

THE DOWNTOWNER

" My community, My Service."

13th Jan 2025

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The Peace Walk: Rotary International President Stephanie Urchick, together with Governor Anne Nkutu D9213 and Past Assistant Governor Ronald Kawadwa enjoying the Peace Walk.

Points of Interest

- **Magic moments with President Carolyne Male Pg3**
- **My thoughts by President Elect Isaac Ssamba Pg 6**
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***To submit an article, please share on email:
cnganda4@gmail.com***

Message from the Editor

Our beloved reader, thank you for taking the time to engage with us through our weekly issue of the Downtowner. Your commitment and unwavering loyalty is admirable.

To all the Rotarians, Rotaractors and friends of rotary who participated in the peace walk which took place at Makerere university on Saturday, you are simply amazing. Peace is a important component of any society because it can bring development and excellence is groomed and sustained by all.

May this walk continue remain as a major symbol in each of our lives, not just as Rotarians but as leaders, parents and communities.

Wishing you a blessed week.

Rotarian Catherine Namoma



MAGIC MOMENTS with President Carolyn Male

Dear Rotarians and Friends;

The past week had been action packed, Uganda was blessed with the Rotary International President's visit, Rotary International Director and the Rotary international Trustee.

Was honoured to have attended an exclusive dinner in honor of the Rotary international President the day she arrived at PDG Ken Mugisha's residence. My take home was she's unmarried, no children, no parents but only one brother so refers to Rotarians as Family of Rotary because it's the closest family she's got. Personally am proud to be apart of this amazing and awesome Family.

On the 7th I attended the TRF Dinner at Sheraton Hotel in recognition of the giving clubs, PHF at all levels, Benefactors and Major Donors. Special congratulations to RC Kampala Central, Kira and Bweyogerere Nambole.

Thank you Rotarians that made it for the Peace walk and concert.

Special recognition to Governor Anne Nkutu for the mobilization and great presentation all through the Magicians are proud of you.

The Organising chair and team you did an awesome job my HCP Moses Kafeero was on the Peace Team. Rtn Josephine and Pauline thank you for making time to attend the Dinner and walk.

The year is rolling let's get back to serving above self.



Weekly Meeting at RC Mukono Central

Rotary Club of Mukono Central Monday fellowship focused on New year resolutions on how to take the club to the next level as we start the last part of the Rotary year 2024.25.



Photo of the Week



The walking Rotarian Ishaka Mbanda (Rotary Club of Akright City) raised the Ugandan flag high together with various Rotarians who participated in the Peace Walk which took place on 11th Jan 2025 at Makerere University

MY MONDAY THOUGHT:

As You Make Your 2025 Resolutions Learn From an Eagle



Eagles fly alone and at High Altitudes: They don't fly with sparrows, ravens, and other small birds.

MEANING: Stay away from narrow-minded people, those that bring you down. An Eagle flies with Eagles. Keep good company. Don't waste time with people who don't contribute positively into your life.

Eagles have an Accurate Vision: They have the ability to focus on something as far as 5km away. No matter the obstacles, the eagle will not move his focus from the prey until he grabs it.

MEANING: Have a vision and remain focused no matter what the obstacles and you will succeed. Learn to spot opportunities around you and take action once you spot one. Only one idea from God will make you money. Facebook owner came up with only one idea - Facebook. Steve Jobs. – iPhone, Bill Gates - Windows Operating System... just one idea from God!

Eagles do not Eat Dead things: They Feed only on Fresh Prey.

MEANING: Do not rely on your past success, keep looking for new frontiers to conquer. Leave your past where it belongs, in the past. Do not relish on yesterday's success. Achievement is a continuous process...keep the fire burning...always!

Eagles Love the Storm: When clouds gather, the eagle gets excited, the eagle uses the storms wind to lift itself higher. Once it finds the wind of the storm, the eagle locks its wings

to brave the storm and uses the raging storm to lift itself above the clouds. This gives the eagle an opportunity to glide and rest its wings. In the meantime, all the other birds hide in the branches and leaves of the tree.

