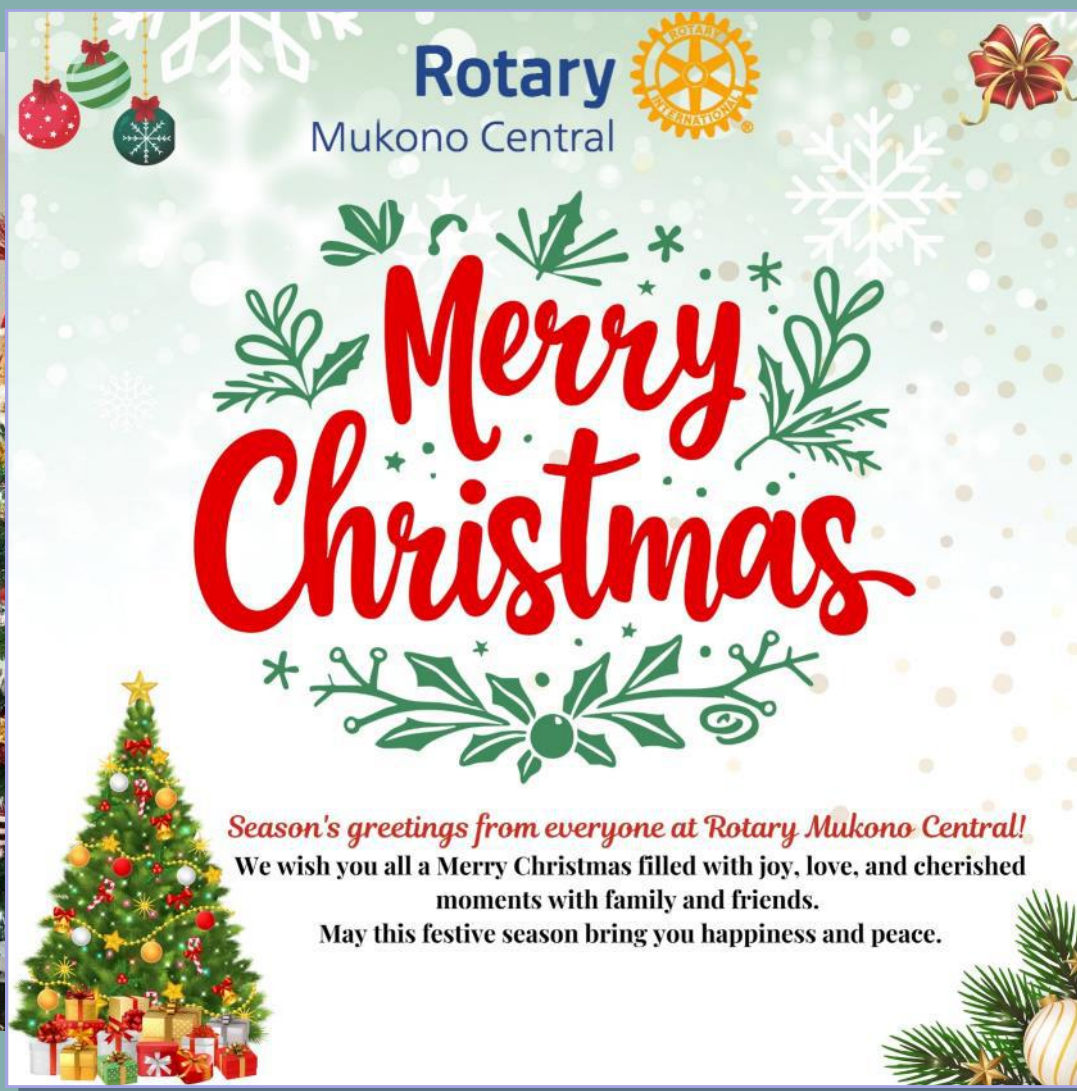



THE DOWNTOWNER

" My community, My Service. "

23rd Dec 2024

Volume 2, Issue 26



Rotary 
Mukono Central

Merry Christmas

Season's greetings from everyone at Rotary Mukono Central!
We wish you all a Merry Christmas filled with joy, love, and cherished moments with family and friends.
May this festive season bring you happiness and peace.

