

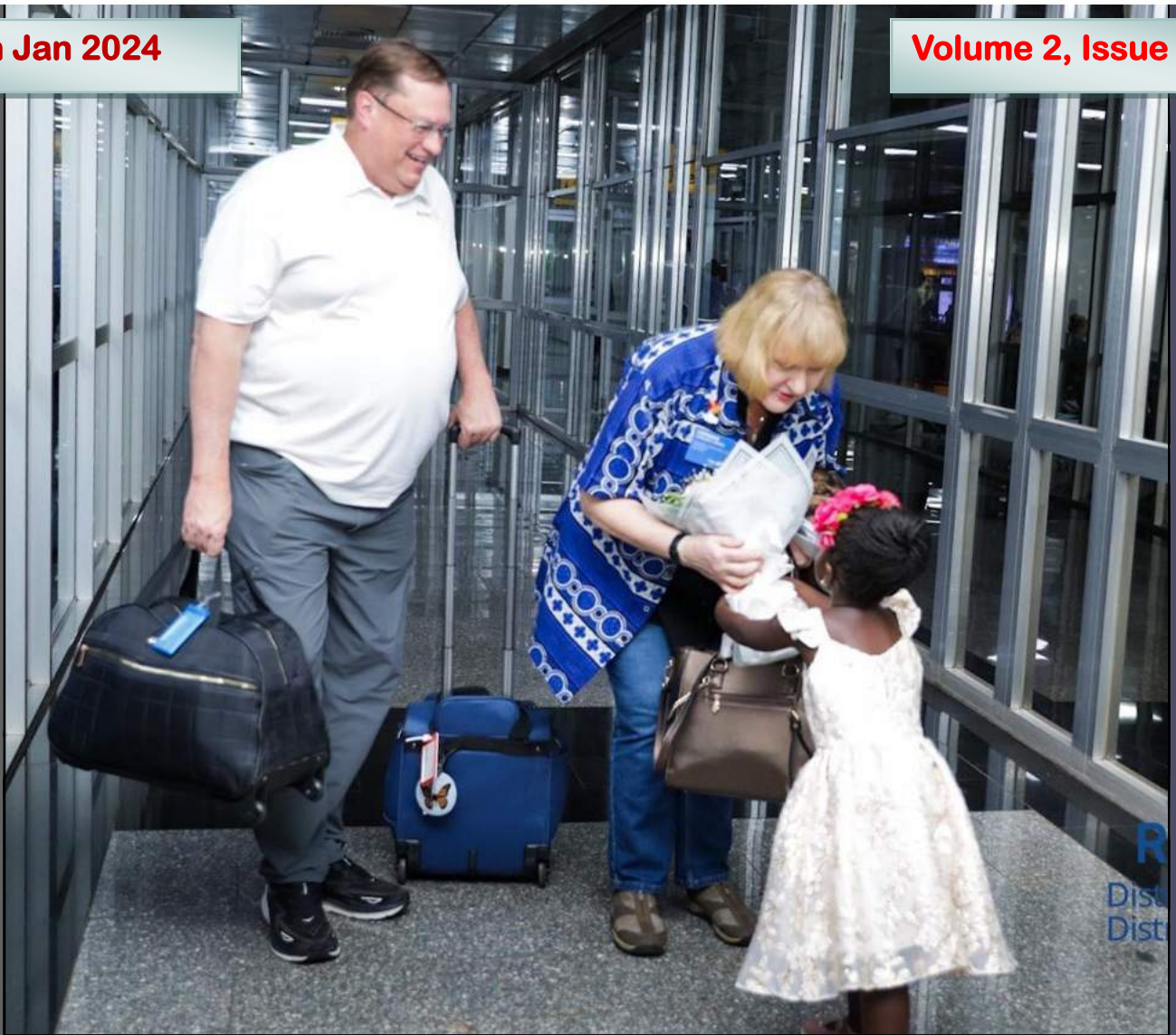


THE DOWNTOWNER

" My community, My Service."

6th Jan 2024

Volume 2, Issue 28



Welcome Rotary International President Stephanie A Urchick to Uganda

Points of Interest

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- **And much more.....**

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

Message from the Editor

Our beloved reader, welcome to the New year filled with immense expectations. Even though December was a time of rest, I know there are some who are already exhausted and overwhelmed. May you experience an outpouring of strength and resilience this January.

