



# THE DOWNTOWNER

*" My community, My Service."*

30th Dec 2024

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

## Message from the Editor

Dear Lord, Oh how we are grateful for your unfailing love which you have bestowed upon us through 2024. You have unwaveringly loved, protected, provided, defended, covered and amazed us. We have continuously come short, yet your mercy has been overwhelming.

As we start this new year, Let this be a time of refreshments; a time to be born, a time to plant, a time to build, a time to laugh, a time to dance, a time to embrace, a time to get, a time to sew and a time to love.

May this be a year which you have ordained for everything to be beautiful.

May 2025 be a year of reassurance of your resurrecting power in each and every aspect of our lives. And may the peace of our Lord continue to reign in each of our hearts.

Wishing you our readers a happy New year. To many more years of God's goodness.

Rotarian Catherine Namoma



## MAGIC MOMENTS with President Carolyne Male

Dear Rotarians and Friends,  
As the clock ticks towards 2025, the New Year brings a renewed sense of hope, joy and connection. Let this year be filled with adventures, laughter and growth.

May 2025 be a year of possibilities and may our friendships grow even stronger. May it bring success, happiness and may we conquer all challenges.

Thank you for being an incredible Team @Rotary Club of Mukono Central, may the New Year inspire us to take bolder steps towards our goals. Here's to a Year of staying true to yourself and embracing new opportunities. Cheers to 2025.



## Photo of the week



President Joanna Tendo, Rotaract Club of Mukono Central bringing Christmas cheers to one the children with disabilities at Good Samaritan School.

**MY MONDAY THOUGHT: New year message**

Dear Rotarians and Friends,

Every New Year brings new aspirations and dreams and the opportunity for new achievements. The same is true for Rotary, and as we begin our New Year 2025 and wrapping-up 2024, I want to thank you for your contributions to our club and Rotary International.

This year brought exciting challenges, lessons and new growth to our club. It was a thrill to experience. Many members have been shining examples for all of us when it comes to creativity and commitment to the cause.

We truly appreciate and thank them for all that they have done and will continue to do. In particular, I wish to commend our Family of Rotary Director, Rtn. Ronnie Mugabi for leading our Club to the many successful new initiatives like the Off-site fellowships.

I do believe that our New Rotary Year will be an exciting time for all of us, as we work closely together to build on the successes of the past and thus achieve even greater heights.

While we do not set out to do good in the world to be recognized, I would like to appreciate our Club President, Rtn. Carolyne Male for the great service above self, leading the club despite many underlying challenges- we appreciate you.

Finally, I wish to thank the club for the oppor-

tunity to serve as your Service Projects Director for second Rotary year. Our club success is the District's success and Rotary's Success. Let us, therefore, embrace the New Year with Enthusiasm, Energy and commitment.

Let us reach across our communities and the borders of our country to deliver more impactful projects. Let us embrace our youth services, let us impact through unity, let us connect to do good, and in the process let us enjoy the fellowships with one another, and let us have fun as we serve.

Again, thank you for being a Rotarian. Best wishes for a very healthy and prosperous new year and I look forward to seeing you all at fellowships, club and district activities.

**Isaac Ssamba**

**President – Elect**

**Rotary Cub of Mukono Central**



## HARD BOILED EGGS

1. Today as we celebrate the feast of the Holy Family, consider eating hard boiled eggs

2. It's advisable that you eat after 11am or after mid-day.

3. Eggs should not make anyone produce funny gases.

4. If you have rashes or allergies after eating eggs we agreed you work on your leaky gut

5. We also agreed that you shouldn't eat as if you are going back to the forest to fight Kony or for independence

6. Hard-boiled eggs are a versatile and nutritious food packed with essential nutrients. Incorporating hard-boiled eggs into your diet can offer numerous health benefits. Enjoy them as a snack, part of a meal, or on their own

7. Hard boiled eggs are an excellent source of protein: Eggs provide high-quality protein, essential for building and repairing tissues.

