Rotary
Mukono Central

THE DOWNTOWNER

"My Community. My Service"

Volume 3, Issue 25 December 22ND, 2025



Merry CHRISTMAS!

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EDITOR'S NOTE



Dear Reader,

Cheers to Christmas!
Cheers to Christ who was born to us as a gift to give us second chances.

As we celebrate during this festive season, let us remember to give 'Service above Self ' let us be mindful of our health. Let's stay hydrated, exercise patience and mercy, reach out to those in need, and enjoy responsibly. Above all, remember the Creator in all we do.



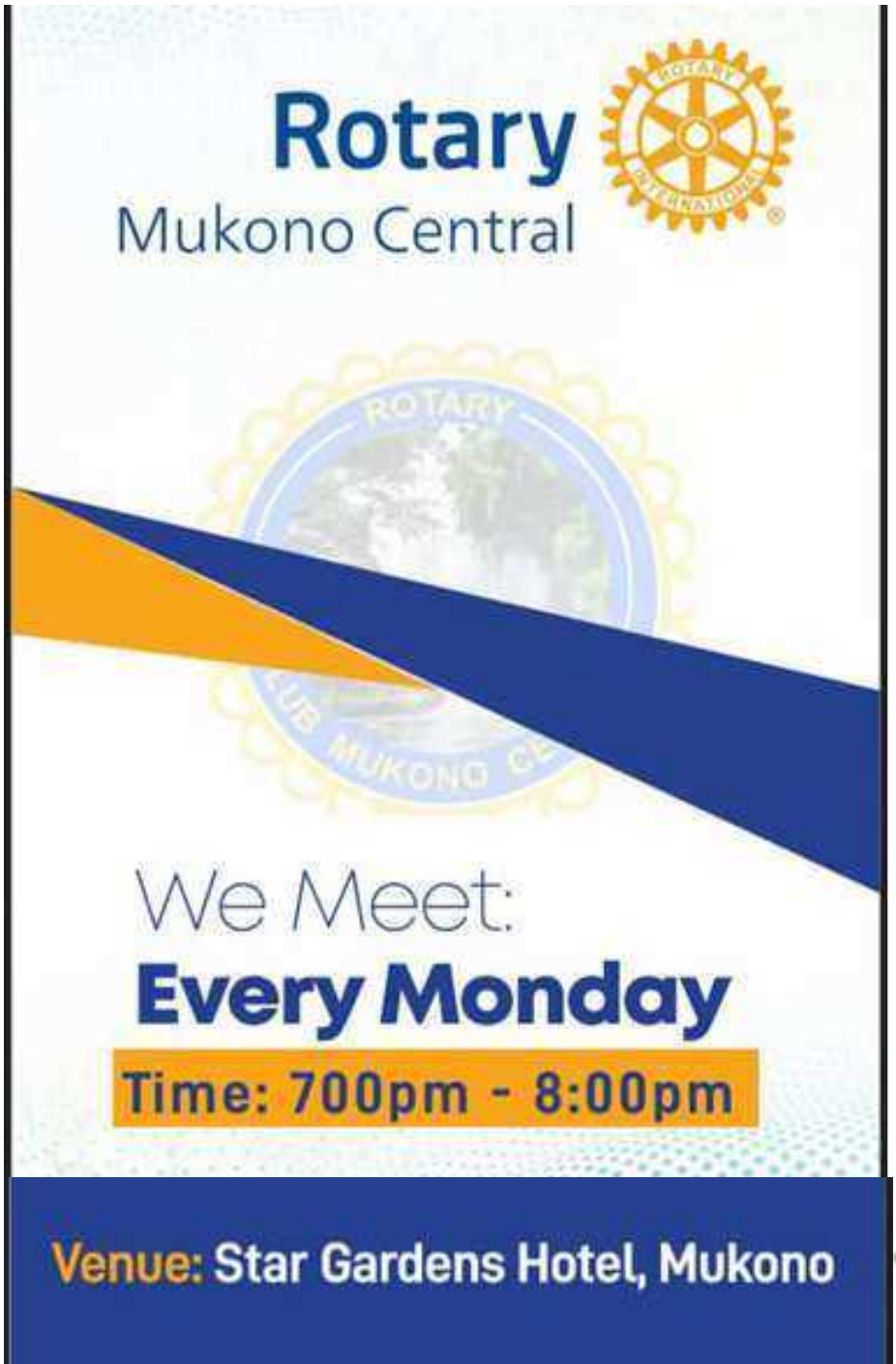
Rtn. Beatrice Nannozi Kasirye
Public Relations Officer / Editor

