

THE DOWNTOWNER

" My community, My Service."

19th Aug 2024

Volume 2, Issue 8



Cancer run activation fellowship at Rotary club of Mukono Central.

We are running!!!!

EDITOR'S NOTE

Dear reader, we are still in the month of membership. I recently heard someone say that you can't leave a lasting legacy that is not nurtured. Our mission as Rotarians is to provide serve to others impactfully; however to inspire the next generation to carry on that mission, we have to intentionally involve them in our engagements. When was the last time you took along a family member or close friend to a community engagement? If you are not here tomorrow, would your family continue your Rotary legacy?

Even as you induct new members, empower them to carry on the mission passionately

and committedly. This can be done through actions and more actions. They will copy what they see not what you say.

This week as we participate in the cancer run, let's intentionally nurture the Rotary mission by leaving a lasting legacy.

Wishing you a blessed week ahead.

Points of Interest

- ◆ Magic moments
- ◆ Cancer run activations
- ◆ Connecting with potential members
- ◆ Health and fitness
- ◆ Leadership tips
- ◆ Family/projects
- ◆ Inspirational Articles



Rotarian Catherine Namoma

PRESIDENTIAL MAGIC MOMENTS



President Carolyne Male

Why Me?

If you have to ask *Why me?*
When you're feeling really blue,
When the world has turned against you
And you don't know what to do,
When it pours colossal raindrops
And the road's a winding mess,
And you're feeling more confused
Than you ever could express,

When the saddened sun won't shine,
When the stars will not align,
When you'd rather be
Inside your bed,
The covers pulled
Above your head,
When life is something
That you dread
And you have to ask *Why me?* . . .

Then when the world seems right and true,
When rain has left a gentle dew,
When you feel happy being you,
Please ask yourself *Why me?* then, too.

CANCER RUN ACTIVATION FELLOWSHIP AT ROTARY CLUB OF MUKONO CENTRAL

We are running !!! Run for a great cause





Dear D9213 Rotarians, Rotaractors
(129 Rotary clubs, 4725 Rotarians,
1 Rotary Satellite Club,
120 Rotaract clubs, 2432 Rotaractors)

As we move deeper into the Membership and Extension Month; Here is an opportunity to engage us, involve us and keep the membership magic alive; Rotary Fellowships!

Rotary Fellowships are international groups that bring together Rotarians, their family members, and Rotaractors who share common interests, hobbies, or professions. These groups offer opportunities for fun, friendship, and service on a global scale. Visit the Rotary Fellowships website (www.rotary.org/fellowships).

This Year our District 9213 Target/Goal encourages EACH club in the District to have active participation in a Rotary "Fellowship". The Fellowships currently active in Uganda are: The Fellowship of Empowering Women,

The Comedy and laughter Fellowship,

The Marine Fellowship,

Rotary Means Business,

The Rotary Camping Fellowship (Has an event on 16th-18th August 2024, camping at Bushenyi, Western Uganda),

The Vintage and Collectibles,

The Bikers Fellowship,

The Hiking Fellowship,

The Healthcare Fellowship,

The Dancing Fellowship,

Book Readers Fellowship.

A healthy and fit Rotarian/Rotaractor is a very happy and useful resource; to this end we planing to roll out; The Rotary Fitness

Fellowship. We invite all Rotary/Rotaract Clubs to participate in this initiative and join us in our quest for a healthier, happier, and a more active Rotary community.

Benefits of participating: Improved physical health and well-being, Increased energy and productivity, Enhanced mental health and stress management, Opportunities to connect with like-minded individuals, Support and motivation to reach your fitness goals.

Upcoming events and activities: Group fitness classes (Aerobics, Circuit Training, etc.), Outdoor activities (Club Retreats, Forest walk, Team building, etc.), Wellness workshops (Nutrition, Mindfulness, Self-Care, etc.), Social events (Healthy potlucks, etc.) We encourage the club Presidents and all members to support this initiative and all those interested thus assign a club fitness promoter by 31st August 2024. and share their contact with Rotarian Robert Ssebugwawo (Lead Fitness Champion & Coach) on 0773-292105 for more information.

Keep the membership Magic alive; Join a Rotary Fellowship!

Best regards,

PETER ODOKI

Chair Rotary Fellowships: D9213, 2024-25

CONNECT WITH PROSPECTIVE MEMBERS

Use the strategies and ideas in these resources to connect with potential members:

Prospective member flyer — Take this easy-to-print flyer to events in your community and distribute to members of the community so they can learn more about Rotary and benefits of getting involved with our programs and activities.