Points of Interest

- **Magic moments with President Carolyne Male Pg3**
- **Monday thoughts by President Elect Isaac Samba Pg5**
- **Seasons messages from various Rotarians and friends of Rotary**
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- **Environment conservation with Fern foundation Pg. 10**
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- **Adventure Tales Pg. 17**
- **Many more amazing articles from Rotarians**
- **Rotary club of Mukono Central meeting pictorial**
- **And much more.....**

***To submit an article, please share on email:
cnganda4@gmail.com***

Message from the Editor

Dear Reader, As you celebrate the supernatural birth of Jesus Christ. May you continue to enjoy Christ's unending favor, unlimited favor and unimaginable peace in every aspect of your life. To those who are mourning, we pray God's sovereignty to surround you and His loving arms to comfort you.

To those struggling to make ends meet, may God's supernatural hand of provision open unexpected door and pour out abundance.

To those struggling with physical ailments, may his resurrection power restore you to perfect health.

To those low in spirit, may the joy of the lord overwhelm you this festive season.

To those flourishing in abundance may you exhibit gratitude in word and deed.

We wish you a merry Christmas and peaceful festivities.

Rotarian Catherine Namoma



MAGIC MOMENTS with President Carolyne Male

Dear Rotarians and Friends,
I, my family and the magical Board send you warm wishes for a happy holiday season and the coming year 2025.

To Rotary Club Mukono Central as a family, I would like to exploit this opportunity to sincerely thank you for your teamwork, support, contributions to our Foundation, and the invaluable time you have always sacrificed to executing the various projects not forgetting the routine Monday meetings.

We're well aware of all the daily challenges, demands, and realities of life in this world but we still believe that together we can drive further and champion our club.

As Rotarians our mission is to improve the lives of people and create a difference in whatever we choose to serve the community and our club. I still thank you for your commit-

ment and dedication.

As the Magical □ President and the Magical Board, we're looking forward for your continued counsel and, support in changing people's lives.

I wish you all good health, joy, happiness, wealth and triumph in your various endeavors, and classifications.



Photo of the week



Members of Rotary Club of Mukono Central participated in the Christmas carols joint fellowship where various clubs sung melodies of Christ's birth.

The Magic Secretary Rotarian Pauline Nankinga was the choir director.

Let the festivities begin!!!!!!

MY MONDAY THOUGHT: Disappear for 90 days and recharge your life.

Are you feeling lost or stuck in life? Do you feel like you're constantly running on a hamster wheel, going nowhere fast? It's time to hit pause and disappear for 90 days. This isn't about hiding away from the world or abandoning your responsibilities, but rather taking a break to focus on yourself and create the life of your dreams.

Disappearing for 90 days can be a way to focus on your goals and achieve self-improvement. The concept of "Disappearing for 90 Days" is associated with taking a break from daily routines to reflect and recharge.

Here are some primary decisions you need to consider to come out of the crowd and make the difference:

Develop a routine. Sleep at 9:00 PM and be awake at 4.00 AM every day. Spend 60-minutes of your day reading, writing, and internalizing what you understand.

Be willing to let go of friendships that don't serve you. If you hang out with losers, you become a loser.

Master the art of self-discipline. Get up early, work long hours, and face your problems head on.

Learn a high-income skill that'll earn you Ugx10m -30m per month.

Stop chasing cheap dopamine. Prioritize what's important over pleasure.

Hit at least 50 push ups and 80 squats per day to stay strong. You'll also be healthier than 97% of people.

Build self-discipline by taking one cold shower in the morning.

Make the internet a source of your income. There're endless possibilities for making money.

Take 100% responsibility for your life and never blame circumstances or anyone.

Include proteins, fresh fruits, and 3L of water in your daily diet to optimize your health.

Hang out with people who obsess over making moves and living a good life. Your circle should not gossip, complain, or get jealous of each other.

Invest in a good wardrobe, a

good niche fragrance, and learn how to talk. You'll boost your success rate by 94%.

Befriend nature, walk 5000 steps per day to clear your mind, boost your mood and get creative.

Keep distance from people who only prioritize their needs over yours. They're your greatest setback.

Be smart enough to quit weed, porn, and cheap alcohol. They're the worst distraction that'll raise your dopamine, make you dumb, and depressed.

By incorporating these activities into your 90 days of "disappearing," you can get 10 years ahead in your personal and professional life.

