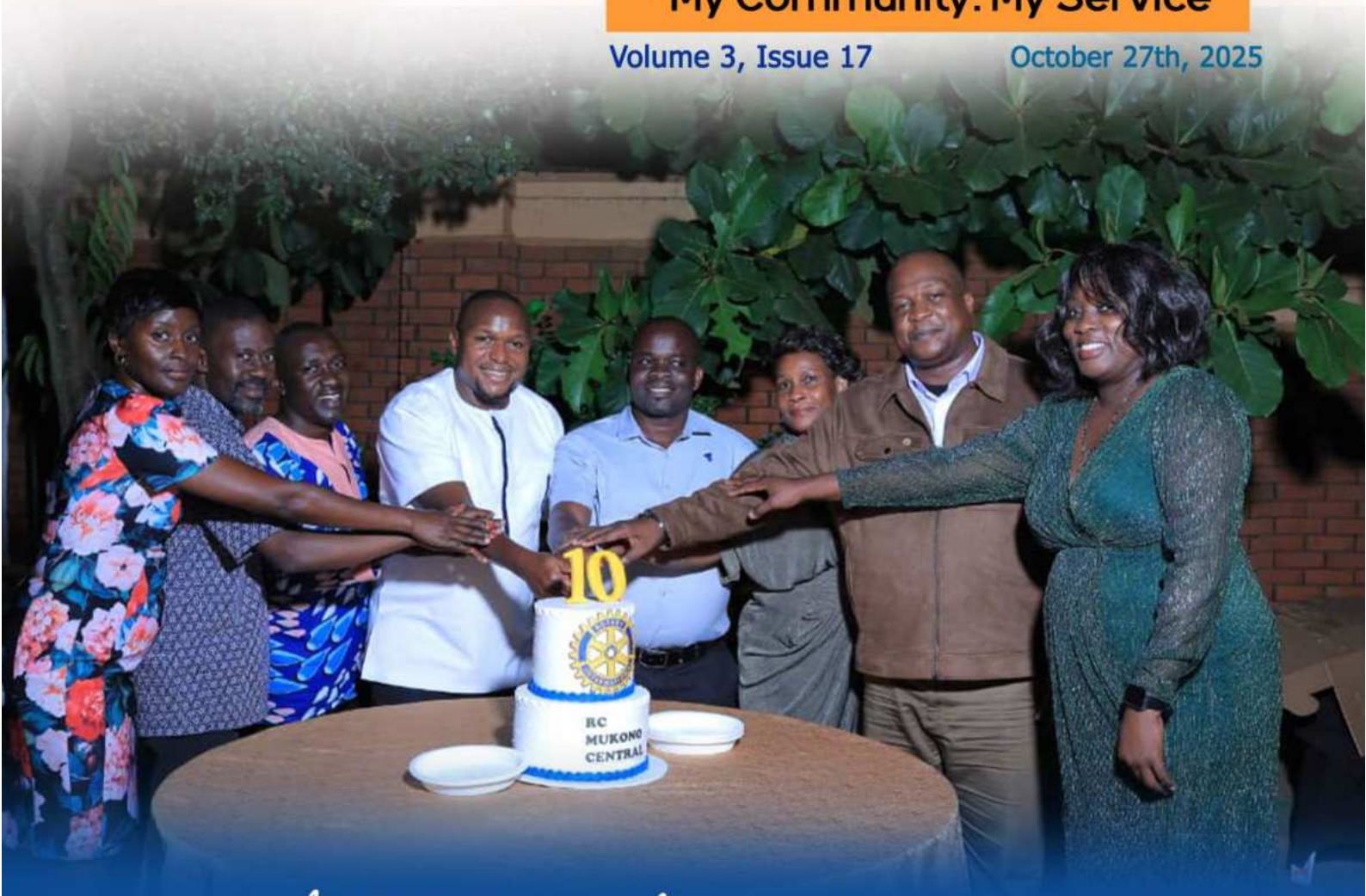
Rotary
Mukono Central

THE DOWNTOWNER

"My Community. My Service"

Volume 3, Issue 17 October 27th, 2025



Happy 10th Anniversary

RC. MUKONO CENTRAL

www.rotarymukonocentral.org

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EDITOR'S NOTE

Dear Reader,

Greetings, as we come to the end of the Community Economic Development theme month, I thank you all for serving. For those who have contributed to the different service projects in your communities, you have walked the talk and the world is very proud of you!