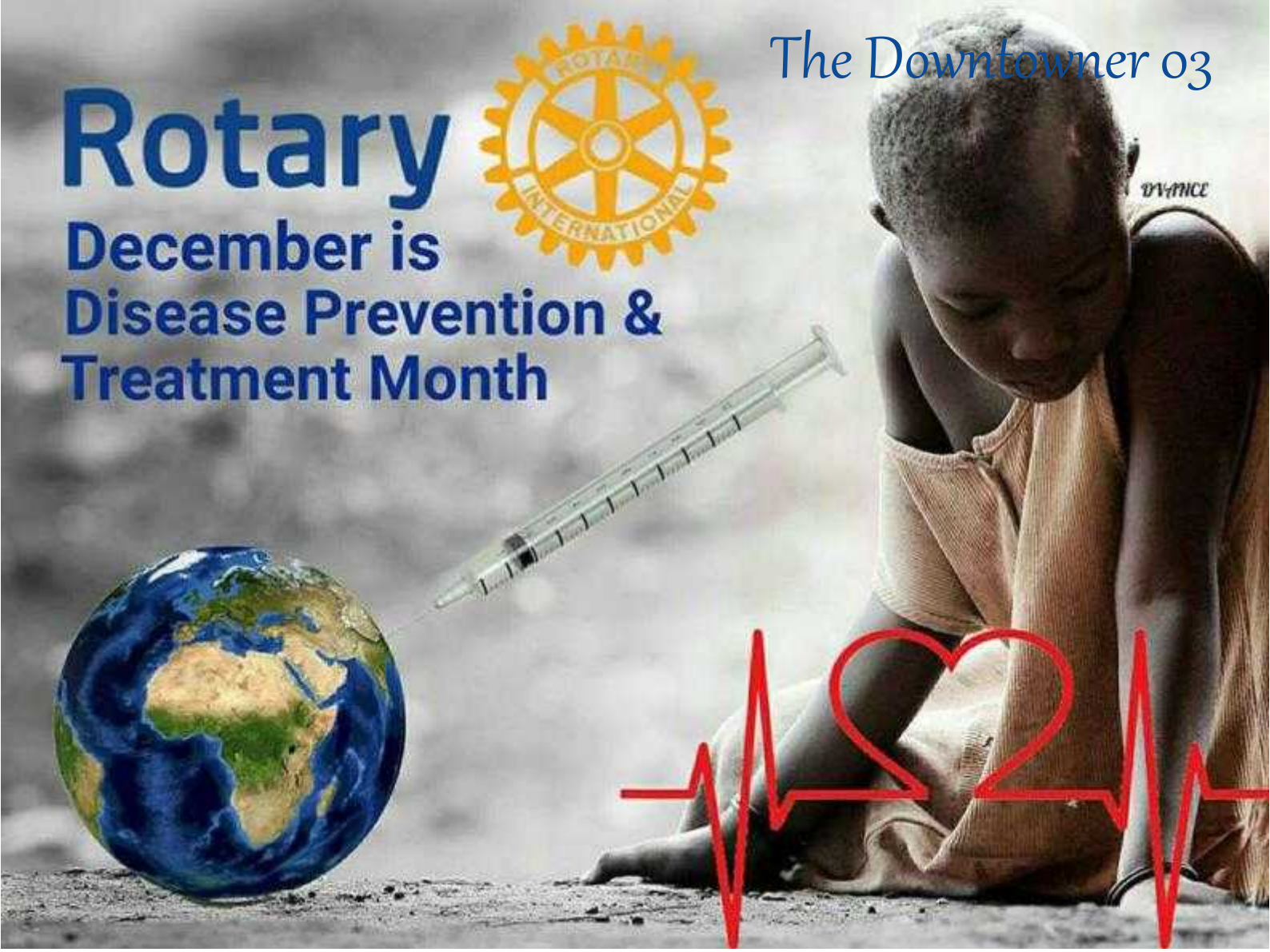




Quote of the week

"Gifts of time and love are surely the basic ingredients of a truly merry Christmas"
— Peg Bracken





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.*



MERRY CHRISTMAS AND HAPPY FESTIVE SEASON

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

As the festive season arrives, I want to express my deepest gratitude for your unwavering commitment to service. This Christmas, let's reflect on the incredible work we've done, from supporting those in need to bringing joy to our communities, embodying our motto, 'Service Above Self.'