8. Hard boiled eggs are rich in vitamins and minerals: Packed with vitamins A, D, E, B12, and minerals like selenium and phosphorus.

9. Hard boiled eggs support weight management: High in protein, eggs can help you feel fuller for longer, reducing overall calorie intake. The combination of protein and healthy fats keeps you energized throughout the day. That's what your teacher called Satiety

10. Hard boiled eggs boost brain health: Choline, found in eggs, is crucial for brain function and development.

11. Hard boiled eggs improve eye health: Lutein and zeaxanthin, antioxidants in eggs, protect against age-related macular degeneration.

12. Hard boiled eggs strengthen bones: Vitamin D and calcium in eggs contribute to bone health.

13. Hard boiled eggs lower cholesterol: Contrary to popular midocrass belief, eggs can help improve cholesterol levels by increasing "good" cholesterol.

14. Eggs enhance muscle growth: Protein from eggs is essential for muscle repair and growth

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





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## Happy New Year 2025 - Focus, Sacrifice & Commit.

As we usher in the New Year 2025, Please join me in making three important New Year's resolutions: **Focus, Sacrifice, and Commit.**

- ◆ **Focus**, To a great extent, Everybody knows that success comes from doing a few things really well, but in the 15 years I've worked with the business community, leaders, experts and educational institutions, I've really found the pull of ingrained ways of doing things and the pressure to produce short-term results which induces many people to lose focus. Now in 2025, we need to **zero in on what's really important** and not allow ourselves to be distracted by organizational or Rotary politics, shiny new objects, and inevitable fires that flare up.
- ◆ **Sacrifice**, so we need to **be ruthless about setting priorities** — often that means making sacrifices and being willing to give up potential gains in certain areas in order to grow in others. We must fight the pull of the “Lycra principle” (just because we can,

doesn't mean we should), and learn to say “no” to things that detract from our core purpose and goals.

- ◆ **Commit**, once we determine our priorities, we need to **commit to them fully and for the long-run**. While today's working environment requires us to be agile, flexible, and responsive, our opportunistic behavior should always advance our ultimate mission.

I am writing these resolutions for me as much as for anyone else. In the New Year 2025, I'll be making some changes in order to focus, sacrifice, and commit.

Please join me in making 2025 the year of Focus, Sacrifice, and Commitment

**Jonathan Wangubo (MCIPS)**  
**Past President**  
**Rotary Club of Mukono Central**

Dear Rotarians and friends of Rotary club of Mukono Central, Years come and pass, but what it takes to make them worthwhile is someone's unconditional love, wonderful memories, and zest offered to live them fully. Mukono Central has given me all of these and much more in the past year, and I know there will be more to come from you in the year ahead. I Wish you a Happy New Year 2025.

**Stella Wangubo**  
**Past President**  
**Rotary club of Mukono Central**





## Christmas Chronicles

1. It's that time of the year when people will flock Jinja and Masaka roads headed to their rural homes.

2. It's the same time that people engage in that useless debate about whether a man can spend at his in-laws. A normal man with a functional brain will never contemplate spending at his in-laws.

3. You will be told by other failed men that when you marry a girl you become a son to your father in-law. Correct. You will be told by other failed men that when you marry a girl it's your parents who are in-laws (athonis). It's correct. However, the failed men will never tell you why you got married.

7. Another group of failed men will tell you that while at your in laws' you sleep in one of the houses for the brothers to your wife. Where would a normal man get the courage to sleep in the same compound with his father and mother in-law? In the morning you will wake up with your shorts and vests and busk outside while on the other side your mother in-law will wake up holding her breasts with a lesu. She will say, good morning Isaac. I hope that you slept well. Then she will walk behind the house and you will hear the sound

from Ssezibwa River. On the other side your father in-law will wake up with his shorts , greet you and then walk behind the house and you will hear him farting after irrigating the fence

8. Your wife will then get you water in the bathroom. You will use the same soap used by your mother-in-law. And because they hang their panties in the bathroom, you will definitely see what your mother in-law uses to cover her Namboole Stadium and her favorite mother's union colors.