Rtn. Isaac Ssamba

President- Elect, Rotary Club of Mukono Central



H. PYLORI AND ULCERS.

1. If you suffer from H. Pylori and Ulcers , this information is for you.
2. Are you having Omeprazole in your hand-bag, pocket or house? You could be breeding stomach cancer in your own house
3. By now you should have known and understood that the root cause of ulcers isn't H. pylori but weak stomach acidity?
4. Abadoofu graduates will tell you that strong acidity causes ulcers
5. Now listen here and listen very carefully. Helicobacter survives the acidic environment of the stomach by secreting UREASE , which breaks urea into Carbon dioxide and Ammonia.
6. Ammonia neutralizes the stomach acid . When this happens the bacteria penetrates and multiplies in the mucus layer.
7. The bacteria cells use their flagella to penetrate the mucus layer and then attach to the mucus secreting epithelium or multiply adjacent to it.
8. Bacterial toxins and inflammation damage epithelial cells, decreasing mucus production, acidic stomach juices damage the exposed tissue, causing a peptic ulcer
9. You then go to a very good hospital where you are put on H. Pylori kits. However , the bacteria mutates and becomes tolerant to those kits.
10. That's how you have become or become a slave of the pharmaceuticals, but you can continue because we also want to be rich.
11. To deal with H. Pylori and stomach ulcers ,you need to deal with stomach acidity first .Your biology teacher told you that strong stomach acidity ensures that H. pylori doesn't thrive & destroy the stomach lining
12. I am not scaring you but H. Pylori infection and ulcers are painful and dangerous. If unchecked they can cause Stomach cancer and can kill you kuffdead.
13. Chronic ulcers are mostly benign, but they can sometimes develop into a malignant ulcer, termed stomach cancer, which is why an upper endoscopy with biopsy is essential to the diagnosis. Remember cancer is not a normal disease, it's a monster.
14. For those pole who keep on saying " My gastritis" .Helicobacter pylori (H.pylori) infection is the major risk factor associated with the development of gastric cancer. The transition from normal mucosa to non-atrophic gastritis, triggered primarily by H. pylori infection, initiates precancerous lesions which may then progress to atrophic gastritis and intestinal metaplasia
15. To help your body use your brains well by introducing fermented foods into your diet. Fermented foods are like sour porridge and fermented cabbage.

By Baker Muzige, the Saint who was stoned for no good reason.





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Christmas carols joint fellowship at Rotary club of Mukono joined by Rotary clubs of Mukono central, Lugazi Central and Mukono Namilyango. Pictorial



Sacred Chamber Chorale



Rotary club of Lugazi Central



Rotary club of Mukono



Rotaractors of Mukono and Mukono Central



Rotary club of Mukono Namilyango



What is Christmas without cake!



Christmas Chronicles

A good Christmas is when one is peaceful. Says a person who has not prepared herself or himself well for Christmas

2. Let them go home and they will come back here very broke. Says a broke person who is not going to the village

3. I have decided to come just to see you. Says a person who has gone to the village but has no enough money to share with friends and relatives

4. Is this the one that you had come with last time, Asks auntie Cathy after Liz comes home with Katah or after Isaac shows up with Cate.

5. Is this the same driver, Asks mum after auntie wa Harrier shows up with " Shalsh" yaani Charles

6. Have you seen Shakie, she is so beautiful and plump . Says Baker who used to pursue Shakie in the village but wasn't lucky enough.

7. Have you seen Baker, I think he is loaded. I have seen him with a Prado, says Shakirah who denied Saint Baker during her hey days



8. I don't know when I am going back. Says Gracie who is waiting to be directed and picked at Mukono Wanton by someone's husband who is travelling from Jinja.

9. I am not going back, my employer mistreats me. Says a house girl who is either pregnant, getting married or has been sent fare by her new employer in January.

10. Should I concentrate on Christmas or look for secondary school fees for Aylah, says a broke Dad.

11. I have decided to come just to see you even if I have nothing. Says Winnie who sets standards on facebook, whatsApp status and Tik tok.

12. Don't let this kid play in the cold or touch cold water, says Betty who feeds her kids with junk, juices , sodas, numbers and other fake things.

By Baker Muzige, the Saint from who was stoned for no good reason.



Why planting a tree in an urbanized environment is essential in the modern times ?

Trees absorb carbon dioxide and release oxygen, improving air quality by filtering pollutants like dust, smoke, and harmful gases.

