

THE DOWNTOWNER

" My community, My Service."

20th Jan 2025

Volume 2, Issue 30



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

Message from the Editor

Our beloved reader, greetings from the down-towner team. Thank you for your continued support.

I want to take this time to stand with those who have lost loved ones. This is a time which catches us unaware and cause immense pain and grief. We stand with you and pray that God who is the author of life will comfort you and fill your hearts with strength and peace in this trying time. Our heart felt condolences go out to Past district Governor Xavier Sentamu who lost his mother and Past Assitant Governor Charles Kabanda who lost his son.



Friends, may we in this season learn to stand with those who hurt among us and offer not only our words of comfort but support and understanding. The bible admonishes us to mourn with those who mourn. You could be a pillar of strength for those in pain. Let exercise compassion to those who need it.

Wishing you a blessed week ahead.

Rotarian Catherine Namoma

MAGIC MOMENTS with President Carolyne

Dear Rotarians and Friends,

As we continue our journey through the Vocational Service Month, it's a perfect time to reflect on the impact our professional lives have on our communities. Our vocations are not just about earning a living; they are powerful tools to serve and uplift others.

Vocational Service is the heart of Rotary's mission. It calls on each of us to use our skills and expertise to uphold high ethical standards in our professions and share our knowledge for the greater good. Every action we take in our professional lives can create ripples of positive change.

Let's harness the power of our vocations to inspire and mentor the next generation, support

local businesses, and contribute to the economic and social development of our communities. Together, we can make a significant difference by exemplifying the Rotary motto of "Service Above Self" in all that we do.

As we reach the end of this month, let's rededicate ourselves to these principles and strive to make an even greater impact in the days ahead.

Keep up the fantastic work, and let's continue to serve above self!



Photo Of The Week



The New Club leaders of Mukono Central Rotary year 2025/2026. From Left to Right Sargent at arms/Projects Director Rtn Dennis Mulondo, Vice President Muzige Abubaker, Treasurer Past President Stella Nanyonjo Wangubo, President Elect Rtn Isack Saamba, President Nominee/Club Administrator Rtn Catherine Namoma and Membership/Family Director Rtn Roanld Mugabi. In absence were the TRF director Rtn Shamilia Isingoma, public Relations director Rtn Beatrice Nannozi and Vibrancy Director Rtn Vincent Sekilime.

Rotary Club of Mukono Central Monday Meeting chaired by Past President Robert Ddumba, where the President Elect Isaac Ssamba presented his leadership taem for the Rotary Year 2025/26

Focus will be club concretizing club projects and club vibrancy.



MY MONDAY THOUGHT: Fake Person, Fake Friend

At some point in your life, you will encounter a fake person and even worse, a fake friend. If you are going through this right now, then this article might help you find quotes that can put how you feel into words.

There are a few signs of a fake person. You might notice that they lie or exaggerate a bit about things. Or maybe they talk behind people's backs or even behind your own back. Fake people put themselves first and can end up using and hurting you in the process.

The worst kind of fake person is a fake friend or family member. These are people that you have been close to, that you trusted, and possibly even shared secrets with. They may have seen you at your weakest and most vulnerable.

While it can be hard to give up a fake friendship, the best thing option is move on and surround yourself with healthy relationships and friendships. Look to the quote below to help you get through this.

Fake friends; those who only drill holes under your boat to get it leaking; those who discredit your ambitions and those who pretend they love you, but behind their backs they know they are in to destroy your legacies.

Some people think that the truth can be hidden with a little cover-up and decoration. But as time goes by, what is true is revealed, and what is fake fades away. An honest enemy is better than a best friend who lies.

An honest enemy is better than a false friend. When in doubt, pay more attention to what people do and less to what they say. Actions not only speak louder than words, they are more difficult to fake. Don't fear the enemy that attacks you, but the fake friend that hugs you.

Rtn. Isaac Ssamba

President – Elect,

Rotary Club of Mukono Central



MY RYLA EXPERIENCE

By Shalom Ann Mirembe

I belong to the Rotaract club of Mukono Central and I was privileged to have attended the Rotary Youth Leadership Awards also known as RYLA that started on 10th and ended on 12th January at Kaazi Camping Grounds. Each participant was assigned to a group and mine was Luminares which was one of ten.