9. The following morning the cycle is repeated and since you are getting used to one another you find that there is no soap in the bathroom. You will then ask your mother-in-law "mum, where did you keep the bathing soap yesterday?"

10. Other GMO men will be given a mattress at the sitting room and in the morning they will walk over you as you sleep holding your bed sheets then later give you tea in a small thermos and you think that's respect. That's how you lose your respect and frame as a man. You will then start saying that they don't respect you.

11. However, a man with a circumcision certificate and who is referred to by his wife as a

hubby is allowed to spend at his in-laws

12. A man who is referred to as a hubby/ swiry/ babe is allowed to sleep at her in laws and even participate in cooking chapati

13. A man who is referred to as hubby, swiry ,bae, babes is allowed even to share bed sheets with his mother in-law. Mother in law will enter her bedroom and come with bed sheets and a duvet for her son in law

14. A hubby is even allowed to look after Nana as the mother in law beats stories with other women at the gate

15. A normal man arrives at his in-laws home at 6pm when he was expected at 11am and leaves at 6:45pm. Familiarity breeds contempt. If they get angry " It's theirs".

16. You were given permission to sleep with their daughter and not to sleep in their compound.

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



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## Environment: Snake bite treatment

Treating a snakebite patient in Uganda involves several crucial steps to ensure the best possible outcome. The approach can vary depending on the resources available and the type of snake involved as suggested by the medical personnel of herp fauna foundation .

### 1. Immediate First Aid

- **Stay Calm:** Keep the victim calm to slow the spread of venom through the body.
- **Immobilize the Affected Limb:** Use a splint or bandages to keep the bitten limb still and below heart level. Avoid tight tourniquets.
- **Clean the Wound:** Wash the bite site gently with clean water and soap to reduce infection risk. Avoid cutting the wound or sucking out the venom.
- **Remove Restrictive Items:** Remove rings, bracelets, or tight clothing near the bite site to prevent complications from swelling.

### 2. Identify the Snake (if Possible)

- If safe, observe the snake's features for identification without attempting to capture or kill it.
- Describe the snake to medical professionals to guide appropriate treatment.

### 3. Transport to a Medical Facility

- Take the patient to the nearest health center or hospital equipped to handle snakebites. Do not delay.
- Keep the patient as immobile as possible during transportation.

### 4. Hospital-Based Treatment Assessment and Stabilization

- Medical professionals should assess the bite severity, symptoms, and patient condition.
- Vital signs are monitored.
- Pain relief and fluid management may be initiated.

### Administer Antivenom

- If venomous, specific antivenom (e.g., for puff adder, cobra, or mamba bites) is administered based on the identified or suspected snake species.
- The patient is closely observed for allergic reactions to the anti-venom.

### Treat Complications

- **Wound Care:** Manage local tissue damage or necrosis.

- **Infections:** Administer antibiotics if there is an infection.
- **Organ Support:** Treat systemic complications like kidney failure or breathing difficulties.

### 5. Monitor and Follow-Up

- Patients may require prolonged observation for delayed effects.
- Rehabilitation may be needed for severe tissue damage or mobility issues.

### Prevention Tips to Reduce Snakebite Incidents

- Wear protective footwear in snake-prone areas.
- Avoid walking in tall grass or undergrowth without clearing the path.
- Educate communities about snake identification and first-aid practices.

Efforts in Uganda to improve access to anti-venom and training for healthcare workers are ongoing to reduce snakebite-related deaths and complications.