Urban areas are prone to the “heat island effect,” where concrete and asphalt trap heat. Trees provide shade and cool the environment through transpiration.

Green spaces, including trees, have been linked to reduced stress, improved mood, and better mental health.

Trees provide habitats for birds, insects, snakes, and other wildlife, enhancing urban biodiversity.

Tree roots help absorb rainwater, reducing runoff and minimizing the risk of urban flooding.



Trees act as natural sound barriers, absorbing noise and creating quieter urban spaces.

Homes surrounded by trees and greenery tend to have higher property values due to their aesthetic appeal and environmental benefits.

Planting trees fosters a culture of sustainability and environmental responsibility, encouraging future generations to prioritize the planet.

Encouraging every home to plant and maintain at least one

tree can contribute to a healthier and more sustainable urban environment since much of the forested areas have been industrialized causing all sorts of pollution.

Fern Fauna Foundation
Emma Mukasa



Rotary
District 9213

Rotaract
District 9213


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CONFERENCE**
ON THE NILE
Over a Century of Rotary Service in Africa



May this season of giving inspire us to lift others
and create change that lasts. **Here's to a holiday
filled with love, laughter, and purpose.**

Merry Christmas

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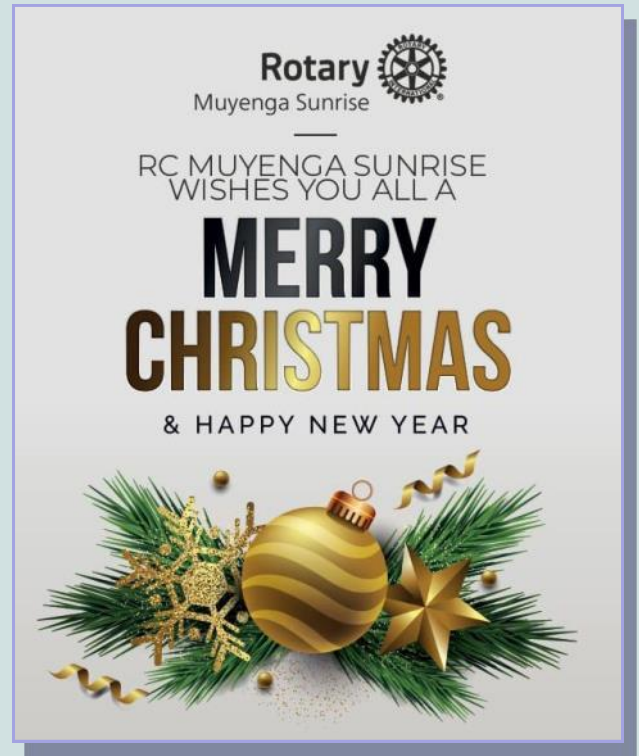



Merry Christmas
AND HAPPY NEW YEAR

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**MERRY
CHRISTMAS**

& HAPPY NEW YEAR




Rotary 
Entebbe Base

**MERRY
CHRISTMAS**

**AND A HAPPY NEW
YEAR 2025!**

MEETINGS WILL RESUME ON
TUE 14TH JAN 2025



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Merry Christmas

Rotary
Club of Mukono
D9213

**WE MEET EVERY
WEDNESDAY
7:00PM
AT COLLINE HOTEL
CLUB ID: 26487**



FROM PRESIDENT GERALD TO YOU



@rcmukono | www.rotaryclubofmukono.com

Rotary
Club of Nsangi



WE WISH YOU
a very
MERRY CHRISTMAS
AND
Happy New Year




Rotary
Bweyogerere Central



This is but a short pause on an exciting adventure. Get ready for even greater achievements, spectacular occasions & fun activities all continuing from
JANUARY 10, 2025

MERRY
Christmas
& HAPPY NEW YEAR



Rotary
Club of Garuga




Merry Christmas
AND A HAPPY NEW YEAR 2025

Dear Rotarians

Wishing you a joyful Christmas filled with love, laughter and cherished moments. May this festive season bring you peace, happiness, the warmth of your loved ones and the wonderful new year ahead 2025.

Regards
Capt. Frank Mulindwa
President Elect – RC Garuga




Rotary
Club of Kampala Central



Rotaract
Club of Kampala Central
Club of Cape Munguho
Club of Nakaseba vocational training college



Interact
Club of Lubiri high school - Busoga



Merry Christmas

May the warmth of the holiday season fill your heart and home with Peace, joy, and happiness. Here's to a bright and beautiful New Year.



