Rotary
Mukono Central

THE DOWNTOWNER

"My Community. My Service"

Volume 3, Issue 23 December 8TH, 2025



Season's GREETINGS

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EDITOR'S NOTE

Dear Reader,

I welcome you to today` issue, we are grateful for your support to the Downtowner. As we look forward to the festive season, let us reflect on all the year`s blessings, great memories and cultivate a spirit of thankfulness. Also we thank the Lord for the gift of family, friends and Life. May the long awaited Holiday season bring you closer to your loved ones but also bring back those beautiful Childhood festive memories.

We are excited to share with you President Isaac`s message at the start of this festive season, he highlight`s the value of giving and encourages us to give for the sustainability of all the great work that we do in our communities. Also find interesting articles, photo galleries, Rotary Information and motivational quotes to gear you up for the start of a new week.

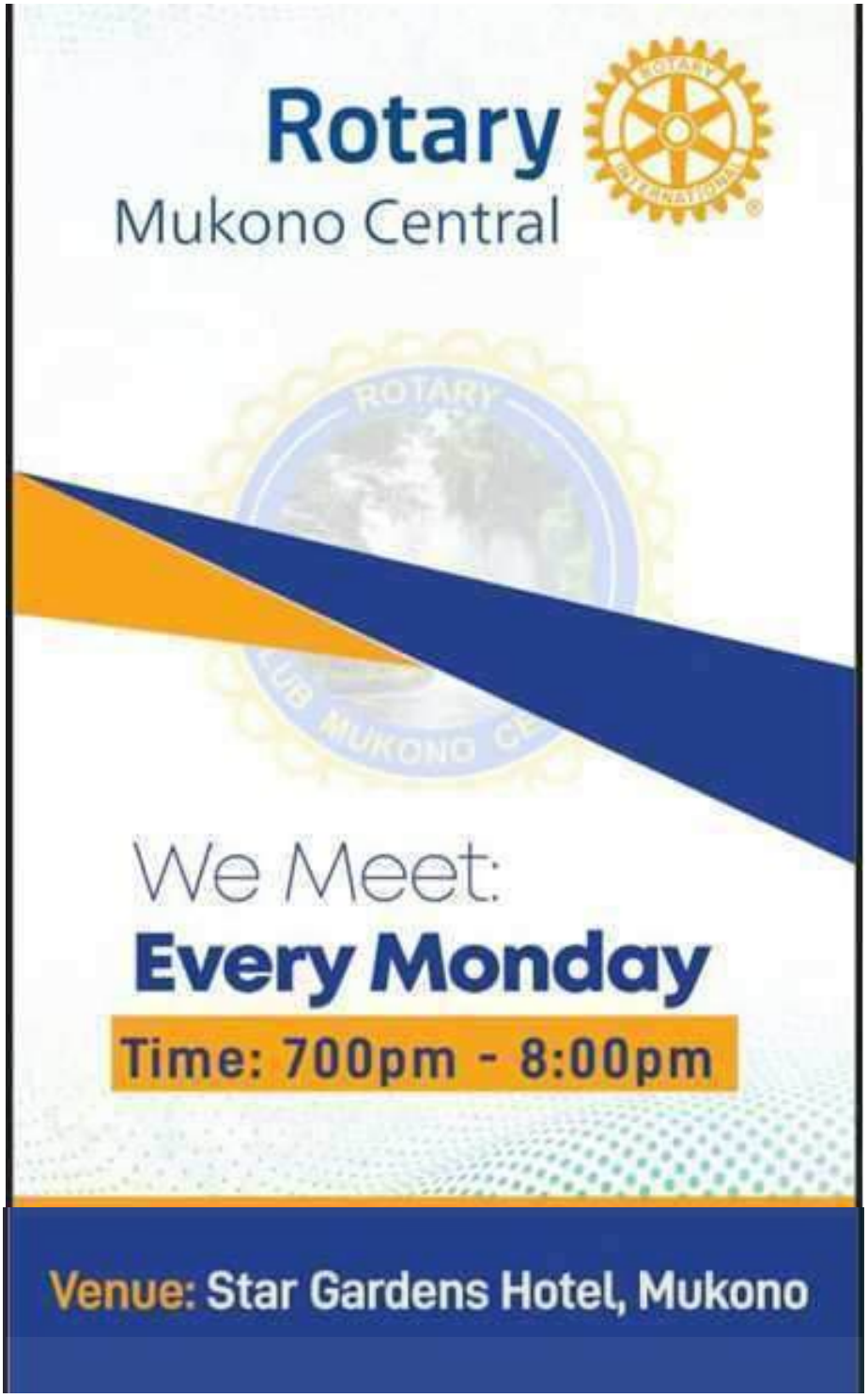
I would also like to remind you all our dear readers that we are always open for feedback, plus any stories, articles and adverts that you may need us to run, do not hesitate to reach out. Hope to see you next week and cheers.