Lets be intentional about being people of service with a purpose. Let there be tangible evidence of service above self and lets commit to living in peace and harmony as we do life.

Believe in your dreams, fight for yourself and see good in all situations.
Make better choices and aspire to inspire.

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, Join me in welcoming our rotary International President Stephanie A Urchick. Her presence in this time is indeed a joyous time among my rotary family. It's a week long of various engagements and I hoping that we all enthusiastically participate in the program.

They say that its as you host that you get to understand your impact on the guest. Lets make it worthwhile for our irresibe Governor.

Looking forward to seeing you at Nsambya hospital as we launch the cancer run 2025 with our Rotary international president. Your presence will say a lot.

And to you Rotary Club of Mukono

Central, lets be intentional about creating impact through this vocation month. May you use your classifications to create lasting change.



RI Presidential Message

January 2025

I always walk into meetings at my home club of McMurray, Pennsylvania, with a smile on my face. A few years ago, someone arrived late. Instead of scolding the person, we cheered. Since then, we've made it a tradition to applaud all members when they arrive for meetings. It's tough not to smile with a greeting like that.



There's nothing more powerful for engaging and retaining members than a club that's vibrant, welcoming, and — yes — fun. Think back to what drew you to Rotary. Chances are, it wasn't just the service projects or professional networking. It was the people — the friendships, the shared laughter, and the joy of working toward a common purpose. That's what keeps us coming back.

If you're looking for that sense of joy in your meetings, don't be afraid to ask yourself and your fellow members some tough questions. If you were a prospective member, would you join your current club? It's a powerful question but don't stop there.

Do members of your club feel that they belong? Are your meetings fun? If not, what can you do about it together? At your next meeting or event, try something new to bring out a few extra smiles. It's the simple things that create lasting bonds and make clubs simply irresistible.

Here's one example of a club moving in the right direction. The Rotary Club of Fukushima, Japan, has been combining environmen-

tal responsibility with community fun since 2021. In Japan, people have made picking up trash into a sport known as SpoGomi, and every year the club hosts a game. This year, more than 400 participants cheered each other on while they came together to improve their community.

This event is an excellent example of how Rotary clubs can have fun, make a difference, and raise awareness for broader global challenges all at the same time. And the inclusive, family-friendly format allows people of all ages to participate.

When we enjoy what we do, that energy becomes contagious. It's what attracts new members and keeps our clubs strong and engaged. It helps people feel that they belong.

Retention and culture go hand in hand. The healthier our club culture, the more likely members are to stay. Rotary magazine is an outstanding resource for inspiration on how to enhance our club culture and deepen member engagement. I encourage you to explore the stories and strategies in these pages, drawing from other clubs' successes to find ideas that work for you.

Together, we can create a more engaged, enjoyable, and inclusive Rotary that every member can feel proud to be part of. Let's continue with renewed commitment and enthusiasm, living The Magic of Rotary.

Stephanie A. Urchick
President 2024-25

Photo of the Week



Rotary International President on arrival at Entebbe airport. She was received by district officials including Governors Anne Nkutu (D9213) and Agnes Batenga (D9214) including other District officials.

MY MONDAY THOUGHT: Change of Audience, Change of Status

Friends, there are many of you with brilliant ideas, brilliant proposals, brilliant solutions.... But can't just get the right audience. All the people listening to you shake their heads in agreement but they say "enyewe, you see..." but beyond the awe, they can't help you.

Others in big organisations steal your idea, package it like theirs and kick you out. You just see your idea being launched by a minister and you are in a Katala comparing food prices.

Having the right person listen to your Idea, then take it up and support you is the biggest miracle you can get. This was the predicament of Joseph (in the bible). He had the gift of interpretation of dreams.

But spent several years in prison, because his audience was a group of people that could not help him. The Butler and Baker were like most people around you, who listen to your idea but can't help you change your life.

He was dealing with mediocre and non-helpful audience. He interpreted dreams to small fish. And this never changed his life. But the day the Audience changed and he started interpreting dreams for the ruler, his life was changed forever.

Sometime in 2009, God gave me an idea of how to utilize tourism to promote rural development in areas without touristic attractions. I shared my idea with some people who just dozed midway. Then went to some officials who did not give a hoot as long as there was no Deal to be cut. I was told such things don't

work in Uganda.