In a special way, I thank all those who joined us for the Club`s 10 years anniversary celebrations. We are so grateful for your enormous support towards, RC Mukono Central. The support you gave us towards the Maternal Shed establishment at Seeta Nazigo Health Center in form of Cash and pledges; we shall forever be grateful.
To the Rotarians of RC Mukono Central, without your support, the fundraising event, would not have happened, thank you all!

The RC Mukono Central is here again with the weekly bulletin; enjoy life changing stories from our authors, share with a friends and don't forget to give us feedback. We are entering into the feastive season, those that would like to advertise their events, places, businesses or anything else through the Downtowner; you can always reach out.

Let's meet again next week and Cheer!



Rtn. Beatrice Nannozi Kasirye
Public Relations Officer / Editor

Quote of the week

“Most people barely know themselves. So what does it matter what they think of you.”





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



DECADE OF SERVICE OF CELEBRATED IN STYLE

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

Dear Downtowner readers and friends of Rotary Club of Mukono Central, welcome back from the celebrations on Saturday at Star Gardens Hotel Mukono. Last Saturday on the 25th Oct 2025, we celebrated a decade of service above self.

The celebrations emphasized our club's 10 years of impact to the local community. Celebrations like these are a great way to recognize a decade of service and community impact, and our past presidents were recognized for their contribution to the development of our club.

We used this opportunity to reflect on our achievements, thank supporters, and we are hopeful of the future of our club. We honored the dedication of Rotarians, including founding members, past officers, and current members.

I am extremely proud of the foundation laid by our past presidents and the charter members. Without their commitment we wouldn't have achieved what we are now. Over the years, our club has done several successful projects, like the Seeta Namuganga clean water and sanitation project, Kikandwa Rain water harvesting project, planted fruit trees for almost all the outreach activities we do.

We have supported education for the most vulnerable children through provision books and geometry sets and this is now an annual activity. We have carried out a number of community healthcare outreaches like medical camps and most recently we constructed sanitary washrooms in the maternity wing at Katoogo Health Centre.

.

We utilized the event to also raise funds for the construction of the Maternity shade for the Seeta-Nazigo Health Centre which we launched in the Hope Creator year. We are very grateful for the support offered by people who attended this event.

I can't thank you enough our club members, past presidents, and more importantly the organizing committee for pulling this off and making it a successful event. I will always be grateful.

Vice President, RC Mukono Central







RC MUKONO CENTRAL HOLDS ELECTION FELLOWSHIP FOR NEW CLUB LEADERS

BY VICE PRESIDENT, MUZIGE BAKER.

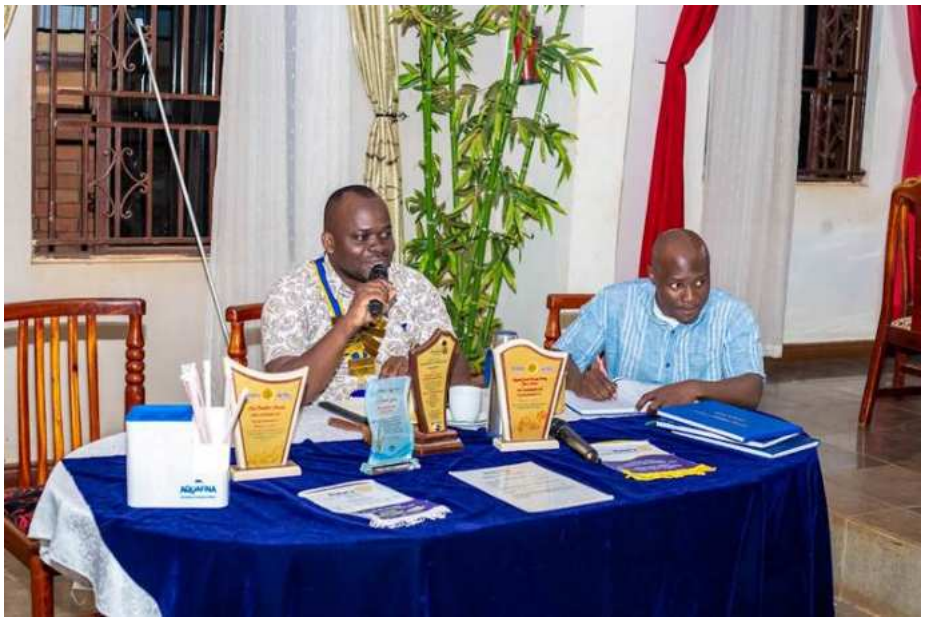
On Monday, members of the Rotary Club of Mukono Central held their election fellowship to confirm the club's incoming leaders. The fellowship followed earlier nominations conducted two weeks prior.

