

# THE DOWNTOWNER

*" My community, My Service."*

12th Aug 2024

Volume 2, Issue 7



Rotarians from different clubs enjoying the home fellowship at  
Rotarian Ronald Mugabi's home

## EDITOR'S NOTE



Dear reader, this week I Listened to a very intriguing talk where we were challenged about inviting more people into our Rotary family. Question is why aren't you inviting more people to your club? Is it because you want to selfishly enjoy the privileges of

being a Rotarian alone or are you disappointed by what you found when you joined this great movement? If rotary is about service, surely we should be bringing more people into our clubs. Anything good you experience, you share with another.

Lets spread the good news of rotary International. Be the ambassador of change.

Invite, inspire and mentor. There are more people out there with great hearts.

**Wishing you a blessed week ahead.**

### Points of Interest

- ◆ Magic moments
- ◆ Meeting Moments
- ◆ Enhancing Membership Experience
- ◆ Health and fitness
- ◆ Leadership
- ◆ Rotary/Rotaract Moments
- ◆ Stress
- ◆ Woman 2 Woman
- ◆ Boy Child Chronicles
- ◆ Angie's Thoughts



**Rotarian Catherine Namoma**

## PRESIDENTIAL MAGIC MOMENTS

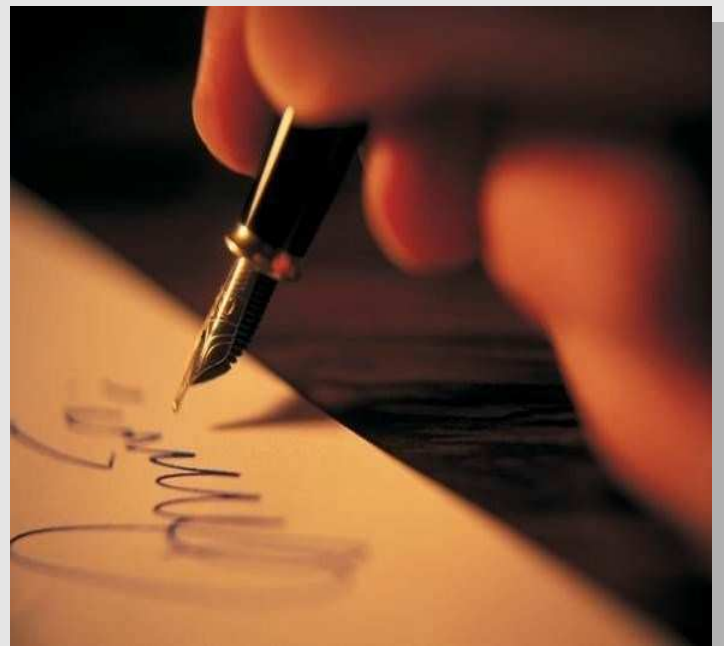


**President Carolyne Male**

ryday, play a bigger part in who you are, than you would ever dared to say.

Would you wonder at the pages left, and all the places that they'll lead, then vow to make each moment, one that you would be proud to read, because there is a story of your life, but its you who holds the pen. I hope you fill the pages right, before you reach the end.

Dear Rotarian, What if I read to you a story, starting “once upon a time” and you realized that it was your life, spelt out on every line, would you hear my voice with wonder? As it brushed across each word, and pray my arms had strength to hold the truth about your word, would your view on life be different? And would it shock you most to find that the things you thought define you could be summed up in just two lines; and all the ones you took for granted, the ins and outs of eve-



## OFFSITE FELLOWSHIP AT ROTARY CLUB OF MUKONO CENTRAL

In an effort to respond to members of Mukono central who complained about the monotony of our fellowships, the board agreed to venture into the possibility of changing venue for meetings. The focus is getting to know each other better. We agreed that we can meet in different homes, eat simple snacks and carry anything to share together. This will encourage every member of the club to welcome fellows Rotarians and visitors into their homes. The high cost of hosting members has been an obstacle in getting members to open their homes for

Fellowship Last week, the family director Rotarian Ronald Mugabi, hosted us in his home where we had our Monday fellowship. It was a relaxing and peaceful experience as members and visitors interacted in a homely setting.

This is going to be a norm in our future meetings.

We would like to appreciate Rotarian

Mugabi and his wife for a wonderful fellowship and the great ambiance. We appreciate the following clubs for joining us; Bweyogerere Namboole, Seeta, Mukono and Rotaract clubs of Mukono and Mukono central.



