

THE DOWNTOWNER

" My community, My Service."

10th Feb 2025

Volume 2, Issue 33



Our guest of honor RDC of Mukono congratulating our Vocational Service Awardee Dr Kasirye from Mukono General hospital upon his recognition by Rotary Club of Mukono Central. Witnessing are Magic President Caroline Male and Immediate Past President Moses Kafeero (In police uniform)

Points of Interest

- **Magic moments with President Carolyne Male Pg3**
- **Join us next week for an informative engagement with PDG ken Mugisha Pg. 4**
- **Pictorial from our Monday meetings Pg5**
- **Peace and harmony in Rotary Clubs by Past Assistant Governor Isaac Sebuliba Pg. 7**
- **Monday Thoughts with President Elect Isaac Ssamba Pg. 8/9**
- **Health and fitness Pg. 9/10**
- **Boy-child chronicles Pg. 12**
- **Many more inspirational articles Pg. 14, 16**
- **Poetry Pg 17**
- **And much more.....**

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

Message from the Editor: Week of Love

Welcome to the week of love, so I have heard. To those celebrating the gift of love, let's open our hearts and embrace those who need to feel our love.

Love is a beautiful emotion best when shared with others. More than loving those who love us, let's extend a peaceful gesture to those who don't necessarily love us or wish us well.

Share love with your siblings, colleagues, friends, neighbors, children and of course partners.



Rotarian Catherine Namoma

So dear reader, enjoy this issue filled with lots of love, peace and harmony articles geared to encouraging you become a better person.

I wish you God's abounding love which is unconditional and never fades through the times.

Wishing you a blessed week ahead.

MAGIC MOMENTS with President Carolyne Male

Dear Rotarians, Rotaractors, and friends of Rotary, I bring you greetings from Rotary club of Mukono Central.

I recently heard a story of a young man who was struggling to feed his family. He had reached out to friends and family with no tangible response; his church family was oblivious to his needs. Instead they demanded more and more from him. Then he met a Rotarian who listened and acted. This was a heartwarming message as I listened to this gentleman shed tears of gratitude as he talked about his encounter with a Rotarian who had changed his story. This is testament of how much you as a Rotarian can do to impact the world. Each of our contributions goes a long way to blessing someone within

our reach.

Let's not just wait for big projects, service above self starts from within. It's a heart matter. Let's put a smile to people's faces wherever we go and in whatever we do.

Happy valentine's week



Rotary
Mukono Central



GUEST SPEAKER

PDG KEN MUGISHA

Topic

**THE
VALUE OF
ROTARY**



17th February 2025



7:00PM



Star Gardens Mukono



rotaryclubmukonocentral@gmail.com



@rotarymukono112

Rotary Club of Mukono Central Monday Meeting



Our Guest of Honor RDC Mukono
Hajat Ndisaba



Mayor Robert Kabanda
Mukono Town Council



Assistant Governor Cynthia Assimwe
shared about Vocational Service Award



From left to right: Club Admin Dennis Mulondo, Mayor Robert Kabanda, Club Secretary Pauline Nankinga, RDC Mukono Hajat Ndisaba, Assistant governor Cynthia Assimwe, Vocational Service awardee Dr Kasirye, Past president Lwasampijja, Magic President Carolynne Male, President Nominee Catherine Namoma, and Hope Creator President/ AIGP Moses Kafeero

Photo Of The Week



The RDC of Mukono Hajat Ndisaba Congratulates the Vocational Service Awardee Dr. Kasirye of Mukono General Hospital for his exceptional contribution towards health service to the people of Mukono.

Peace and Harmony in Rotary Clubs

As long as people of different backgrounds and cultures come together to continuously interact as it is in Rotary clubs' conflict is inevitable. Members of a rotary club have different social status in the community, leaders in different aspects of life; work, politics, family, church and many others where they exert a particular power and influence that they may want to bring to a rotary club and this is one source of conflict. Members will have strong opinions about almost everything and if the opinions are diversely different it may be a cause of conflict. Therefore, to maintain peace and harmony in a Rotary club some of the following.