@CentralRotary @rotaryclubofkampalacentral @Rotarykampalacentral



Rotary
Club of Bukoto



May the Christmas Season bring only happiness and joy to you and your family.

The gift of love. The gift of peace. The gift of happiness. May all these be yours at Christmas.

Merry Christmas
& HAPPY NEW YEAR




Rotary
Club of Kira




Season's GREETINGS

May your heart and home be filled with all the joys of the festive season.

Merry Xmas & a Joyous New Year




Rotary
Kampala Ssese Islands



Seasons Greetings!

We are breaking off for holidays and will be back for Fellowship on **Thursday 9th January 2025**

Keep Happy & Safe!




Boy child chronicles

Letters to My son: Whose Birthday is it?

Dear son, Imagine it was your birthday, you are excited for the beautiful messages and presents likely to be received that day. A birthday party is being planned in your honor and there are sounds of excitement as people around you are talking and planning for that special day. Everyone is eagerly waiting for that day and all preparations being made show how much they love you. Finally the day comes; low and behold, the presents and messages you were expecting, are sent to other people and not you, the gifts you so excitedly expected to receive were bought and retained by the buyers, the party was well attended but you were not invited. How would you feel?

Son, as you think about this scenario, critically ask yourself what Christmas is all about. So many of us plan and prepare for this festive holiday with wonderful gifts, amazing messages and expensive trips yet forget to include the main celebrant. It's the birth of a savior! The bible says in John 3:16 'For God so loved the world that he gave his only begotten son, that whoever believes in him shall not perish but have everlasting life'.

This love is incomprehensible. Think about it, would you give up your child to die for others? Hmmm! I highly doubt it.

But yet God in his mercy and unconditional love, planned a birth of a child who was destined to die for us. His birth is our redemption and our pathway to everlasting life.

As you celebrate and plan to go through the festivities, it's only prudent that you think about the savior and what matters to Him. Not the lavish celebrations and selfish gifts but the

poor, heavy-laden, afflicted, lowly, incarcerated and the sick. Those are the people who are at God's heart and should be the focus of our festive celebration.

Son as you celebrate the holiday according to the birthday baby, open your home to the less fortunate, share gifts with the vulnerable, bless the poor

with the love of God, visit those in prison, pray for the lowly and above all give thanks to God by celebrating his son. This is the true meaning of Christmas.

I wish you God's abounding love and peace during this festive season.

Merry Christmas

Rotarian Catherine Namoma

Rotary club of Mukono Central



TALES OF A TEENAGER: THIS CHRISTMAS

Christmas is one of the most celebrated holidays of the year. Frankly, I think it is the most enjoyable. Most families go to the village while others stay at home and invite relatives and friends to celebrate. For me, the way I would spend my Christmas as a teenager is hanging out with friends, going to the cinema to watch a movie with my family, staying in bed and watching series or sleeping.

But as an introverted teenager, I prefer staying at home with just me, myself and my phone. Even though I spend time with my family, it will only be for a short period of time before I go back to my phone. I believe that without my phone, my life wouldn't be as interesting as it is but anyways, that's not the point. I am supposed to explain what this Christmas means to me.

This Christmas is a time of self-reflection on how to be a better writer, great sister to my annoying siblings, supportive to an amazing

mother, hardworking senior four candidate, reliable friend, great vocalist and generally empathetic human. Next year, I will be the best version of myself just as Mahatma Gandhi said "Be the change that you wish to see in the world" so I will definitely be that change.

To be honest, this Christmas may not be as great as the others because we have no major plans as a family but I am glad that I am alive and well, my family and friends are well; most importantly, God has been with me and enabled me complete this year peacefully. For this article, I don't have a lot to say so I'll just end by saying merry Christmas and a prosperous new year.

Musings of a real teen

Karen Mirembe

Senior 4



Dear gentle reader, enjoy responsibly. As we continue celebrating holidays, remember to always check on your friends, neighbors and acquaintances. Carry the Rotary spirit in everything you do now more than ever. Drive safely as you go on the long journeys back to see that big family in the country side.

Happy holidays.