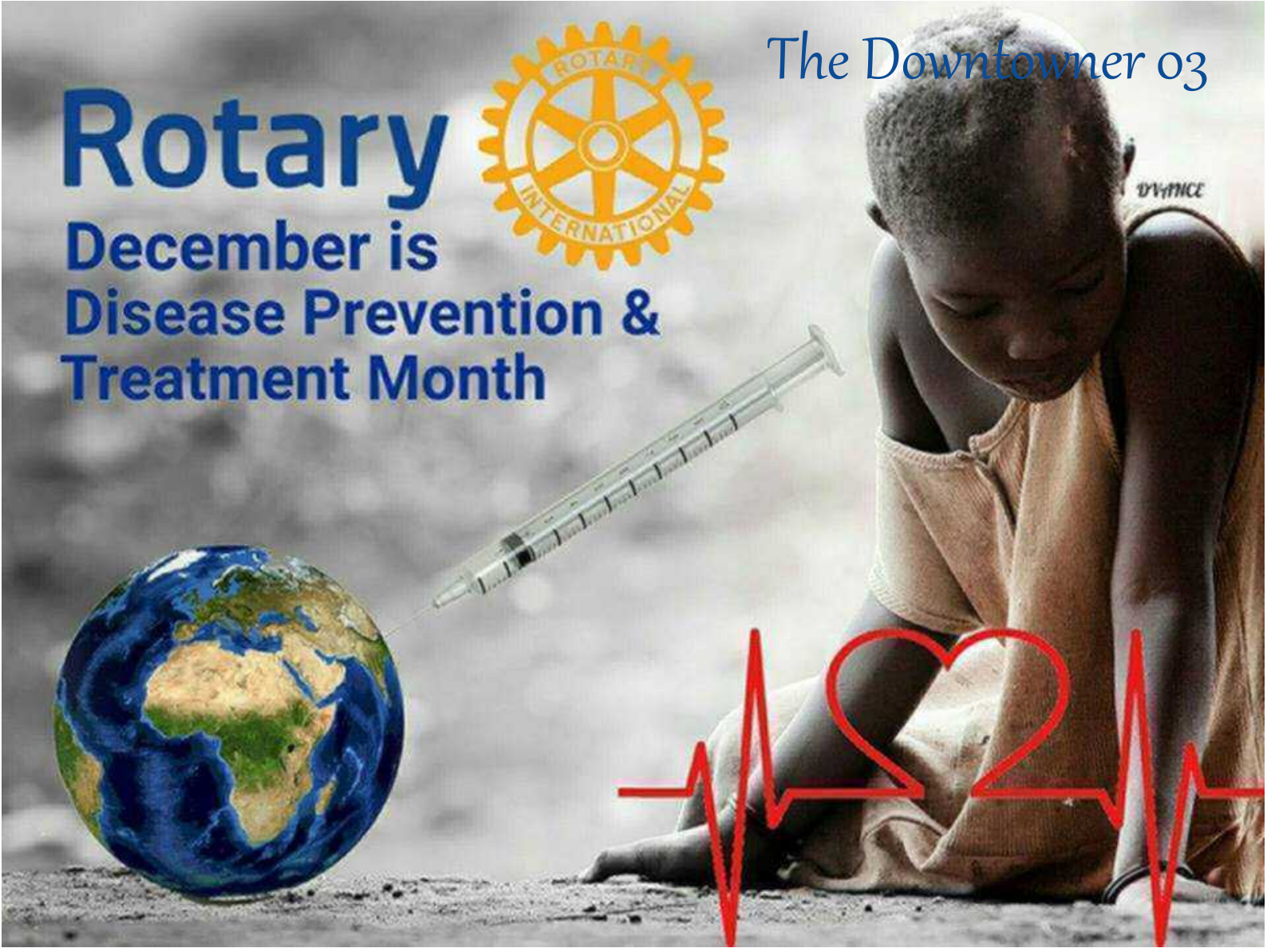


Rtn. Beatrice Nannozi Kasirye
Public Relations Officer / Editor

Quote of the week

"Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence."
—Helen Keller





December IN FOCUS

HEALTHY COMMUNITIES; THE ROLE OF ROTARY

- *Use our networks, influence, and expertise.*
- *Convene relevant health experts.*
- *Mobilize volunteers.*
- *Advocate locally and globally for policy, best practices, funding, and resources.*



EMBRACE THE SPIRIT OF GIVING & SERVICE

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

Greetings Downtowner readers. As we sail through the month of December, let's embrace the spirit of giving and service. This season reminds us to pause and appreciate our Rotary family and the impact we make. We are now 18 days to Christmas. A season of giving thanks and giving to others. Keep the Rotary International Foundation on your list of worthy recipients.

I am truly humbled by Assistant Governor Rtn. Moses Kafeero for the spirit of giving back, thank you for leading by example, we are very proud of you. Your donation to the annual fund Rotary's goal to End Polio is really appreciated.

I am also very grateful to all the members who have managed to fully pay their membership dues, thank you so much and it's because of you that we exist and serve. This Monday, my message focuses on gratitude, holiday spirit, and Rotary's core mission. I continue to encourage members to engage in club activities, fostering belonging and fellowship.