Inclusivity & Respect for one another is essentially important in Rotary clubs educating members through targeted presentations on cultural sensitivity and inclusiveness. Routinely share what individuals rotarians have contributed to issues however small something may appear to be.

Buddy group System help to make new and existing members feel a sense of belonging if not to the big family at least to the buddy group.

Club team-Building activities and hospitalities help members get out of the strictness of club meeting into informal fellowships that build friendships.

Group registrations or enrollments to events like district conferences, trainings, fun events will increase bond, understanding and knowledge within members leading to a narmonius club.

Increased participation in projects and other club events will help to foster unity as they will be working and sacrificing for a common cause. Emphasise and indulge members to immerse themselves in

the guiding **principles and of Rotary; Object of rotary, Four way test, avenues of service and Code of Conduct** since all these aspects have elements geared and promoting harmony between members and the entire club.

Even with all the above conflict still occurs and can be solved as such;

Club assemblies as a means where members can express their concerns and do so respectfully. Club assemblies should not only have high level club matters but can also be used a plaform for conflict resolution in an amicale way.

One on one engagements with individuals in conflict with mediator to help resolve conflict.

A combination of prevention and good conflic resolution strategies will go a long way in maintaing peace and harmony in a club.

Isaac Sebuliba

Past Assistant Governor

Rotary Club of Mukono



MY MONDAY THOUGHT: Danger of One Source of Income

Every week that follows the end or the beginning of the month. It is the week where those that depend on salaries are either very broke or extremely loaded. It is the week where a day can make a huge difference.

It is the week that I like reminding people about the danger of depending on one source of income. This usually comes due to the reliability of one source. When something becomes reliable, you usually fall back and stop thinking.

You get to the comfort zone, and forget about hustling. It happens to individuals and nations. Before I got a permanent contract with some international organization, I used to be paid per work done.

My pay per month was pegged on the number of projects I did for this foundation. On reflection, I was several times better off than when the permanent contract came. I used to do projects for several other organizations.

But as soon as the reliable contract came, I fell into the trap of cheap bank loans, and many other things that people of “salo” do in order to appear doing well, or better than they are paid. My hustling reduced and I somehow became lazy.

That is the biggest danger of reliability. The lesson here is diversify, diversify and diversify. With every salary, always think about investing in a totally different sector. I always

advise that you plant in 4 different areas that are not related.

I have always warned people that never ever rely on one source of income, however stable, however lucrative and however safe you feel. Always have a minimum of 4 real sources of income.

I always share this story below: This is how the professionals get trapped into SISI - Single Income, Single Identity.

“A mice was put at the top of a jar filled with grains, he was too happy to find so much of food around him. Now he doesn't need to run around searching for food and can happily live his life.

As he enjoyed the grains, in few days' time, he reached the bottom of the jar. Now he is trapped and he cannot come out of. He has to solely depend on someone to put grains in the same jar for him to survive. He may even not get the grain of his choice and he cannot choose either. If he has to live, he has to feed on whatever has been put into the jar.”

Never be afraid of failure, since it is the way to success. Have a diversified day ahead, and if you get your salary, think about going to another sector, and think about the day it will stop coming.

Rtn. Isaac Ssamba

President – Elect,

Rotary Club of Mukono Central



EFFECTS OF CAFFEINE

by *Rtn Beatrice Nannozi Kasirye*



Caffeine is a naturally occurring chemical commonly found in coffee, tea, and cocoa but can also be found in many other products such as certain over the counter drugs. Caffeine has been used as a mild stimulant in temporarily relieving minor fatigue and boredom with little risk of harmful effects. It also has other positive effects such as improved mood, vigilance and alertness. In some cases, it has been used to protect people against depressive states.

However, Caffeine has been known to worsen anxiety and produce panic attacks in individu-

als with anxiety disorders due to its stimulant effects. When taken in very high quantities at a time especially in occasional users, it may lead to increased blood pressure. Caffeine induced panic attacks are spontaneous and may have symptoms such as fear of dying, shortness of breath, palpitations, dizziness e.t.c. These effects often return to baseline levels once caffeine is depleted from the body.