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It is said that the most precious gift you can give is Time. When you give of your time, you give a little of yourself and a part of your life to someone else. Time in the service of others is what defines all Rotarians.

As you may know, the definition of service is evolving in Rotary and the long-standing focus on "attendance" at weekly fellowships is being challenged by the hard realities of work and life that demands our time and forces us to prioritize our attention.

At the Rotary Club of Mukono Central, we need to talk about what service means to us. As we sail through 2026, our Club Board of Directors will be engaged in this conversation and I encourage you to get involved in this dialogue. As our membership evolves with the ever changing world in which we live and work, we need to be responsive and flexible with how we define time and service to Rotary.

Personally, service can mean different things; some participate on committees identifying the philanthropic projects worthy of our support, while others come out to our events and parties to lend a helping hand, or join us on trips in faraway places.

And there are dedicated members who just do the many activities that make things happen at our Club. Whether that is finding great speakers for our fellowships/meetings, writing articles for the Downtowner, promoting our brand on social media, or organizing fun events for all to enjoy. All manner of service is worthy and valuable.

The world needs Rotary, now more than ever. Our singular mission is to improve the lives of people and to create a better world. In whatever way you choose to serve Rotary, I sincerely thank you for your ongoing commitment to our community, our Club and our members.

And at this special sacred season, I hope you take the time to reflect on the many blessings of your life and the privilege to be of service to others. Christmas is a time of reflection, gratitude and giving. It is a season that brings us closer to our loved ones and encourages us to extend a helping hand to those in need.

As Rotarians, we are united by a common goal - to create positive, lasting change. During this festive season, let us renew our dedication to service and kindness.

Whether it's through charitable projects, acts of kindness, or simply spreading love and joy, let us be the embodiment of the Rotary spirit.

May this Christmas be a time of unity, compassion, and hope. Wishing you all a Merry Christmas filled with warmth, laughter, and the joy of making a difference. Thank you for your dedication to Rotary and the communities we serve. Be safe and see you all in the New Year

Happy Christmas and a Prosperous New Year.





WITH DISEASE PREVENTION AND TREATMENT, WE ARE CREATING HEALTHY COMMUNITIES.

Geoffrey Martin Kitakule
District Governor 9213

Rotary was built on the belief that when caring people unite, they can change the world. And nowhere is that more evident than in our work to reduce suffering, improve health, and ensure that families have the chance to live full and healthy lives.

Our signature achievement in disease prevention is, without question, the eradication of polio. More than three decades ago, we took on a challenge many believed was impossible: to rid the world of a crippling and deadly disease. We committed not only our resources but also our determination. We mobilized communities, partnered with governments, and worked hand-inhand with the World Health Organization, UNICEF, and the Gates Foundation. And because of that commitment, we have reduced polio cases by more than 99%, protecting billions of children and bringing us closer than ever to a polio-free world. But our work is not finished. We remain relentless in the final push; because we know that as long as polio exists anywhere, it is a threat everywhere.

Rotary's vision for disease prevention goes far beyond a single illness. Across several communities in Uganda, we support programs that strengthen entire health systems. We fund and operate Rotary Family Health days with our partners such as DFCU Bank and C-CARE,

bringing essential care to communities that lack access to doctors, clinics, or medicine. We support the training of health workers, midwives, and community educators, multiplying the impact of every action we take.

We improve maternal and child health by focusing on early intervention, safe childbirth, and access to lifesaving vaccines. The recently approved GG#2579290 of USD 500,000 for Empowering Families is going to create renewed hope for thousands of mothers and newborns in Uganda.

