Rotary
Mukono Central

THE DOWNTOWNER

"My Community. My Service"

Volume 3, Issue 21 November 24TH, 2025



www.rotarymukonocentral.org

TABLE OF CONTENT

EDITOR'S NOTE	01
QOUTE OF THE WEEK	02
NOVEMBER IN FOCUS	03
MESSAGE FROM THE PRESIDENT	04
MONDAY FELLOWSHIP - PICTORIALS	07
REASONS FOR GIVING	08
ROTARY IN ZAMBIA	10
TRF DINNER PICTORIALS	11
KNOW YOUR ROTARIAN	12
DID YOU KNOW	14
ROTARACT CORNER	16
FITNESS	18
IT COULD BE A BURNOUT	19
BOY CHILD CHRONICLES	20
POLYMATH	22



EDITOR'S NOTE

Dear Reader,

Greetings, we have come to the end of the TRF month and we are grateful for the fruitful November we have had.

Special thanks to all those who contributed to TRF, the giving Clubs, you are the core foundation of Rotary!

We welcome you from the TRF dinner as well, we celebrate with the recently awarded PHFs; you are have paved a worthy path that many can follow so as to sustain the many works that we do in several communities all over the world.

We are having an offsite Fellowship at one of our Member`s Resident in Kitti as you shall read the details later on, this is therefore to request our Monday visitors to plan accordingly.

In this issue, Catch Inspiration messages from one of our own PDG Ken Mugisha on giving into the Rotary Foundation. He talks of his engagements with creating a Malaria Free Zambia and in that light I have shared some information about the same; kindly follow-up to see what Rotary does in other parts of the world. Also shared here is information on health, lifestyle, District news and several articles that we all can benefit from.

The Downtowner will continue to share **DISCON** information and encouraging us all to find ways on how we can be part it. Let us continue serving and see you all again next week.

Cheers!



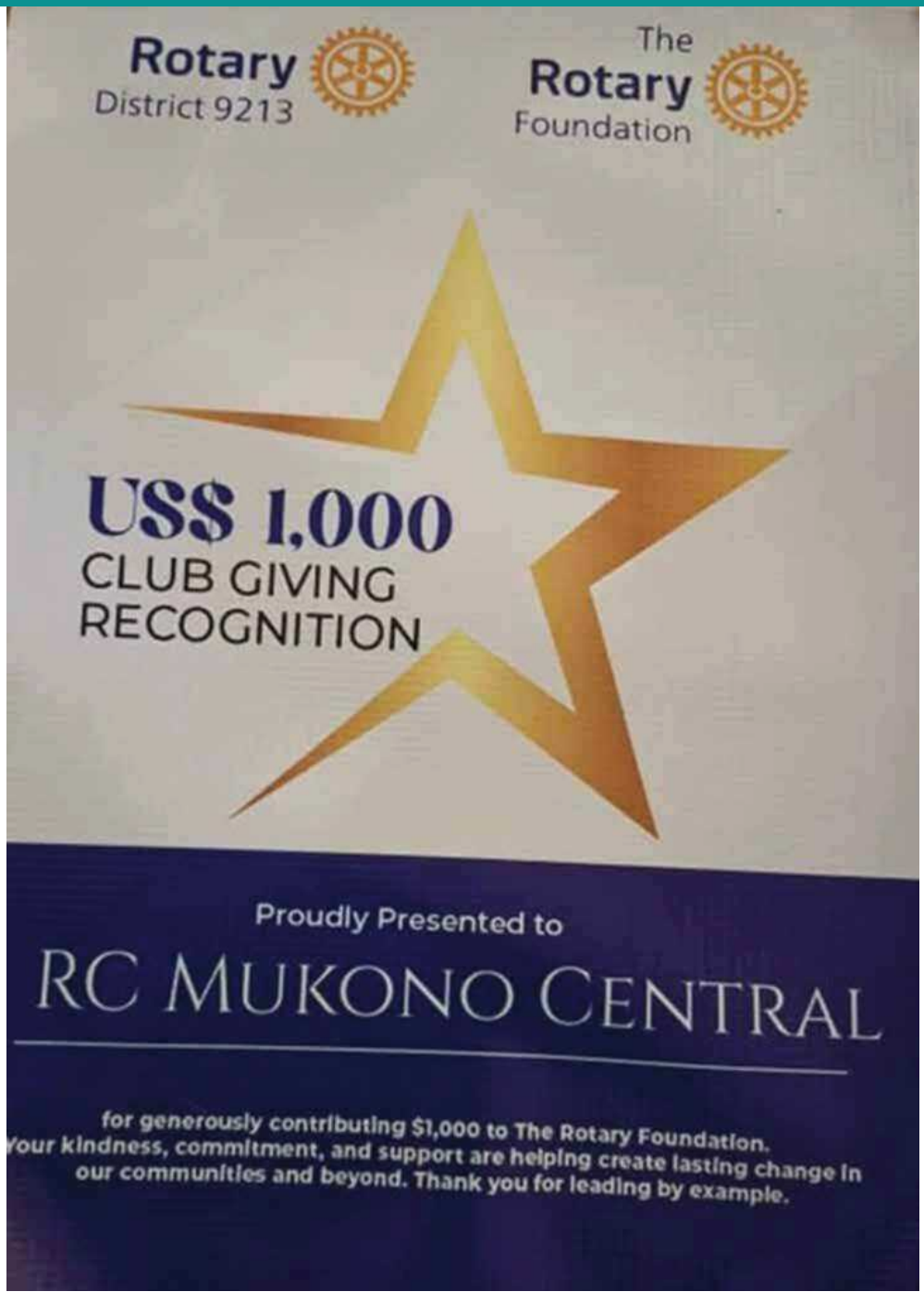
Rtn. Beatrice Nannozi Kasirye
Public Relations Officer / Editor

