Rotary
Mukono Central

THE DOWNTOWNER

"My Community. My Service"

Volume 3, Issue 24 December 15TH, 2025



Season's GREETINGS

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EDITOR'S NOTE

Dear Reader,

It is another week of service and we are grateful once again for the gift of life. We are still in the Disease Prevention and treatment month, a time to reflect on our role as Rotarians towards health communities. Also, as we celebrate the end of year festivities, let us reach out to the less privileged and extend these celebrations to them as well through acts forms of kindness.

This week, the spotlight is on President Isaac`s message as we come close to the end of the Calendar year. Catch his message as he breaks down the Club`s achievements.
Also find Rotary information, end of year messages, interesting articles, photo galleries and so much more.

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.
I wish you joy and happiness this festive season and cheers.

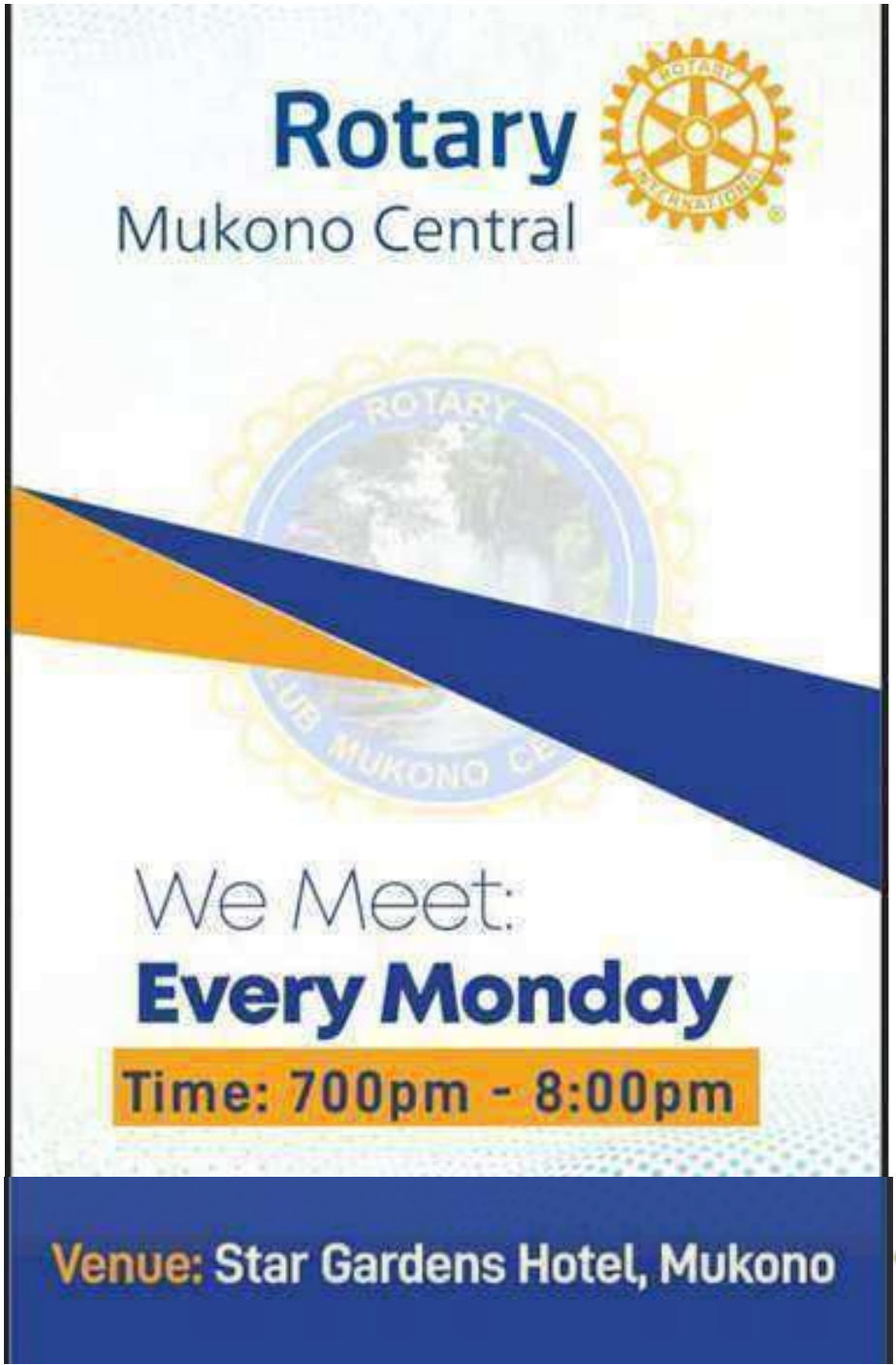


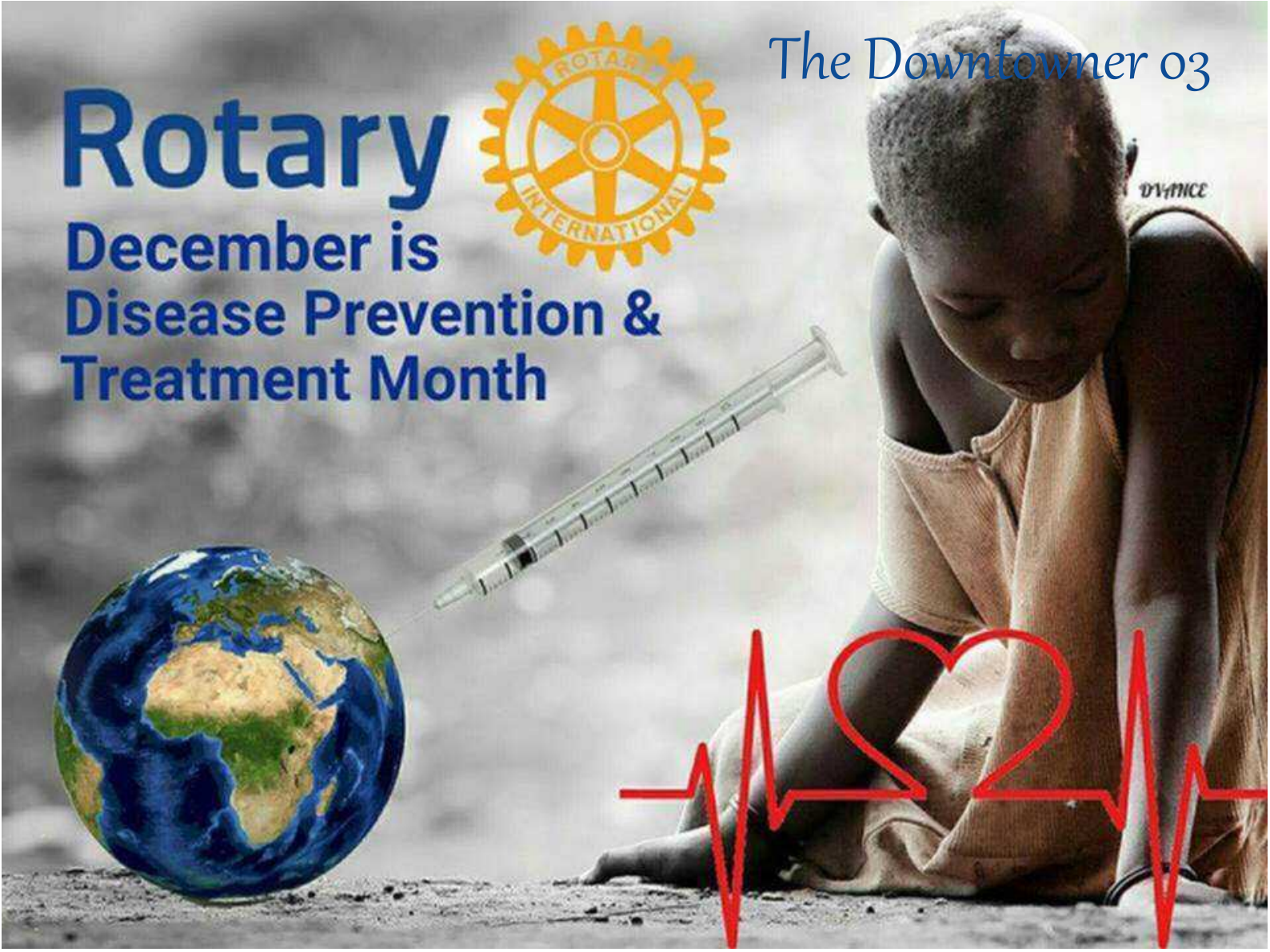
Rtn. Beatrice Nannozi Kasirye
Public Relations Officer / Editor

Quote of the week

“ There is no end to education. It is not that you read a book, pass an examination, and finish with education. The whole of life, from the moment you are born to the moment you die, is a process of learning.””

—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.*



CELEBRATING SERVICE AND GRATITUDE AS WE BREAK FOR THE FESTIVE SEASON. END OF YEAR 2025 REFLECTION

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

As the world comes together to celebrate the end of the calendar year 2025, we at the Rotary Club of Mukono Central take this moment to reflect with gratitude on our journey so far. While this marks the close of the year, it also represents the mid point of the Rotary Year 2025–2026, a meaningful opportunity to pause, assess our progress, and renew our commitment to service.

I extend my sincere appreciation to all Rotarians for your consistency, dedication, and unwavering support throughout the year. Your commitment to Service Above Self has continued to transform ideas into impactful action within our community.
Service Highlights in 2025

Throughout 2025, our club has remained firmly focused on service projects that respond to real community needs and align with Rotary International's areas of focus.

HEALTH AND WELLNESS INITIATIVES

Health has remained a priority area for the Rotary Club of Mukono Central. One of our key achievements has been our engagement at Seeta-Nazigo Health Centre III, where we initiated the construction of a maternity shade to improve comfort, dignity, and care for expectant mothers.