As Rotarians in Uganda, we do help fight malaria with our partners, we fight HIV/AIDS, tuberculosis, and other preventable diseases by providing education, resources, and long-term support. We know that knowledge is one of the most powerful medicines. I thank Rotarians that have led countless health education initiatives; from teaching hygiene and sanitation practices to young girls in school, to raising awareness about chronic diseases like diabetes and heart disease among others.

What truly makes our work unique is not just the scale of our efforts, it is the spirit behind those efforts. Because for every vaccination administered, every health center built or supported, and every life saved, there is the power of volunteers who believe deeply in our motto: Service Above
Self.

As we look ahead, our mission remains clear. Rotary will continue to lead, to innovate, and to inspire. We will strengthen healthcare infrastructure, expand access to clean water and sanitation and together, we will continue to light the way toward a world free from preventable disease; a world where every child grows up strong, every family thrives, and every community has the opportunity to flourish because as we have seen, #Rotary-Eyamba.



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

THE CLUB PHOTO GALLERY







THE CLUB PHOTO GALLERY











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

TOP 5 HEALTH BENEFITS OF GINGER

Eases Nausea

Works well for people with motion sickness.

Improves Digestion

Settles the stomach and relieves indigestion

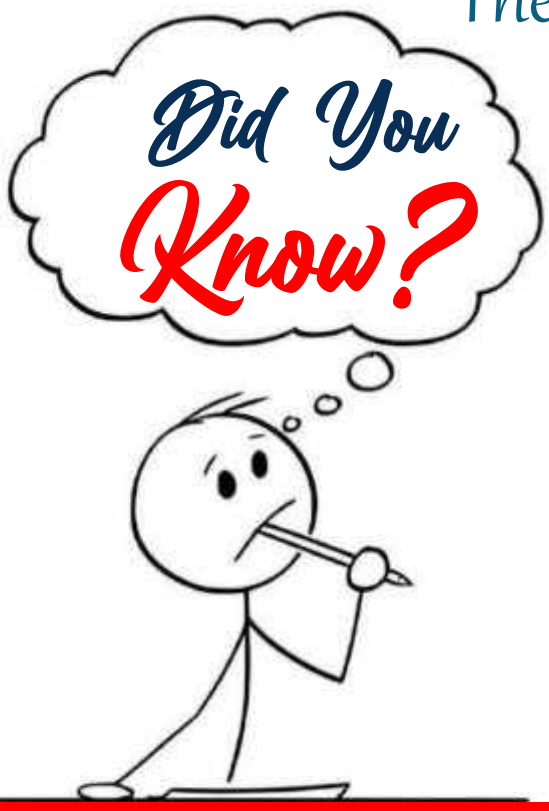
Soothes Sore Muscles

Helps reduce muscle pain post-workout.

Boosts Immunity

An ally to fight colds and infections.





*Blue whale tongues can weigh as much as an elephant.
*Octopuses have three hearts and blue blood.
*Pineapples take about two years to grow.
*Bats are the only flying mammals.
Honey never spoils.
*A group of ravens is called an "un-kindness"

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!!

KEY ASPECTS OF TEAMWORK:

Shared Goal:

Everyone works towards the same objective, focusing on the group's success over individual wins.

Collaboration:

Combining diverse skills, perspectives, and experiences to tackle complex tasks.

Communication:

Openly sharing ideas, providing feedback, and resolving conflicts constructively.

Mutual Support:

Offering help, recognizing strengths, and creating a positive atmosphere.

Synergy: The outcome is greater than the sum of individual efforts.

By: Rtr. Mugwanya K Jovan



REVAMPING YOUR CLUB'S VIBE AND COHESION

Rtn. Angella Nanyonga
Rotary Club of Mukono

Are you feeling the energy of your group fizzling out like an old sparkler? Fear not! Here are some electrifying strategies to revive that lost vibe while boosting cohesion. Let's inject some fun and creativity into the mix!

1. Vibe Check: Host a Chill-In

Swap the boardroom for a comfy couch! Arrange a chill-in session where everyone can bring their favorite snacks and share personal stories, wild ideas, or even play games. Break down barriers and let laughter flow like a free buffet!

2. Adventure Awaits:

Plan an Outing Get out of the office and dive into an adventure. Think escape rooms, nature hikes, or even a quirky museum visit. An unforgettable experience together can reignite the passionate spark that keeps the group connected and buzzing!

