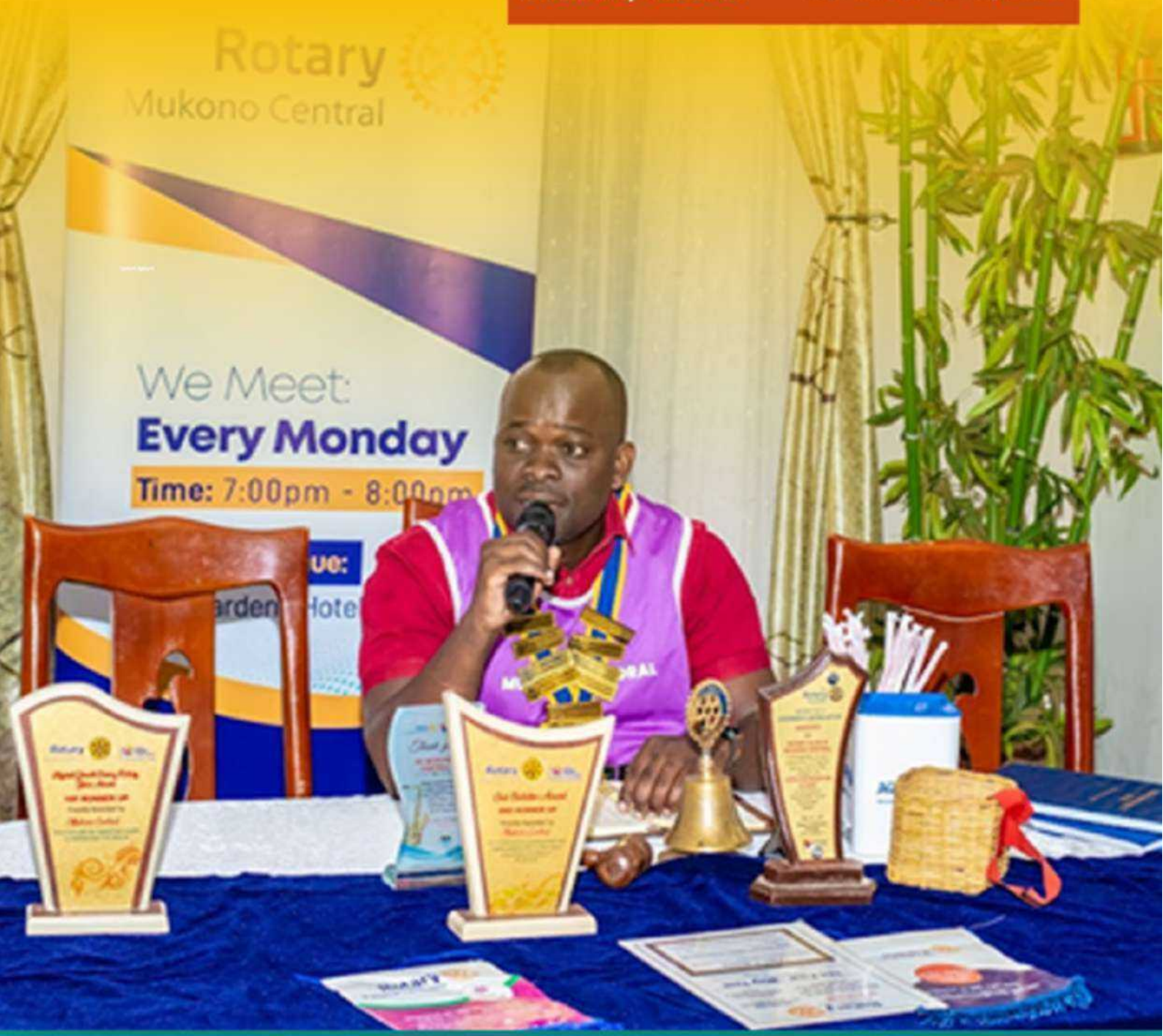
Rotary
Mukono Central

THE DOWNTOWNER

"My Community. My Service"