In addition, the club supported and participated in medical outreaches and health related activities aimed at disease prevention, health education, and improving access to basic health services for vulnerable populations.
BELEP : Education and Literacy Support

Education continues to be a powerful tool for sustainable development. Through the Basic Education and Literacy Enhancement Program (BELEP), our club supported Mukono Municipal Needs Education Nursery and Primary School with scholastic materials, including books, pens, pencils, and desks. These efforts reaffirm our commitment to empowering learners and strengthening foundational education in our community.

Other Club and Community Engagements

Beyond health and education, the club remained actively involved in fellowship activities, partnerships, and community engagements that strengthened member bonds and enhanced the visibility and relevance of Rotary within Mukono and the surrounding areas.

Gratitude to Our Members

I thank every Rotarian for the time, resources, ideas, and passion you have contributed throughout 2025. Your teamwork, fellowship, and shared purpose continue to be the driving force behind our achievements as a club.

Festive Season and New Year Wishes

As we break off for Christmas and the festive season, and as the world welcomes a new year, I wish you and your families peace, joy, good health, and renewed hope. May the celebrations refresh us as we prepare to continue serving with even greater commitment in the second half of the Rotary Year 2025–2026.

Thank you for your continued support and dedication to Rotary Club Mukono Central.

Happy Christmas and a Prosperous New Year.





THE GLOBAL POLIO ERADICATION INITIATIVE - LEADERSHIP

Michael K. McGovern
Rotary Club of South Portland-Cape Elizabeth, Maine, USA

Michael K. McGovern, a member of the Rotary Club of South Portland-Cape Elizabeth, Maine, USA, has been selected to chair the Polio Oversight Board, the governance body that provides strategic direction and unified leadership for the Global Polio Eradication Initiative (GPEI).

McGovern's appointment is a significant milestone for Rotary International, which cofounded the GPEI in 1988 and has contributed more than US$2.9 billion — along with countless volunteer hours — toward ending polio worldwide. In his new role, McGovern will help coordinate the work of the GPEI's partner organizations and steer efforts to safely and sustainably reach the goal of a polio-free world. He will also continue to chair Rotary's International PolioPlus Committee, a role he has occupied since 2014.

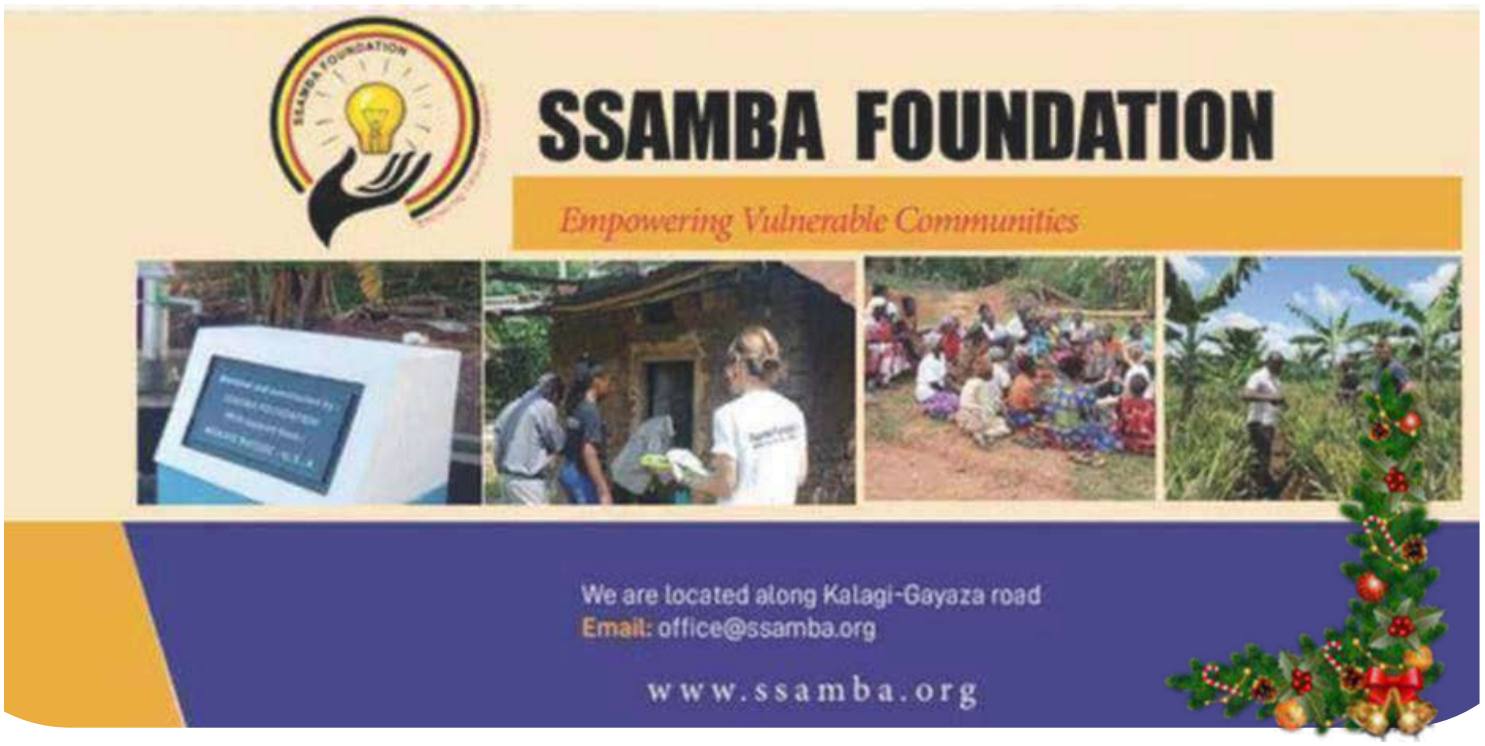
"Serving as chair of the Polio Oversight Board is an honor and a responsibility," says McGovern. "We stand closer than ever to achieving a world free of polio. Together with our partners and the millions of volunteers who make this work possible, we will finish the job."