I then forgot about it, until some good years later, and by the Grace of God and through Divine Favour, my idea was picked up by some good connections and I got paid an 8 figure amount for consultancy that changed my fortune.

Guys... Audience is very very very very very very very very very very very very very important. You should have a way of reaching captains of industry, CEOs, Ministers, Permanent Secretaries..... And having them see your ideas.

But all these only takes place through Divine orchestration. Not by power, nor might but by the Spirit. You should be ready, you should be prepared. You should think out of the box.

Then after building capacity, seek the face of God, you will see how God can change your life just by changing your audience.

Rtn. Isaac Ssamba

President- Elect, Rotary Club of Mukono Central



THE ANTIAGING CONCEPT



Other forms of aging include ovarian aging which is associated with reduced chances of having a successful pregnancy. Age related conditions such as dementia, Parkinson's disease, High blood pressure and movement abnormalities all present extremely high demands on the social and medical care systems.

With an increasingly aging population, lifestyle interventions such as physical activity (especially resistance

The aging process results into a gradual loss of body function and this translates into risky health problems and disabilities later in life. There is therefore an increasing burden worldwide for people to freeze the aging process—RIDICULOUS!

Successful aging can be determined by individuals themselves or an outsider observing from a distance. The skin is often used as the model organ for aging observations; overall thinning of the top layer of skin often leads to a skin fragility, dryness, itchiness and irritations.

and endurance training), skincare, dietary science, etc are becoming popular as a major way of managing the aging process (anti-aging interventions).

Rtn. Nannozi Beatrice Kasirye



GYM

MOTIVATION

Let's start by debunking a common myth: the idea that you'll lose weight just by going to the gym. **YOU WILL NOT** lose weight solely through gym workouts. Gym and physical exercise are primarily for your mental health. Of course, there are physical benefits, but these are secondary. If you're feeling unmotivated, remember that you will feel better after working out. Exercise helps reduce stress, and that's a big advantage.

Additional Benefits:

1. Mental Clarity and Focus

Exercise boosts blood flow to the brain, enhancing cognitive function, focus, memory, and learning.

2. Increased Energy Levels

Regular physical activity increases overall energy, contrary to the belief that it tires you out.

Focus
Discipline
Consistency



3. Better Sleep

Exercise helps regulate sleep patterns, making it easier to fall asleep and improving sleep quality.

4. Social Interaction and Support

The gym offers social benefits, providing a sense of community and support through group classes and casual interactions.

5. Long-term Health Benefits

Regular exercise reduces the risk of chronic diseases, maintains a healthy weight, strengthens bones, and improves cardiovascular health.

Sunailablog



A Place Good For:

- Spacious and Quiet environment
- Meet ups and Social Capital Hive
- Quality Accommodation with Breakfast
- Local and Continental Cusines
- Home to Rotary and Rotaract of Mukono Central

ACCOMMODATION IS @ 50,000 SH

For more information Reach Us On:

Tel: 0414-690-871
WE ALSO DO OUTSIDE CATERING

We Are Located in Mukono Municipality 200 metres off Kampala-Jinja Highway, Sloping Next to Mukono



From Idea to Action: Transforming Thoughts into Reality

We all have thoughts, countless ideas that hover through our minds. But how many of these thoughts actually translate into tangible actions? The gap between conception and execution is often vast, filled with self-doubt, postponement and the fear of failure. However, turning thoughts into reality is attainable. It requires a structured approach, a proactive mindset and a willingness to take calculated risks.



most crucial step is to take action, even if it's just a small one. Start with something simple and build momentum from there.

6. Seek Feedback and Support:

Share your ideas with others and seek their feedback. Constructive criticism can provide valuable insights and help you identify potential challenges.

1. Cultivate a Growth Mindset: Believe that your abilities can be developed through dedication and hard work. Embrace challenges as opportunities for learning and growth. Mindset fosters resilience and encourages perseverance.

2. Break Down Your Goals: Break down your goals into smaller, more manageable steps. This creates a sense of progress and makes the overall task seem less discouraging.

3. Prioritize and Plan: Identify your priorities and create a realistic plan. Schedule dedicated time slots for working on your goals and minimize distractions during these periods.

4. Take Action, No Matter How Small: The most crucial step is to take action, even if it's just a small one. Start with something simple and build momentum from there.

5. Celebrate Your Wins: Acknowledge and celebrate your accomplishments, no matter how small. This reinforces positive behaviour and motivates you to continue moving forward.