Volume 3, Issue 20 November 17TH, 2025



www.rotarymukonocentral.org

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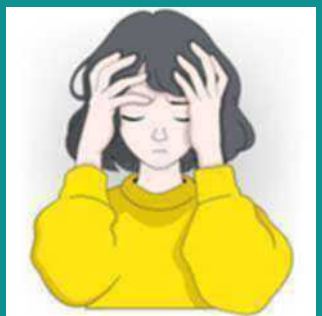
FITNESS - SITUPS



THE TOOTHPASTE WAR IN MARRIAGE



ANNOUCEMENTS



MIGRAINE HEADACHE

EDITOR'S NOTE

Dear Reader,

It is another beautiful Monday, we thank the dear Lord for your lives and that of your dear ones.
We are in week three of The Rotary Foundation Month and I thank all those that have contributed and pledged to the Foundation.
In a special way, I thank Rotarians that regularly visit us for our Monday Fellowships, we are very grateful for your kind gestures! I also commend RC Mukono Central for being part of the Mukono Cathedral RUN and Health Camp drive; the willingness to participate in community engagements is what makes us stand out.

In this issue, I continue to share inspirational messages from the key contributors of the Rotary Foundation that all of us can reflect upon. The President of RC Mukono Central has shared a powerful message on giving to the Foundation, he also talks about the Club`s history on giving, do not miss to check out his message.

There is a lot of **DISCON** information on various platforms, I encourage us all to check it out and find ways on how we can be part of **DISCON**. I wish you all a fruitful week and let's meet again next week.
Cheers!



Rtn. Beatrice Nannozi Kasirye
Public Relations Officer / Editor

Quote of the week

“It is our attitude at the beginning of a difficult task which, more than anything else, will affect its successful outcome."

William James

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.



EVERY ROTARIAN EVERY YEAR SUPPORT!

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

Dear Rotarians of Rotary Club of Mukono Central. Thank you all for supporting The Rotary Foundation's Annual Fund. Our club has a proud history of donating 100% to the Rotary Foundation.

When every Rotarian gives every year, it makes doing Good in the World possible. Our Foundation's Annual Fund pays for local and international grant projects that improve lives close to home and around the world.

Your contributions help us promote peace, improve people's health, provide quality education, respond to disasters, and protect the environment. Thanks to Every Rotarian!

The Rotary Foundation can take on life-changing, sustainable projects because of donors like you, who give at least USD$25 every year to the Annual Fund. When every Rotarian gives every year, no challenge is too great for us to make a difference.

Since our club's charter 10yrs ago, several of our members have received the Paul Harris Fellowship award by contributing 1,000 USD with one of our member achieving the PHF+5 level. The Paul Harris Fellow +5 recognition, indicates a member of a Rotary Club has made significant financial contributions ($5,000 to $5,999.99) to The Rotary Foundation

The Rotary Foundation also leads the charge on worldwide Rotary campaigns such as eradicating polio. Through the Rotary Foundation, we truly are so close to eradicating Polio, Rotary is at the forefront of this historical achievement. And it is because of Rotarians like you, who have contributed and helped.