*The Host Rotarian Ronnie Mugabi and Anne*



*Sitting President PAG Bob Kibirango and Vice President Catherine Namoma*



*PP Kata, PE Isaac  
and VP Cathy*



*PAG Charles Kabanda  
interacting with AG  
Cynthia, PAG Bob  
Kibirango and HCP  
Esther Nakafu*

## **ACTIVELY LISTEN TO YOUR MEMBERS SO YOU CAN ENHANCE THEIR CLUB EXPERIENCE**

*(Adapted from the Membership Minute newsletter)*

Membership and New Club Development Month in August is an ideal time to focus on creating a meaningful club experience. One step toward this is by getting to know your members better. And you can do that by sharing your Rotary story and listening to theirs. Sharing our stories creates bridges between our own experiences and those of others. It helps us find connections, empathize with other people's circumstances, and understand and appreciate different perspectives.



*Members from different clubs participate in activities at the Rotary Cancer Run 2022*

Review [Connect and Inspire Through Storytelling](#), in which experts shared their advice about how to craft stories that engage and inspire others. Storytelling can eliminate barriers, foster a sense of community, and inspire positive change.

You can use the [Member Interest Survey](#) to discover the interests of your new and potential members, and then build better connections by offering what they want.

[Complete the Best Practices for Engaging Members](#) online course to develop strategies for energizing people at all stages of membership.

If you want to improve your club experience but you're not sure where to start, the [Club Experience Concierge](#) can help. By answering a few quick questions, you'll receive a tailored list of recommendations to help.

Explore more resources on the [Membership page](#).



*Members from Mukono central participating in a community project*

# HEALTH

## THE INFLUENCE OF HYDRATION ON HEALTH

**Kidney stones:** Decreased fluid intake leads to low urine volumes and increased concentration of all stone forming salts.



**Cancers:** Some studies have cited water intake as a risk factor for cancers of the breast, colon and the urinary tract.

**Mental performance:** In some individuals, studies have shown negative effects of dehydration on cognitive performance.

**Physical performance:** Dehydration impairs performance during physical exercises. In

games that have a designated weight class for competition, athletes habitually self induce dehydration to meet the target weight and this leads to loss of strength and in severe cases death.

**Satiety:** Sometimes the body may confuse thirsty with hunger! Some individuals have reported that hydration helps them feel fuller and this helps with maintaining a healthy weight.



Rotarian Beatrice Nannozi



# FITNESS

## STAY FIT



Staying fit is a journey that requires commitment, dedication, and patience. One of the most important fitness tips is to create a balanced routine that includes a mix of cardio, strength

training, and flexibility exercises. Aim to exercise for at least 150 minutes per week, and incorporate activities that you enjoy, such as walking, jogging, cycling, or swimming. Additionally, incorporate strength training exercises into your routine, focusing on compound exercises like squats, deadlifts, and bench press. Don't forget to stretch before and after your workouts to improve flexibility and prevent injury.



Coach Alloy

# LEADERSHIP

The Law of Navigation states that anyone can steer the ship, but it takes a leader to chart the course. Effective leaders are able to plan and navigate through complex situations, setting clear direction and anticipating challenges. This law emphasizes the importance of vision, strategic planning, and foresight in leadership.

Key Lessons:

1. **\* Plan Ahead \*:** Effective leaders think ahead, setting clear goals and creating detailed plans to achieve them. Anticipating obstacles and having contingency plans in place is crucial for successful navigation.
2. **\* Communicate the Vision \*:** Clearly articulating the vision and the plan to your team ensures everyone is aligned and understands their roles and responsibilities. Good communication fosters collaboration and trust.
3. **\* Adaptability and Foresight \*:** Leaders must be adaptable and ready to adjust their plans in response to changing circumstances. Anticipating potential challenges and being flexible in approach is key to successful navigation.

**\* Reflection: \***

- ◆ How effectively am I planning and communicating the vision and direction to my team?
- ◆ What potential obstacles could arise, and how can I prepare to navigate through them?

**\* Action Points \*:**

- ◆ **Develop a Strategic Plan:** Create a detailed plan outlining the goals, steps, and resources needed to achieve your vision. Include potential obstacles and contingency plans.
- ◆ **Enhance Communication:** Regularly communicate the vision, plan, and progress to your team. Ensure everyone understands their role and feels engaged in the process.