On day one we had Helen Kirunda, RTN David Kabiswa and Rita Sonko that talked about the power of self-discovery, mastering the art of team work and enhancing emotional intelligence respectively. In the evening, we had a fun and messy activity we had all anticipated. The Ultimate valley challenge in the heart of the forest. We had to navigate our way into the forest and underground mud tunnels all while blinded folded and with only a rope as our guide. The day was crowned with a back-to-school edition with all of us in our various school uniforms.

Day two was started by RTN Ethan Mussolini that talked about crafting clear and achievable goals. We later had a skilling session where we were taught how to make paper bags, liquid soap, reusable pads and bins out of recy-



clered plastic bottles. During this session, the Rotary International President (RIP) Stephanie Urchick and District Governor (DG) Anne Nkutu arrived and were pleased with what we were learning. The RIP Stephanie gave us some advice on how we can improve ourselves for the employment spaces. She emphasized that we should be confident. Talent night

concluded the day two with each of the ten groups showcasing different activities. Luminares modelled attires that were made from plants and leaves.

The final day had us presenting our group project proposals to a panel of judges, a visitation from the youth minister Honorable Balaam Barugaba Ateenyi. Honorable Balaam advised us on how we can take advantage of the different programs created by the government. The last speech was given by DG Anne. She

appreciated the organizing teams and the sponsoring clubs for making RYLA happen.

I appreciate the Rotary club of Mukono Central sponsored my for this camp. I am grateful for the opportunity that gave me exposure, a platform to network, grow my social capital and also take home some skills that I can use to make money and better my environment.

POSSIBLE INTERVENTIONS FOR HORMONAL ASSOCIATED MUSCLE / JOINT PAINS IN OLDER WOMEN



Control of body weight is often the general advice given for all musculoskeletal pains. Physical exercises: Both aerobics and joint specific exercises have been reported to improve muscle pains in older women. However, the intensity of the exercises should be gradual and well planned, avoid sudden loading of painful joints through heavy lifting and repetitive use.

Dietary measures: Use of Phytoestrogens (plant compounds with a structure similar to estrogen). Phytoestrogens are said to mimic the effect of estrogen in the body. These compounds are found in foods like soybeans, flaxseeds, evening primrose oil, fish oils, ginseng etc.

Pain relieving drugs: Where pain is persistent and severe, a pain killer maybe prescribed by a physician.

Hormonal replacement therapy: In cases where there is severe persistent pain that is unresponsive to other measures leading to impaired quality of life, hormonal replacement therapy has been considered.

Supportive treatment has also been tried to improve symptoms of stress, anxiety or depression and sleep quality (if sleep disturbance is present).

Dietary Supplements: These come in form tablets, capsules, soft gels, gel caps, powders, bars, gummies, liquids and they are intended to compliment one`s diet.

Disclaimer! This article is intended to give general information, talk to your healthcare provider for any muscle and joint related pains to determine what intervention suits your needs.

Rtn Nannozi B Kasirye

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CONGRATULATIONS!!

Congratulations to our beloved Charter President of the Rotaract club of Mukono Central Joanna Tendo upon completion of a Bachelor's degree in Quantitative economics.

We are very proud of you. To greater heights and accomplishments.

Thank you Rotary club of Mukono Central for supporting our Rotaractors to participate in RYLA.

Your generosity is very much appreciated.



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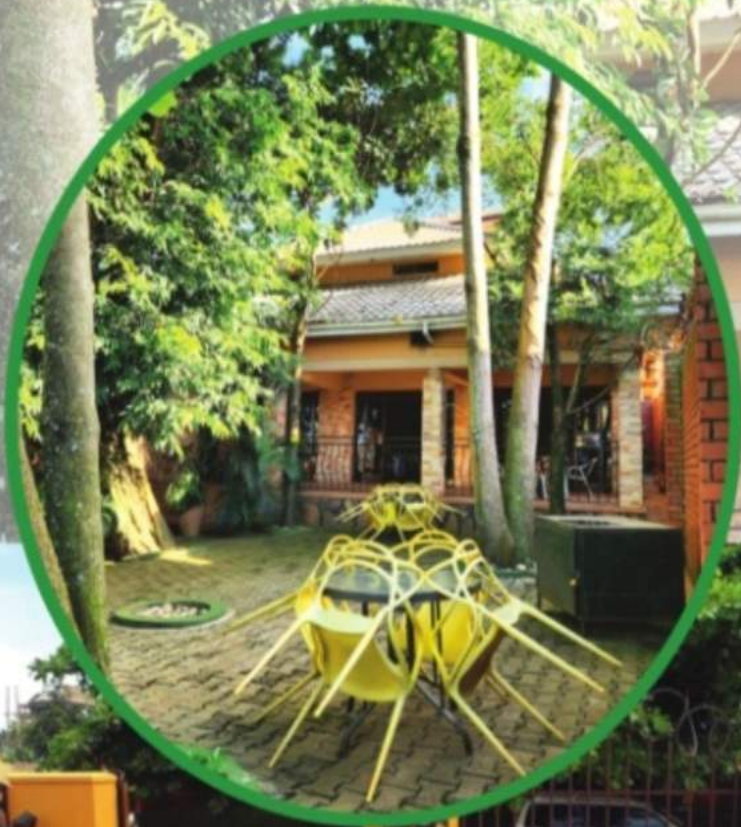
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All About The Peace Concert; Pictorial