6. Conclusion: Turning thoughts into reality requires a proactive approach, a growth of mindset and consistent effort. By doing the above, you can bridge the gap between imagination and accomplishment. Embrace the journey, learn from your experiences (good and bad) and celebrate your successes along the way. Remember, every great achievement starts with a single thought.

Moses Kafeero

Hope Creator President

Rotary Club of Mukono Central

ANOTHER '365 days' OF HOPE, SUCCESS AND NEW BEGINNINGS

The New Year is more than just a change of date; it is a celebration of renewal, resilience, fresh opportunities and the hope that each new day brings.

2024 was a year of learning, un-learning, relearning and growth. Despite the challenges faced, it reminded us of perseverance and hope. Many of us found joy in the little things, tried new things and learned valuable lessons.

As we welcome 2025, let us embrace it with open hearts and a renewed sense of purpose. It is time to look ahead with optimism as we let the year be a canvas for dreams, journey of



growth and a celebration of every milestone big or small.

Let 2025, be a year of hope, filled with happiness, spreading kindness, chasing dreams. Do not forget to set SMART goals for the year. "Every day is a chance to begin again. Do not focus on the failures of yesterday, start today with positive thoughts and expectations."

Joanna Tendo
Charter President
Rotaract Club of Mukono Central





In Support of the Africa Rotary Peace Fund #APeaceConcert25



BECOME OUR PLATINUM PEACE PARTNER



Get pinned by the Rotary International President as a Major Donor when you pay 10,000USD (or a deposit of USD3,333) by **January 7 th 2025.**



PEACE SYMPOSIUM & CAPSTONE



THEME: Healing In A Divided World

CHIEF GUEST Stephanie Urchick
Rotary International President

10TH. JAN. 2025

9:00 AM

MAKERERE UNIVERSITY MAIN BUILDING.



Movie Night

ORDINARY ANGELS

8th Jan 2025

Colline Hotel - Mukono

07:00 PM

Duffodils buddy group



FREE



@rcmukono

www.rotaryclubofmukono.com



In Support of the Africa Rotary Peace Fund #APeaceConcert25



A NEW STAGE FOR PEACE

The African Peace Concert, originally scheduled for Speke Resort Munyonyo, **will now take place at Nsambya Gardens.**

NSAMBYA GARDENS

Same date, same incredible lineup, and the same mission to unite for peace.

10TH. JAN. 2025 **15H (GMT) 18H (EAT)**



The background is a dynamic composition of colorful paint splatters in shades of purple, yellow, green, red, blue, and white. A roller brush icon is positioned to the right of the word 'PAINT'.

TROPICAL

PAINT

• WE COLOUR YOUR DREAM

Environment: It's Snake Season

In Uganda, snake activity is influenced by seasonal variations, particularly changes in rainfall and temperature. January and February are typically part of the **dry season**, which has specific implications for snake behavior and snakebite risk.

As experts from Herp fauna foundation this is our overview below:

Seasonality of Snakes in January and February

Snake Behavior

- ♦ **Increased Activity:** Many snakes, especially those seeking water, are more active during dry seasons as they search for hydration and prey.
- ♦ **Human-Snake Encounters:** *Due to their search for water, snakes may venture closer to human settlements, farms, and water sources like wells and rivers.*
- ♦ **Thermal Regulation:** *During hot days, snakes are more likely to be active early in the morning or late in the evening to avoid overheating.*

Species to Watch For

Cobras (e.g., forest cobra, Egyptian cobra) are common near water points.

Puff adders are ambush predators and may be found near trails or grassland.

mambas all species and boomslangs are arboreal but may descend for water.

House snakes and pythons may invade homes or storage areas seeking cooler spots.

What to Do in January and February For Communities and Individuals

Preventive Measures

Reduce Habitats Around Homes: Keep grass short and clear debris or woodpiles where snakes may hide.

Secure Food Storage: Keep grains and food sealed to prevent attracting rodents, which attract snakes.

Check Paths and Shelters: Always inspect shoes, bedding, and dark corners for snakes.

Water Sources

Avoid walking barefoot near rivers, lakes, or wells, especially early morning or late evening when snakes are active.

Snake Encounters

Do Not Kill: Instead, contact local wildlife experts or conservationists for safe removal.

Maintain a safe distance and avoid provoking the snake.