This is also my last call to our members to register for the District Conference (DISCON) in Entebbe as time is truly running out. There is no experience quite like attending the DISCON. Discover the true spirit of Rotary with your friends and fellow Rotarians. It is the perfect setting to celebrate, collaborate, and connect.

I can't forget to congratulate our Vice President, Rtn. Abubaker Muzige for completing his Undergraduate course at the Rotary Leadership Institute. I am very proud of you my brother and the sky won't even be the limit for you.

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Rotary District 9213 | RYLA



By Muzige Baker
Vice President, RC Mukono Central

SSAMBA FOUNDATION

Empowering Vulnerable Communities









We are located along Kalagi-Gayaza road
Email: office@ssamba.org

www.ssamba.org



TO HEALTH AND HAPPINESS

FRANCESCO AREZZO
President, Rotary International

This month's special issue of Rotary magazine is all about happiness, that most elemental of human yearnings. More than a feeling, though, this state of positive well-being, and the conditions necessary to create and sustain it, should be considered a universal right.

December also marks Rotary's Disease Prevention and Treatment Month, when we highlight our members' work to promote health and wellness, including mental wellness. Globally, nearly 1 in 7 people have a mental health disorder, according to a recent World Health Organization report. Yet only 9 percent of people with depression receive adequate treatment. We are fortunate in Rotary to have a powerful way to support emotional well-being and happiness: friendship. The connections we build in Rotary can be a powerful force for change. I know this from personal experience.