Although the actual information regarding the amount of caffeine that induces these attacks is unknown, it has been estimated that caffeine in doses of roughly 5 cups of coffee leads to attacks in patients with panic disorder, and anxiety signs in both healthy adults and patients, with patients being more vulnerable.



Fitness: Flat Tummy Challenge

GET A FLAT STOMACH and LOSE FAT in 14 Days

Day 1

Crunches - 20 reps x 3 sets
Bicycle Crunches - 20 reps x 3 sets
Leg Raises - 15 reps x 3 sets
Plank - 1 minute x 2 sets

Day 2

Mountain Climbers - 30 seconds x 3 sets
Russian Twists - 20 reps x 3 sets (each side)
Flutter Kicks - 30 seconds x 3 sets
Side Plank - 30 seconds x 2 sets (each side)

Day 3

Reverse Crunches - 15 reps x 3 sets
Toe Touches - 20 reps x 3 sets
High Knees - 1 minute x 2 sets
Plank with Shoulder Taps - 15 reps x 3 sets (each side)

Day 4

Cardio Day: 30 minutes of brisk walking, jogging, or cycling

Day 5

Crunches - 20 reps x 3 sets
Mountain Climbers - 30 seconds x 3 sets
Russian Twists - 20 reps x 3 sets (each side)
Plank - 1 minute x 2 sets

Day 6

Leg Raises - 15 reps x 3 sets
Side Plank - 30 seconds x 2 sets (each side)
Flutter Kicks - 30 seconds x 3 sets
Bicycle Crunches - 20 reps x 3 sets

Day 7

Rest Day: Focus on stretching and flexibility exercises such as yoga or a gentle full-body stretch.

Day 8

Reverse Crunches - 15 reps x 3 sets
High Knees - 1 minute x 2 sets
Plank with Shoulder Taps - 15 reps x 3 sets
Toe Touches - 20 reps x 3 sets

Day 9

Crunches - 20 reps x 3 sets
Mountain Climbers - 30 seconds x 3 sets
Russian Twists - 20 reps x 3 sets (each side)
Plank - 1 minute x 2 sets

Day 10

Leg Raises - 15 reps x 3 sets
Side Plank - 30 seconds x 2 sets (each side)
Flutter Kicks - 30 seconds x 3 sets
Bicycle Crunches - 20 reps x 3 sets

Day 11

Cardio Day: 30 minutes of walking

Day 12

Reverse Crunches - 15 reps x 3 sets
High Knees - 1 minute x 2 sets
Plank with Shoulder Taps - 15 reps x 3 sets
Toe Touches - 20 reps x 3 sets

Day 13

Crunches - 20 reps x 3 sets
Mountain Climbers - 30 seconds x 3 sets
Russian Twists - 20 reps x 3 sets
Plank - 1 minute x 2 sets

Day 14

Leg Raises - 15 reps x 3 sets
Side Plank - 30 seconds x 2 sets (each side)
Flutter Kicks - 30 seconds x 3 sets
Bicycle Crunches - 20 reps x 3 sets

STAR GARDENS-MUKONO

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- Meet ups and Social Capital Hive
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WE ALSO DO OUTSIDE CATERING

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



Dear son, it's that time of the year again when emotions are high, some people will be pleasantly surprised with flowers, love notes and gifts; while others will be heartbroken with missed calls, lovers missing in action and no gifts. Love is a risk. It's one of the most complicated emotions to be tamed. Some days are exciting with a feeling of walking in air while other times, it's a feeling of a heart being violently ripped from the chest. It's a dangerous feeling. People have blossomed due to love while others have died due to heart break.

Here are some practical rules of love

Manage your expectations. Love is easily destroyed due to over expectations. Learn to realize that no one can give you everything you want. You either learn how to get it yourself or appreciate what is given without demands. This will give you peace.

Practice self-love. This will always satisfy you more than love from any other person. As long as your personal love tank is empty, you will always yearn for love from others and might probably be disappointed. Date, gift and reaffirm yourself. What you tell yourself is more important than what anyone will ever say to you.