*Dr Noeline Kirabo*

*Business Coach*

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@UgRotaryCancerP  
#RotaryCancerRun24  
www.rotaryugandacancer.org

Rotary  
D9213  
D9214



SCAN ME  
TO REGISTER



<https://register.rotaryugandacancer.org/>

SPREAD  
**MAGIC**  
IN EVERY  
**STEP**



**ROTARY  
CANCER  
RUN 2024**



**SUN 25  
AUGUST**

**KOLOLO AIR STRIP**

**TIME: 6AM**



Registration Fees  
**30,000/=**  
comes with a vest

ALL PROCEEDS GO TO  
COMPLETING THE BUNKERS  
AT NSAMBYA HOSPITAL



MAYD McCANN



## THURSDAY MEETING AT ROTARY CLUB OF SEETA

The guest speaker was immediate Past district Governor D9214 Francisco Semwanga who talked about membership growth and retention.

### Highlights

- ◆ He challenged the club members to invite more members. Having 32 members after 21 years of existence is great family planning and it needs to change.
- ◆ Membership growth results to more helping hands because resource mobilization becomes easier.
- ◆ Think about the core of membership. Rotary is by invitation. Why aren't you inviting others? Either you want to enjoy Rotary alone or you regret being part of it.
- ◆ Dream big for your club.
- ◆ As a Rotarian, what would be the reason to miss fellowship in your club? If you don't attend, then you deny others the acquittance as an opportunity for service.

- ◆ Stop putting apologies on club platforms. It discourages others.
- ◆ People leave because clubs don't give the value they are looking for. Do you give members value for money and time? Do you recognize the Rotarian of the month?
- ◆ Continuously carry out a membership satisfaction survey to know how members are doing.



PDG D9214 Francisco Semwanga

## CONGRATULATIONS TO ROTARY CLUB OF LUGAZI CENTRAL ON CHARTERING THE ROTARACT CLUB OF LUGAZI.

The charter celebrations were officiated by Past Assistant governor Isaac Sebuliba who encouraged the rotaractors to enjoy their journey and participate in simple project with very minimal financial implications. He also encouraged the mother club to continue supporting, guiding and mentoring the rotactors so they don't get discouraged.



## HOW STRESS CAN BE GOOD FOR YOU

When we talk about Stress, Stress has a bad reputation, usually bad things come



to mind. And these may include Anxiety, burnout, and overall negative health effects that may be associated with it.

Chronic stress is indeed dangerous and extremely bad for your health, but not all stressful events are created equal. Stress affects our lives in different ways, and while

too much for too long is usually harmful, it turns out that just the right amount of stress can be good for us!

Let's keep developing ways on how stress can be controlled, these will be shared in the coming weeks.



**PP Stella Nanyonjo**

## WOMEN AND MONEY



- ◆ Should Women have their own Money? If yes /no; Why?
- ◆ Should Women have Joint Accounts with their husbands?
- ◆ What is your stand on Dowry Payment.

Watch out for answers in the next Downtowner  
Send in your views to [cnganda4@gmail.com](mailto:cnganda4@gmail.com)



IPP Esther Nakafu

## BOY CHILD CHRONICLES

### LETTERS TO MY SON

Dear son, life gives us an opportunity to make choices every hour of every day. As we make these choices, I have noticed how much we want what's best for ourselves but not for others. Why have we become too selfish to the point of harming and hurting people around us? Why do we do the things we do?

Let's critically analyze these situations and ponder on why we do what we do.

- \* **Maligning others.** Why is it ok to discredit others while promoting ourselves as righteous? Think about the time you have told lies against a colleague, friend or even stranger. Do you ever stop to wonder what this does to that person?
- \* **Making empty promises.** No one is ever forced to make promises. People do so either to impress others or elevate themselves. In the moment, when promises are made and not fulfilled do you ever stop to wonder how many hearts will be broken or disappointed by that selfish decision?



- \* **The unending judgments** based on differences in culture, religion, race or personality. Who said everyone has to think like you? Can you imagine if the whole world made the same choices, had the same look? Same behaviors?
- \* **The insincere compliments.** How many times have you complimented someone hypocritically while eye balling them? A friend looks horrible yet you have the audacity to insincerely compliment them. Is this human?



- \* **Exploiting people's kindness.** How many times have you continuously abused and used the people who are kind and generous towards you. Just because such people are nice doesn't mean they are ok with endless requests from you for help oblivious to the fact that sometimes they are struggling too.
- \* **Betraying the trust of others.** Someone has trusted you with a secret that could potentially destroy them or others and you decide to share it with the world. What is usually going through your mind while sharing information that is supposed to be confidential?