When my fellow members first proposed that I become club president, I demurred. I had a stutter. I was terrified of speaking. December also marks Rotary's Disease Prevention and Treatment Month, when we highlight our members' work to promote health and wellness, including mental wellness. Globally, nearly 1 in 7 people have a mental health disorder, according to a recent World Health Organization report. Yet only 9 percent of people with depression receive adequate treatment. We are fortunate in Rotary to have a powerful way to support emotional well-being and happiness: friendship. The connections we build in Rotary can be a powerful force for change. I know this from personal experience. When my fellow members first proposed that I become club president, I demurred. I had a stutter. I was terrified of speaking. .

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But having club members who supported me and surrounded me with affection enabled me to face my fear, and I found a way to stand confidently before a crowd. Today, I regularly address audiences — some numbering in the thousands — in a language that is not native to me. The Rotary members in my life helped me create lasting change within myself.

That fellowship gives us the courage and means to create lasting change in the world as well, and mental health services are in desperate need of improvement.

The WHO reports that governments on average devote only 2 percent of their health budgets to mental health, and only 11 percent of that funding reaches community-based services. In some countries, only one trained mental health professional is available for every 100,000 people. The WHO has called for strategic and urgent action to close the gap. Rotary can answer that call by championing mental health awareness in our clubs, working with local health systems, funding training for community health workers, and supporting initiatives that bring care to places where none exists. Even small investments in mental health yield enormous returns in productivity, public health, and happiness. While we are creating lasting change in the world, we cannot forget to take care of each other.

Past RI President Gordon McInally wisely reminds us that we must go beyond asking, "How are you?" We owe it to each other to instead ask, "How are you really?" As we transition to a new year filled with new possibilities, let us Unite for Good — for healing, friendship, and access to happiness.



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WE ALSO DO OUTSIDE CATERING



THE ROTARY FOUNDATION'S GOALS FOR DISEASE PREVENTION AND TREATMENT

Rotary supports activities that reduce the causes and effects of disease. We enable members to prevent and treat disease and support people's health by promoting projects that limit the spread of communicable diseases, reduce the incidence and effect of non-communicable diseases, and strengthen health care systems.

A health care system includes the public, private, and non-governmental organizations that provide health services. The World Health Organization considers a good health system one that "delivers quality services to all people, when and where they need them."

We can accomplish our goals in disease prevention and treatment by:

- Improving the capacity of local health care professionals
- Promoting disease prevention and treatment programs that limit the spread of communicable diseases and reduce the incidence and effect of non-communicable diseases
- Strengthening health care systems
- Providing clinical treatment and rehabilitation for physical disabilities
- Funding graduate scholarships for career-minded professionals related to disease prevention and treatment.

THE CLUB PHOTO GALLERY















MANAGING SOCIAL ANXIETY



1. Find help

Talk to someone; whether it is a professional or someone you trust, reach out to someone who can give useful solutions your anxiety. In some communities, one can find support groups where people with similar problems share with each other ways to cope. A therapist can help address the fears associated with social anxiety

2. One day at time

It will take time to manage and cope with social anxiety but knowing that a journey of a thousand miles begins with a single step is all it takes for you to move to your desired goal. You could start with attending that party and talk to one or two people. The more talking you do, the more you realize that it is doable and the less fears you will have in regard to talking to people in social situations.

3. Identify triggers

Social anxiety is better managed when you know what triggers you. Common triggers include; job interviews, eating in front of people, public speaking, dating e.t.c. Once these are identified, one can plan ahead on a way to manage anxieties associated with each trigger.

4. Meet new people

Get out of your comfort zone by meeting new people; talking to people you already know may not be helpful. Depending on how severe the problem is, one could aim to meet one, two or more new people in social situations and have 3 to 5 minutes with each.

5. Wait it out

If you try everything but still feel anxious. Give yourself 15-20 minutes. The anxious feelings go way eventually.