Rotarian Lucky Lora Atwiine

Rotary Club of Mukono



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GUEST OF HONOR

Stephanie Urchick
Rotary International President



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ADVENTURE TALES:

My First Christmas in Biden Land!

Coming from "*Kivuki Land*" and traveling to the Free World, I had a lot of preconceived ideas about how things would be. My "*maalo*" (a sense of curiosity, excitement and wonder) was in high gear. Growing up as an Adventist, we were pretty conservative—we never had a Christmas tree at home. But I always loved going to places like banks to see their beautifully decorated trees, especially those that started early in November.

When I first came to the USA, I noticed how early people here start decorating for Christmas. My "*maalo*" didn't hold back when I saw my first set of outdoor decorations on residential houses. It was amazing! I found myself wanting to take nighttime walks just to see all the lights in the neighborhoods—the glowing houses, the Santas, and the nativity scenes with baby Jesus in the manger surrounded by everyone. What amazed me most was how much effort people put into decorating, especially when it's

so cold in November.

Knowing someone braved the dropping temperatures and early darkness just to spread some holiday cheer made it even more special. Once I found a lady decorating in the dark, just to have a good

lighting ambience, it was very cold. I stopped to tell her, "Thank you for all you are doing, this is so beautiful!" Each day, I moved I found more amazing decorations. To top it up was to go in another state, Oh my God! I appreciated the decorations. As people in this state were more passionate about decorations. I enjoyed watching the Nativity scenes and all the details put together. Once, I had to stop and take a video of the site it was so beautiful.

The highlight for me was going to Adventist churches and seeing Christmas trees and decorations there. It was such a vibrant, festive atmosphere that I never expected! And to top it all off, I received so many Christmas gifts. I had several Secret Santas, and there were so many unexpected presents that it took me two full days to unwrap them all.

Merry Christmas to all of you! May the love of God fill your hearts during this season. As we celebrate, let's remember the reason for it all—Jesus Christ came to earth to save us, even enduring a brutal death for our sins. ☐☐

Rotarian Gracie Epila

Rotary club of Mukono Central



Christmas Wishes to you all our leaders.

Christmas celebrations bring sweet memories and relaxation in all our minds as Christians. Did you know that; December is a holiday month that celebrates the birth of Jesus Christ whom Christians believe is a Son of God! This is the time when Christians reflect on the significance of this birth; it brings a message of *love* and *Salvation* The term Christmas; originated from the *Mass of Christ*; the Communion or what most of us understand as Eucharist; the celebration of the good news. This celebration; traces way back in the 4th Century; before all of us thought about our existence on this planet earth. Indeed; learning is a continuous process; which has its inception from birth to death. *Temwevumanga obutamanya okutuusa nga tulembye olwekaganga* Such a statement was always said by me late Grandmother Nakirya Viola (RIP); im just realising now that she meant this! Culture is very paramount in all that we do and believe in as people on this earth! Have this to remember that this Tradition of celebrating the birth of Jesus; began as a pagan practice (culture) as some of us take all culture to be pagan; God have mercy on us! After it was Christianized and given a new meaning in Church.

At the time of Christ; the Ro-

man Culture already celebrated a holiday in December *SATUMALIA* ; where they honored the god *SATUM* and was celebrated from 17th December to about 24th December.

Later; the Romans began celebrating *SOL INVICTUS* *The Un conquered Sun* ; this was associated with the winter Solstile and observed on 25th December. When Rome eventually instituted Christianity as the State Religion in the 4th Century; the celebration was converted to a Christian Holiday and here we are nkw celebrating *Christmas* The feast of Nativity in order to commemorate Jesus' birth; thus providing a spiritually positive alternative to a pagan celebration.

The sinful customs associated with Satumalia were *cleaned up* and some of the customs were observed into the celebration of Christmas.

Christians redeemed December 25th and have celebrated it as the birth of Christ ever since the 4th Century.

What is our obligation as Christians after learning this; we ought to pass on this message onto our young ones; im happy that all those i have taught *Divinity* in my life as a Teacher; thay always have this on their fingertips; These are some of the Christian Customs that we teach; have taught and request all Christians to teach; or else some young ones may think that it has just started. The roots of

every aspect of life are always sweet to remember and thus so good to pass on.