Pray for each other daily. This is an acknowledgement that there is a higher power sovereign enough to cover both of you. His banner over you is love. Prayer will guide you on how to love each other right.

Be truthful. Always practice honesty while in

love. If you cannot afford the flowers or that vacation be honest. Don't promise what you will not fulfill. You will become a liar.

Communicate. This is the backbone of any love relationship. Pick your calls, respond to messages and have clear conversations with your partner or lover. This manages imaginary conclusions which could easily harm and cause eventual damage to a relationship.

Never stop dating. This should be a rhythm in your relationship if you are to survive the pressures of valentine's day. Dating creates a bond that's not easily be broken.

Be empathetic. Always put yourself in your partner's shoes and you will be more considerate in the decisions you make. If it edifies you, it will edify her but if it hurts, it will hurt her too. Basically "do to others what you would want done to you".

Control your tongue. Use speech to edify and uplift rather than tear down. The bible says in Proverbs 18:21 the power of life and death is in the tongue. So be careful, weigh your words because once spoken they can't be taken back.

Son, as you plan for that special day on 14th Feb, reflect on the rules of love. You will not regret it. Love is a joy.

Happy valentine's day.

Rtn Catherine Namoma





TROPICAL

*PAIN*T

WE COLOUR YOUR DREAM

THE SHIFT FROM CULTURAL PARENTING TO DOT-COM PARENTING: A DANGEROUS TREND FOR OUR CHILDREN

The way we parent has undergone a significant transformation in the recent years. With the rise of technology and social media, many parents have shifted from traditional cultural parenting practices to more modern, dot-com approach. While technology can be a valuable tool for parents, this shift has serious implications for the well-being and development of our children.

Cultural parenting : Cultural parenting is rooted in the values, traditions and practices of our ancestors. It emphasizes the importance of community, respect for elders and the transmission of cultural heritage from one generation to the next. Cultural parenting teaches children important life skills, such as empathy, self-discipline and responsibility through storytelling, role-playing and hands-on learning.

Dot-Com Parenting: Dot-com parenting, on the other hand, relies heavily on technology and the internet for parenting advice, support and solutions. While technology can provide access to a wealth of information, it can also create a sense of isolation and disconnection from community and cultural heritage. Dot-com parenting often prioritizes convenience, efficiency and instant gratification over the needs and well-being of the child.

The Dangers of Dot-Com Parents

The shift from cultural parenting to dot-com parenting has serious implications for children. Some of the dangers include;

Loss of cultural identity. Children who are raised with dot-com parenting may lose touch with their cultural heritage and traditions.

Increased screen time. Excessive screen time can lead to a range of problems, including obesity, sleep deprivation and decreased attention span.

Decreased empathy and social skills. Children who spend more time interacting with screens than humans may struggle to develop empathy and social skills.

Increased risk of cyber bullying and online predators. Children who are exposed to the internet at a young age may be more vulnerable to cyber bullying and online predators.

While technology can be a valuable tool for parents, it is essential to strike a balance between the benefits of technology and the needs and well-being of our children.

By returning to cultural parenting practices and emphasizing community, respect for elders and the transmission of cultural heritage, we can raise children who are confident, capable and compassionate individuals.

We can learn about our cultural heritage and find ways to incorporate them into our parenting, establish rules and limits around screen time and encourage our children to participate in community activities. By taking these steps, we can raise children who are grounded in their cultural heritage and equipped to thrive in an ever-changing world.

Esther Nakafu

Immediate Past President

Rotary Club of Mukono



Rotary
District 9213



Rotaract
District 9213



**DISTRICT
CONFERENCE**

ON THE NILE

Over a century of Rotary Service in Africa

**9TH - 13TH
APRIL 2025**

**Civil Service
College, Jinja**

P R E S E N T S

Rotaract Day

**Theme: Futuristic Fusion;
Igniting Creativity And
Collaboration**



**Friday, 11th
April 2025**

**Dresscode:
Shorts Affair**



[f](#) [@](#) [X](#) 100thDISCON



Self-Love: A Valentine's Tribute to You

As Valentine's Day approaches, the air fills with expressions of love and affection for others. However, amidst the flowers and chocolates, it's the perfect time to turn that love inward and celebrate the most important relationship of all: the one you have with yourself. Just as we cherish and honor those we hold dear, self-love is about cultivating a deep appreciation for who we are. It reminds us that we are deserving of the same tenderness and compassion we so easily extend to others. This Valentine's Day, let's make a commitment to prioritize self-love, embracing our unique qualities and nurturing our inner selves.

