

THE DOWNTOWNER

" My community, My Service."

27th Jan 2025

Volume 2, Issue 31



Magic President Mukono Central Carolynne Male with the Magic Secretary Pauline Nankinga contributing to the Sargent at arms collection during Fellowship

Points of Interest

- **Magic moments with President Carolyne Male Pg3**
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- **My thoughts by President Elect Isaac Ssamba Pg 7/8**
- **Health and fitness Pg. 9& 10**
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- **And much more.....**

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

Message from the Editor

Our esteemed reader of the downtowner, you continue to amaze us with your love, support and commitment in reading, sharing and supporting our weekly issue.

Congratulations to our Primary seven candidates who excelled in the recently released PLE results. Am sure you are excited about the new chapter of your life. Now you are older, better and hope wiser. And to those parents who feel let down by your child's performance, its not the end of the world. I can guarantee you that pages can turn for the better, be hopeful. Con-



tinue encouraging your children to work harder and encourage them to never give up.

Dear Rotarians, and friends of Rotary, education is key to exposure but not necessarily to success. Lets educate the next generation to adopt qualities relevant to humanity to make this world a better play ground for excellence in every aspect of our lives.

Wishing you a blessed week head.

Rotarian Catherine Namoma

MAGIC MOMENTS with President Carolyne Male

My fellow Rotarians, Rotaractors and friends of rotary, I bring you greetings from the Rotary club of Mukono central. Thank you for always taking the time to read our bulletin. We do not take it lightly.

I know this is time of school opening. As a parent myself, the pressure hits home. The anxieties of the next meal in the midst of looking for school tuition for our children overwhelms each one of us differently. I hope and pray that you keep the faith in a God who is greater than your needs.

Even as we continue to serve in our various clubs may we continuously be reminded that Rotary is family and we are on a journey to impacting the next generation one story at a time and one project at a time.

Let's continue to support each other not only in our personal, business and community life. Together we win.

I wish you a productive week ahead.





REGISTRATION STATUS REPORT

As of December 31st 2024

Fully Paid up Delegates

746

Rotarians

673

Rotaractors

076

Guests

009

Photo Of The Week



Congratulations Rotarian Robert Kyakulaga (Rotary Club of Mukono) and Ms Jovia Namuyomba on your wedding which took place on 25th Jan 2025.
We wish you the very best of your marriage.

Rotray Club of Mukono Central Monday Meeting chaired by Magic President
Carolyn Male.

Pictorial



MY MONDAY THOUGHT: Dead End, Dead Silence

One of strategic actions of the enemy is to wear you out, fighting a losing battle. Over the years, I have faced several huge challenges and temptations. Over the years, I have studied the situation after overcoming and getting victory.

Over the years, I have come to fully understand the meaning of "**Be still, and know that I am God**" **Psalm 46:10**. In my younger years, I would panic, I would run helter-skelter meeting everyone and anyone. Shouting about my problems and seeking sympathy.

On analysing the results, I used to realize that 90% of people

Do not care about your troubles

Are glad that you are in trouble

Do not have capacity to help you.

Only 10 % came through

I then spent time looking at Animal Movies, and discovered that the main trick hunters like lions use is fear and panic. The pride would send younger lions to run towards a herd. This could create panic, chaos and pandemonium.

Due to fear, mostly wildebeest and zebras herds would run around, and in the process of running up and down, some may get hurt and tired. The main hunter and killer lioness would

be watching from afar, looking for signs of weakness like limping and exhaustion.

Then she would identify the target, and strike. Success rates against Buffalo herds is usually smaller. This is because Buffalos appear to have studied the trick. So, whenever a decoy lion comes, they rarely run. In fact many a time, the decoy lion is chased away.

So, in my several years of facing crisis and attacks I have moved from the wildebeest to a Buffalo mentality. I have studied the enemy's strategy of sending fear and threats, to activate the panic mode, and running helter-skelter.