The transition comes at a critical moment in the polio eradication endgame. While global polio cases have dropped by more than 99.9%, challenges remain in areas with limited health infrastructure, persistent conflict, or complex access issues.

McGovern will play a vital role in aligning strategy, ensuring accountability, and guiding resource allocation for the GPEI's partners. These include Rotary International, the World Health Organization, UNICEF, the U.S. Centers for Disease Control and Prevention, the Gates Foundation, Gavi, the Vaccine Alliance, and many national governments.

McGovern has been a Rotary member since 1986. He has served as director and vice president of Rotary International and trustee and vice chair of The Rotary Foundation. He will begin his two-year term as Polio Oversight Board chair on 1 January 2026.






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
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WE ALSO DO OUTSIDE CATERING

THE CLUB PHOTO GALLERY









THE CLUB PHOTO GALLERY





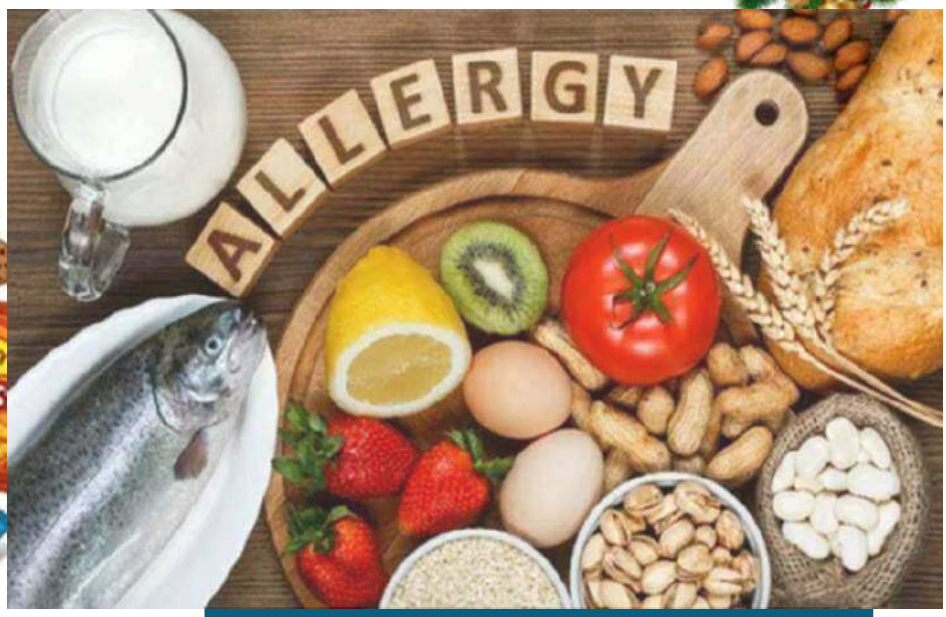












FOOD ALLERGIES

In the face of a food allergen, your body will respond through immune –mediated reactions. Such reactions are the body`s ways of identifying and responding to invasive agents/components in the body. A food allergy is an adverse health effect that occurs to an individual every time they are exposed to a given food. Food allergies can cause a variety of reactions throughout your body. The mild to severe reactions may include; Itching, Hives, Swelling of the lips, tongue, or throat, Nasal congestion, Coughing, Wheezing, Abdominal pain, Nausea, Vomiting, Diarrhea.

Food allergies are also called food intolerances and they occur in early childhood. In new borns, breast milk gives protection against allergic sensitizations that would arise from certain foods and exclusive breast feeding delays exposure to such allergens. However, where breastfeeding is not possible, hypoallergenic baby formulas have been recommended for high risk children.