Taking time for yourself is not an act of selfishness, but rather an essential investment in your happiness and health. Engaging in activities that bring you joy – whether it's reading, painting, or simply enjoying a quiet moment in nature – can replenish your spirit. These moments of joy serve as a reminder of the beauty that lies within us, urging us to celebrate our individuality.

Forgiveness is another crucial aspect of self-love. We all make mistakes; it's a part of being human. Instead of holding onto guilt or shame, choose to forgive yourself. Understand that every experience – even the painful ones – contributes to your growth. Embracing your imperfections and learning from your missteps allows you to emerge stronger, more resilient, and compassionate towards yourself and others.

Life is full of unexpected shocks, and how we respond to them defines our strength. Each challenge can be viewed as an opportunity for learning and growth. When we face adversity with a loving heart, we cultivate resilience. We learn to rise, dust ourselves off, and continue onward, more equipped to handle whatever comes our way.

So, sweet soul, take a moment this Valentine's Day to prioritize yourself.

Weyagale, ♡ ☐ Spare that precious time to love you – unconditionally and wholeheartedly. Embrace who you are without waiting for anyone's approval. Your journey to self-love is uniquely yours, and it holds the power to transform your life. Remember, you are worthy of the love you so freely give to others. Embrace your beautiful existence, for you are truly deserving.

*Lover ghurl
Angie*



Poetry by Tendo Jonathan Kibirige

Live, Laugh, Learn, Love
I lived,
I laughed,
I learned,
But most importantly,
I loved,
And I was loved,
When I was with you.

I don't regret a single moment of it,
And I hope that neither do you.
I hope that you find a love like ours again,
I hope that it's bigger and better,
I hope it reminds you of who you are,
I hope it allows you love yourself,
I hope it keeps you safe,
I hope it's one in which you feel seen,
One in which you feel understood,
One in which you're fully accepted for you,
One in which you continue to grow,
Both in love, and with each other.

And I hope one day,
We can cross each others paths and reminisce,
Reminisce of the times and memories that we
shared,
And the fun, laughter and tears that we shared.
I hope we'll be able to talk about it freely,
Happy with where we are, who we are, and
who we are with.

I love you more than you know,
And I hope you know I'll always be here,
Always and forever,
As promised.



Happiest Birthday to Rotarian Angela Nanyonga
aka Mrs Kakooza (Rotary Club of Mukono).
Thank you for being a woman of valor with un-
imaginable patience, humility and joy. May you
continue to blossom as you grow to greater
heights.
Thank you for your unwavering contribution
and support towards our weekly bulletin. You
are dearly loved and appreciated.

Rotary District 9213

Rotaract District 9213

DISTRICT CONFERENCE
ON THE NILE Over a Century of Rotary Service In Africa

CIVIL SERVICE COLLEGE JINJA 9 - 13 APRIL 2025

FOR ROTARIANS	FOR ROTARACTORS
\$250	\$150

01ST JAN - 28TH FEB - 2025

FOR ROTARIANS	FOR ROTARACTORS
\$300	\$200

01ST MAR - 31ST MAR - 2025

 **SCAN TO REGISTER**

IN PARTNERSHIP WITH fireworks ASSOCIATION

REGISTRATION LINK <https://discon.rotaryd9213.org/>

 100THDISCON

Rotary District 9213

Rotaract District 9213


DISTRICT CONFERENCE
ON THE NILE Over a Century of Rotary Service In Africa


CIVIL SERVICE COLLEGE JINJA 9 - 13 APRIL 2025


FREE GROUND TRANSPORT

We are pleased to announce that all delegates staying in the officially designated hotels will enjoy complimentary ground transportation between their hotel and the conference venue.