Quote of the week

“ Do the best you can until you know better. Then when you know better, do better.”

Maya Angelou

CONGRATULATIONS





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.



WORKING TOGETHER ON RE-DISTRICTING RID9213

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

Greetings Downtowner readers, it's yet another Monday for your piece of good content and information from the Downtowner. As some of you are aware, we will be creating a new Rotary District that comes into being on the 1st July 2027.

Rotary Clubs are organized into districts which exist to help them excel. Districts connect clubs with each other and to resources from Rotary International.

Redistricting in Rotary is the process of realigning administrative districts to maintain a balanced number of members, similar to how political districts are redrawn to account for population changes.

When a district's membership grows or shrinks significantly, new districts may be created to ensure each district has approximately the same number of Rotarians for administrative efficiency and balance.

PURPOSE: To keep the number of Rotarians in each district relatively consistent, which helps with organization and governance.

TRIGGER: This process happens periodically when a district's membership changes considerably over time.

EXAMPLE: In one recent instance, the existing Rotary District 9212 will be split into two new districts, District 9215 and District 9216, effective July 1, 2026, to account for its growth.

PROCESS: Like political redistricting, this involves a board or commission that plans the new boundaries and communicates the changes to members, often through meetings and official channels.

.

So on 18th-November and 21st November 2025, we held an online meeting with the District Governor and Redistricting team led by PDG Xavier Ssentamu. Here is a summary notes:

DG'S COMMUNICATION:

•By the end of RY 2025-26, D9213 will have achieved an estimated number of 150 clubs.

•To support and manage clubs better, redistricting is under consideration.

•The overall goal being efficient management of growth and impact of Rotary.

•The District will officially communicate this plan to all clubs soon.

•A Redistricting Committee has been established - chaired by PDG Xavier Ssentamu

•The plan is to introduce 2 equally strong Districts, the two districts curved out of the current D9213

•It is required that Clubs discuss & vote on the redistricting.

ACTION POINTS

1.Presidents, AGs & the Secretariat engage clubs on the benefits of redistricting. They are responsible for passing on the right information to members. 2.Clubs to convene Club Assemblies or Club meetings to vote on this plan. (Yes/No)

3.The Secretariat to share a club response form for reporting club voting results.

4.The submission deadline for the club voting results is Nov 30th 2025

5.The District Secretariat to share more details on where to submit voting results.

6.The District Secretariat to share with all clubs the redistricting guidelines.

7.A Frequently Asked Questions sheet - FAQs will be shared to support club level engagement.

Following fulfillment of the above, the District Governor will submit a request to redistrict to RI within the first week of December.