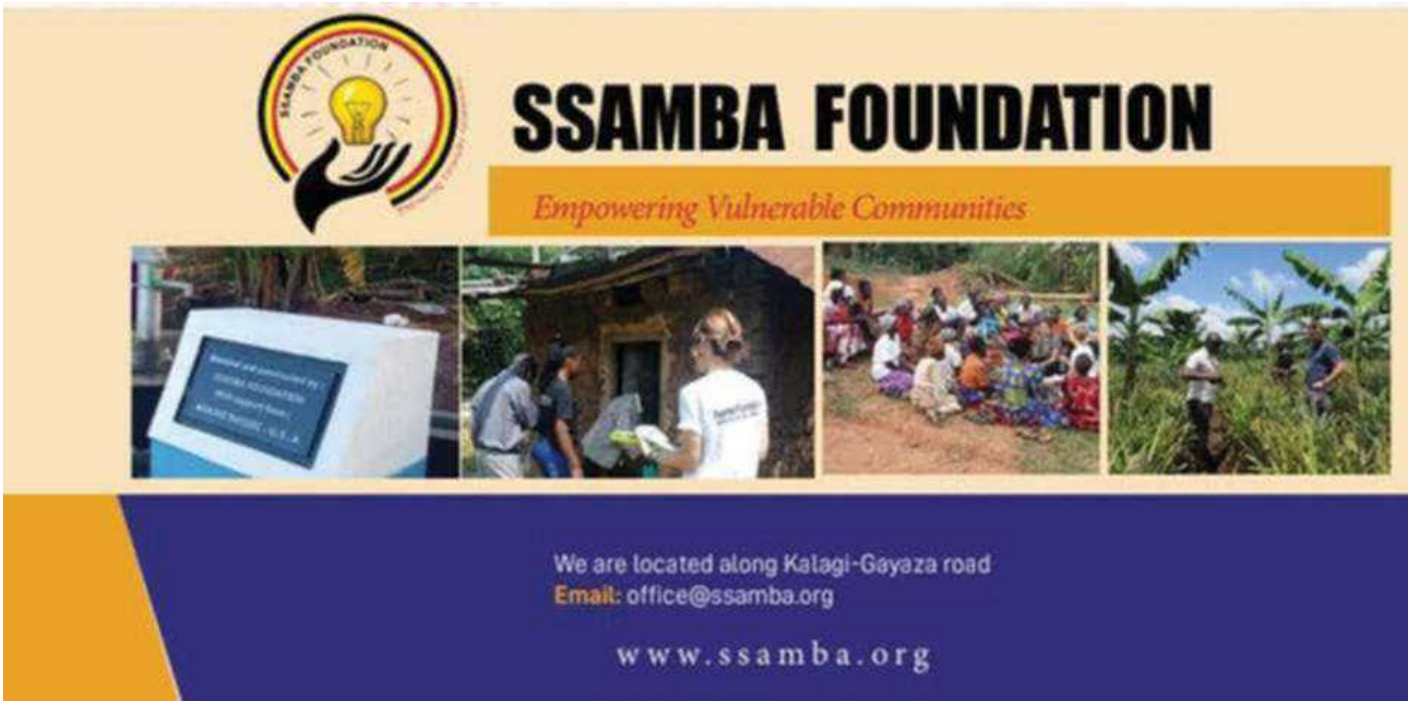
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As we reflect upon the month of November which in the Rotary Calendar is The Rotary Foundation Month, let us draw attention to what I call the bank of Rotary, the Rotary Foundation. TRF is the financial institution that provides the financial support of all RI Global and District Grants projects.

"Every Rotarian Every Year" is the theme for supporting the Rotary Foundation, which encourages every member to contribute financially each year to fund global and local service projects. This annual support from members helps the foundation transform gifts into service projects that change lives worldwide.

Rotary has recognition levels for cumulative giving, but the "Every Rotarian Every Year" initiative focuses on the annual, regular support of individual members.





THE MONDAY FELLOWSHIP - PICTORIALS

























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

NOVEMBER IS



THE ROTARY FOUNDATION, REASON FOR GIVING

The Rotary Foundation | EVERY ROTARIAN EVERY YEAR

TAKE ACTION: www.rotary.org/give

- We support The Rotary Foundation because it transforms donations into life-changing projects worldwide. These initiatives promote health and education, alleviate poverty, and create boundless impact. Even one small act can make a significant difference - **Herminio S. Esguerra and Joyce Michelle L. Ambray.**
- It is gratifying to know that my donation will be added to many others and create hope in the world **-Bruna Dodaro.**

- We have made The Rotary Foundation our charity of choice because the funds we contribute are amplified by the amazing work that Rotary members do around the world to implement these projects in our seven areas of focus, which are aligned with the United Nations' Sustainable Development Goals **-Alexander and Nora Falk.**

- Seeing the diverse global projects accomplished by Rotary makes us happy. As proud Rotary members, we give back to society through The Rotary Foundation because we trust it to be a good steward of our money- **Man-Long Paul Iec and Sarah Kei-I Lo.**
- As a Rotary member, I support the philosophy of The Rotary Foundation and want to put into action the idea of doing good in the world**- Joni Lee.**

- When we act alone, our effectiveness is limited. Together, thanks to The Rotary Foundation, our service to humanity becomes more efficient - **Patrick Mennesson.**


Rotary
District 9213
Rotaract
District 9213
TRF
2025
DINNER
SATURDAY
22ND NOV
KABIRA
COUNTRY CLUB
TIME:
3:00PM
FEE:
200K
DRESS
CODE
BLACK
TIE
#UniteForGood
#RotaryEyamba #Give&Impact
https://rotaryd9213.org
Rotary District 9213

THE TOOTHPASTE WAR IN MARRIAGE.