**By Josephine Nabachwa  
Nakasero Hospital**

## **ROTARACT PROJECT: EXTENDING A HAND TO THE DISABLED**

On 15 December 2024, Rotaract Club of Mukono Central had a successful outreach at Good Samaritan School of the Inclusive in Nasuuti-Mukono. The outreach targeted 120 children who were physically and intellectually disabled.

The club managed to raise funds through a car wash carried out on 01 December 2024 which was supported by Rotarians, Rotaractors and friends. With the money collected, the Club was able to take posho, rice, soap, rolls of toilet paper, soda, biscuits and clothes.

The club extends their sincere gratitude towards Rotaract Club of Mukono, Rotary club of Mukono and our very own Mother club Rotary Club of Mukono Central for the unwavering support rendered towards our project.

**Joanna Tendo**

**Charter President**

**Rotaract club of Mukono Central**



*Members of the Rotaract Club of Mukono Central creating impact*

## **Boy child chronicles**

### **Letters to My son: New year Motto; Let them!!**

Dear son, we have a few days to the end of 2024. What a year it has been!!! We have won some battles and lost others. We have lost loved one and gained new friendships. We've excelled in some areas and failed in others. We have laughed and cried; persevered and surrendered; loved and hated; As we welcome the new year, it a time for reflections and adopting new resolutions made with determination and purpose. No one plans to fail, lose, die, or suffer. We all want a great 2025. However for you to succeed in the coming year, adopt this strategy of "letting them".

- ◆ If they judge you harshly, let them.
- ◆ If they are committed to misunderstanding you, let them.
- ◆ If they reject you because of who you are and what you believe, let them.
- ◆ If they exclude you from their plans, let them.
- ◆ If they ignore you and choose others, let them.
- ◆ If they fall out of love with you, let them.
- ◆ If they don't appreciate you, let them
- ◆ If they don't support you, let them.

Let them do what feels right for them. It will give you tremendous peace and freedom if you learn to let them be.

New doors will be opened, better relationships will be nurtured, and greater opportunities will be explored. Just focus on what works for you. You will never be right for the wrong people nor fit in with the wrong crew. The earlier you accept this, the better off you will be. Choose to stay kind, loving and authentic.

Greatness in you, is recognized and embraced by your people of peace. So son, let them.

To a year of unending opportunities, unimaginable possibilities, unlimited abundance and unconditional love.

Happy New Year!!

**Catherine Namoma**

**Public Relations Officer**

**President Nominee**

**Rotary Club of Mukono Central**

## TALES OF A TEENAGER: NEW YEAR RESOLUTION

Well, it's finally the end of 2024 and I am honestly anxious and excited for what's to come in 2025. A lot has happened and I'm very thankful to God that he has brought me this far. The reason I am so anxious for 2025 is because I'll be a S4 candidate and yes, it is not going to be easy but as long as I focus and remain faithful to God, I'm sure I can make it.

As soon as I finish my S4, I will start taking music and writing seriously. To be honest, I've always wanted to write a song but I'm not entirely sure conversant with how to start. I still lack the necessary resources to start but I will definitely try to write one. I will also purpose to improve on my novel writing novel to continue practicing my literature skills {if only I could write a song like the way I write novels}

As an introvert, I find it very hard to make friends and associate with people in my age group. I don't understand why it's hard for me to do so but I hope I can change that in 2025 by watching videos that could help improve my self esteem and confidence. It's also hard for me to go out so I hope I can try to go out more to allow myself explore new places.

Everyone enters the New Year with a plan to accomplish many goals like losing weight, making new friends etc. For me, I self-improvement is my goal and I'm praying that everything works out and that I will evolve into the person I want to be.

People usually say that it's good to dream big so if I were to think of the biggest dream that I could achieve for 2025 it's for me to learn how to play the piano and improve on my vocal skills so I am able to start my career as a great musician but that will be after I finish and pass S4.

As usual I don't have a lot to say so I would like to wish you all a happy new year.