I will always thank and remember my late Father; FBD Waswa (RIP) ; who enabled me to study all this that i have shared with you. *This 23rd Day in my life is so special; did any of you know that; i was born o 23rd December? I asked my parents why i was named Esther and not Noelina as most of you ask! The reasons i was given; i will share with you in the next article. Just watch the space. My late Father never skipped celebrating my birthday; reason as a public servant; he was in holiday on such a date and in high gear to celebrate Christmas. My siblings always felt bad at times and asked; why always mine? This is now a perfect answer to them.

When the Wise men from the East; came to visit the new born child; Jesus; they brought 3 sets of gifts. *Sitting President*; can you ask the audience to name them and give them sweets there after? I'm sure there is laughter.

Let us bring a smile to all our dear ones in this Christmas holiday. Ler us share thoughts of love. God bless us all. Merry Christmas and a Happy New Year.

**Immediate Past President
Esther Nakafu**

Christmas Cheers



As the frost coats the ground and twinkling lights adorn the streets, we find ourselves wrapped in the enchanting embrace of the holiday season. Christmas, a time for joy, love, and reflection, beckons us to venture beyond our everyday lives and rediscover the magic that surrounds us.

Imagine a world transformed, where every corner hums a melody of laughter, where the air is thick with the scent of cinnamon and pine. It's the season to embark on adventures, big and small. Whether it's crafting handmade ornaments with loved ones or caroling through the neighborhood, each moment is an opportunity to weave unforgettable memories into the tapestry of our lives.

In this season of giving, we are reminded of the power of kindness. A simple gesture, like sharing a warm smile or lending a hand, has the potential to ignite a spark of joy. Picture the gleam in a

child's eye as they unwrap a carefully chosen gift or the warmth of a family gathered around the fire, exchanging stories and laughter. These moments are the heartbeats of the holiday.

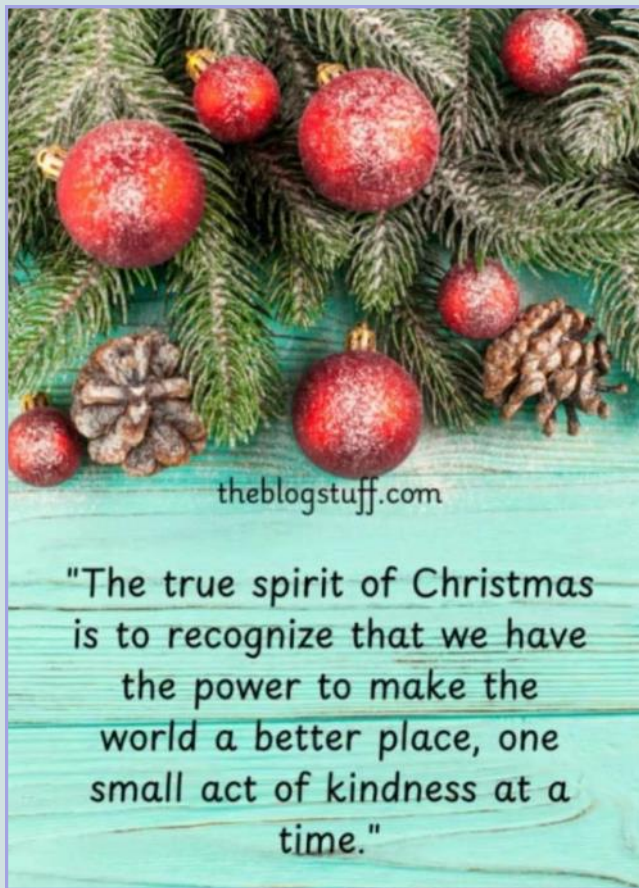
Yet, Christmas is not solely about the outward expressions of celebration; it is a time to nurture the inner love we hold.

As we gather with family and friends, let us embrace forgiveness, understanding, and compassion. The twinkling lights mirror the light within us, reminding us that even in the darkest days, hope shines brightly.

So, dear friends, as we stand on the threshold of this beautiful season, let us allow love to guide our journeys, adventure to ignite our spirits, and kindness to flow endlessly. Together, let us come alive with the joy of Christmas, emerging not just as a better lot, but as beacons of light in a world yearning for warmth and belonging. Spread the love, embrace the adventure,

and let the magic of the season fill your hearts!

Rotarian Angela Nanyonga kakooza
Rotary club of Mukono



CHRISTMAS MESSAGE.