MEANING: Challenges will come your way as long as you live on earth. Face your challenges head on knowing that these will make you emerge stronger and better than you were. We can use the storms of life to rise to greater heights.

Achievers are not afraid of storms they accept the current status and they find a way of adapting to the new environment and use this new challenge to rise to greater heights. Achievers are not afraid of challenges, **they are Risk Takers** they relish the challenges and use them profitably. Fear is not your portion. You can do it ...focus and lock your eyes and efforts on what makes you successful.

Eagles Prepare for Training: They remove the feathers and soft grass in the nest so that the young ones get uncomfortable in preparation for flying and eventually flies / when it becomes unbearable to stay in the nest. The Eagle picks its eaglets on its back and takes them so high above the clouds....then turns on its back dropping the eaglets in order to train them how to fly. And one by one the Eagle picks them up before they hit the ground. In fear the eaglets finally know how to fly.

MEANING: Allow yourself to be trained. Allow people to speak to you. You don't know it all. Have a meek heart to learn and listen to others whatever your position in society. Leave your Comfort Zone, there is No Growth there. Have a mentor, submit yourself under someone. Be humble.

If you have to learn a new skill tough decisions have to be made and there is pain to be experienced. Though it is dangerous the Eagle drops its Eaglets. God will let you go through situations and allow you to drop as if He never cared...but He will never leave you nor forsake you until you eventually learn how to fly like an Eagle.



Prepare for Old Age: When the eagle gets old, his feathers become weak and cannot take him as fast and as high as it should. This makes him weak and could make him die. So he retires to a place far away in the mountains. While there, he plucks out the weak feathers on his body and breaks its beaks and claws against the rocks until he is completely bare; a very bloody and painful process. Then he stays in this hiding place until he has grown new feathers, new beaks and claws and then he comes out flying higher than before.

MEANING: Accept it! You are growing old by the day. Pleasure and the elegant looks you have today will all fade away. There comes a

time that you have to settle. Have a family, a steady business or job, be in a steady relationship, have a house of your own.

We cannot play forever. Pleasure never ends! We occasionally need to shed off old habits no matter how difficult, things that burden us or add no value to our lives should be let go of.

Let it go, let it go, let it go be furious with yourself ... be angry about your life... you can't be at the same position year-in-year-out. Take this time to shed off the bad habits....check and pluck out the things that make you bad ...things that make you look bad... friends that make you unsuccessful....there is pain but the end thereof is success.

You are a winner and you know it. God has you by his side. YOU are not alone... Do that which will make you successful!!! No one will

pluck the old feathers from you no one but you. YOU have to break your own break... and stay in isolation to meditate and pray about your situation.

Some things don't go but with prayer and fasting. Be different....Pray more, be more, See more and grow on 2025.

**NEVER GIVE UP YOU ARE A WINNER.
BE AN EAGLE FLY HIGHER!**

President Elect Isaac Ssamba

Rotary Club of Mukono Central

MUSCLE PAINS IN OLDER WOMEN

Older women are approximately twice as likely to have joint pains and stiffness as compared to their younger counterparts. These pains maybe associated with hormonal changes or other secondary reversible conditions.

With reducing estrogen production, there is increased production of cartilage which in turn leads to declining joint flexibility. Estrogen has been suggested as a protective hormone for both the muscles and joints. Infact, this hormone has “anti pain” characteristics which are majorly attributed to its anti- inflammatory characteristics.

Estrogen also affects the process of bone turnover which basically means the removal of old bone and formation of new bone. During normal menstrual cycle, drops in estrogen/ increase in progesterone were associated with increased pain reporting whereas high estrogen/low progesterone was associated with pain.

Being in the “low estrogen” part of the cycle usually heightens the pain experience in older women for most condi-

tions; however several interventions can be applied for a more comfortable life.



To be continued Next week.