3. Social Media Buzz

Create a private group on social media to share funny moments, behind-the-scenes snippets, and awesome achievements. This digital hangout fosters ongoing engagement and allows members to feel part of a dynamic community—even outside usual meetups!

4. Creativity Corner:

DIY Workshops Tap into your creative sides! Organize DIY workshops where members

can explore crafts, cooking, or even painting. These sessions boost teamwork and yield unique creations that members can cherish forever.

5. Game Night Extravaganza

Host a game night featuring board games, trivia, or video games. Encourage healthy competition and teamwork, while laughter and playful banter foster strong bonds amongst the crew.

6. Surprise Treats!

Who doesn't love a surprise? Organize days where one group member treats everyone to coffee or snacks. These small gestures create joy and foster a sense of community.

7. Recognition Rituals

Celebrate achievements, big and small, with recognition rituals! Dedicate a moment in meetings to applaud accomplishments, highlighting each member's contribution. This boosts morale and strengthens the group's bond.

8. Reflective Retreats

Once in a while, take a retreat for deeper connections. Spend time reflecting on team goals, individual aspirations, and strategizing for the future. This encourages a profound sense of togetherness and shared vision.

9. Themed Fun Days

Introduce themed days where everyone dresses up or participates in fun activities based on a quirky theme. From superhero day to '80s throwback, these playful themes breathe life into daily routines!

10. Open Mic Moments

Hold open mic sessions where team members can share stories, talents, or jokes. This platform brings out hidden personalities and talents while fostering a sense of belonging and acceptance.

Unleashing these strategies will not only rejuvenate the group's vibe but also strengthen relationships and create lasting memories. So, are you ready to spark that fire and watch your group soar? Let the fun and creativity flow!


Rotary
District 9213
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



THE PERFECT GIFT.

Rtn Catherine Namoma
President Elect
Rotary Club of Mukono Central

Dear son, the bible says in John 3:16 that "for God so loved the world that he gave his one and only beloved son, and that whoever believes in him will not die but have everlasting life". What an act of love? As we go through this season of the memorable birth of our Lord and savior, Jesus Christ, may we reflect on this aspirational piece of scripture

> **Love is expressed through action;** In an effort to show his love for mankind, God gave his only son. He didn't just say He loves us but He gave. Humans have a tendency to say we love others but never make any effort to express it. How will the people in your life know they are loved?

> **When giving a gift, give the best;** God's desire to express his unconditional love led to giving his only beloved son. Many of us can never comprehend why the Almighty considered his son as the perfect gift. This explains why we are comfortable giving the basic minimum and confidently qualifying it as love. If God could give the very best, then so should we.

> **A perfect gift is a sacrifice.** Giving His only son was a very costly sacrifice yet he did it anyway because of His love for us. The major question to ask yourself is what is the cost of your gift?

> **A gift should always have a selfless motive.** The reason for giving his only son was clear, he wanted mankind to have everlasting life rather than perish. What a selfless act!!!! People often give gifts to others with selfish motives. It's usually about them and not the other party. It's time to rethink why you give the gifts you give.