DOWRY AND THE LAW IN UGANDA



Dowry refers to the payment, gift, or transfer of property, money, or other valuable items from the groom's family to the bride's family, or directly to the bride, as a condition of marriage.

The custom of dowry has been judicially noticed in Uganda by courts of law. Dowry is not uniform among all ethnic groups in Uganda. It takes different forms depending on the livelihood of the ethnic group concerned. For example, there are cattle keeping communities, who will demand cattle as their form of dowry.

The Uganda Law Reform Commission in its Study Report on Marriage and Divorce in Uganda, 2000 states that dowry varies from tribe to tribe, clan to clan and family to family depending on one's economic status. The report goes on to say that in Buganda, the mandatory items are Kanzu(long white tunic for men) for the father in law, Gomesi for mother in law, Mwenge bigere (local brew), a cock which is given to the brother in law and Mutwalo (a specified sum of money).

Under the cultural objectives, the Constitution of the Republic of Uganda, 1995 states that, "Cultural and customary values which are consistent with fundamental rights and freedoms, human dignity, democracy and with the Constitution may be developed and incorporated in aspects of Ugandan life."

The Supreme Court in *Mifumi (U) Ltd and others versus Attorney General* and another ruled that the payment of bride price in a customary marriage is not unconstitutional. The court further noted that once the bride price has been paid, it should not be looked at or regarded as some form of deposit to be returned

in the event the marriage fails. This is an aspect of the cultural practice which works against the rights and dignity of women.

Thus Article 31(1)(b) of the Constitution which provides for a man and a woman who have married to be entitled to equal rights at and in marriage, during marriage and at its dissolution must apply.

Therefore the Supreme Court in its decision ruled that the cultural practice of refunding bride price/dowry is inconsistent with the Constitution and should be abolished.

The custom and practice of bride price/dowry in customary marriage has been recognized in subsidiary legislations and ordinances in Uganda and in court decisions.

The Late Bishop Amos Betungura in his book, *Obushwere n' Amagara Gaabwo* translated as *Marriage and Life* stated that, our fore fathers started the custom of bride price because it gave honor to the girl. Bride price cows were named after her. It gave respect to the woman where she was married. These days, however, this good custom is being debased by some parents who make it appear like they are selling their daughters. They think bride price is intended to make them rich. Where bride price used to be one heifer and one bull, or two heifers, some parents start haggling from 12 cows and only stop at 10 or 8 cows.

Think about what good customs to move forward with, the next steps are for all of us to think about in our different societies. God bless us all.



TROPICAL

PAINT

WE COLOUR YOUR DREAM



Dear son, a story is told in the Bible Mark 2:1-12 of a man who had been paralyzed for a while and when Jesus came through his town, a large crowd surrounded and followed him that there was no room. This sick man was brought by 4 men who were carrying him on a stretcher; however because of the crowd they couldn't bring him close to Jesus, so they improvised and lowered him through an opening in the roof. Such determination for their friend was a symbol of great faith and this amazed Jesus who healed the man.

Loyalty is one of the hardest virtues to find amongst people. They usually show allegiance in proportion to benefit and once that window closes, so does loyalty. This strong feeling of support and allegiance should be nurtured and strengthened at every opportunity. This is how loyalty looks like:-

- In the midst of a challenge, learn to walk the journey of uncertainty, pain, confusion and disappointment with your friends/family. Unfortunately this is where most people abandon ship and change yet this is the time when loyalty should be extremely exercised. Sometimes, you might not understand what your friend is going through but your presence and availability says you care.
- Defend your friends. When someone goes on a smear campaign against your friend, what do you do? Do you fan the flames or do you defend? So how much do you contribute while all this negativity is being fueled? Be the person who defends others

in their absence.