I don't know who made the rule that toothpaste must be pressed from the bottom. But my wife? She squeezes it from the middle like a terrorist.

And for years, I've been tolerating it.
Until yesterday when I walked into the bathroom, already stressed from traffic and work. I picked up the toothpaste. Again, she had squeezed it from the middle. Like say I never warned her before.
That's when I snapped. I marched into the bedroom and said:

"Why do you enjoy disorganizing this house? Every day, I arrange the tooth-paste. Every day, you scatter it. Why???"

She blinked twice. Sat up.

"All this shouting because of Colgate? It's not just Colgate! It's about respect and order!"
She stood up slowly and said,
"Okay. Let's talk about order."

Ladies and gentlemen, I didn't know I had just entered Judgement Day.

S

he opened a file from her memory.
"Since we're talking about habits, why do you leave your socks in the sitting room?
Why do you open the cereal and never close it back?

Why do you wear a singlet and hang it on the door like decoration?

Why do you pee and forget to flush?

Why do you eat plantain and drop the oil-stained plate on the bed?"

At this point, I regretted my whole life.

Even toothpaste was looking at me like, "Oga you don enter am."

She didn't stop.

"

Why do you snore like a generator?

Why do you watch football like they're paying you?

Why do you say 'I'll do it' and never do it?

Why do you love me in silence but leave your socks everywhere like they're sending me a message?!"

I was quiet. The toothpaste fell from my hand. That night, we didn't talk again. Silent treatment. Until around 2:37am, I woke up to pee and saw her sleeping. Her hand was on the pillow, softly breathing. Hair is all messy. Face peaceful. I stood there looking at her for almost 2 minutes. That's when it hit me. This woman is not the problem. We're just two different adults trying to survive adulthood under one roof.

In the morning, I walked to her with a smile. I held her from behind and whispered,

"Let's buy two toothpastes. One for you, one for me."

She turned and laughed, "Abi na two bedrooms you want too?"

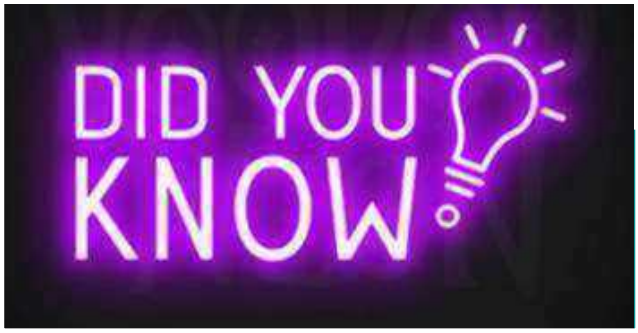
We laughed. We hugged. We moved on. Love is not always candlelight and Instagram pictures. Sometimes, it's understanding that toothpaste is not the real problem.

Moral of the story?

Marriage is not a war. It's a dance. If your partner steps on your toes, don't fight. Just find a new rhythm together. And sometimes… buy separate toothpastes.

HAS YOUR CLUB QUALIFIED YET?





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.



Annoucements

Rotary

Emmanuel Katongole
Rotary International Director
2026-2028

T : +256-772-727262
E : emmanuelkatongole4@gmail.com
F : Emmanuel Katongole
X : @Emmanuel_rotary

7th November 2025

Dear Rotary Leaders and Fellow Rotarians across Africa,

OFFICIAL NOTICE-7TH ALL AFRICA ROTARY ZONE INSTITUTE, 2026 | KAMPALA, UGANDA

Warm greetings to each of you.

Following further consultations with the Office of the President of Rotary International and in alignment with the global RI leadership calendar, I wish to advise that the dates for the 7th All Africa Rotary Zone Institute have been revised.