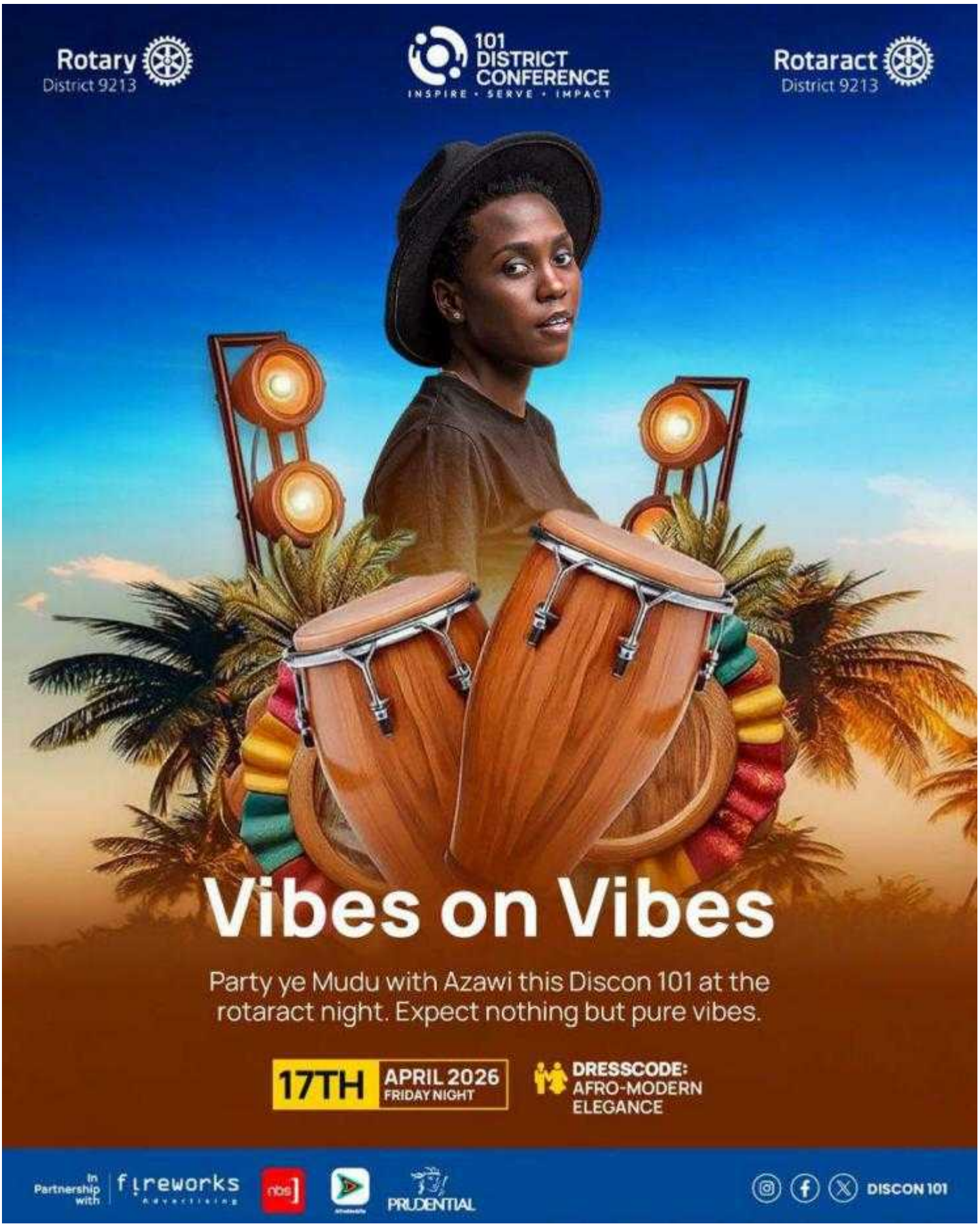
> **If God could give a gift, what about man?** In spite of his sovereignty and deity nature, God gave mankind a gift. Some people in life are never perturbed with the notion of gifting others because they think it doesn't matter or they don't consider it important. Gifting others is an expression of love.

Son, Christmas is a time to celebrate the gift of the birth of a savior whose assignment was clear from the start. It's also a time we get to wind down and enjoy quality time with the people we love. May you take time and give gifts to the people you value but more so to the stranger whose simple desire might be an act of love; Who knows, you just might unknowingly entertain an angel.

Wishing you the very best of the festive season.






Rotary
District 9213
101
DISTRICT
CONFERENCE
INSPIRE • SERVE • IMPACT
Rotaract
District 9213
Vibes on Vibes
Party ye Mudu with Azawi this Discon 101 at the rotaract night. Expect nothing but pure vibes.
17TH
APRIL 2026
FRIDAY NIGHT
DRESSCODE:
AFRO-MODERN
ELEGANCE
In Partnership with
fireworks
PRUDENTIAL
DISCON 101

CONGRATULATIONS



THE ROTARY FOUNDATION OF ROTARY INTERNATIONAL

Nankinga Pauline

is hereby named a

PAUL HARRIS FELLOW

in appreciation of tangible and significant assistance given for the furtherance of better understanding and friendly relations among peoples of the world.