- \* **Fighting on Social media.** The world is a total mess and bad news travels fast. How did it become acceptable to release people's nudes, humiliate and insult others publicly just because you are mad? If the tables were turned would you survive the humiliation you inflict on others?

The bible says that do to others what you would want them to do for you. Luke 6:31. So son, next time you think about making choices, put that into consideration. Be empathetic

**Rotarian Catherine Namoma**

## SPECIAL MESSAGE—ANGIE'S THOUGHTS

### The Silent Wounds: Unveiling the Gravity of Emotional Torture Compared to Physical Violence

In the labyrinth of abusive relationships, the scars of emotional torture run deep, leaving invisible wounds that can be as devastating, if not more so, than physical violence. In Uganda, where the shadows of domestic abuse lurk in many households, the insidious nature of emotional abuse often goes unnoticed, overshadowed by the tangible marks of physical harm. Yet, the impact of emotional torture can be just as profound, if not more enduring, than its physical counterpart.

Emotional abuse manifests in various forms - from constant belittling and humiliation to manipulation and control. The psychological scars inflicted by emotional torment can chip away at a person's self-worth, leaving them trapped in a cycle of fear and uncertainty. Unlike physical violence, the bruises of emotional abuse are invisible to the naked eye, making it easier to dismiss or downplay their severity.

Nakasodde, a young mother of two, endured years of emotional abuse at the

hands of her husband. He would consistently undermine her confidence, question her every move, and isolate her from friends and family. Though Sarah bore no physical scars, the weight of his relentless psychological torment slowly eroded her spirit, leaving her feeling trapped and alone.

Another case highlights the profound impact of emotional abuse on children. In Uganda, many young individuals witness or experience emotional abuse within their homes, shaping their perceptions of relationships and self-worth. The lasting effects of growing up in a toxic environment can manifest in various ways, leading to issues such as low self-esteem, anxiety, and difficulties forming healthy relationships in the future.

While physical violence leaves visible marks that demand attention and intervention, emotional torture often goes unnoticed, silently corroding the fabric of individuals and families. The scars of emotional abuse may not be visible, but their consequences can be just as debilitating, if not more enduring, than physical harm.

It is crucial to raise awareness about the devastating effects of emotional abuse and recognize its gravity in comparison to physical violence. By acknowledging the silent wounds of emotional torture, we can foster a greater understanding of its profound impact and work towards creating a society where emotional well-being is valued and protected with the

same urgency as physical safety.

In the shadows where emotional abuse thrives, let us shine a light on the silent wounds that bear witness to the enduring gravity of emotional torture.



**Rotarian Angela Nanyonga Kakooza**

## NONE OF US IS EASY TO DEAL WITH.

Many a times persons that live together in particular organized communities like Rotary, church, name it are fond of similar unpopular character traits to mention but a few, bad mouthing one another. That is not the problem but the challenge is that, the propagators of demeaning information have either been friends, partners or worse still, are still friends of those they bad mouth.

Talking about each other is a vice noticeable in all categories of people, poor, middle class, rich and wealthy, the only differentiating factor is the frequency and time spent doing so as well as the exaggeration that comes along..

The real question we can afford to ponder about is: How straight and well-meaning do we think we are to the people that we interact with?

As you reserve your answer and as you sit where you are seated reading this; aren't you reminded of a falsehood that was said against you? Aren't you reminded of someone ungrateful to the sacrifices you once made for them? Aren't you reminded of a friend/ relative that you once helped and they turned against you?

So why are you then quick to spread falsehoods / bad information about others?

Did you know that the more you constantly offer unsolicited wrongs about others, you are in most cases are the problem everyone must run away from?

Much as circumstances differ, odds are high that you too are bad in some one's story it's a sure thing that you too are not easy to deal with just like myself.

Now that you know you are a bad person, why don't you stay quiet in conversations about others? The good book tells us on how a fool is considered wise when they don't say a word.

Lastly, pay double attention to the saint of every story, the flip side is rarely the same.

**Rotarian Paulo Ssenyonga**

**Addiction therapist/ Social worker**

**Youth Service Director- RC Mukono**

**New club development and provisional support chair for Rotaract D9213**



Rotary  
Mukono Central



# MEMBERSHIP PARTICIPATION

What do you do in the Club?



PDG Ken Mugisha



19th August 2024



7:00PM



Star Gardens Mukono

Join in online:  <https://bit.ly/3WXe15o>



rotaryclubmukonocentral@gmail.com



@rotarymukono112





**MONDAYS**  
**7:00PM**  
**STAR GARDENS**