Rotarian Nannozi Beatrice Kasirye
Rotary Club of Mukono Central

BEST AB CHALLENGE

that actually works



Day 1

12 Leg raises
12 crunches
20 sec elbow planks
20 sec side planks (20 sec each side)
12 V- Crunches
12 Russian twists
Repeat 2X

Day 2

30 minutes power walk

Day 3

12 Leg raises
12 crunches
20 sec elbow planks
20 sec side planks (20 sec each side)
12 V- Crunches
12 Russian twists
Repeat 2X

Day 4

30 minutes power walk

Day 5

15 Leg raises
15 crunches
30 sec elbow planks
30 sec side planks (30 sec each side)
15 V- Crunches
15 Russian twists
Repeat 3X

Day 6

45 minutes easy walk



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Day 7

Rest

Day 8

20 mountain climbers
15 crunches
15 single leg drops
15 reverse crunch
30 sec elbow planks
30 sec side planks
20 flutter kicks
12 Russian twists
Repeat 3X

Day 9

40 minutes power walk

Day 10

20 mountain climbers
15 crunches
15 single leg drops
15 reverse crunch
30 sec elbow planks
30 sec side planks
20 flutter kicks
12 Russian twists
Repeat 3X

Day 11

35 minutes power walk

Day 12

30 mountain climbers
20 crunches
20 single leg drops
20 reverse crunch
35 sec elbow planks
35 sec side planks
25 flutter kicks
20 Russian twists
Repeat 3X



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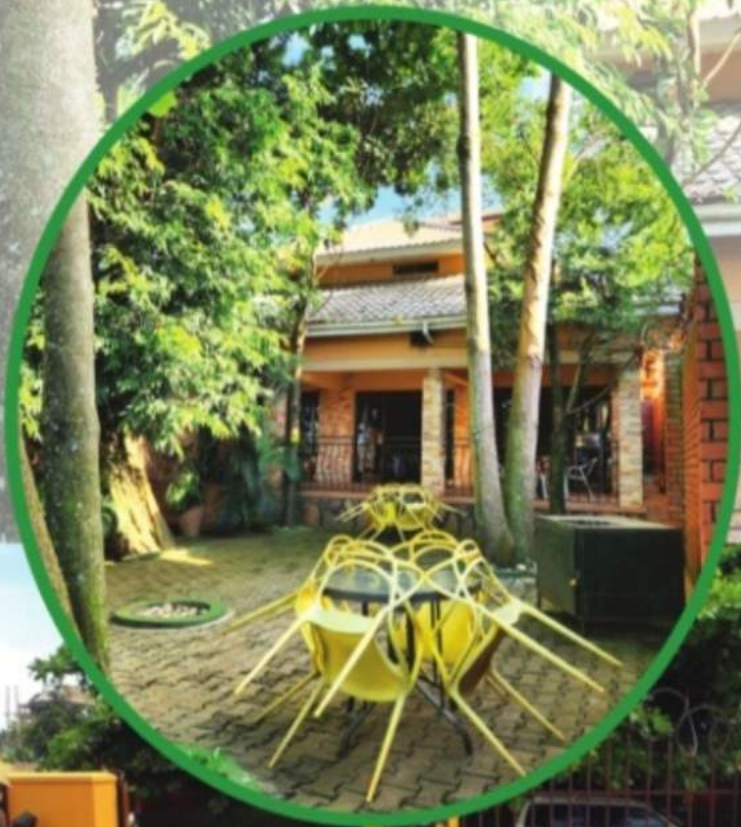
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PICTORIAL : THE PEACE WALK & PEACE CONCERT 2025







TROPICAL

*PAIN*T

WE COLOUR YOUR DREAM

Boy Child Chronicles

Letters to My son: Why am proud of my age

Dear son, I come from a family of 6 children. My two oldest siblings died at the age of 30. My oldest brother left a 6 month old daughter who is now 27 years and my only sister left two daughters (now 25 and 22 yrs). Distraught as I was at the time, I couldn't help but wonder if we had a family curse that thwarted our lives at 30. I actually prayed and fasted for our 3rd born on his 30th birthday. I asked God to keep him alive; because if he died, it would automatically mean that I was next; being the fourth child. Today, my brother is still alive at 48 years and I am grateful.