In the process of running, you get hurt, you get wounded, you get mocked and you get confused. Once that is done, the real killer comes. The killer lioness comes in the form of Depression, Exhaustion and Anger. Once that comes, you are finished.

But as soon as you understand the meaning of "**Be still, and know that I am God**" you will smile at the attack. Like a Buffalo herd, you will know that threats, fear and intimidation are just useless strategies being deployed by the enemy to make you panic.

You will see through the tactic, mock your mocker. You will scare your scarer. You will intimidate your intimidator.



You will call their bluff and look straight in the face and ask "do what you want to do!"

With that mentality, you will face crisis with a clear mind. You will be able to handle situations with a solution based approach, instead of a panic based approach.

My first time to face a court-server led me to a panic attack. I thought my life was over. I was running around like a headless chicken looking for solutions in places that only hurt me more.

But as I matured and discovered reality about life and the devil's tricks, I changed tact. I discovered that you cannot solve a crisis when

you are at the panic mode. I learnt how to remain silent, and work out solutions strategically.

I learnt how to negotiate and face the source of problem. I discovered why God keeps repeating the Word "Peace" and "Be still" Once you know that, you will know one thing "It will end well" So, you just sing and remain joyful as you seek a way out.

Rtn. Isaac Ssamba

President – Elect, Rotary Club of Mukono Central



SOCIAL ANXIETY DISORDER



Social anxiety disorder (SAD) is commonly characterized by an intense fear of social situations. The affected individuals usually fear that they may be scrutinized by others and judged as weak, stupid, anxious, boring or unlikable.

This is one of the common mental disorders in both adults and adolescents, and its onset can be as early as 13 years. This condition usually coexists with other anxiety disorders such as; major depressive disorder, substance-use disorder and avoidant personality disorders.

Several models show that genetic factors affect one's vulnerability to SAD but its onset is determined by both genetic and environmental factors

However, there is a subtype of social anxiety disorder that applies to individuals who have performance related fears that are often associated with their professional lives e.g public speech, presentation in meetings or other audiences etc. These seem to be different from the

typical patients of social anxiety;

for-example, this subtype is hardly passed on from parents

to children, develops later in life, has less impairment and responds well to interventions.

SAD has a high socioeconomic cost with more than 90% psychosocial impairments such as increased risk of dropping out of school; reduced workplace productivity, social economic

status and quality of life. Unfortunately, SAD is often mistaken for shyness and remains both under- recognized and undertreated.

Rotarian Nannozi B Kasirye

Rotary Club of Mukono Central



Physical Activity Guidelines for Older Adults

Older adults should do some type of physical activity every day. It can help to improve your health and reduce the risk of heart disease and stroke.

If you've fallen or are worried about falling, doing exercises to improve your strength, balance and flexibility will help make you stronger and feel more confident on your feet.



Speak to a GP first if you have not exercised for some time, or if you have medical conditions or concerns. Make sure your activity and its intensity are appropriate for your fitness.

Adults aged 65 and over should aim to:

- be physically active every day, even if it's just light activity
- do activities that improve strength, balance and flexibility on at least 2 days a week
- do at least 150 minutes of moderate intensity activity a week or 75 minutes of vigorous intensity activity if you are already active, or a combination of both
- reduce time spent sitting or lying down and break up long periods of not moving with some activity

What counts as light activity?

Light activity is moving rather than sitting or lying down.

Examples of light activity include:

- ◆ getting up to make a cup of tea
- ◆ moving around your home
- ◆ walking at a slow pace
- ◆ cleaning and dusting
- ◆ vacuuming
- ◆ making the bed
- ◆ standing up

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Boy child chronicles

Letters to My son: Manage your anger

Dear son, anger is one of the most dangerous emotions. It comes in an instant and causes tremendous and lasting damage. I remember a story a few years back of a wife who drove her and knocked her spouse as he opened the gate. This was headline news with countless debates and speculations on what really went wrong. How could someone angrily send the person they love to an early death? What drove her to such an act? Could it have been avoided?