The Institute will now take place on:
29th September – 3rd October 2026
Kampala, Uganda.

This adjustment has been made to ensure the confirmed participation of Rotary International Senior Leaders, whose presence is essential to strengthening the strategic dialogue, leadership development, and continental collaboration that the Institute is designed to foster.

In light of this change, the Early Bird Registration period has been extended to 31st December 2025. Registration will continue to take place through the official Institute website: https://africazoneinstitute.org/

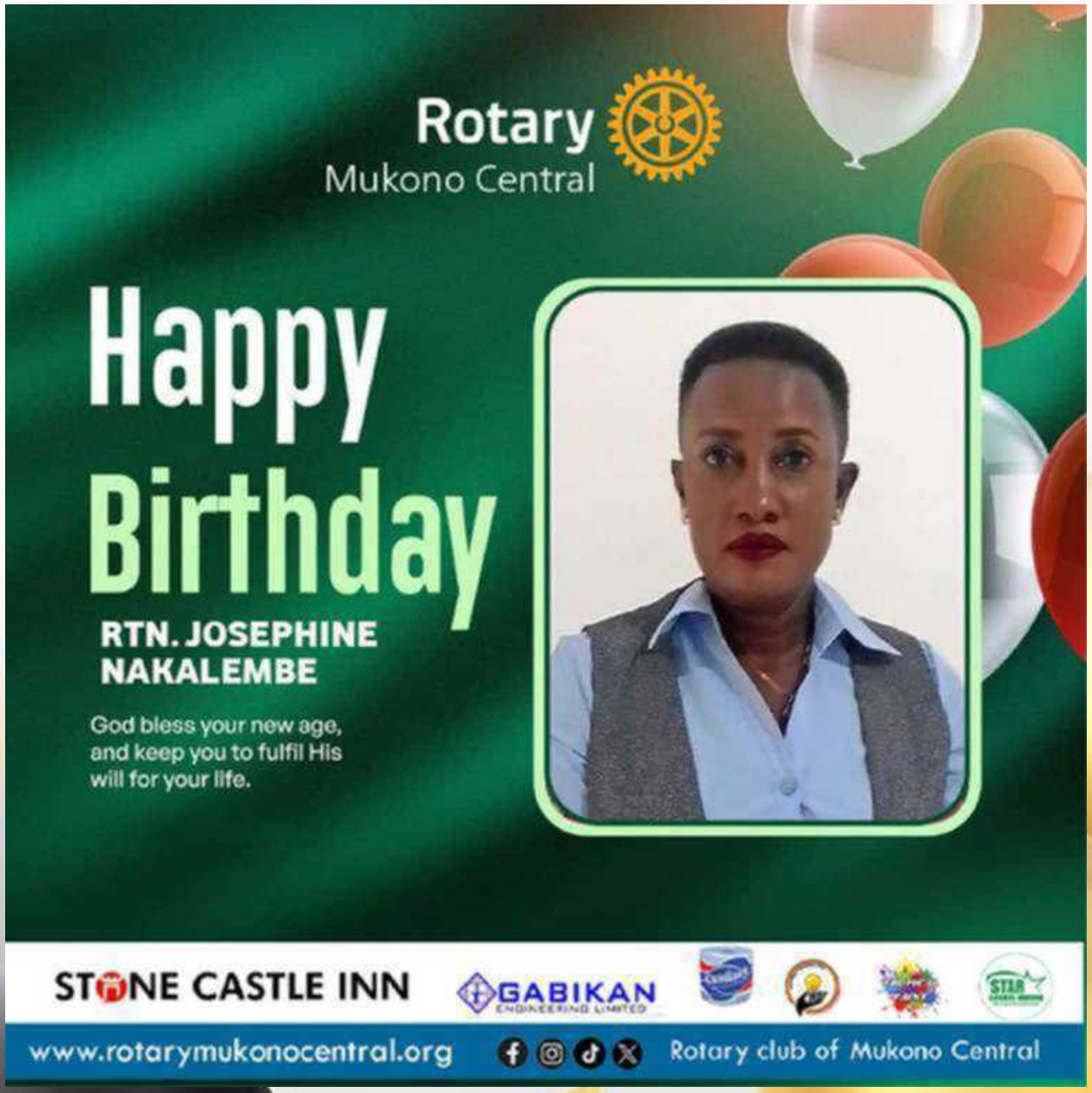
I kindly request District and Club leadership across the continent to update their calendars and planning accordingly. Additional details concerning logistics, programme structure, accommodation, and hospitality will be communicated through the Institute Secretariat in due course.