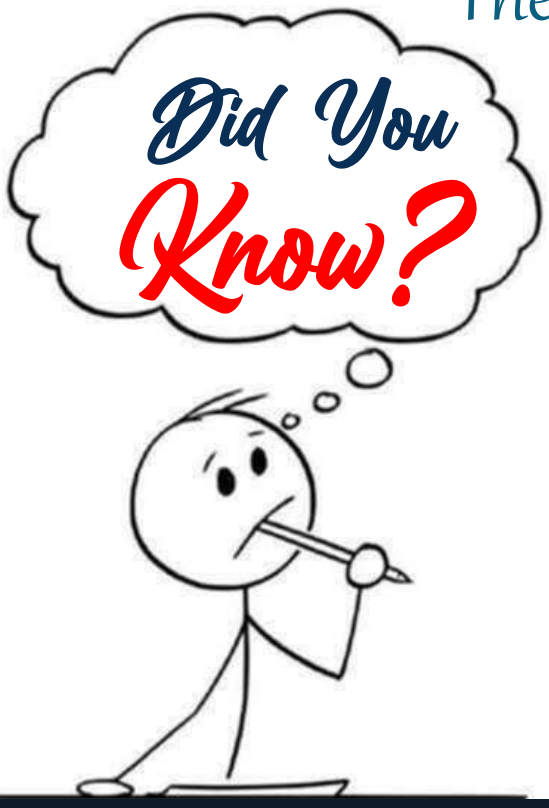
In addition to genetic factors, environmental, cultural and behavioral factors have been cited to affect the severity, frequency and type of allergic reactions in different individuals. For example, decreases in family size and improvements in personal hygiene may increase the likelihood of food allergies. Also insufficient exposure to certain types of diets has been named as one of the causes of food related allergies.

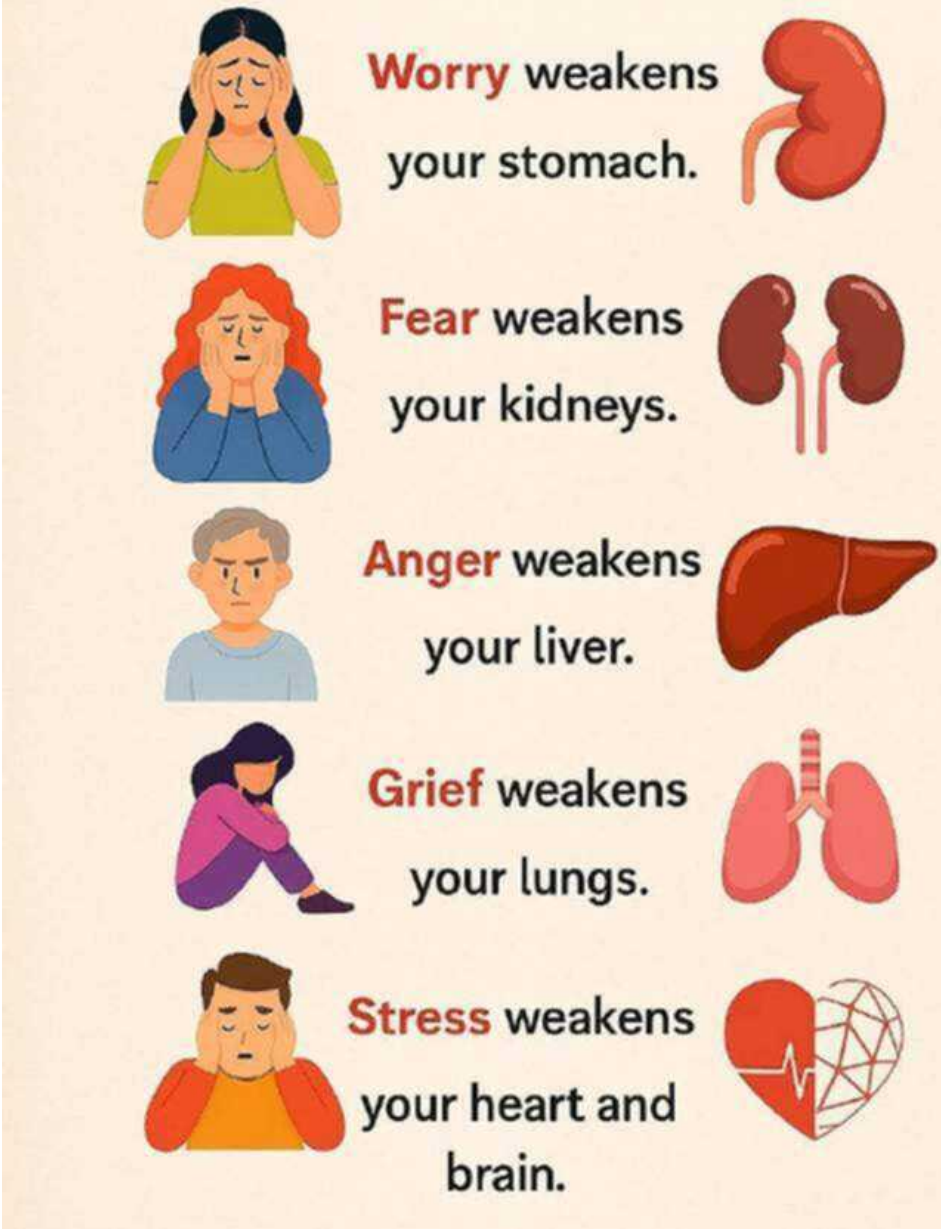
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Milk, eggs, wheat, peanuts, simsim, fish, fruits, and vegetables are common inducers of food allergy reactions. Allergies to foods like milk, eggs and wheat are usually out grown whereas those due to peanuts, tree nuts, and fish often persist over a lifetime. Because food allergens enter the body via the gastrointestinal tract, symptoms can develop directly at the sites of allergen contact such as mouth or any other parts of the gastrointestinal tract but can also occur in other parts of the body.