Many judged, others roared with anger, others mourned with the bereaved family, some were numb, while some men began to fear for their own lives. This is the reality of an act of anger. Over and over we continuously listen to news filled with stories of people acting in rage, killing loved ones, butchering friends, burning down buildings to hurt a colleague or tenant, parents hurting their children, children disrespecting their parents, spouses humiliating each other, strangers causing destruction; on and on these stories continue.

A preacher once said that everyone is a second away to madness if we don't learn to manage that emotion called anger. If you doubt read story of Moses who turned from a Prince to a fugitive in an instant after acting in anger and committing murder.

How do you manage anger?

Recognize your triggers and avoid them. If a situation or someone continuously evokes anger in you, don't engage. Remember no one makes you angry, you decide to use anger as a

response.

Practice meditation. Think before you act. Anger wants you to react immediately which is usually unreasonable and catastrophic. Have a conversation with yourself.

Practice relaxation techniques like breathing in and out, stretching, drinking some water or listening to music. Whatever helps to calm you.

Seek help from a trusted source. Always talk to someone about what you are feeling and how to manage the situation.

Practice the art of emotional maturity. This will only work with continuous self-reflection, failing and trying again. Once this is mastered, you will be able to successfully and peacefully handle any situation.

Adopt silence. We often spit fire while angry which destroys meaningful relationships. The bible says that even a fool when silent is considered wise.

Son, nations have fallen, families have broken, relationships are destroyed, companies have collapsed, and movements have failed due to anger. Be wise.

Proverbs 14:29 "those who control their anger have great understanding; those with a hasty temper will make mistakes"

Rtn Catherine Namoma

President Nominee

Rotary Club of Mukono Central





TROPICAL

PAINT

WE COLOUR YOUR DREAM

TALES OF A TEENAGER: THE JOY OF GOING FOR A CHURCH CAMP

It was a joy to for the camp at Gerenge organized by St. Francis chapel in Makerere University.

This year, we focused on the story of Jonah and how he judged the people of Nineveh because of the way they tortured his people and he wasn't willing to forgive them. What I learn from that is we're all sinners and we actually don't deserve God's mercy but he still gives it to us anyway because he cares about us. This has strengthened me to focus more on God's word so that I can draw closer to him and improve myself.

In terms of teamwork, my group was really cooperative and we ended up in second place. We became really close and had deep meaningful conversations about our holiday routines, school life etc. Comparing notes with different teens from different walks of life was refreshing experience.

For the camp schedule, we would wake up at five in the morning to do aerobics then have personal bible study and house devotions. We then had to shower, have breakfast and prepare for the sessions which took like 45minutes. Then, we would have break tea and have group discussions up to 1pm then go for lunch. After lunch, they'd pick three groups to wash the dishes while the rest prepare for games and sports which went up to 4pm then we'd have time to be on our phones, chat with friends or swim in the lake {we were close to lake Victoria}as some had evening tea.

At 6pm, we would go shower then have supper and prepare for another session like game night, worship night, integrity talks etc. the last night was professionals' night and we dressed as different professions. As for me, I went as a construction engineer and performed since it was also talent night. Camp schedule taught me that there is no time in my life where I will not ever have to keep a schedule.

The devotions by the lake were refreshing. I got to appreciate God's amazing creation and it was a calming experience.

The introvert in me was comfortable with the few people who I shared a room with. They were really kind, helpful and fun to be around. I was shocked to find out that I was older than some of them but we were in the same age bracket. Their feedback messages at the end of camp reassured me that I am slowly getting out of my comfort zone to be more accommodating and friendly. This is a major win.

My encouragement to parents is to create avenues for their children to interact with their age mates in circles rather than school. It's a great opportunity for growth and exposure. I am grateful I was able to participate in this camp and am looking forward to the next adventure.

Musings of a Real Teen

Karen Mirembe



THE UNSEEN STRUGGLE OF THE GIRL CHILD: BREAKING THE CYCLE OF VULNERABILITY



In many parts of the world, the girl child faces unprecedented challenges that threaten her very existence. From poverty and hunger to violence and exploitation, the girl child is often the most vulnerable member of society. Despite progress in recent years, the girl child remains disproportionately affected by crisis situations, conflict and social inequality.