Last week I celebrated my 46th birthday, and I just might be one of the few women who boldly and unashamedly shares her real age. Each year added fills me with a renewed sense of gratitude to a God who continues to keep me alive and consistently reminds me that he is not done with me. He still has a plan for me. I might fall short and lose my way but He still calls me his beloved.

So son my advice to you is;

- Embrace your age. Be glad for another year added to you. Make a joyful noise to a God who continuously

pours life into you.

- Impact others in simple ways; after all it is more blessed to give than to receive.
- Be selfish with your time. Learn to say no.
- Beauty is fleeting, charm is deceptive. You will age whether you like it or not. The earlier you accept it the better.
- Ensure that your love tank is full because you cannot give what you don't have.
- Money should never be your God.
- Invest in the people you want around in your old age while you are still young.
- Love can be found in the most unexpected ways. Don't underestimate it. Be you always.

Son, hold on to wisdom and wear it around your neck. It will save you from death.

Rtn Catherine Namoma

Rotary club of Mukono Central



HOW CORRUPTION HAS AFFECTED WETLAND CONSERVATION IN UGANDA AND KAMPALA?

Corruption has significantly hindered the conservation of wetlands in Uganda, especially in Kampala, where rapid urbanization and weak enforcement of environmental laws exacerbate the issue. Key ways corruption affects wetland conservation include:

- Wetlands in Kampala and other areas are often allocated or sold illegally to developers, facilitated by corrupt officials in government and local councils. These transactions bypass environmental regulations, leading to the destruction of critical wetland ecosystems.
- For example, wetlands like Lubigi and Nakivubo have been encroached upon by industries, residential developments, and infrastructure project.
- Corruption within enforcement agencies like the National Environment Management Authority (NEMA) allows violators to avoid penalties or secure permits illegally. This undermines efforts to regulate wetland use.
- Bribes and political interference often deter authorities from taking action against influential individuals and businesses encroaching on wetlands.
- Politicians often use wetland areas to reward supporters or gain political mileage. Allocating wetland land for personal or political gains undermines conservation efforts.
- High-profile developers often use their political connections

to bypass environmental impact assessments or secure exemptions.

- Funds allocated for wetland conservation projects are sometimes misappropriated or embezzled by corrupt officials. This diverts resources from critical conservation activities such as restoration, monitoring, and community education.
- Corruption can alienate local communities, who are often excluded from decision-making processes. Without incentives or empowerment, communities lack the motivation to participate in conservation activities.
- Local leaders may also collude with developers, betraying community interests in protecting wetlands.
- Ineffective governance and corruption create a lack of accountability in environmental management. Regulatory bodies may fail to monitor and report wetland degradation due to bribery or fear of reprisal from powerful stakeholders.

Impacts on Wetlands in Kampala

- Wetland loss has led to increased flooding in Kampala due to reduced water absorption and filtration capacity.

•The degradation of wetlands has also negatively impacted biodiversity, as these areas serve as habitats for various flora and fauna.

•Pollution has intensified, with wetlands losing their ability to filter industrial and household waste.

Solutions to Address Corruption and Conserve Wetlands

- ◊Promote transparency and accountability in land allocation and wetland management.
- ◊Involve local communities in decision-making and provide them with incentives for sustainable wetland use.
- ◊Ensure that environmental regulations are applied uniformly, regardless of the violator's influence.
- ◊Raise awareness about the importance of wetlands and the long-term consequences of their destruction.
- ◊Independent audits and citizen monitoring can help reduce corruption in conservation efforts.

Addressing corruption is essential to ensure the sustainable management of wetlands in Kampala and across Uganda, preserving these critical ecosystems for future generations.

MuKasa Emmanuel
Founder Herp Fauna Foundation

TALES OF A TEENAGER: MOTIVATION



Here we are again. This time I'll be talking about what almost all teenagers struggle with; motivation. This is a person's internal state that drives them to act in a certain way but usually to achieve a goal. I believe it is very hard for most teenagers to find motivation to achieve a certain goal.

I think this resonates with me as I personally find it difficult to stay motivated towards my goals. The reason for this is:

Anxiety: I'm mostly worried about whether I'll be able to succeed or not.