The redistricting committee will commit 2 weeks in November 2025 for interface with clubs on the proposed redistricting.

Redistricting exercise is expected to be completed by end of RY 2026-2027.

The new Districts take effect on July 1 2027.

One District will be under the leadership of DGN Fabian Kasi and the corresponding DGN for the other District will be nominated using the existing District structures. Leadership emphasized the urgency of submitting the club voting results within the time frame provided so that there is enough lead time for subsequent actions.

Due to the urgency of the matter, The Rotary Club of Mukono Central will hold an online Board Meeting and Club assembly to allow members to reach a resolution and vote Yes or No and minutes will recorded and information sent to the district redistricting committee.

THE MONDAY FELLOWSHIP - PICTORIALS















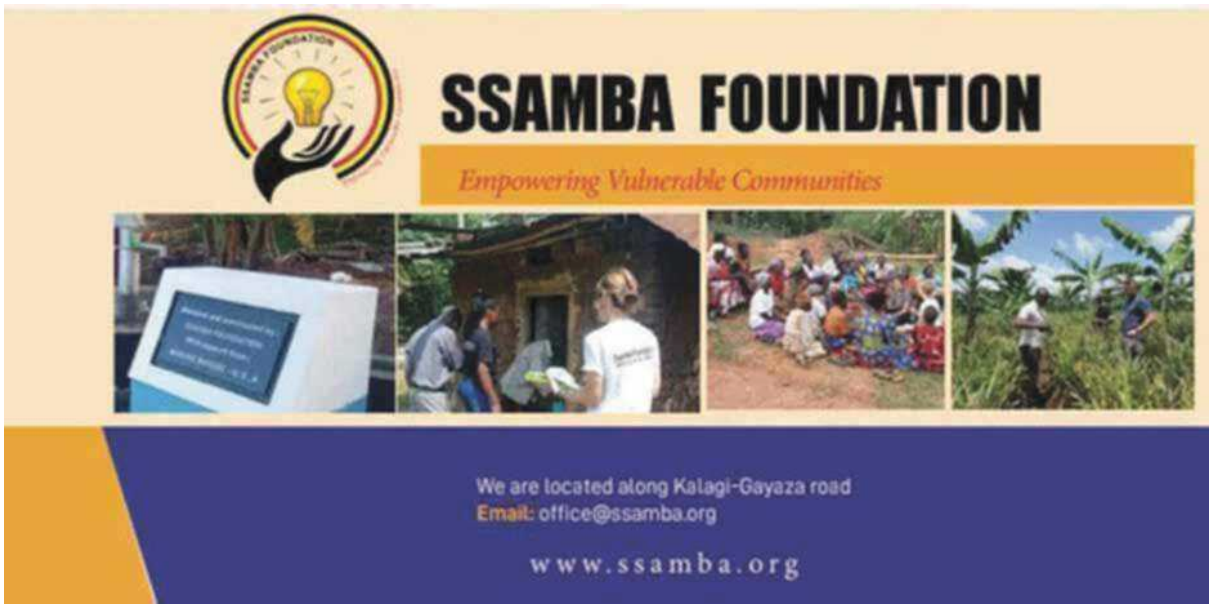
REASONS FOR GIVING

Ken Mugisha
Major Donor Level 2,
Bequest Society Level 4

Being involved with Partners for a Malaria-Free Zambia was a transformative experience.

The program — the first recipient of Rotary's US$2 million Programs of Scale award — has increased access to malaria testing and treatment as part of its goal to reduce the number of cases, particularly among pregnant women and children. The program exemplifies the power of partnership. It reinforced my belief in the profound impact of Rotary and how collective action can lead to significant progress.

I grew up in a family where caring for others was a way of life. I am passionate about peace, disease prevention and treatment, and the environment, and I want to support projects that make a real difference. These causes resonate deeply with me. I believe that Rotary's efforts in peacebuilding and reconciliation, coupled with its commitment to health and environmental sustainability, have the power to bridge divides and create lasting change. By supporting ***The Rotary Foundation, I can be a part of the solution and help foster unity and progress on a global scale.***



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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



Rotary in Zambia

The most recent data shows that Partners for a Malaria-Free Zambia, the 2021 Programs of Scale awardee, has spurred sustained improvement in health outcomes for people in 10 districts in Zambia.