Thank you for your understanding, support, and dedication to advancing Rotary's mission and vision across Africa.

With warm Rotary regards,

Emmanuel Katongole
Rotary International Director 2026-28
Convener, 7th All Africa Rotary Zone Institute 2026
Kampala, Uganda.

November Babies




Rotary
District 9213
rotary youth exchange
Rotaract
District 9213
CALL FOR
APPLICATION
FOR ROTARY YOUTH EXCHANGE 2026 - 2027
DEADLINE:
FRIDAY 27TH NOVEMBER 2025
SEND APPLICATIONS BY EMAIL
d9213rye@gmail.com
Find Application Form
https://drive.google.com/file/d/1mD7ff5w
K29y3e27Rik2V-xXnsZOm7wST/view


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



Fitness – Sit Ups

Sit-ups are a classic exercise for strengthening and toning the core muscles, particularly the abdominals. To perform a sit-up, lie on your back with your knees bent and feet flat on the floor. Slowly lift your torso upwards, keeping your lower back pressed into the floor, and reach for your knees or toes.

Lower your torso back down slowly and repeat for the desired number of repetitions. Sit-ups can be modified to suit different fitness levels, such as using a Swiss ball or incline bench for added challenge or support.

Regular sit-up practice can lead to improved core strength, better posture, and enhanced overall physical fitness. Additionally, sit-ups can help improve flexibility and balance, as well as support spinal health by strengthening the muscles that support the spine.

It's important to remember to always warm up before starting any exercise routine, including sit-ups, and to listen to your body and take regular breaks to avoid injury or fatigue.

With consistent practice and proper form, sit-ups can be a valuable addition to your fitness routine.



Coach Alloy



Migraine Headache

Migraine is characterized by recurring attacks and is often life-long. It is a primary headache disorder that is in most cases episodic, usually lasts 4–72 hours, and is accompanied by nausea, vomiting and/or photophobia and phonophobia. It is sometimes preceded by an aura of reversible, visual, sensory or other symptoms.

Migraine most often begins at puberty and generally affects those aged between 35 and 45 years. It is more common in women, possibly because of hormonal influences. Children typically experience migraine of shorter duration and abdominal symptoms are usually more prominent.

The exact cause of migraine is currently unknown but it is thought to result from the release of pain producing inflammatory substances around the nerves and blood vessels of the head. It can be triggered by alcohol, sleep disruption and certain foods.

Attacks typically include headache, which is often:

- of moderate or severe intensity
- one-sided or behind the eye
- pulsating in quality
- aggravated by routine physical activity
- with duration of hours to 2–3 days;
- sensitive to light and sounds; and
- accompanied by nausea.



BOY CHILD CHRONICLES Letters to My son

WHO'S THAT GIRL?

Rtn Catherine Namoma
President Elect
Rotary Club of Mukono Central

Love ohhhhh love!!!!. What a strong word with great impact yet often mis-used, abused and construed. As he said these three magical words to her "I love you", she couldn't help but shed tears of joy, because she had waited patiently for these words to be spoken and had eventually resigned to the fate that it would never happen.

Jane had loved Marcus all her life. His poise, strength, aura, values, and wisdom attracted her deeply. He ticked the right boxes on her wish list. She often found herself day dreaming about him and wishing the dream would become reality. She observed his every move from a distance and was completely smitten. She silently whispered his name to the heavens, asking God to do the impossible, let him look at her once.

Marcus oblivious to the admiration of a gorgeous, smart, gentle and godly woman, went about his business juggling woman after woman without a care.

He never gave her the time of day and on the few occasions he noticed her, he often sighed in frustration because he thought she wasn't good enough for him.

