Rotary
Mukono Central

THE DOWNTOWNER

"My Community. My Service"

Volume 3, Issue 26 December 29TH, 2025



President Cathy Nakalanzi together with AG Kafeero Moses, laying a wreath on Mr. Hebert Kalanzi at Uganda Orthodox Church, Namungoona

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Quote of the week

"What the new year brings to you will depend a great deal on what you bring to the new year."

— Vern McLellan --



EDITOR'S NOTE



Rtn. Beatrice Nannozi Kasirye
Public Relations Officer / Editor

Dear Reader,

Happy New Year!
In them days, people used to set up New Year's Resolutions. By the end of the year, people are setting up goals like health goals:' I will stop drinking alcohol, I will be going to the gym, I will be eating healthy, etc' . By the time it's 19 days into the new year....we have forgotten our goals.
I wish to encourage people to do new year

Reflections.

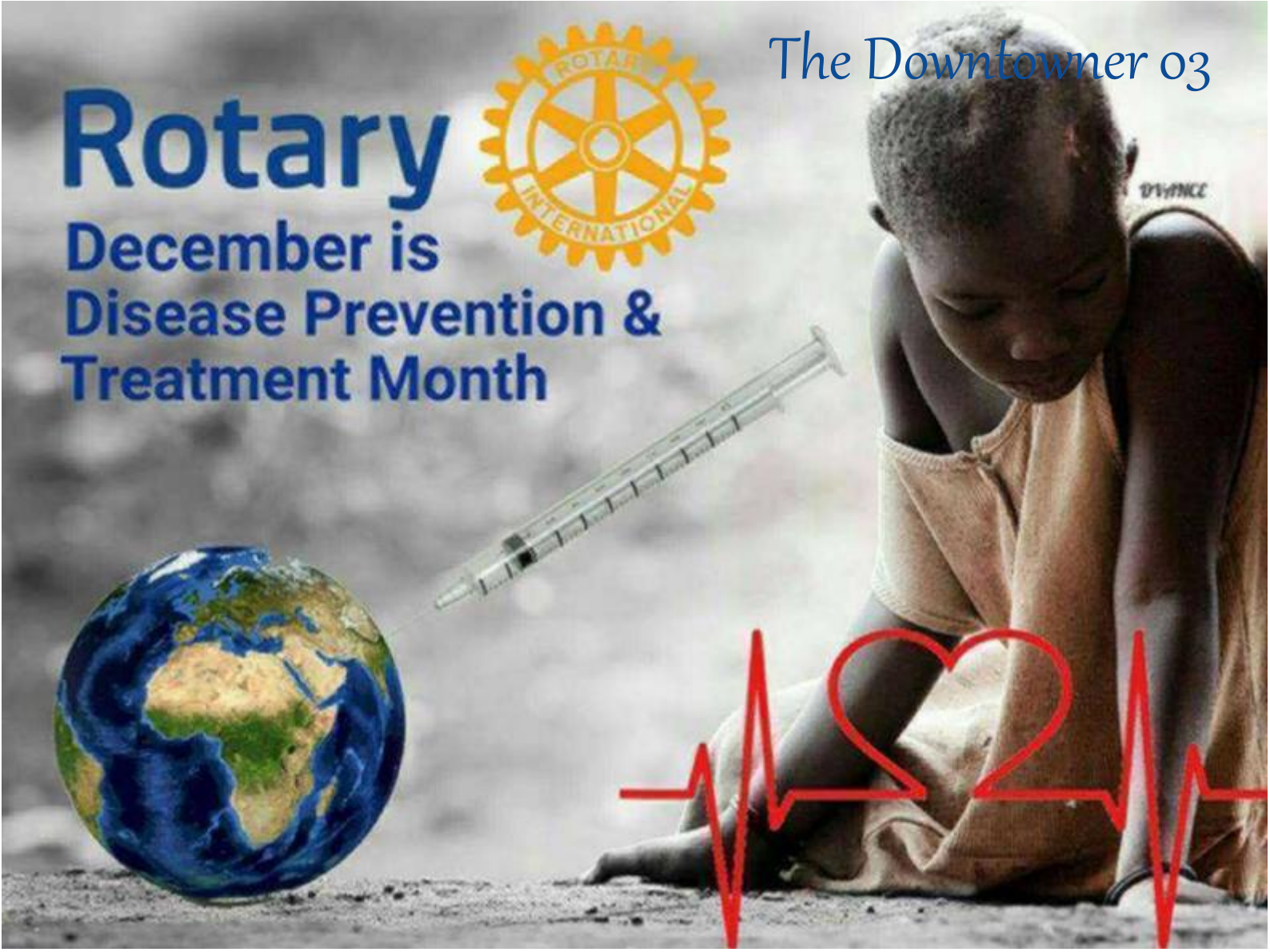
Have an introspection in your life and reflect on achievements and successes and things that have not gone so well and ask questions like, how can I do better in this area, how can I improve in this area.
Say, I have put on 10kgs this year. This can be an achievement depending on how you see yourself.