Holger Knaack
Chair, The Rotary Foundation Trustees

Francesco Arezzo
President, Rotary International

The Rotary Foundation

Scanned with MOBILE SCANNER

#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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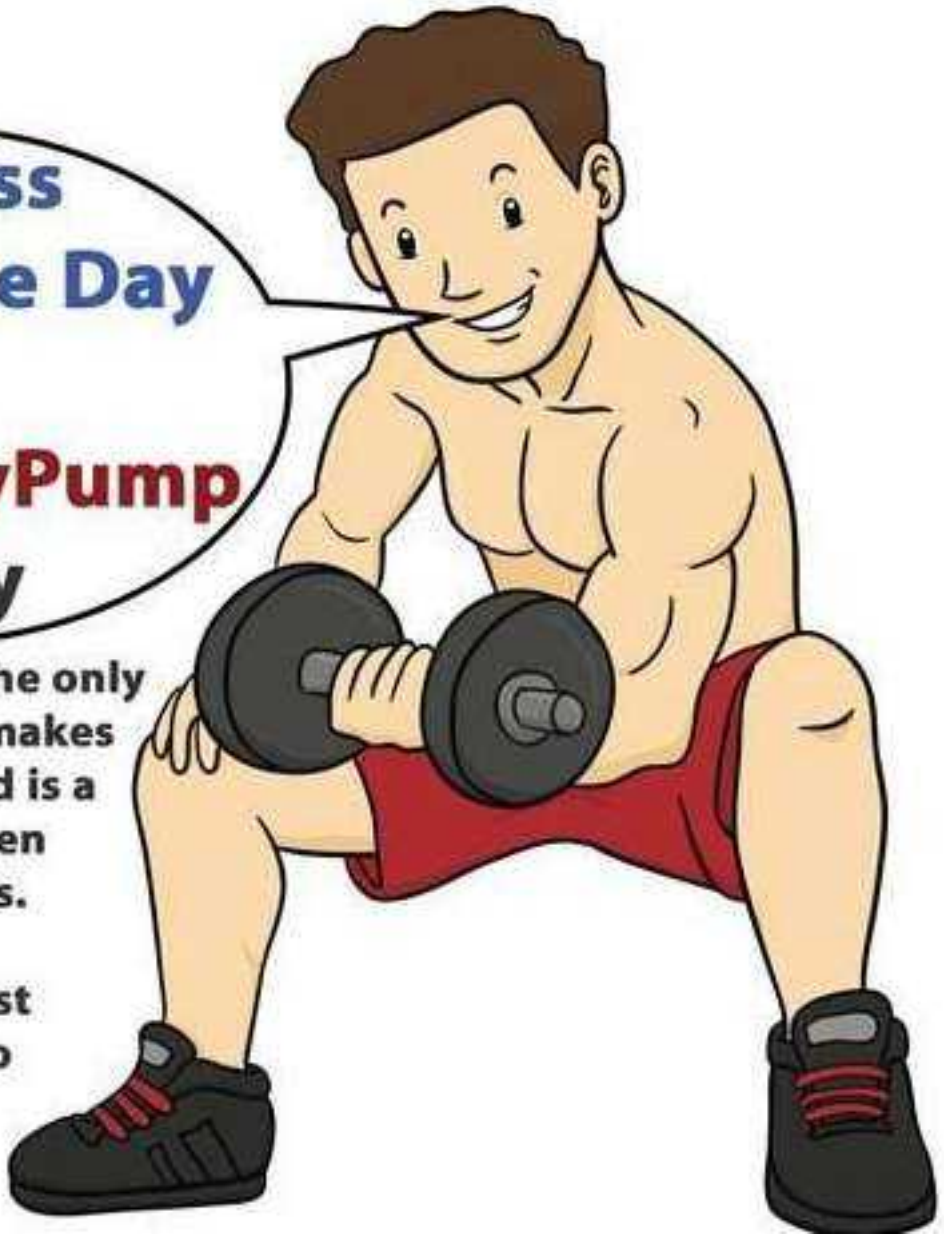


Fitness



Fitness Tip Of The Day

Give BodyPump A Try



BodyPump is one of the only exercise classes that makes full use of weights and is a great way to strengthen and tone your muscles.

However, due to its fast paced nature, you also get all the cardio benefits of other exercise classes.

Rotary
Mukono Central



Rotary
District 9213

Chartered: 8th April 2016

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