Snakebite Management

First Aid: Immobilize the limb, keep calm, and avoid traditional remedies.

Seek Immediate Medical Help: Ensure the nearest hospital or clinic has access to antivenom.

For Conservation and Health Professionals

Awareness Campaigns

Educate communities on snake identification, safety tips, and first-aid measures.

Distribute posters or conduct radio talks in local languages for wider reach.

Antivenom Stocking

Ensure regional hospitals and clinics have sufficient antivenom supplies for common venomous species in Uganda.

Data Collection

- Record snakebite incidents to identify hotspots and species trends for future intervention.
- January and February are crucial months for proactive snake management to prevent snakebites while promoting snake conservation. By staying alert and prepared, both human safety and wildlife coexistence can be maintained.

Boy Child Chronicles

Letters to My son: What if?

Dear son, this is a special week for me as I add another year on 8th January. I am as expectant and excited as a toddler awaiting the arrival of the ice cream truck. As I grow older, there is so much to think about, decisions to make, goals to accomplish and dreams to set. Growing older makes reality clearer and sometimes anxieties crop in.

However this New Year, I am choosing to adopt one of the most important questions. What if? Yes there is loud noise around me, uncertainties ahead; imaginations running wild, a roller coaster of emotions but indulge me.

What if, this is the year I get to live the life of comfort? I am not good at rest. My natural composition is to hustle and bustle with life. But what if this is the year of resting in comfort.

What if this is the year for my target weight. I have felt overwhelmed as a fitness enthusiast. Hitting the gym each week with minimal tangible results. Yet again what if, this is the year to hit that target.

What if this is the year of unimaginable breakthrough? I have gone through seasons of lack and anxiety in many areas of my life. Siblings being unwell, broken relationships, strained work environment; but what if this are the year when all will work out for good.

What if this is the year for new beginnings? Yes!!!! We tried in 2024 and failed. With our chest fallen, we lost the morale to love, trust

and believe for a brighter day. But what if this is the year to love unconditionally, trust wholly and believe. What if I am destined for great relationships in spite of the odds?

What if this is the year for open doors? 2024 was a year of some doors closing while in some situations windows were unavailable. I am daring to believe that this is the year of unlimited opportunities where businesses will excel, children will be born, and new careers will be groomed.

Join me as we walk into this year with confidence, self-assurance, determination and focus. Not because we've figured it out but because there is a God sovereign enough to see it through. Think about the positivity of What if.

Rotarian Catherine Namoma

Public Relations Chair

Rotary Club of Mukono



TALES OF A TEENAGER: WHAT'S NEXT

Well, here we are again. Now that the festivities are done, we are back to business as usual. While some of my siblings are going back to work, others are going to school, for me this is a pivotal year as a senior four candidate.

Obviously, I will be focusing on my books and updating my notes as well. I'm kind of scared to start this new chapter as a candidate because of what I've witnessed before. Candidates are usually busy, anxious and must always be focused and concentrated which is one of my biggest struggles. I have seen my older siblings and friends go through this season. Truth be told, am scared yet at the same time am excited that I will be accomplishing a milestone. It's not easy and the expectations and pressures are real and overwhelming. But I believe that with the support of my family especially my mum, I will be able to make it and make everyone proud. I know people have

gone through the exact same things that I'm going through which is reassuring to know that I'm not alone.

As I mentioned in the last article, Self-improvement is important. I'll start watching some videos that can help me gain focus and stay determined so that I can achieve my goal. I'm very grateful to God for giving me such a wonderful and supportive family because I'm sure without them, I don't know where I would be.

Once again, I would like to wish you all a happy new year and may the almighty bless you.

Musings of a real teen

Karen Mirembe

Senior 4



Happy Birthday Past District Governor Rosette Nabumba Nayenga. We are proud to have a women of valor, wisdom, grace and charisma as an exemplary role model to many young women. May you continue to exhume such execeptional leadership.

Rotary Club of Mukono Central Celebrates you.

What type of improvements can we welcome in order to appreciate the importance of paying Dowry



In my personal engagements in the Communities as a Secretary to Women and Children Affairs for Kyaggwe; Women have always asked; **Why don't we scrap Dowry Payment in order to have good marriage relationships** Straight away; i asked back; who tells you that; when scrapped; this will guarantee **Marriage Stability?**; this questioned widened the discussion.