This service is designed to ensure a smooth and convenient experience throughout the conference.




 09th April - 13th April 2025

 Jinja City
The Adventure Capital of East Africa

Rtn James Mwero
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Please choose your preferred hotel and communicate with the Discon transport committee for arrangements

IN PARTNERSHIP WITH fireworks ASSOCIATION, Sunz, Camerity Bank, RROKE, Ccil

 100THDISCON



Theme Nights

1. Oldies - opening night (hosted by RC Kampala)

Date: Wednesday, 9th April 2025

2. Cultural Night - Welcome to Eastern Region

Date: Thursday, 10th April 2025

Theme: The Feel Of The Nile

Dresscode: Cultural Fusion

Hosted by : Eastern Corridor Clubs

3. Rotaract Day & Night

Theme: Futuristic Fusion; Igniting Creativity and Collaboration

Date: Friday, 11th April 2025

- Day Time Dresscode: Shorts Affair

- Night Dresscode: Denim Elegance

4. DG's Banquet- Glitz & Glamour (hosted by RC Naalya)

Date: Saturday, 12th April 2025

Common
Love Mistakes to Avoid

Guest Speaker

MR HILARY J BAINEMIGISHA
AKA Dr Love

THUR. 13TH FEB, 2025 7:00PM

EMPEROR HEIGHTS, KISUBI
POWERED BY
KAWUKU BUDDY GROUP



DECADE
Charter CELEBRATIONS

VENUE: EMPEROR HEIGHTS KISUBI

TIME: THUR. 27TH FEB, 2025
5:30PM

PAYMENTS
80,000 UGX CLUB MEMBERS
50,000 UGX GUEST

DRESSCODE: MAGICAL BLUE

Rtn Daniel Bateeze | Airtel: 0704 899796 or
MTN: +256 788 356831



DISCON 100 THEME NIGHTS

DAY 1- OPENING NIGHT - OLDIES NIGHT

Celebrating a Century of Rotary Service in Africa!

Date: Wednesday 9th April 2025
Venue: Civil Service College, Jinja
Dress Code: Oldies
Time: 5.30pm

In line with commemoration of a hundred years of Rotary in Africa, DISCON 100 will officially open with a spectacular Oldies Theme night hosted by the oldest Rotary Club in Uganda- The Rotary Club of Kampala.

Get ready to groove, twist, twirl, and vibe as we bring the past alive with our Oldies Theme Night. The night will take you back to the golden decades of the 60s, 70s, and 80s, with music, fashion, and entertainment that embody the charm and nostalgia of those iconic eras. Are you ready?

What to expect

Musical journey through the years:
The DJ will spin timeless classics from the 60s, groovy hits of the 70s, and pop and rock anthems of the 80s. From Elvis and ABBA, Jackson 5 and Madonna, Lingala and local music, there will be something for everyone!

Dance performances:
Prepare to get entertained with the group dance-offs featuring popular moves like The Twist, The Hustle, and breakdancing. Let's see who's got the grooviest moves!

Oldies themed set up:
As we take you to a magical trip back in time, the set up decor will reflect the era. We will also set up a vintage photo booth complete with props like peace signs, disco balls, vinyl records, and more! It's an Oldies affair...Don't forget your funky sunglasses, to make your snapshots truly memorable.

Let's step back in time to relive the magic of the 60s, 70s, and 80s.

Rtn Immaculate Bukko
Chair, - Opening Night - DISCON 100

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"Flashback Fun - Let's party through the years"



IMPACT OF DOMESTIC VIOLENCE ON CHILDREN

Tulips Buddy Group

12TH WEDNESDAY

7PM PROMPT

Colline Hotel - Mukono



DR. WILOBO OLANYA

@rmukono
www.rotaryclubofmukono.com



ACACIA TRF VALENTINES Dinner

15TH FEBRUARY 4:00PM

VENUE: NAMASTE BAR AND RESTAURANT

GUEST OF HONOR
PAG. SEBULIBA ISAAC
ROTARY CLUB OF MUKONO

ROTARACTORS - 30K ROTARIANS - 50K





MONDAYS
7:00PM
STAR GARDENS