The Statistics

The numbers are staggering. The United Nations Girls' Education Initiative reported that more than 700,000 girls in Uganda between the age of 6 and 12 have never attended school. In addition, around half of girls between the ages of 15 to 24 are illiterate and four in five girls don't attend high school. Moreover, girls are more likely to experience violence, exploitation and abuse, with an estimated 1 in 5 girls experiencing sexual violence in humanitarian crises.

The Impact

The impact of these challenges on the girl child cannot be overstated. Girls who are out of school are more likely to be married early, experience domestic violence, and have limited economic opportunities. Girls who experience violence and exploitation are more likely to suffer from mental health problems, contract HIV/AIDS and die prematurely. 35% of

girls drop out of school because of early marriage and 23% drop out because of early pregnancy according to UNICEF.

Breaking the Cycle

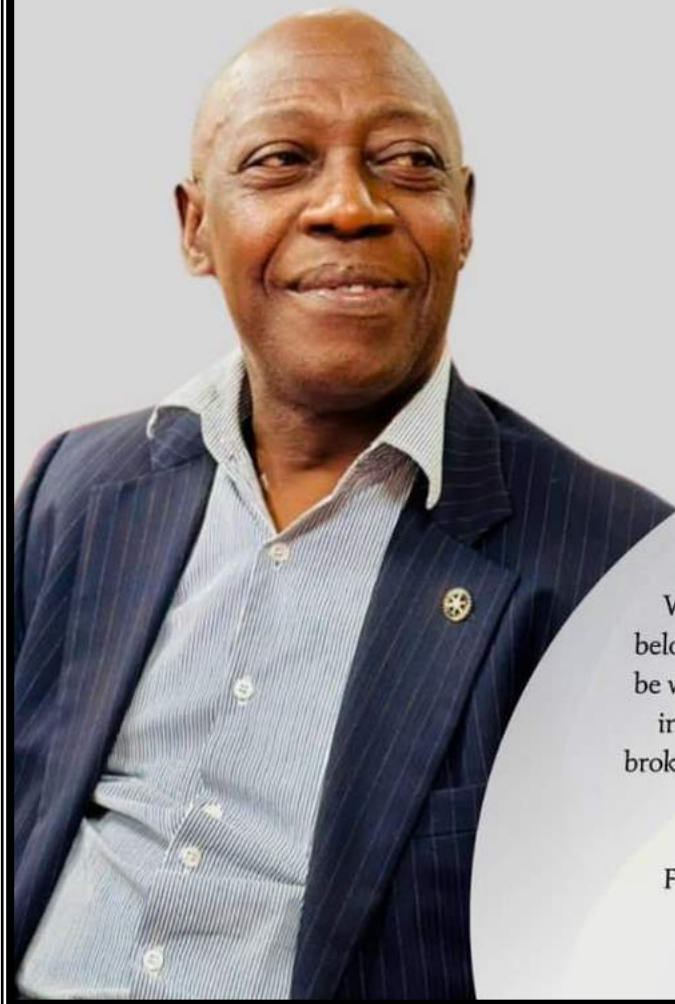
So, what can be done to break the cycle of vulnerability that affects the girl child? First and foremost, we must prioritize girls' education. Education is the key to unlocking girls' potential, empowering them to make informed decisions, and equipping them with the skills and knowledge they need to succeed. Second, we must address the root causes of violence and exploitation, including poverty, inequality and social injustice. Third, we must support girls who have experienced violence and exploitation, providing them with access to healthcare, counseling and economic empowerment programs.

Conclusion

The struggle of the girl child is real, but it is not inevitable. By prioritizing girls' education, addressing the root causes of violence and exploitation, and supporting girls who have experienced trauma, we can break the cycle of vulnerability that affects the girl child. We owe it ourselves, our daughters and our sisters to act. The future of the girl child depends on it.