Program organizers continue to promote the community health worker model to reduce severe malaria cases and deaths. Rotary members in Zambia traveled to all 10 district health offices in 2025, one year after the program funding ended in 2024, to gather the data.

Review the Partners for a Malaria-Free Zambia Annual Impact Report at https://my.rotary.org/en/partners-malaria-free-zambia-annual-impact-report to learn more about the effects of this program, feel proud of the tremendous work being done by Rotary members, and get inspired to take action on fighting disease or other issues that matter to you.

Promoting this program's success helps ensure that Rotary's most transformative work is seen, shared, and supported by members and nonmembers alike.

Congratulations



PHF+5 AG Kafeero Moses



PHF Jonathan Wangubo



PHF Nankiga Pauline

KNOW YOUR ROTARIAN

1. Tell us about yourself: I'm Kasule Hanypher N, a dedicated Social Worker and administrator. I am a civil servant who serves with Kira Municipal Council in different capacities. I'm a proud wife and mother of three lovely kids - two boys and a girl. I joined Rotary in May 2025 and have been an active member of the Rotary Club of Mukono Central for about six months.

2. Why did you join Rotary? I joined Rotary to connect with like-minded individuals and make a meaningful impact in my community. I'm passionate about serving others and believe Rotary's values align with mine.

3. Your Rotary experience: As a new member, I've been warmly welcomed and have enjoyed participating in some of the club activities, including ten year fundraising dinner, cancer run, 5-aside and fellowship events. I'm excited to contribute my skills and experience to make a difference.

4. Hobbies: In my free time, I enjoy watching movies, gym, travelling and exploring new places with my family and friends.

5. What do you love about your Club? I love the sense of camaraderie and shared purpose among members.

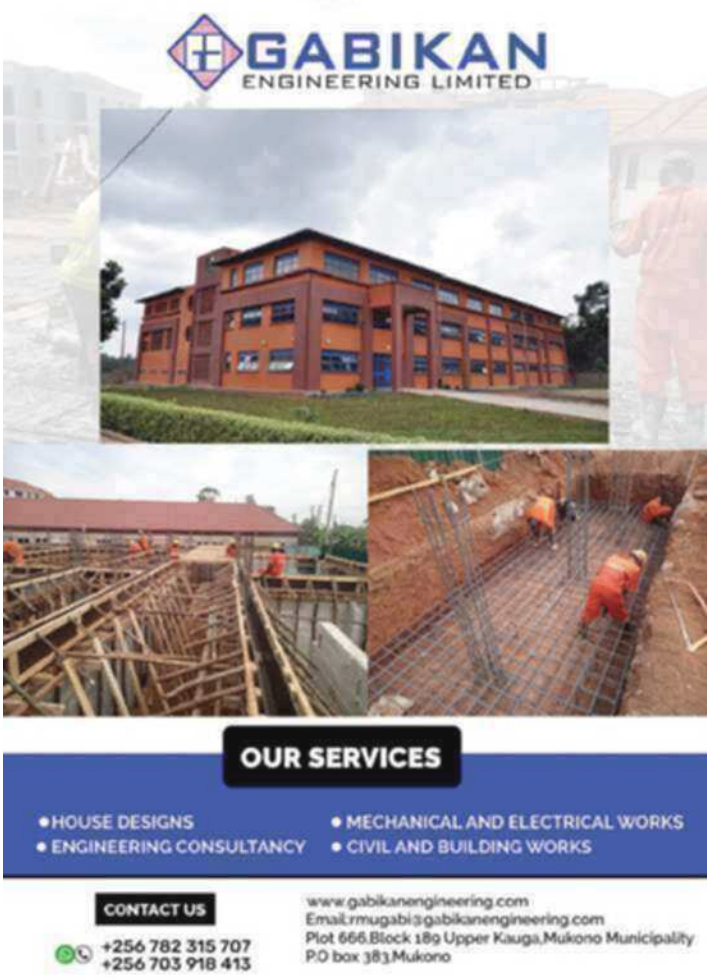


The club's diversity and commitment to service inspire me, and I'm grateful for the opportunity to grow and learn with fellow Rotarians.