Rtn. Beatrice Nannozi Kasirye
RC Mukono Central




Did You
Know?


Worry weakens your stomach.
Fear weakens your kidneys.
Anger weakens your liver.
Grief weakens your lungs.
Stress weakens your heart and brain.

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!!

No single star illuminates the night sky;
it takes a constellation. Similarly,
the greatest achievements are rarely
the work of one.
Teamwork transforms individual talents
into a powerful collective force.

By: Rtr. Mugwanya K Jovan





A JOURNEY TO INNER FREEDOM

Rtn. Angella Nanyonga
Rotary Club of Mukono

In our complex world, mistakes, wrong judgments, and misunderstandings are common experiences. Rather than viewing these as flaws, we can embrace them as opportunities for growth and deeper connections. Owning up to our errors can lead to a profound sense of inner freedom, allowing us to shed guilt and shame in favor of authenticity and humility.

Mistakes are vital to our human experience. They should not be seen as definitive measures of our worth but as valuable lessons. When we acknowledge our errors, we transform shame into reflection and improvement. In a setting like the Rotary Club, this lesson resonates widely, fostering camaraderie among members who share their vulnerabilities.

Similarly, wrong judgments are a natural human tendency, often based on preconceived notions. Acknowledging our misjudgments requires courage, breaking down barriers and fostering acceptance. By engaging in meaningful conversations, we challenge misconceptions and promote understanding.

Misunderstandings are silent barriers that can divide us. However, these can become bridges to connection when approached with empathy. By openly addressing misunderstandings, we not only resolve conflicts but also experience personal growth, making members feel valued and heard.

The burden of passing judgment is heavy and creates mental shackles that prevent us from truly connecting with others. Letting go of judgment opens us to a world of possibilities, allowing us to appreciate the diverse experiences of those around us. Freedom from judgment starts within us, a conscious decision to accept ourselves and others as we are.

As Rotary Club members, you have the opportunity to exemplify the power of owning up to mistakes, wrong judgments, and misunderstandings. By sharing experiences and practicing empathy, you can nurture a community rooted in compassion. Let's commit to being agents of change, embracing our imperfections and fostering understanding in our shared journey

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101
DISTRICT
CONFERENCE
INSPIRE • SERVE • IMPACT
Rotaract
District 9213
Grand
Concert
AT THE ROTARACT
NIGHT THIS
DISCON 101
17TH
APRIL 2026
FRIDAY NIGHT
DRESSCODE:
AFRO-MODERN
ELEGANCE
Scan to register.
Registration
is now open
In
Partnership
with
fireworks
Advertising
nbs
PRUDENTIAL
DISCON 101

BOY CHILD CHRONICLES



A TIME FOR SELF-EVALUATION

Rtn Catherine Namoma
President Elect
Rotary Club of Mukono Central

Dear son, as the year draws to a close, it's a time for meditation and self-reflection. A lot has happened this year with great achievements, victories and failures. Each day has presented us with opportunities for success or fail. During this period of rest, pause and evaluate your life. What has worked and what do you need to change to realize your desired output. Some of the areas you need to think about include:

> Social circle: Through the year, friends have come and gone. Some have positively impacted you while others have caused tremendous pain to you. Sieve out the chaff within your circle. Some friends are not worth keeping and its time to cut the cord. Let them go.

> Family dynamics: Family is everything. Your parents, siblings, extended family, partner and children matter. In spite of family being important, we often take them for granted. They receive crumbs of everything; yet they stay. Think about how much time and effort you put into creating healthy relationships with your family. End some feuds and start the journey to reconciliation.

> Relationship status. Whether single, engaged, dating or married, evaluate the health of the relationship. It could be time to level up. This part of your life is a major catalyst to your well-being. Some people need to be given a chance while others need to be released. Prayerfully make a decision.

> Physical appearance: When you look in the mirror what do you see? Do you like how you look? Are you happy with your choice of fashion? Are you happy with your size? Give yourself honest feedback and start making the necessary changes.