I had this to tell them; but of course reasoning as a **nurtured Muganda Ono ye Muganda Omugunjufu** i had to refer to the Buganda Anthem and more so; the verse that goes **Ekitiibwa kya Buganda kyava dda; naffe tukikumenga**

This was a very good advance organizer to commence our session. It brought in lots of ignition; as a drivers; i increased the gear.

I had this to add; **Kabaka abeera n'obuyinza okuddibya empisa neesaanirawo ddala; naye ssinga aba tanakikola; tulina okugenda mu maaso n'empisa eyo** The enthroned King, reserves the rights to bring an end to any norm if he deems it necessary; and if not; we are obliged to carrying forward that belief.

Therefore, as of now, His Majesty Ronald Muwenda Mutebi has not made any pronouncement on erasing

Dowry Payment

I proceeded with this mentorship

1. During negotiations; the parents of the girl; should take into account the resources of the son –in law to be. The family should first know about the assets in order to determine appropriate Dowry.

2. The too much bargaining like for a property must be avoided by the two families. They should know that the girl is not a commodity that can be bargained for by setting a lower or higher price.

3. Parents need to allow their daughters to be given away in marriage at no cost, since the most important thing is **love** they should just ask for a token of appreciation

4. Dowry payment in form of livestock is suitable because money corrupts the mind and leads to the breakage of the good relationship between in-laws.

5. Parents today need to know that their daughters can still provide for them even once in their marriages. Today's married women pay fees for their brothers; sisters and even other distant relatives. They meet other expenses for either family.

6. Through regular church sermons and Associations like Mothers and Fathers unions; parents should be taught how

to relate with their in-laws as well as the essence of dowry payment.

7. The Parents can allow marriages to take place and dowry be paid later, especially when the brides have just completed their Education. They can work together to raise the intended token of appreciation.

8. In case of separation; dowry should not be paid back; this creates conflicts. The divorced wife would have already worked for the former husband; produced children and too old to even get a new husband easily.

9. The husband of some ones daughter should be allowed to give something out of their personal initiative and not to be on any point on how to make improvements in order to create good and safe marriage environments in order to curb marriage separations caused by failure to pay dowry.

10. Any additions are welcome in order to make good and safe marriage environments to curb separations due to failure to pay Dowry.

Esther Nakafu
Secretary Women and Children Affairs
Kyaggwe county

A Tribute to My Undisputed Hero, Daddy wange omwagalwa!



I find no better moment than now to express my heartfelt tribute to him. Yes, he is worth it all Omwami wa Kabaka Ssenyonjo Herman Mbabaali and as we celebrate his birthday I find I fit to pass this on. This is not a time for waiting—it's a moment to honor the incredible man who has shaped my life in profound ways. To me, he is more than just a father; he is my indefatigable hero, a beacon of resilience, love, and unwavering integrity.

Herman's life has been a testament to hard work and selflessness. He has devoted himself entirely to the well-being of others, giving all he has with an open heart. His loyalty, kindness, and humility shine brightly in every interaction, and he treats everyone equally regardless of their wealth or status with respect and dignity. This profound quality resonates deeply within our community, where both the young and old sing praises of his character.

One significant lesson I learned from him came during a pivotal moment in my childhood—when I received a not-so-stellar report card in primary five. I remember that day vividly; the first and only time he disciplined me with a sandal. Rather than fear or anger, I felt a wave of realization wash over me. As a nine

-year-old girl, I understood that my actions needed to align with his guidance. I vowed never to disappoint him again. This moment has profoundly shaped who I am today; it drives me to always strive for excellence, hoping to make him proud.

Beyond his profound life lessons, my father finds joy in the beautiful game of soccer and relishes hanging out with his crew, the “Big Boys.” These moments of camaraderie highlight the importance of friendship and shared joy, adding yet another layer to his remarkable character.

As I reflect on my father's life and influence, I realize that he is not just a teacher in the traditional sense but my forever teacher in the art of

genuine love. His ability to love without reservation, despite life's hurdles, is a lesson I carry with me every day.

Herman Ssenyonjo Mbabaali, Taata Angelina, your legacy of love, hard work, and humility inspires me relentlessly. You are not just my father; you are my hero, and for that, I am eternally grateful. Thank you for being the guiding light in my life.



Rtn Angela being walked down the isle by her father



MONDAYS
7:00PM
STAR GARDENS