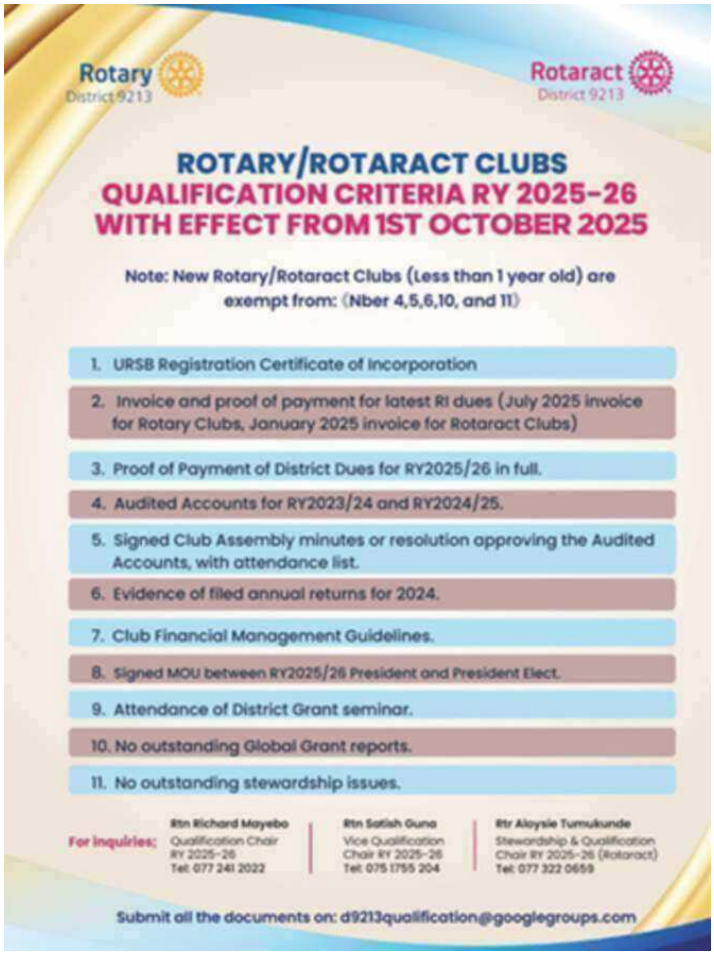
6. Where do you want to see your Club in the next 5 years? I envision the Rotary Club of Mukono Central expanding its reach and impact, strengthening partnerships, and empowering more community members. I'd love to see us take on more ambitious projects, fostering sustainable development and positive change.

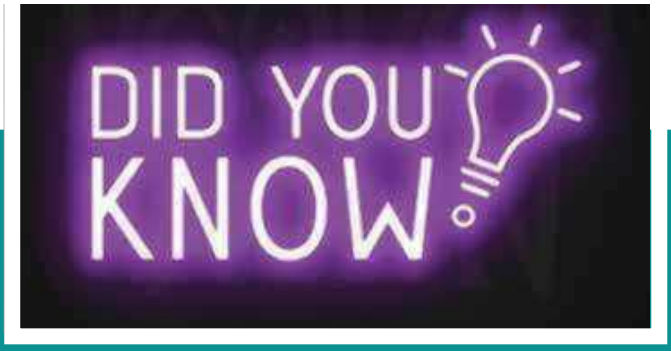
7. Anything else you want to share: I'm thrilled to be part of this dynamic club and look forward to contributing to its growth and success. I'm excited to meet fellow Rotarians and work together to make a difference in our community.


Rotary
District 9213
101 DISTRICT CONFERENCE
Rotaract
District 9213
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The before party is here with tasty BBQ and unforgettable connections
FEE: $30 (ATTENDANCE IS OPTIONAL)
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Brazilian BBQ
Registration is now open
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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



1. In all human affairs, there are efforts, and there are results, and the strength of the effort is the measure of the result.
2. Gifts, powers, material, intellectual and spiritual possessions are the fruits of effort; they are thoughts completed, objects accomplished, visions realized.
3. 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.
4. The dreamers are the saviours of the world
5. 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.
6. He who cherishes a beautiful vision, a lofty ideal in his heart, will one day realize it.
7. To desire is to obtain; to aspire is to achieve.
8. Dream lofty dreams, and as you dream, so shall you become.
9. Your vision is the promise of what you shall one day be; your ideal is the prophecy of what you shall at last unveil.
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.