During the nomination exercise, Rtn. Ronnie Mugabi was nominated by AG Kafeero Moses for the position of President Nominee, going unopposed. Similarly, Rtn. Josephine Nakelembe was nominated unopposed for the position of Club Secretary. For the position of Club Treasurer, two candidates, Rtn. Marvin Kakooza and Rtn. Cathie Naigembe, had been nominated.

At the election fellowship held last Monday, Rtn. Marvin Kakooza was not in attendance, leading to Rtn. Cathie Naigembe going through unopposed. All three leaders were thereafter confirmed to their respective positions amid applause and warm fellowship from members.

The event was marked by a spirit of unity, transparency, and shared commitment to the ideals of Rotary. Members congratulated the newly confirmed leaders and pledged their support as the club continues to strengthen its service and impact in the Mukono community.

THE MONDAY, 20TH OCTOBER 2025, FELLOWSHIP- PICTORIALS













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WE ALSO DO OUTSIDE CATERING

MEET OUR PRESIDENT NOMINEE

RTN. RONALD MUGABI



My Name is Ronald Mugabi, a Civil Engineer by Profession. I joined Rotary Club of Mukono Central in June 2023. I joined Rotary mainly to be part of a larger family that sacrifices itself towards service above self, networking and building better friendships.

My Rotary experience is that I have built a network of friends who see value in growth of others, putting a smile to those in need and creating a peaceful environment for all.

My hobbies are spinning and doing light full body exercises, travelling and family time.

What I love about my Club is the closeness of members and that they intentionally care for one another. Furthermore, the evident and consistent growth of the club is also something that draws me deeper into club activities.

I want to see my club partner with other stake holders and be a lead in putting smiles to the needy.

I also want my club to build structures that will guide the longevity of service in the club.

THE OFFICIAL VISIT OF DG GEOFFREY MARTIN KITAKULE TO RC MUKONO- NAMILYANGO- PICTORIALS



















GOD SENT AN ANGEL IN FORM OF A JOGGER. (PART 2).

CP Joanna Tendo
Rac Mukono Central

Joanna was attacked on her way to the Cancer Run. A stranger's sudden appearance saved her life. But the journey that followed was one of pain, fear, and faith.

Confused and broken, I rushed to Festino City with friends who found me on the way. I hid behind the Festino toilets and cried. My knees and elbows were bleeding, my stomach bruised from the fight. The physical wounds were painful—but the deeper wound was inside.

Nights became unbearable. The man's voice—"Mpako"—echoed in my head. Flashbacks replayed. Getting in and out of bed was a struggle. I prayed for my wounds to heal, and they did. But trauma has no timeline.

I kept asking myself: How did I survive? So many girls are raped, murdered, or strangled.

My attacker had no mask—I can recognize his face anywhere. What if he comes back? What if he kills me to silence me? These "what ifs" haunted me. But even in my fear, God's Word gave me strength:

"Surely the arm of the Lord is not too short to save, nor his ear too dull to hear." — Isaiah 59:1

"I lift up my eyes to the mountains—where does my help come from? My help comes from the Lord, the Maker of heaven and earth." — Psalm 121:1–2

When no one heard my screams, God did.

When no one came, He sent a jogger to rescue me.