Years later, tired of the numerous break-ups filled with dramatic and devastating episodes, he finally opened his eyes and really saw her for the first time. What was suddenly special about her?

She had always genuinely admired him. She had observed the good, bad and ugly about him. She looked beyond the imperfections and still chose to wait.

Unknown to him, she consistently prayed for him acknowledging that only God could reveal her to him, while protecting him from himself.

She unwaveringly stayed loyal to him in spite of the stiff competition which threatened her own existence.

She was present. No matter who didn't show up for him, she was always there for every dream, game, achievement and disappointment. She was his greatest fan.
She saw him. Really really really saw him. Saw his soul and still chose to stay. Felt his every emotion. What others called obsession, she called care.

So son, how many times have you ignored that lady who so passionately, committedly and genuinely sees the person you are, your highs and lows, your flaws yet she still chooses you? Open your eyes and mind, you just might be losing the very essence of your being by going for excitement rather than reason. Pure love defies butterflies, it always hopes, perseveres and believes. So the question to ask yourself is who's that girl?









POLYMATH

WHEN YESTERDAY FORGETS YOU: A PHILOSOPHICAL DISCOURSE ON DEFEAT, TIME, AND THE SACRED DUTY TO RISE.

By Baker Muzige (Bpharm),
RC Mukono Central

"If yesterday did not recognize you, work so hard today that today becomes inevitable but to only bow at you."

Yesterday is not dead—it is watching. Silently. Judging. Perhaps even laughing in the corners of your mind where dreams once burned brightly. And when yesterday leaves you unnoticed, uncelebrated, and unfulfilled, the soul is tempted to yield to despair's soft whisper: ***"Why continue?"***
But what is yesterday, truly? It is a ghost that cannot touch you, but it can haunt you. And what is today, if not the altar upon which your defiance is to be laid?

Philosophers have long wrestled with the tyranny of time. St. Augustine called time a "distension of the soul." It stretches us painfully between what was, what is, and what might be. But in that stretch lies our transcendence.

For it is only the one who feels yesterday's silence that can build a symphony today so profound, it deafens regret.
"The wound is the place where the Light enters you," says Rumi. And so, if yesterday wounded you, then today is not your punishment—it is your portal. A chance to be reborn, not despite yesterday's neglect, but because of it.

To give up because yesterday failed you is to give yesterday more power than it deserves. It is to mortgage your present on the failure of a past that no longer breathes. It is to confuse a bad chapter with the end of the book. The wise do not argue with yesterday; they outgrow it.

Let us remember: even the moon disappears from the sky once a month. And yet, in her return, she commands the tides. So too must you vanish in obscurity, only to rise in authority. Obscurity is not failure—it is incubation.

Nietzsche teaches us: "You must have chaos within you to give birth to a dancing star." The chaos of yesterday—its missteps, heartbreaks, betrayals—is not a sign of your disqualification. It is the very forge in which stars are born.

We often mistake silence for judgment. But sometimes, silence is the applause of the divine—reserving its voice until your transformation is complete.

Lao Tzu once said, "Nature does not hurry, yet everything is accomplished." So what if yesterday did not bloom? The oak does not envy the speed of grass. It grows slow, strong, and eternal. Grow like the oak.

The one who is crushed by yesterday is not weak. No—what breaks you reveals you. But the one who stays broken… has submitted to a false gospel. The gospel of permanence. Of finality. But nothing in life is final—not failure, not fame, not even pain. All things, says Heraclitus, "flow like a river."

So you must rise—not for recognition, but because rising is sacred. To rise is to honor the breath in your lungs and the fire in your belly. Work not to erase yesterday, but to enslave it—to make it

In the quiet battles of the soul, no one claps. But that is where legends are born. Not in the noise of applause, but in the furnace of solitude.

So rise.

Rise because your bones remember being forged in struggle.

Rise because your name deserves to be echoed in eternity, not buried under yesterday's amnesia.

Rise because today is not your enemy—it is your echo. And what you shout into it will be returned to you, amplified.

Do not give yesterday the final word.
Give it the first verse.
And then—write your own chorus.



Rotary
Mukono Central



Rotary
District 9213

Chartered: 8th April 2016

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