Then ask, how can I maintain this weight? how can I stay fit? How can I maintain a healthy lifestyle? By answering some of these questions , one gets a motivation to take action.
It can be as simple as taking a brisk walk once a week. The bottom line is that you have searched yourself and know what you can do and how you can do it.
Let's enter the new year with reflections on all facades of our lives and set better goals.
It can be about personal development, relationships, social media, and physical fitness, and it can be as nitty-gritty as how many times I respond with a smile.

Let's enjoy our New Year

Happy 2026


Rotary
Mukono Central
Happy New
Year
2026
STONE CASTLE INN
GABIKAN
www.rotarymukonocentral.org
Rotary club of Mukono Central



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.*



HAPPY FESTIVE SEASON & NEW YEAR 2026

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

Dear Rotarians and Friends of Rotary, first of all I would like to take this opportunity thank you for the support towards our Downtowner. A big thank you to our readers and those manage to share this weekly bulletin

.

As we welcome a new year, Rotarians around the world are gearing up to make a difference. With a commitment to Service Above Self, the Rotary club of Mukono Central is ready to continue tackling projects that uplift our community and foster meaningful connections.

Join us as we embark on initiatives that bring hope and joy to those in need. Let's work together to make our community a better place, one project at a time.

In the year ahead, let's focus on Rotary's core values: fellowship, integrity, and service. Whether it's supporting environment, promoting literacy, or providing educational materials, our efforts can create lasting change.

As we step into a new year, let's renew our commitment to Service Above Self. Let us stay safe and peaceful during the elections period and may all our leaders also focus on protecting the citizens and their properties.

Wishing all Rotarians and Friends a Happy New Year 2026! May our club continue to Serve Above Self and make a lasting impact in our community. Cheers to a year of fellowship, service, and making a difference!


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Rotary Eyamba!

AG Kafeero Moses representing DG Kitakule at the burial of Mr. Kalanzi. He is the father of Rtn. Catherine, the President of the Rotary Club of Seeta. Rotary sends condolences.
May God comfort the family



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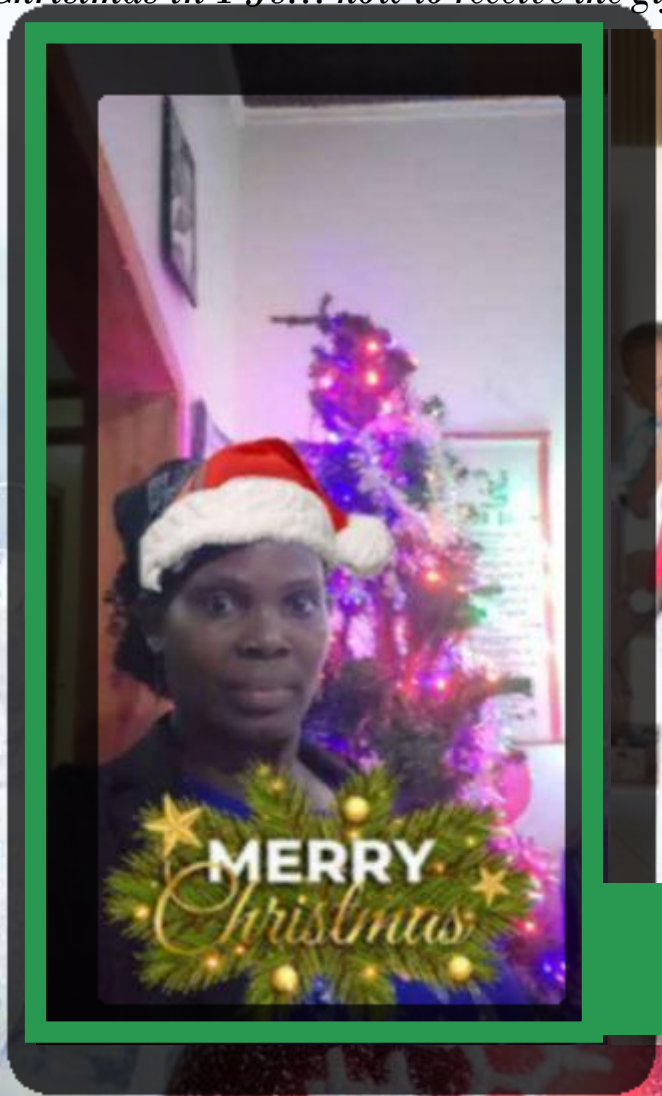
We Are Located In Mukono Municipality 200 Metres Off Kampala- Jinja Highway, Sloping Next To Mukono General Hospital.

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Christmas in PJs… how to receive the gift of Jesus christ in the morning





Christmas in style at Rtn Pauline 's house

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RC NAGALAMA HOSPITALITY









RC Nagalama End of year Celebrations

Rotary
District 9213

THE ROTARY FOUNDATION

CHAMPIONS OF GENEROSITY

"Every Coin Counts"

Rotary Club Central as of 15th December 2025.