Dear Rotarians,
and friends of
Rotary. I bring
you greetings of
the season. I hope
the good tidings
all over the air,
bring a degree of
calm and
reassurance to
you. Yes,
Christmas is the

time when we remember the birth of our Lord
Jesus Christ. It is a time of joy and
celebration, feasting and merry making.
Indeed, Christmas is supposed to be Merry.

When we tell each other, “Merry Christmas”,
we are wishing absolute happiness for one
another. However, many a time we forget that
it is our responsibility to make our neighbours’
Christmas, merry. If your neighbour is sick,
their Christmas will only be merry if you visit
them. If they can’t feed their family, their

Christmas will be merry if you share that
rooster, or goat that you have slaughtered. A
text message is not enough. Christmas is for
sharing with the needy/ less privileged.
Finally, as a Rotarian, the birth of Christ
should spell rebirth for us as well. It is a time
to rethink our performance as Rotarians. If
you finish a month or two, or a year, without
giving any coin to the Rotary Foundation, this
Christmas should be your turning point. Get
born again, use the holiday to read more about
Rotary. The spine of service, thus, Rotary, is
the Rotary Foundation. The more we donate
to it, the more possible we make it for
Rotarians around the world to carry out
impactful projects the world over.

Let us enjoy the holiday, as we rethink our
strategies and goals, in our quest for the
Magic of Rotary!

SSESSAAZI GERALD AQUINO.

**35TH PRESIDENT OF THE ROTARY
CLUB OF MUKONO.**



May the Christmas season fill your homes with Joy, love, peace
and pleasure. Wishing you a season that merry and bright.

Merry Christmas and happy holidays

Rotarian Pauline Nankinga

Magic Secretary

Rotary Club of Mukono Central



**TROPICAL PAINT WISHES YOU A
MERRY
CHRISTMAS**

**TROPICAL
PAINT**



WE COLOUR YOUR DREAM



Thoughts of a Rotarian at Xmas
"Xmas" should be more than just a holiday break. It's an opportunity to:

Reflect on Service:

- o Consider how Rotary's service projects have brought joy and hope to those in need, especially during the holiday season.
- o Reflect on personal contributions and how they can be further enhanced.
- o **Plan for Continued Service:**
- o Use the holiday season as a time to brainstorm new service projects that can be implemented in the coming year.
- o Consider how to involve more members in service activities during the holiday season and beyond.
- o **Spread Holiday Cheer:**



- o Organize or participate in holiday-themed service projects, such as providing meals to the homeless, delivering gifts to children in need, or organizing a toy drive.

Promote Fellowship:

Use the holiday season as an opportunity to strengthen bonds within the club through social gatherings and festive events.

Essentially, "Xmas" for a Rotary leader should be a time for reflection, planning, and continued service to humanity. It's an opportunity to embody the spirit of giving and make a positive impact on the world, both within the club and beyond.

Merry Xmas to all

Past Assistant Governor

Rotarian Charles Odaga



My Dear Rotary family, May the joy, love and magic of Christmas fill your hearts and homes! May this special time of the year bring peace, happiness and warmth with loved ones so we begin the year with that freshness we need to accomplish our goals.

Your Sincerely

Cynthia Asimwe

Rotary club of Mukono

Assistant Governor Kampala Area 20

Christmas babies



Happy birthday to Charter President Rotary club of Mukono Central. Thank you for leading a great club and leaving a legacy we are proud to follow. You started the club from Scratch and see where it is today. We are proud of you. May you continue to enjoy God's blessings in every aspect of your life.



Happy birthday Hope creator President (Rotary club of Mukono) Rotarian Esther Nakafu. Thank you for your sacrificial love for young people and always empowering and inspiring women to thrive. Your weekly contribution to the downtowner is forever appreciated. To many more years of winning and sharing life's tales. Blessings.



Happy birthday Rotarian Marvin Kakooza (Rotary club of Mukono Central). Thank you for being a man of humility, calmness and peace. May you continue to thrive as you grow in service. May goodness and favor always be your portion. Blessings



Happy birthday to Rotaractor Resty Nakimera (Rotaract club of Mukono). You are a woman of valor with a great attitude, gentle soul and infectious smile. Thank you for being ray of peace in a world which so desperately needs it. May you continue to blossom and grow in service.



MONDAYS
7:00PM
STAR GARDENS