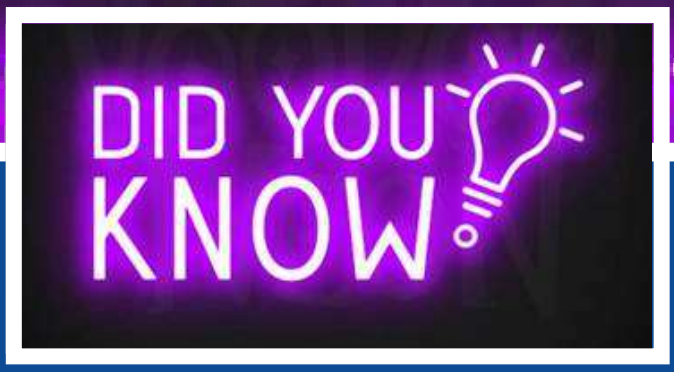
His hand is never too short to save.

It has been a month now. I still fear walking alone. I still flinch at men in caps. People may say "you'll be fine" or "you're bringing trauma on yourself," but only you know your inner pain.

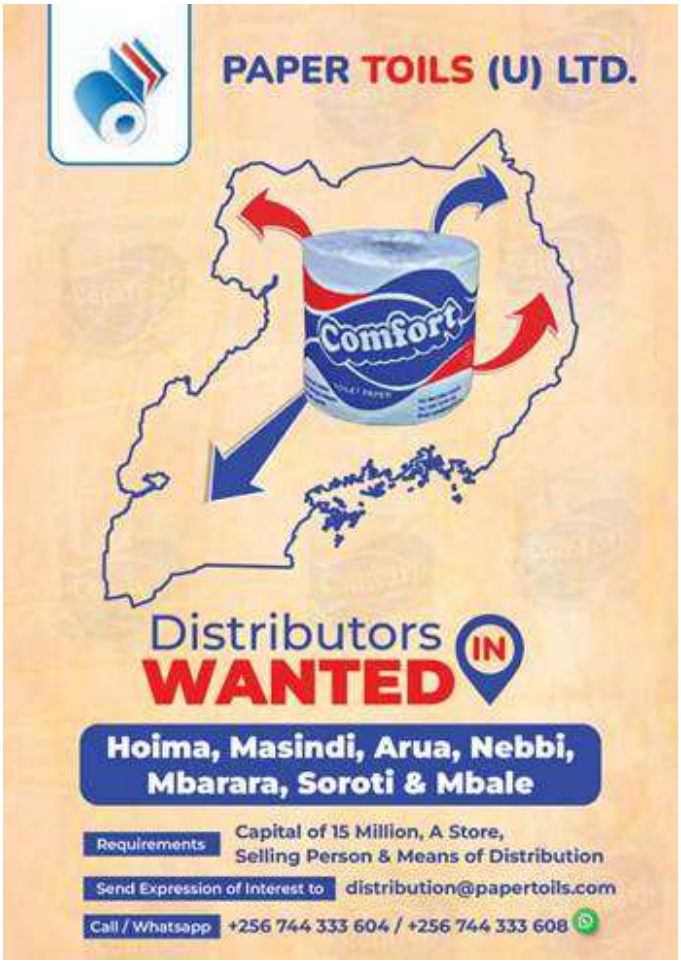
Silence kills—don't sit with it alone. Find a counselor, a trusted friend, a priest—someone to walk with you.