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RAC MUKONO 28TH CHARTER CELEBRATIONS



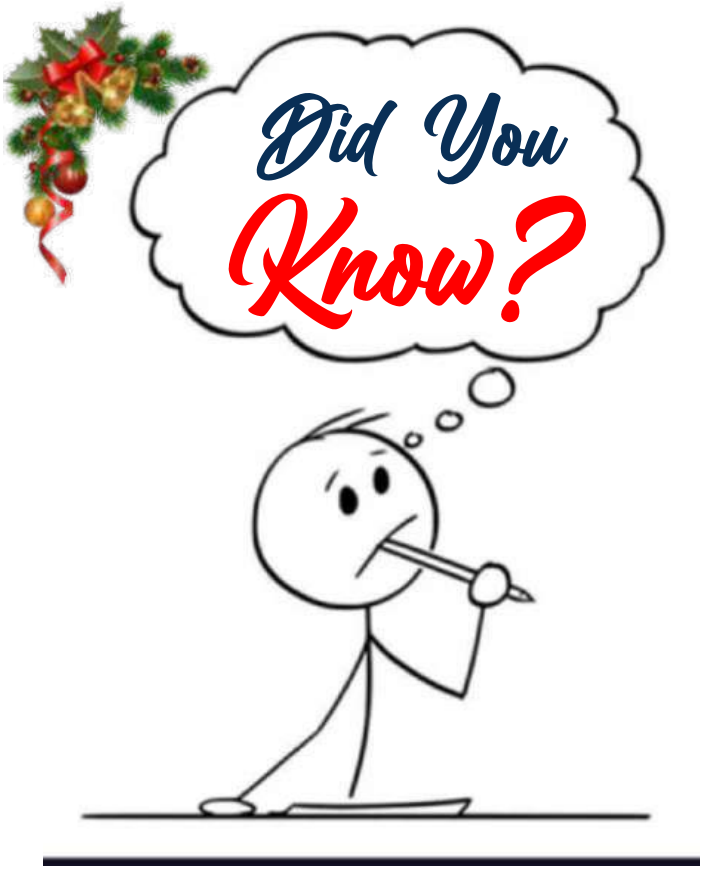






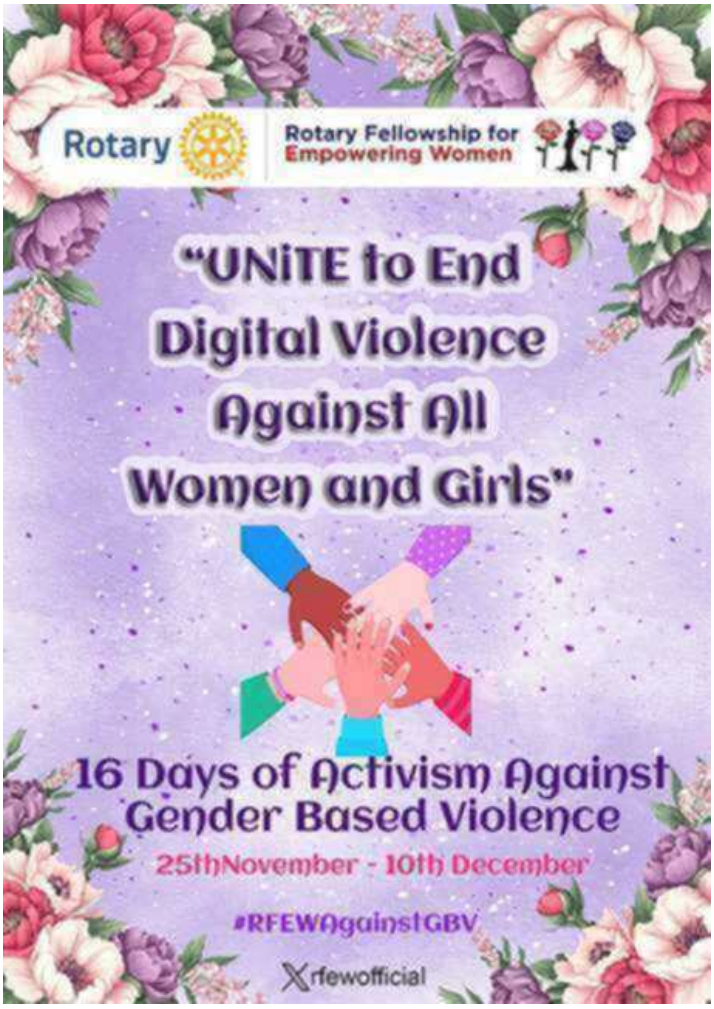






The Cure of Laughter

- Mirth is God`s Medicine
- A hearty laugh is more desirable for mental health than any exercise of reasoning faculties.
- A good laugh makes us better friends with ourselves and everybody around us, and puts us into closer touch with what is best and brightest.
- A hearty laugh is delightful harmony; indeed , it is the best of all music
- It is a good thing to laugh at any rate , and if a straw can tickle a man, it is then an instrument of happiness.
- If everybody knew the power of laughter as a health tonic and life prolonger, the tinge of sadness which now clouds so many would largely dissapper , and many physicians would find their occupation gone
- The power to laugh , to cease work and begin to frolic and make merry in forgetfulness of all the conflict of life , is a divine bestowment upon man.



Rotary District 9213

Rotaract District 9213

ROTARY/ROTARACT CLUBS
QUALIFICATION CRITERIA RY 2025-26
WITH EFFECT FROM 1ST OCTOBER 2025

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. Invoice and proof of payment for latest RI dues (July 2025 invoice for Rotary Clubs, January 2025 invoice for Rotaract Clubs)
3. Proof of Payment of District Dues for RY2025/26 in full.
4. Audited Accounts for RY2023/24 and RY2024/25.
5. Signed Club Assembly minutes or resolution approving the Audited Accounts, with attendance list.
6. Evidence of filed annual returns for 2024.
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





Teamwork!!

Is the key to getting things done cooperatively!
Sharing ideas and listening too;
Working together to see it through.
You work with me and I'll work with you.
When we all work together We get things done!
And working together is much more fun!!

By: RTR. Mugwanya K Jovan