Rotary
District 9213
District 9214
TAIPEI
2026
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CONVENTION
TAIPEI, TAIWAN | 13-17 JUNE 2026
Register and pay in full by 15th December 2025 to secure the lowest registration price at https://convention.rotary.org
#Unite4good9213
#RotaryEyamba
https://rotaryd9213.org
Rotary District 9213



TRAIN UP A CHILD

CP JOANNA TENDO
Rac Mukono Central.

Recently, during an interview session, a late comer barged into a quiet room where five of us were seated. Without offering a simple greeting, he immediately stated what he wanted. I sat there wondering whether he truly believed this was the right way to approach people. Was he raised—or merely reared? It struck me that the first thing we do when we enter a room is greet the people in it, then follow with our need. Yet moments like this make me question what some people were taught growing up.

The Bible teaches in Proverbs 22:6: "Train up a child in the way he should go, and when he is old, he will not depart from it." Yes, this scripture speaks about grounding a child in God's word, but it also extends to everyday manners and etiquette. Children need to be taught from the very beginning: we greet people when they visit; we stand up to greet an elder instead of remaining seated; we remove caps while greeting; and we show respect regardless of age, social status, or income level.

We step away from whatever we are doing to attend to a guest. We complete household chores before settling into leisure. These may seem simple, but they are powerful lessons. But today, we often encounter individuals whose behavior leaves us wondering how they were brought up. Some lessons cannot be learned from school—they must come from parents, guardians, older siblings, or the home environment.

As the saying goes, charity begins at home. Training up a child means guiding them early, consistently, and intentionally. It means shaping their worldview, building their moral compass, and instilling values that last long after childhood. A child will not simply grow into good manners; they must be shown, taught, and corrected with love. In the end, raising children is not only about teaching them to know God but also about teaching them to live well among people. When we train them diligently, we give them a foundation they will carry for the rest of their lives.


Rotary
District 9213
rotary youth exchange
Rotaract
District 9213
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FOR ROTARY YOUTH EXCHANGE 2026 - 2027
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FRIDAY 27TH NOVEMBER 2025
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Rotary
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District 9214
CARNIVAL
THE ROTARY FAMILY
CARNIVAL
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ADULTS: UGX 50,000
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INTERACTORS
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06TH Saturday Dec, 2025
Las Vegas Bunga
nbs

Fitness

BENEFITS OF HOLDING LEGS UP ON THE WALL

FOR 5 MINUTES EVERY DAY



- Improves circulation
- Reduces leg swelling
- Relieves tired legs
- Eases stress & anxiety
- Stretches hamstrings
- Improves sleep quality
- Improves sleep quality



IT COULD BE BURN OUT

Burn-out is a syndrome of exhaustion or professional inefficiency that may occur as a response to poor or non-balanced work-life relationships.

It is typically characterized with a feeling of depleted emotional and physical resources. People often feel drained and used up without a source of replenishment. It may at times present as a detached response to your job and loss of optimism. There is also a reduced feeling of competence and productivity at work leading to a self-imposed judgment of failure. Work relationships may be affected thereby breaking the core mechanisms that often help individuals cope with work related stresses.

The exhaustion is correlated with physical symptoms such as: headaches, chronic fatigue, gastrointestinal disorders, muscle tension, hypertension, cold/flu episodes, and sleep disturbances. Psychological issues may include anxiety, irritability and depression.

There are theories that suggests that burn-out arises from a persistent threat to available resources at one`s work place and persistent job demands with inadequate resources available to address or reduce such demands.

Because burn-out is a prolonged response to job related stressors, individuals usually find coping mechanisms and the situation becomes fairly stable over time.



BOY CHILD CHRONICLES Letters to My son

MINDSET CHANGE!

Rtn Catherine Namoma
President Elect
Rotary Club of Mukono Central

Dear son, recently while perusing through my old photo album, I found a picture of myself as a 20-year-old young woman. My mind went back to the day I took that photo. I remember being the center of attention as I waltzed through the hall and majestically ignored the stares of admiration. I looked amazing and I knew it.