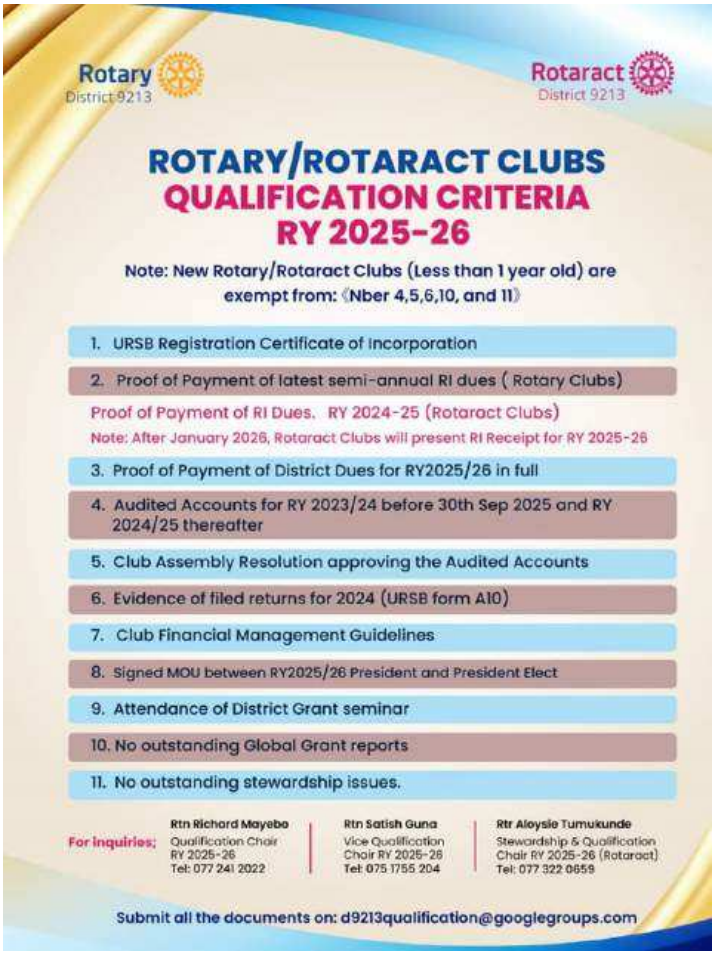
I wasn't raped, but I came close. I survived—not by strength, but by God's mercy. My story is proof: wounds can heal, trauma can ease, and God's hand is never too short to save.