THE ART OF MINDFULNESS: A POETIC ESCAPE

Rtn. Angella Nanyonga
Rotary Club of Mukono

In the hustle and bustle of our daily grind, A quiet treasure is ours to find. Mindfulness meditation, a calming art,Where peace and presence take their start.
Breathe in deep, let the chaos subside, A stillness blooms as the mind's tides glide. Clarity sharpens, like morning's first light, Focus restored, and the future feels bright.

Anxiety whispers, a ghost in the air, But mindfulness teaches: you're stronger, you're there. Stress melts away like frost in the sun, A serene journey, where healing's begun.
Emotions untangled, like knots in a thread, Compassion grows where judgment once fed. Gratitude blossoms, a garden in bloom, Chasing away life's lingering gloom.

The body rejoices in mindfulness' care, Sleep becomes sweet, health becomes fair. Blood flows with ease, pain takes a bow, A gift for the present, the only true now.
Relationships flourish, connections grow strong, Empathy's melody plays its sweet song. Listening deeply, with hearts open wide, Harmony's dance becomes your guide.

Sit in stillness, five minutes or ten, Feel the breath flow, begin and begin again. Each moment's a canvas, paint it with grace, Mindfulness leads to a kinder space.
So pause, dear seeker, and give it a try, Let your spirit soar and your worries fly. In this simple practice, a world to reclaim, Mindfulness meditation—a life's gentle flame.



Fitness

Sweat is just fat crying, and a healthy plate is the ultimate workout fuel! Combine a balanced diet rich in whole foods, lean proteins, and complex carbohydrates with a consistent exercise routine that includes strength training, cardio, and flexibility exercises, and you'll be unstoppable.

Crunches and squats are just as important as crunching into
fresh vegetables and squatting down to pick fresh fruits - nourish your body, challenge your muscles, and watch your transformation unfold.