- Believe in your people. Sometimes you might be the person your friends need to spur them onto greatness with their dreams and ideas. Have a character that believes that he/she can accomplish the task. Don't pull them down.
- Show support by being present, offering advice, praying, giving and directing them to available opportunities. Don't be a passive participant in the lives of your people.
- Celebrate their wins. This is one of the easiest things to do if you really care about others. Their success and accomplishments should be a source of joy and excitement. If you ever find yourself in a position where your friend's achievements irk you, check yourself.
- Your words and actions should always align. Don't make empty promises, or flatter your people. Your word should be consistent because it matters.

Son, in practicing loyalty to family, friends and colleagues, some of the questions to ask yourself are how far are you willing to go for that person. Just like those four men in the Bible were determined to get their friend the healing he so badly needed, you too should be willing to go through the mud and fire for those you claim to care about. This might be the right time to re-evaluate how you are doing in the area of loyalty.

Rtn Catherine Namoma

TALES OF A TEENAGER: WHAT I WISH PEOPLE KNEW ABOUT AN INTROVERTED TEEN

An introvert is a person who is usually concerned with their own thoughts and feelings and prefer spending time alone than with other people.

As an introverted teen, there are plenty of things I struggle with for example getting out of my comfort zone and allowing people into my space. It is very hard for me to associate with unfamiliar people not even people in my age group. I usually find it easier to befriend people who are slightly younger than me.

I also excessively enjoy my alone time. Most introverted teens prefer their own company and cherish it a lot. I think it's probably just me but I find it normal to talk to myself a lot like when I'm going to be introduced to someone, I give myself a pep talk to figure out the right words to use because I feel like I'll embarrass myself if I say the wrong thing.

I wish people knew how hard it is for an introverted teen to say what they are feeling. We very much fear to hear what people think about us. Expressing my inner thoughts is a very scary option that coiling seems a better option.

In conflict, I try to find all means of avoiding it like. I will easily surrender because I prefer a peaceful and comfortable environment. I avoid trouble at all cost. For me, I don't like it when there's like a conflict between me and a friend/sibling/relative.

I also wish people knew how hard it is for an introverted teen to please everyone. We already struggle to please ourselves. In a scenario where we have to please both parents, relatives and siblings, it creates a lot of anxiety; which makes us fail instead.

Fear of rejection is a big deal and real scare. Asking for anything from a parent is a stretch. I find it difficult to ask for something that I want face to face. In my case, only my family and few friends can understand my actions otherwise if I'm not familiar with someone, I usually just create a cage around myself.

At some point, an introverted teenager slowly opens up to someone they feel comfortable which could be a while but we eventually get there.

My hope is that parents who have introverted teens try to understand and patiently support them so they can nurture a good and meaningful relationship.

Musings of a real teenager

Karen Mirembe

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Making Wise Decisions at Critical Junctures

Life is a thrilling adventure filled with crossroads—those moments when our choices can lead us down entirely different paths. Imagine standing at a literal crossroads, one sign pointing to a stable 9-to-5 office job and another beckoning towards the exciting chaos of starting your own business. Which way do you go?

Let's say you're Alex, a recent college grad facing this thrilling yet daunting decision. On one hand, the office job promises security, benefits, and a predictable paycheck. On the other, entrepreneurship could lead to financial freedom (or a wild ride of sleepless nights).

Before making a decision, Alex explores core values, discovering a passion for creativity and independence. This self-reflection helps narrow down choices, but information equals power—so Alex dives into research, talking to mentors and attending networking events. After gathering insights, Alex creates a pros and cons list. The office job scores high on stability, while starting a business aligns with the dream of being one's own boss.

But wait! Alex also reaches out to friends who have ventured into entrepreneurship. Sarah shares her rollercoaster experiences of facing pitfalls but also reaping rewards. This exchange brings clarity and trust in instincts—Alex feels a spark at the thought of pursuing a passion project.

After careful consideration, Alex chooses to test the entrepreneurial waters while keeping the office job part-time. This way, Alex can enjoy the thrill of starting a business without losing financial stability.

As the journey unfolds, Alex encounters challenges. Launching a start-up isn't always easy, but each obstacle becomes a valuable lesson. Embracing failures, celebrating small wins, and learning from mistakes turn hurdles into growth.