Rotary 
Bweyogerere Namboole



REST IN PEACE

PAG. SAM NSIYONA

12TH JANUARY 1964 - 27TH JANUARY 2025

With deep sorrow, we announce the passing of our beloved club member **PAG Sam Nsiyona**, who went to be with the Lord on 27th January 2025. We find comfort in the words of Psalm 34:18: 'The Lord is close to the brokenhearted and saves those who are crushed in spirit.'

Rest in eternal peace

Funeral arrangements will be shared in due course.

  @rcbnuganda



Embracing a New School Year: Key Messages for Our Adorable children

As our little ones prepare to head back to school, it's essential to instill values that will guide them throughout their academic journey and beyond. This time of year is not just about books and classrooms; it's an opportunity to mold our children into moral, God-fearing leaders and achievers.

The Power of Kindness

Encourage your children to treat others with kindness. Remind them that every act of kindness, no matter how small, can create a ripple effect. A simple smile or a friendly greeting could brighten someone's day, fostering a supportive and inclusive school environment.

Embrace Challenges

School can be challenging, but it's crucial for children to understand that overcoming obstacles helps them grow. Teach them that it's okay to make mistakes and that each one is a stepping stone toward success. Encourage a growth mindset – the belief that they can improve with effort and perseverance.

Success Beyond Grades

Help your children realize that success is not solely measured by grades. While academic achievement is important, personal growth, good character, and the ability to work well with others are equally valuable. Teach them that skills such as teamwork, creativity, and perseverance contribute significantly to their overall success in life.

God as a Guide

Instilling a sense of faith can provide children with strength and guidance. Encourage them to pray and seek God's wisdom in their decisions. Teach them that having faith means trusting in themselves and their abilities while also recognizing that they are part of a greater plan.

Be a Leader

Talk to your children about the qualities of a good leader: empathy, integrity, and selflessness. Encourage them to take initiative in making positive changes within their school community. Whether it's starting a club or advocating for a cause they believe in, every little action contributes to their growth as future leaders.

Strive for Excellence

Celebrate achievements, big or small, and promote a strong work ethic. Teach your children that success comes through hard work and dedication. Set goals together, encouraging them to aim high and reminding them that the journey to becoming achievers starts with the steps they take today.

As they embark on this new school year, let's inspire our children to be the best versions of themselves. By embracing kindness, facing challenges, nurturing their faith, leading with integrity, and understanding that success encompasses more than just grades, they can shape their own futures and make a positive impact on the world around them.

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



THE ROLE OF PARENTS IN PREVENTING CERVICAL CANCER

Parents play a crucial role in preventing cervical cancer, especially when it comes to guiding their children, particularly daughters, towards adopting healthy habits and making informed choices. Here are several ways parents can contribute to cervical cancer prevention:

Encouraging HPV Vaccination: Parents should ensure their children receive the Human Papillomavirus (HPV) vaccine, which is one of the most effective ways to protect against the types of HPV that cause cervical cancer. The vaccine is most effective when given before any exposure to the virus, typically around ages 9-12, but it can be given later as well.

Promoting Regular Health Check-ups: Parents can encourage their daughters to have regular gynecological check-ups and screenings, including Pap smears and HPV tests, starting at the recommended age. Early detection through these screenings can help identify abnormal cell changes before they become cancerous.

Educating About Safe Practices: Parents can have open conversations about safe sexual practices, such as the use of condoms, which can reduce the risk of HPV transmission. This type of education helps children make informed decisions as they grow older.

Fostering Healthy Lifestyles: A healthy lifestyle can help reduce the risk of many types of cancer. Parents can encourage balanced diets, regular physical activity, and not smoking—since smoking is a known risk factor for cervical cancer.

Building Awareness: Parents can educate their children about cervical cancer, the risk factors, and prevention methods, making them more aware of the importance of taking proactive steps in their health.

Rotarian Mercy Ojambo

Rotary club of Mukono





MONDAYS
7:00PM
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