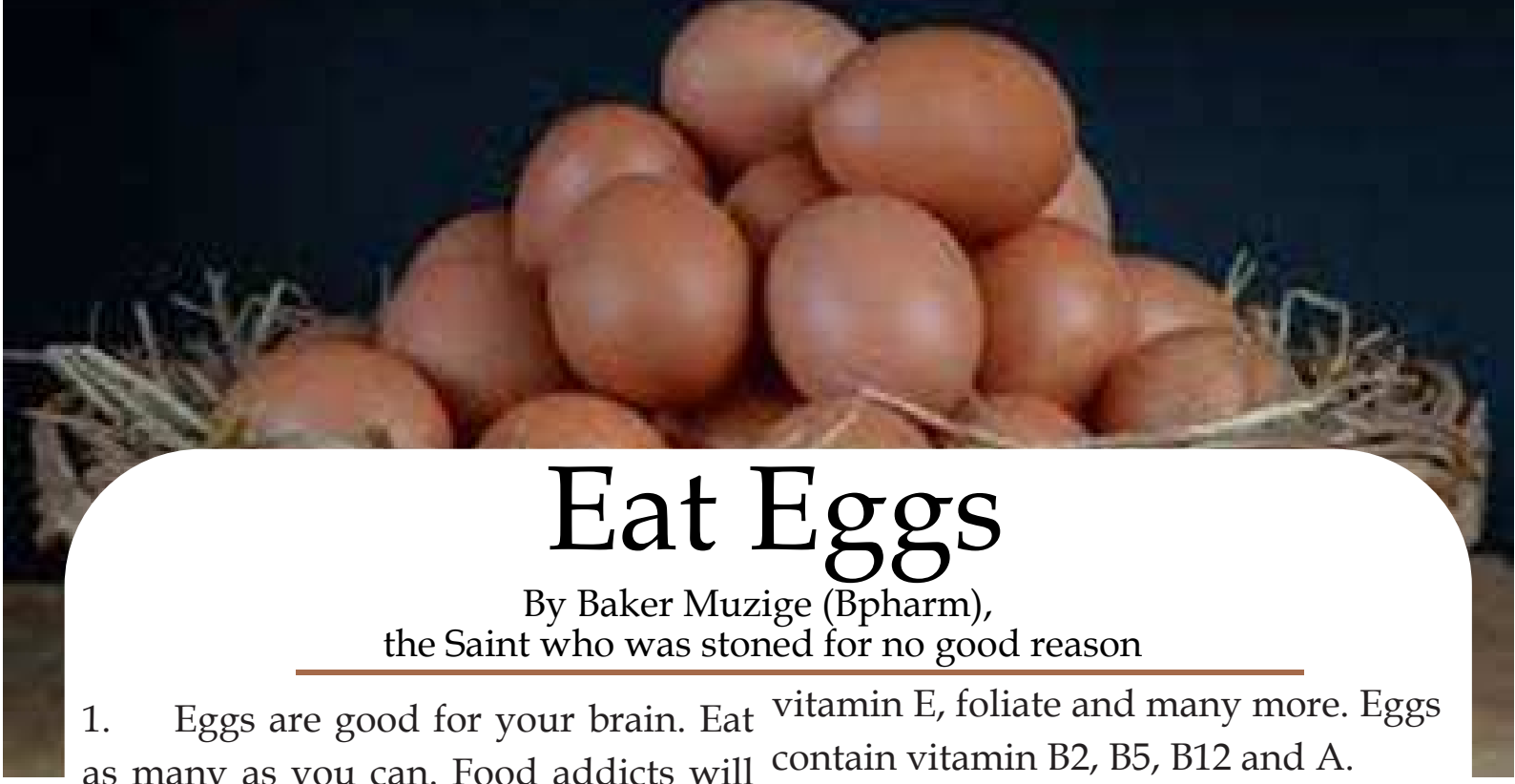


1. Activity is the law of growth; effort the only means of improvement
2. Don't let any one or any condition make you think you have not the ability to match your longings .
3. It is only the man that has stopped growing that feels satisfied with his achievements.
4. Environment has a lot to do with a man`s ambition and achievement.
5. We cannot associate with really ambitious person without catching his spirit to a greater or less extent.
6. We unconsciously reflect the people with whom we mingle much
7. If you interviewed the great army of failures, you will find that multitudes in it have failed because they never got into a stimulating, encouraging environment, because their ambition was never aroused, or because they were not strong enough to rally under depressing, discouraging, or vicious surroundings.
8. Whatever you do in life, make any sacrifice necessary to keep in an ambitious- arousing atmosphere, an environment that will stimulate you to self-development.
9. Ambition is contagious
10. The great trouble with most of us is that we never get aroused, never discover ourselves until late in life— often too late to make much of the remnant that is left.
11. The only true measure of real success is the quality of the ambition.
12. There is no more distressing sight in the world than that of one who is completely in the clutches of a heartless, grasping, greed.


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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


Rotaract Club of Kawempe Metropolitan International University
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Mike Mayanja
CENTENARY BANK
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Rotaract club of Kawempe



Eat Eggs

By Baker Muzige (Bpharm),
the Saint who was stoned for no good reason

1. Eggs are good for your brain. Eat as many as you can. Food addicts will eat before church while normal people will have their eggs after midday
2. Whether yellow yolk or those from Kuku it's the same but avoid the synthetic eggs from China.
3. Eggs contain all the essential amino acids. Amino acids are the ultimate building blocks. Your body doesn't produce essential amino acids, so you need to get them from food daily and one of the major sources is eggs.
4. Eggs contain choline. A single egg contains about 147mg of choline. Choline is good for the brain, it is an essential nutrient required for the normal development of the brain.
5. Eggs contain loads of minerals and vitamins. In fact eggs contain a small amount of almost all the vitamins and minerals your body needs like calcium, selenium, iron, potassium, zinc, vitamin E, foliate and many more. Eggs contain vitamin B2, B5, B12 and A.
6. A normal human being should not produce funny gases after eating boiled eggs.
7. Those who produce funny gases are food addicts with a severely inflamed gut.
8. Those that experience rashes have a leaky gut.
9. The reason we advocate for hard boiled eggs is because a majority of people use engine oils that come in plastic containers.r.
10. You can't overeat proteins because they are self-regulating. So you can eat as many eggs as you can.
11. The Spirit of the Lord is upon me; he has sent me to preach good news to the poor.
12. Sunday bonus. Food comes from animals and from the soil. Eat food not factory products. Sausages, Bread, margarine, Soda ,cookies , noodles, spaghetti are factory products.



BATTLING THE BEAST: YOUR GUIDE TO AVOIDING CANCER:

Rtn. Angella Nanyonga
Rotary Club of Mukono

Cancer is often referred to as the modern-day monster lurking in our shadows, and the statistics are alarming. Every year, millions face this formidable foe, but the good news? Many cancers are preventable. Let's dive into how you can take charge of your health and fend off this threat with youthful vitality!