Fear: I'm a person who feels devastated once someone rejects me or says 'no'. I find it very hard to cope with the fact that they have refused so I become too scared to try again.

Personality: Being an introvert makes it harder to venture into the unknown. This is true for some of my fellow teenagers.

Some examples of good motivators are:-

A desire to excel: wanting to be good at something like singing and writing, Inspiring others.

I want other to teens who don't believe in themselves to know that if I can, they too can.

Learning from role models is a great motivator. Personally, watching videos of other successful people is what motivates me to try and do better as well as my mum who is probably my biggest motivator.

As a teenager, there are times I wish everything would just work itself out so that I can live a smooth and easy life with no challenges but that is just a delusional way of thinking. Without hard work, there's no way you'll be able to achieve or get what you want. So I hope that I and other teenagers can be able to learn that life is never easy and that you can only do whatever you want if you give it your best.

May the almighty bless you all.

Musings of a Real Teen

Karen Mirembe

Senior 4



Happy Birthday Rotarian Catherine Namoma

We are proud to have you as the Editor of our magazine. You are an exemplary role model to many. May you be filled with joy, love, and fulfillment in this new age. Here's to another year of inspiring leadership and remarkable achievements.

Rotary Club of Mukono Central Celebrates you.

BACK TO SCHOOL TIME



Dear parents; thanks for taking care of our Children while in their holiday.

This is a caution to us all:

1. Our Children should have a sense of Shame.
2. They should embrace the virtue of Morality
3. The virtue of Self-reliance is also important for them to take care of
4. Responsibility is key to their growth; yes; they have needs and rights in order for them to grow but responsibility is key as well
5. They should be Transparent; this virtue is key to uprightness
6. They should be empathetic; in all that they engage in; they should feel the 3rd party
7. The concept of Civility is also key for their growth
8. Humility is paramount; as humans; they need to be humble.
9. Selflessness is key in handling everything

that they do. Reading with determination since it is the key to success

10. Cleanliness is the best of all the above. A clean environment is important.

11. Lastly; those in leadership positions at School; they ought to be Proactive.

12. Kindly pass on these key virtues to our Children.

The Nabagereka of Buganda is the lead Mother and Educator of our Children for a better Buganda and Uganda at large.

Let us embrace everything above here. All the above are key in her **Teachings**. God bless us all

*Immediate Past President
Rotary Club of Mukono
Esther Nakafu*



Procrastination: Its Impact and Strategies for Overcoming It



Procrastination is a common behavior where individuals intentionally delay tasks or decisions, often leading to negative outcomes. It can significantly affect relationships, professional performance, and personal development.

1. Impact on Relationships

Procrastination can strain relationships, whether personal or professional. When someone postpones tasks, they may miss important deadlines or forget events, resulting in frustration among loved ones or colleagues. For instance, a partner who delays household chores can create tension and feelings of imbalance, while chronic procrastinators may prioritize last-minute tasks over quality time with family and friends.

2. Consequences at Work

In the workplace, procrastination can hinder productivity and career advancement. Employees who frequently delay tasks may produce rushed, lower-quality work, potentially leading to job loss or a damaged reputation. Managers may view procrastination as a sign of unreliability, which can impede professional development and advancement opportunities.

3. Hindrance to Personal Growth

On a personal level, procrastination can prevent individuals from reaching their aspirations. Whether pursuing fitness, education, or new hobbies, procrastination often leads to missed opportunities and feelings of inadequacy, ultimately lowering self-esteem.

Combating Procrastination

To overcome procrastination, individuals should:

Set Clear Goals and Prioritize:

Break tasks into manageable steps and prioritize them.

Create a Structured Schedule:

Use calendars or to-do lists to allocate specific times for tasks.

Minimize Distractions:

Eliminate obstacles in the work environment to maintain focus.

Use the "Two-Minute Rule":

Complete small tasks immediately to build momentum.

Practice Self-Compassion:

Acknowledge struggles without self-criticism and celebrate small victories.

Seek Support:

Share goals with friends or consider professional guidance.