> Personal health: Many of us never go for medical checkups to ensure that we are in good health. Some diseases become fatal due to negligence. Go for a whole body examination to ascertain that you are in great shape and if anything is amiss you have an opportunity to change the narrative. Re-evaluate your nutrition and physical fitness.

> Financial management: How have you managed your finances this year? Have you been a committed saver or giver? Have you made effort to grow your wealth? Are you always in debt? These are all important questions to ponder as you make better financial decisions next year.

> Religious dynamics: God is sovereign and important in all that you do. He is your creator and you should have a personal relationship with Him. No matter which denomination you belong to, ask yourself whether you have a relationship with God.

> Employment state: Do you love what you do to earn a living? Have you been an excellent employee or employer? Can you honestly say you are proud of the milestones this year in your workplace? It could be time for change.

> Mental health: Life is a battlefield of the mind. Have you checked your mental faculties lately? Are you ok? How much self-care do you put into your daily schedule? What is your attitude towards life?

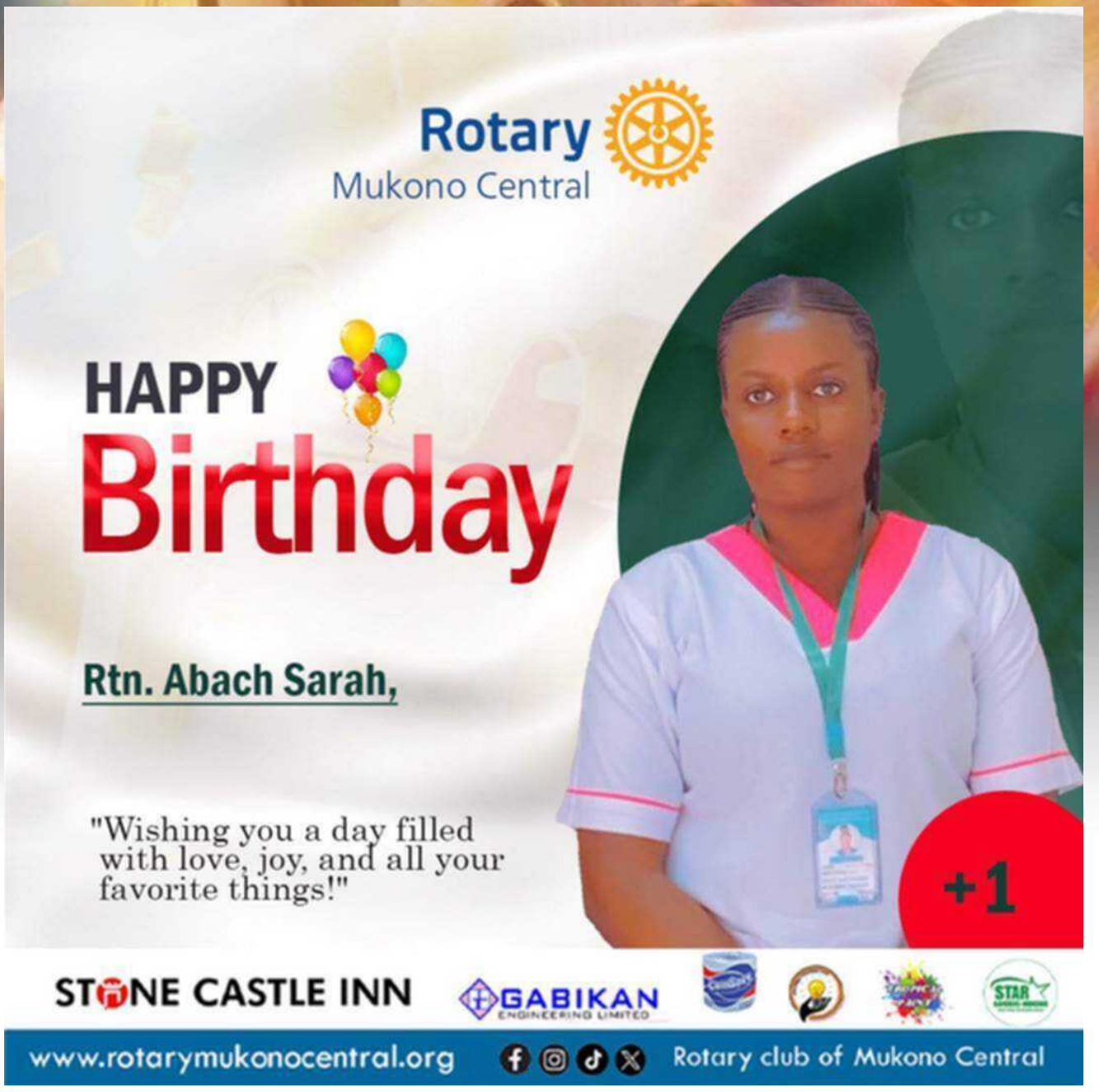
> Education: Intellectual growth is important both formal and informal. How far have you gone with your education? It might be time to go back to school. However, it's also important to evaluate how much effort you put into growing your intellectual muscle through reading and listening to podcasts.