**Musings of a real teen**

**Karen Mirembe**

**Senior 4**





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## Happy new year

As we bid farewell to the past year and welcome a new one, I want to express my heartfelt gratitude to each and every one of you for your tireless efforts in serving our community. I want to take a moment to acknowledge and celebrate the incredible strength, resilience and achievements attained.

A new year presents us with the opportunity to revisit our enthusiasm for pursuing our ambitions and dreams. I am incredibly grateful for this community of partners, supporters, members and participants and look forward to another year of working together to achieve those ambitions that we share. My wish is that we may all find hope, healing and harmony in the year ahead.

This past year has brought its share of challenges, but it has also shown us the power of collective action, solidarity and determination. We have broken barriers, pushed boundaries and created positive change in our communities and beyond.

As we look to the year ahead, I want to encourage each and every one of you to keep pushing forward, to keep

striving for your dreams and to keep supporting one another along the way.

To the Mothers, Fathers, Children and leaders of this nation let us take care of each other by creating safe environments for all of us. Together we can bring positive changes in this universe. We are all destined for a good life of which we are responsible for.

I was saddened after watching a video of a 4 year old Claire who was tortured by a care taker. All of us were wondering what pushed the lady into such an inhumane act? These are the safe environments I'm talking about that have to be created by all of us and for the rest of us all.

I know you are waiting on to know why I was named Esther and not Nolina, just watch in our next article. God bless us all

I wish you all a happy, healthy and empowering new year.

**Esther Nakafu**

**Past President**

**Rotary Club of Mukono**



## New Year Cheers!!!



As we stand on the precipice of another year, with the sands of time slipping through our fingers, members of Rotary reflect on the journey of 2024—a year that offered trials, triumphs, and profound lessons. Each day, we spun our wheels in service, crafting ripples of change that expanded beyond our local communities, echoing through the hearts of those we reached.

What do we take home as we prepare to close the chapter on this remarkable year? First, we embrace resilience. Like a phoenix rising from ashes, we learned that challenges were not brick walls but rather stepping stones, guiding us toward innovation. When the pandemic loomed, we adapted, pivoted, and flourished, redefining service to meet the needs that emerged like wildflowers after a rain-storm.

Next, we celebrate connection. The bond amongst Rotarians transcended physical distances, weaving a tapestry of support and camaraderie that dazzled like the starlit sky. Our virtual meetings turned

into vibrant gatherings, proving that even through screens, our spirits unite in purpose and passion.

Moreover, we rediscover the power of kindness. Small acts, like seeds scattered in fertile soil, blossomed into profound impacts. Whether through community service, fostering youth leadership, or embracing diversity, each gesture served as a reminder that we are the architects of our collective destiny.

As we countdown to close 2024, let us carry forth the echoes of this year's journey—resilience, connection, and kindness. Let these reflections illuminate our path as beacons of hope and inspiration. Together, arm in arm, we step into the embrace of 2025, ready to create, innovate, and uplift, embodying the true spirit of Rotary. In laughter and in joy, we shall celebrate our stories, ever weaving new chapters in the grand tapestry of service.

**Rotarian Angela Nanyonga Kakooza**  
**Rotary Club of Mukono**

“This boy was carrying his dead brother on his back to bury him In Japan, during the war. A soldier noticed him and asked him to throw away the dead child so that he would not get tired. The boy replied: He's not heavy, that's my brother!" The soldier understood and broke down in tears. Since then, this image has become a symbol of unity in Japan.



If he gets tired, help him.  
If he needs support stand with him.  
If he makes a mistake, correct him.  
And if the world abandons him, then carry him like God has been carrying you, He's surely not heavy. Because he is my brother or she is my sister!  
Look out for one another!  
Stay Blessed.

Let this be our motto too in 2025:

“He's not heavy. He's my brother...She's my sister!"

If he falls, raise him up.

If he backslides, restore him.

**Noeline Kirabo**  
**Founder Kyusa**





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*Cheers*

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