Today, I look at my 20-year-old daughter and can't help but admire the beauty that she is. Not because she doesn't have many flaws but because to me she is perfect in spite of them. As I listen to her hilarious and witty stories over and over again, my mind always races back to times when I was her age. I consistently have the nudge to tell her to enjoy every part of her life to the fullest, I want to tell her to laugh as often as possible, dance in the rain with no shame, wear that small dress with confidence and love herself with no regret.

Reality is time flies and life happens. Friendships end, opportunities close, hope falters and age happens to the best of us.

So son, here are a few words of encouragement to embrace.

- Aging is a blessing. The concept of getting older builds dread in our hearts. Very few people enjoy getting older, however it's important to think about many who have passed on before their time. Who are you that you're still here. Be grateful.
- There are always windows to go through when doors close. It's almost inevitable for some doors to close, it's not the end of the world. Look for opportunity to maneuver through the maze and find your way. Nothing makes you stronger than persevering to beat the odds.
- Your power has limits. Humans always want to be in charge and control every narrative, however no matter who you are, a stop light will blink and you will be forced to stop.

• Love happens. Given the opportunity love like your heart will never be broken otherwise the next best option is hate and what a waste that is.

• *You are enough. Yes!!!! Your color, height, size and personality were intricately thought out by your creator. The bible says "you are fearfully and wonderfully made" Psalm 139:14. Celebrate the person that you are knowing there can and will never be another you. You will always be enough.*









POLYMATH

DANDRUFF

By Baker Muzige (Bpharm),
RC Mukono Central

1. Dandruff is a common scalp condition, harmless and non-contagious but annoying because of the itching and the white flakes that decorate your shoulders and back when you brush your hair .

2. In adults and teenagers, dandruff is sometimes called pityriasis capitis.

3. Contrary to popular belief, dandruff is not a hygiene issue. It is mostly about your scalp type and how it reacts.

4. When it shows up on a baby scalp, it is called cradle cap.

5. Medically, dandruff is a form of seborrheic dermatitis, but unlike other forms, it mostly targets the scalp.

6. The main culprit behind dandruff is not dirt, but biology.

7.A natural fungus called Malassezia restricta normally lives on your scalp.

8. This fungus feeds on scalp oils and breaks them down into oleic acid.

9. Some people react badly to this acid.

10. This reaction speeds up scalp cell turnover. Dead cells pile up and that is what we see as flakes.

11. So dandruff is basically your immune system overreacting to fungus leftovers.

. Besides fungus, other factors contribute. These include oily scalps, family history of dermatitis, high levels of the male hormone androgen, and certain hair care products.

1. Triggers that worsen dandruff include stress, cold or dry climate, alcohol based lotions, and other skin issues like psoriasis, acne, or rosacea.

14. Even though dandruff is non-contagious, avoid unhygienic salons and barbershops. You do not want extra drama.

2. Still non contagious, but avoid sleeping in sketchy rooms where slippers are cut up or where suspicious wooden carvings hang around.

3. Also avoid being a bed to bed midfielder or pulling a Ngolo Kante in matters of sleepovers.

4. Street myth one: changing your hairdresser can give you dandruff. False. The only thing that changes is your confidence level. You either leave glowing or looking like a debt collector.

5. Street myth two: salons using wax while plaiting cause dandruff. Also false. The only thing wax gives is shine and grip, not flakes. If wax caused dandruff, every candle factory worker would be scratching like a chicken in the dry season.

6. Some salons are running chemistry labs they never graduated from. They mix detergent powders, add water, shake the bottle like a cocktail, and call it shampoo. That stuff has washed more floors than heads.

7. Another myth: plaiting your hair when your hairdresser is on her monthly timetable causes dandruff. Please. What does someone calendar have to do with your scalp biology. You never ask her that when discussing design and payment.

21.Some of you blame dandruff, yet your scalp has not seen water since the last election cycle. That is not a condition. That is archaeological dust. Even museums would label your head "fragile artifact, do not touch."

22. And stop shouting "my scalp is sensitive" while bathing it in every cheap oil, gel, spray, and mystery concoction sold outside bus stages. Your scalp is not sensitive. It is overwhelmed, confused, and filing for divorce.





Rotary
Mukono Central



Rotary
District 9213

Chartered: 8th April 2016

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

The Downtowner 23