Son, as you go through this self-evaluation, be as honest as possible. Believe there is opportunity to make it better. Strategize on how to accomplish this. It's time to re-envision.

Quote: There are two things we get every day, A CHOICE AND A CHANCE.


Rotary
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101
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INSPIRE • SERVE • IMPACT
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TASTY FLAVOR
& VIBE LOADING
The before party is here with tasty
BBQ and unforgettable connections
FEE: $30 (ATTENDANCE IS OPTIONAL)
15TH
APRIL 2026
WEDNESDAY NIGHT
Brazilian
BBQ
Scan to register.
Registration
is now open
In
Partnership
with
fireworks
Advertising
nbs
PRUDENTIAL
DISCON 101

DECEMBER Baby



#POLYMATH



RC MUKONO CENTRAL: REFLECTING ON 2025, A YEAR OF SERVICE, HEALTH, AND COMMUNITY IMPACT

VP Muzige Baker,
Rotary Club of Mukono Central

Dear son, as the year draws to a close, it's a time for meditation and self-reflection. A lot has happened this year with great achievements, victories and failures. Each day has presented us with opportunities for success or fail. During this period of rest, pause and evaluate your life. What has worked and what do you need to change to realize your desired output. Some of the areas you need to think about include:

As we reflect on the calendar year 2025, we do so not as a conclusion, but as a moment of gratitude and learning within our continuing Rotary journey at Rotary Club of Mukono Central.

This year, our club demonstrated what purposeful Rotary service looks like when fellowship, professionalism, and community need come together. Through consistent engagement, RC Mukono Central strengthened its presence in the community, reaffirming our commitment to Service Above Self.

Health and community wellbeing featured strongly in our activities. Through health awareness engagements, community outreach initiatives, and professional health dialogues, the club contributed to promoting prevention, informed decision-making, and healthier lifestyles within Mukono Central. These efforts reminded us that Rotary's role in health goes beyond charity, it includes education, advocacy, and sustainability.

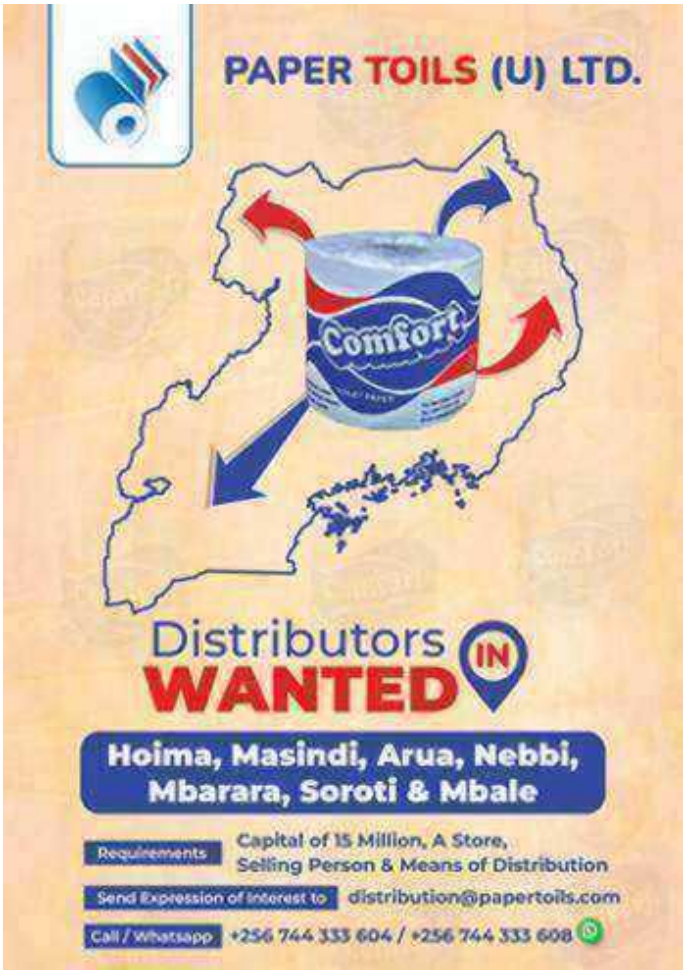
We also made meaningful contributions through community service projects, including initiatives in sanitation, youth engagement, and local community support, reflecting Rotary's holistic approach to development. Each project, regardless of scale, carried a common goal: to respond to real needs with dignity and impact.

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Fitness


Top 10 Fitness Facts
1. Exercise Boosts Brainpower
2. Movement Melts Away Stress
3. Exercise Gives You Energy
4. It's Not That Hard to Find Time for Fitness
5. Fitness Can Help Build Relationships
6. Exercise Helps Ward Off Disease
7. Fitness Pumps Up Your Heart
8. Exercise Lets You Eat More
9. Exercise Boosts Performance
10. Weight Loss Is Not the Most Important Goal

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