In the end, crossing that road leads to a path of creativity and fulfillment, proving that life's crossroads are not just decisions—they're adventures waiting to be explored! So the next time you face a decision, embrace it as an opportunity for growth, learning, and a little fun along the way!



Discover Uganda: Where Nature Meets Adventure

Uganda, the Pearl of Africa, offers an unparalleled blend of breathtaking wildlife, stunning landscapes, and thrilling adventures. From majestic wildlife to serene waterfalls and adrenaline-filled activities, Uganda has something for every traveler.

1. Wildlife Encounters

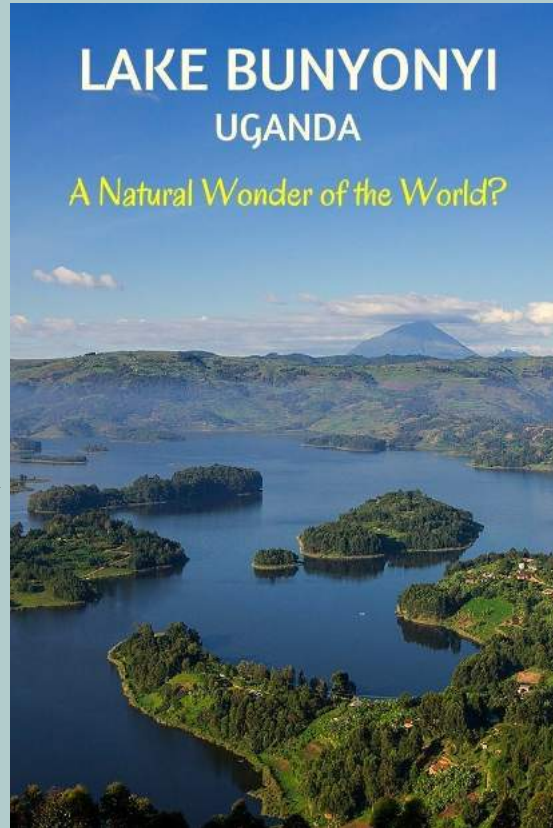
One of the iconic sights in Uganda is its incredible wildlife. In the first image, a majestic African elephant wades through serene waters surrounded by lush greenery. Uganda's national parks, such as Queen Elizabeth and Murchison Falls, provide visitors with opportunities to witness these gentle giants along with other animals like lions, giraffes, and hippos in their natural habitats.

A safari boat ride on the Kazinga Channel or a game drive through these parks is the perfect way to connect with nature and see animals up close.

2. Natural Wonders: Waterfalls and Scenic Beauty

In the second image, we see visitors enjoying a hike near a waterfall, surrounded by the calming sounds of cascading water and lush vegetation. Uganda's landscape is dotted with such awe-inspiring features, including the Sipi Falls, located near Mount Elgon. These falls provide an ideal spot for hiking, picnicking, or simply soaking in the beauty of nature.

Hiking to waterfalls often allows visitors to interact with local communities, adding a cultural touch to the experience.



3. Adventure Activities

For thrill-seekers, Uganda offers heart-pumping activities like the one captured in the third image, where a participant takes on a high-ropes course while enjoying the backdrop of blue skies. Locations such as Jinja, the adventure hub of Uganda, provide activities like zip-lining, bungee jumping, and white-water rafting along the mighty River Nile.

These activities combine the beauty of Uganda's landscapes with the excitement of testing your limits, making them a highlight for adventurous travelers.

4. Uganda: A Destination for Everyone

From iconic wildlife and majestic waterfalls to adrenaline-filled adventures, Uganda caters to diverse travel tastes. Whether you're exploring the national parks, engaging with local communities, or challenging yourself with daring activities, the Pearl of Africa guarantees unforgettable memories.

Plan your trip to Uganda and experience these wonders firsthand – a perfect blend of nature, culture.



APPRECIATION

Dear Colleagues, Friends, and our Families in love and association, thank you for your heartfelt condolences during this difficult time. Your support and kind words have brought us comfort as we mourn the loss of our beloved Maama, Jajja, Baaba, Senga and Friend. We truly appreciate your thoughtfulness and presence in our lives.

With gratitude,
The Nyanzi Family

“I thank my God every time I remember you”
Philipians 1:3

Rotary Club of Mukono Central wishes to extend its heart-felt condolences to Past District Governor Charles Kabanda upon the untimely demise of your beloved son Dominic Majjwega Ssentamu. Our prayers are with you during this trying time and may God comfort you and your family. May the soul of your loved one rest in peace.



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