Coach Alloy


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Grand
Concert
AT THE ROTARACT
NIGHT THIS
DISCON 101
17TH APRIL 2026
FRIDAY NIGHT
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AFRO-MODERN
ELEGANCE
Scan to register.
Registration
is now open
In
Partnership
with
fireworks
Advertising
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PRUDENTIAL
DISCON 101

BOY CHILD CHRONICLES



BUILD A LASTING RELATIONSHIP WITH YOUR PARTNER

Rtn Catherine Namoma
President Elect
Rotary Club of Mukono Central

Dear son, love is a beautiful thing. We all crave to find that one person to share life with. Falling in love is a magical experience everyone should experience at least once in their life. Love is needed for a relationship to blossom and it doesn't happen by chance. It takes commitment and intention. One has to continuously focus on building a lasting relationship with the partner.

Here are a few pointers

> Communicate. For a relationship to blossom, you should keep the communication lines open. Talk and listen to each other. Talk about the big and small things. Talk while angry, because silence destroys a relationship faster than anything else. You should never play mind games with your loved one.

> Be a visionary. A woman will follow a visionary anytime. Take charge of the relationship and guide her to where you want to go. Be a leader.

> Be consistent. Most times, people are consistent at the beginning of a relationship, then later, they relax. You no longer communicate as often, your availability is lacking, and your presence feels like loneliness. Inconsistency drives a wedge in a relationship.

> Create predictable patterns. Your partner ought to know at least part of your life that if anything happens they are in the know. One predictable pattern is knowing that you are in the office at a certain time and they know when you travel.

> Vulnerability. Men usually hide their emotions under the pretext that it's a sign of weakness. This is a misconception because women admire a man who expresses his feelings. Allow your partner to see you when you're hurting, anxious, fearful or stressed. After all, no one is always in great spirits, women understand that. Walk together through the good and the bad.

> Date your partner. Take your partner on simple walks, take a trip, lie in the grass and watch the stars or go to the store together. Whatever it is, big or small, continue dating her. And when on the date, be fully present. Remove the destructive gadgets. Let her know she's all yours.

> Be affectionate. Yes, show that you desire her. Compliment her outfit, makeup, or hairstyle. Touch her in a non-sexual manner and reassure her that she is beautiful. Do it as often as possible.

> Be intimate. This is a major need. It draws you close to each other. It's a stress reliever which calms raging seas in the heart and mind. So always make time for intimacy because it's the back bone of the relationship. It's the one act you can experience exclusively with your person. Make it priority.

> Loosen up. No matter your age, your partner enjoys play time with you. Do silly things together. Dance a little, sing together, laugh out loud and take silly pictures. You are creating lasting memories.

Son, no relationship can flourish without effort and wisdom. Make an intentional decision to continuously learn, relearn and unlearn. People evolve as often as seasons change. That relationship is worth your effort and time. What you sow is what you reap.







ROTARY INTERNATIONAL CONVENTION

TAIPEI, TAIWAN | 13-17 JUNE 2026

Rotary | TAIPEI 2026

REGISTRATION CATEGORY	21-25 JUNE 2025	26 JUNE 2025 TO 15 DECEMBER 2025	16 DECEMBER 2025 TO 31 MARCH 2026	1 APRIL 2026 TO 17 JUNE 2026
Club member, nonmember, or guest, age 31 or over	$395	$475	$575	$675
Club member, nonmember, or guest, age 30 or under	$150	$175	$225	$275
Guest age 5-18	$20	$20	$30	$40
Guest under age 5	Free	Free	Free	Free
Saturday, House of Friendship only	$60	$60	$60	$100

All amounts are in U.S. dollars.

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#Rotary26

EN


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& VIBE LOADING
The before party is here with tasty
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FEE: $30 (ATTENDANCE IS OPTIONAL)
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Registration
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Partnership
with
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Chartered: 8th April 2016

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