1.	Upper Kololo	$52.222.79	11.	Kampala Day-Break	$15.519.00
2.	Kampala-Central	$48.307.26	12.	Sonde	$14.907.82
3.	Kampala-North	$31.400.45	13.	Namugongo	$13,633.06
4.	Kololo-Kampala	$27,626.00	14.	Kampala	$12.624.66
5.	Kampala-Ssese Islands	$27.203.30	15.	Kasangati	$11.235.34
6.	Kira	$25.840.33	16.	Manyangwa-Nakwero	$11.183.08
7.	Kampala South	$23.351.56	17.	Kisaasi-Kyanja-Kampala	$11.086.17
8.	Kitante	$20,233.26	18.	Sunrise-Kampala	$10.597.67
9.	Kyadondo	$20.226.07	19.	Bugiri	$9.600.00
10.	Kiwatule	$16.483.73	20.	Najjeera	$8.318.77

#UniteForGood
#RotaryEyamba #Give&Impact

Rotary District 9213

Did You Know?



Myster about End of the year



Did you know that the "end of the year" is actually a human-made mystery? December is named after the Latin word decem, meaning "ten," because it was originally the tenth month. January and February didn't even exist in the early Roman calendar!

The mystery deepens with the "Leap Second"—a tiny adjustment added to the final minute of the year to keep our clocks in sync with the Earth's slowing rotation. Furthermore, many ancient cultures believed the "veil" between worlds was thinnest on the last night, leading to traditions of making noise to scare away lingering spirits from the past year.


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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!!

DEFINATION

"Teamwork is the ability to work together toward a common vision. The ability to direct individual accomplishments toward organizational objectives. It is the fuel that allows common people to attain uncommon results."



By: RDr. Mugwanya K Jovan



Maintaining Balance During the Festive Season: The Importance of Rest

As we navigate the demands of the holiday season, it's essential to prioritize rest and self-care.

Adequate rest is crucial for our physical, mental, and emotional well-being.

There are several types of rest that are important for overall health:

1. Physical Rest: Adequate sleep, relaxation, and physical activity can help reduce stress and improve productivity.

2. Mental Rest: Engaging in activities that promote mental calm, such as meditation or reading, can help reduce mental fatigue.

3. Sensory Rest: Limiting exposure to screens and taking breaks from social media can help reduce sensory overload.

4. Emotional Rest: Setting boundaries and prioritizing self-care can help manage emotional demands.

5. Social Rest: Nurturing relationships with loved ones and taking time for solo activities can help maintain social connections..

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BOY CHILD CHRONICLES



A WALK INTO THE NEW YEAR

Rtn Catherine Namoma
President Elect
Rotary Club of Mukono Central

Dear son, we have a few days to the end of the year. What a journey!! Numerous victories and unbelievable disappointments. Some days have been harder than others. New life has been created, new relationships established, new homes built and new careers started. The list is endless to what each of us has gone through this past year. As we step into 2026, here are a few ideas to adopt in the new year.

Forgive: I am almost sure you have faced heartache, betrayal or disappointment. It's time to let go and release the pain from your heart. Forgiveness is a reflection of God's love in your heart.

Realign your circle: Some people in your space, need to be removed to create space for new friendships. Release them. They were never meant to stay forever. Evaluate on who goes and who stays. "Some people come into your life as blessings, others as lessons "Mother Theresa

Prioritize yourself. No matter how much you desire to change the world, you can never do it from an empty cup. We only can give from abundance of the heart. So fill your cup to overflowing in order to impact others.

Your life is unique. Stop the comparison, it breeds ingratitude and lowers your self-esteem. Your life is perfect the way it is and everything that happens good or bad was predetermined. Be grateful for what you have and who you are



Incorporate self-care. You work so hard to make everyone around you comfortable. Take time off for yourself. Do the things you love for you. Go on a trip, reward yourself, go for a medical checkup, go watch a movie. Whatever relaxes you, do it.

Put God first. You are not your own creator. God is and always will be important. Hold on to your faith for it's the foundation of all that you are. God still cares about you. Make Him priority.

Give a chance to love. In spite of the heart breaks during the previous year or years, Love is still a beautiful thing. Give love a chance. Love like you have never been hurt. You deserve love.

Accept what is served. Whatever is given or said is exactly what was meant to be served. Accept it. If it's good for you, enjoy it and if not walk away. Some journeys are meant to be taken in solitude.

Practice the habit of silence. Need I say more?

Son, I can't promise a trouble free year ahead, but I do guarantee that you are created for greatness which is most times achieved in discomfort and diversity. I wish you God's abounding love, peace and grace in the coming year with unending possibilities.

Wishing you a prosperous 2026


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All Eyes Here.
Firebaby Takes Over.
Winnie Nwagi's aura is magnetic. Her sound is commanding. Discon 101 at the rotaract night is about to experience her full force.
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Fitness



FOUNDATIONS FOR FITNESS SUCCESS

To achieve your fitness goals, consistency is more important than intensity. Focus on a balanced routine that incorporates both cardiovascular exercise and strength training to build endurance and muscle. Always prioritize proper form to prevent injury and ensure you are effectively targeting the right muscle groups. Remember that recovery is just as vital as the workout itself—ensure you get adequate sleep and stay hydrated. Listen to your body, stay disciplined, and celebrate the small victories along your journey to a healthier you.

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Chartered: 8th April 2016

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