1. Eat Bright: The Power of Nutrition. Think of your plate as a canvas! Fill it with a rainbow of fruits and veggies— think vibrant berries, leafy greens, and citrus fruits that not only tantalize your taste buds but also pack a powerful punch against cancer. For example, tomatoes, rich in lycopene, have been linked to a lower risk of prostate cancer. So, let's make salad-making an art form, mixing colors, textures, and flavors for a delicious defensive shield.

2. Move your Body: Exercise is Your Superpower Regular physical activity is like a superhero cape; it gives you strength against cancer. Aim for at least 150 minutes of moderate exercise a week. Whether it's dancing like no one's watching, hiking in nature, or hitting the gym, find what sparks joy. Studies show that maintaining a healthy weight and staying active lowers the risk of various cancers, including breast and colon cancer. So, get moving and channel your inner superhero!

3. Ditch the Smoke: Clear the Air. If you're still holding onto that old habit of smoking or vaping, it's time to kick it to the curb! Smoking is the leading cause of cancer and a major player in multiple cancers, including lung and throat. But guess what? It's never too late to quit! Seek support from friends, family, or apps designed to help you break free. Your future self will thank you!

4. Sunscreen: Your Best Friend As summer approaches and the sun starts to shine, remember that sunscreen isn't just for beaches—it's an everyday essential! Protecting your skin from harmful UV rays can significantly reduce the risk of skin cancer. Slather on a broad-spectrum SPF of 30 or higher, reapply every two hours, and put on those stylish sunglasses. Glow responsibly!

5. Limit Alcohol: Sip Smartly While enjoying a glass of wine or a cocktail can be fun, moderation is key. Excessive alcohol consumption is linked to several types of cancer, including liver and breast cancer. Stick to the recommended guidelines: up to one drink a day for women and two for men. Choose alcohol-free days during the week to give your body a break!

6. Regular Check-Ups: Knowledge is Power Knowledge truly is power! Regular screenings and checkups can catch cancers early while they're still manageable. Discuss with your doctor about what tests are appropriate based on your age, family history, and lifestyle. Don't wait for symptoms to appear—be proactive!

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BOY CHILD CHRONICLES

Letters to My son

"FAKE ISN'T THE NEW NORMAL"

Rtn Catherine Namoma
President Elect
Rotary Club of Mukono Central

Dear son, I recently was thinking about the new generation of young adults and the life they live. This was after a conversation I had with a lady who was trying to convince me that wearing hair wigs was a necessity and must have. As a response formed in my head, I realized that nothing about her was real. She had long artificial lashes, a wig, long curvy nails with a waist squeezed so tight I could sense the discomfort. Not to mention the heavy make-up which was close to clowny. As she continued talking, she mentioned the connections she had, how big her bank account was and all the amazing places she had been to all over the world.

Had I been a woman yearning for belonging I would have been impressed and probably pressured to emulate this lady's reiterations of an "admirable" life. But all I felt was pity for her and the many others like her whose desire to impress pushes them to such extremes. I wondered why she thought that her life was better than others because of the people she knew, the financial status and the places she'd been to.

Son, this is true for many young men today whose greatest desire is to impress. Buying cars they can't afford, trying to fit into a certain lifestyle which is considered "accomplished", buying phones they can't sustain, renting expensive houses with the hope of boosting their self-worth.

While it's good to be affluent, rich and connected, it's also good to stay humble and grounded with who you are. It's ridiculous to think faking it will make it real or camouflaging who you are will earn people's respect.

There is something beautiful about authenticity. Being comfortable with who you are and satisfied with what you have. This earns you respect and honor amongst strangers and peers. No need to strain to impress people who don't care, while wallowing in debt, struggling with expensive gadgets and running away from your landlord, the world will be laughing.

So be you,

Be humble

Don't trade authenticity for approval

Don't believe everything you see in other people's lives. Sometimes the grass is greener on the other side because its fake.

Competition is the killer to self-esteem.

Be wise.





Rotary
Mukono Central



Rotary
District 9213

Chartered: 8th April 2016

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