By understanding and tackling procrastination, individuals can enhance relationships, improve work performance, and foster personal growth. Every small step toward action is a victory.

*Rotarian Angela Nanyonga Kakooza
Rotary club of Mukono*

Exploring Uganda: The Pearl of Africa

Nestled in the heart of East Africa, Uganda, often referred to as the “Pearl of Africa,” is a country brimming with natural beauty, diverse wildlife, and rich cultural heritage. From breathtaking landscapes to thrilling adventures, Uganda offers a truly unforgettable tourism experience.

1. Spectacular Wildlife and National Parks

Uganda is home to some of Africa’s most iconic wildlife, with its rich biodiversity spanning across several national parks and reserves. The country boasts a range of thrilling safari opportunities, including:

Bwindi Impenetrable Forest National Park

A UNESCO World Heritage Site, Bwindi is famed for its mountain gorillas, a rare species that draws visitors from across the globe. Gorilla trekking is a once-in-a-lifetime experience, allowing visitors to observe these majestic creatures in their natural habitat.

Queen Elizabeth National Park

This park is renowned for its incredible wildlife, including elephants, lions (especially the famous tree-climbing lions), hippos, and over 600 bird species. The Kazinga Channel, which connects Lake Edward and Lake George, offers boat safaris for up-close encounters with aquatic life.

Murchison Falls National Park

Home to the dramatic Murchison Falls, this park offers stunning views of the Nile River and incredible game drives to spot giraffes, buffaloes, and leopards. Boat cruises to the base of the falls are a must-do activity.

2. Adventure on the Nile

The River Nile, the world’s longest river, originates in Uganda. Visitors flock to Jinja, often dubbed the “Adventure Capital of East Africa,” to partake in adrenaline-pumping activities such as:

- White-water rafting
- Kayaking
- Bungee jumping over the Nile
- Horseback riding and quad biking



For those seeking relaxation, scenic boat rides and fishing trips are also available.

3. Diverse Cultures and Traditions

Uganda is a melting pot of over 50 tribes, each with its unique traditions, music, and dance. Visitors can immerse themselves in the country’s vibrant culture by exploring:

- Buganda Kingdom: Visit the Kasubi Tombs, a UNESCO World Heritage Site, to learn about the rich history of the Buganda people.

Karamoja Region:

Experience the traditional lifestyle of the Karimojong pastoralists.

- Cultural festivals: Events like the Nyege Nyege Festival showcase Uganda’s contemporary art, music, and cuisine.

4. Stunning Landscapes

Uganda's landscapes range from lush rainforests to expansive savannahs and snow-capped mountains. Notable natural wonders include:

- **Rwenzori Mountains:** Known as the "Mountains of the Moon," these peaks offer challenging treks and breathtaking views.
- **Lake Victoria:** The largest freshwater lake in Africa is perfect for boating, fishing, and island-hopping adventures.
- **Sipi Falls:** A series of three stunning waterfalls located near Mount Elgon, ideal for hiking and photography.

5. Eco-tourism and Conservation Efforts

Uganda takes pride in its commitment to sustainable tourism and wildlife conservation. Community-based initiatives, such as the Batwa pygmy cultural experience and eco-lodges in national parks, allow tourists to contribute directly to local livelihoods and conservation efforts.

6. Practical Travel Tips

- **Best time to visit:** Uganda is a year-round

destination, but the dry seasons (June to August and December to February) are ideal for wildlife viewing.

- **Visa requirements:** Most tourists need a visa, which can be obtained online or upon arrival.
- **Health precautions:** Vaccinations for yellow fever and malaria prophylaxis are recommended.

Conclusion

Uganda is a treasure trove of natural and cultural wonders, offering something for every traveler. Whether you're tracking gorillas in dense forests, exploring the source of the Nile, or immersing yourself in local traditions, Uganda promises a journey filled with adventure, beauty, and unforgettable memories.

Plan your trip to the Pearl of Africa and discover why Uganda remains one of the world's most enchanting destinations.

Safe haven and Lary tours will make it worth your while





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