What's Rotary? wallet card — Print these cards and keep them in your wallet to share with people you meet who want to learn more about Rotary.

Hosting a prospective member event — Use these tips when planning an event for prospective members at the club or district level.

Engaging Younger Professionals — Welcoming younger professionals into Rotary is essential for us. Our digital kit will help you rethink membership and bring emerging leaders into your club.

Strategies for Attracting New Members — Take this Learning Center course to help draw prospective members, update your club's experience, and better highlight what it does well.

Customizable club brochure — Design your own club brochure using the template on Rotary's Brand Center. Choose images and wording to best represent your club.

Finding People to Invite: A Prospective Member Exercise — Try these strategies to attract qualified members for your club.

Creating a Positive Experience for Prospective Members — Learn what you can do to ensure that prospects have a positive experience, regardless of whether they join. Find tips and ideas to determine whether membership would match their needs as well as your club's.

Guide to Corporate Membership — Learn how to engage your local businesses and offer a new membership type to a few of the business employees.

Online Membership Leads course — This Learning Center course will show how a prospect experiences the membership leads process, and how club and district leaders can create a consistent, positive experience for prospective members.

Use these guides to find best practices and detailed screenshots for managing your online membership leads:

Grow Your Club Membership Using Membership Leads

Grow Your District Membership Using Membership Leads

Prospective member outreach templates for clubs and districts — Use these customizable scripts to communicate with prospective members assigned to you through the Manage Membership Leads page in My Rotary.

Leveraging Local Events to Grow Rotary: A Membership and Marketing Guide — Use this guide to raise awareness about Rotary and attract new members before a large event in your area.

Ref Rotary International website

HEALTH

DEHYDRATION IN ELDER ADULTS

The thirst mechanism in the elderly has been reported to be weak and in some instances non-existent. As a result, they are constantly prone to dehydration. This has been attributed to changes that occur as we age. Such changes include the limited ability of the kidney to conserve water. This is further complicated by other age related illnesses.

A very small dehydration in this age group



can result in impairment in both physical and cognitive performances. However, drink availability and palatability have been cited as a major component of the rehydration process. Therefore, providing them with their favorite teas, busheera, kombucha etc is one of the ways to encourage voluntary fluid intake and hence reduce the likelihood of dehydration.



Rotarian Beatrice Nannozi

FITNESS

Choose a work out for Mental health



Physical fitness is just as important as mental fitness and there many ways you can achieve that like talking to different professionals but back to what I do best one of the ways you can clear your mind after a long days work is by a workout maybe a group workout or with a friend or even yoga self reflection pay attention to your thoughts and true encourage yourself positively



Coach Alloy

LEADERSHIP

The Law of the Picture

The Law of the Picture states that people do what they see. Leaders must set the example by embodying the values, work ethic, and behaviors they wish to see in their followers.

The most effective way to lead is by example because people are more likely to follow actions than words. When leaders model the right behavior, it inspires and motivates others to do the same.

Key Lessons:

1. **Lead by Example:** Your actions speak louder than your words. Consistently demonstrate the values, attitudes, and work ethic you want your team to emulate.

2. **Model the Vision:** Effective leaders bring the vision to life by living it out daily. When your team sees you practicing what you preach, they are more likely to buy into the vision and work towards it.

3. **Consistency Builds Trust:** Being consistent in your actions and behavior as a leader builds trust with your team. When your team knows what to expect from you, it fosters a stable and supportive environment.

Reflection:

- How well do my actions align with the values and behaviors I want to see in my team?
- What areas of my leadership could benefit from more consistency and better role modeling?

Action Points:

📌 **Evaluate Your Leadership Example:** Reflect on your daily actions and behaviors to ensure they align with the values and vision you want to promote. Make necessary adjustments to set a stronger example.

📌 **Be Consistent in Your Leadership:** Commit to consistent behavior in all aspects of your leadership. Whether it's in decision-making, communication, or daily interactions, ensure that your actions consistently reflect the standards you expect from others.



Dr Noeline Kirabo

Business Coach

Founder of Kyusa

@RotaryCancerRunUp
 @UgRotaryCancer
 #RotaryCancerRun24
 www.rotarycancer.org

Rotary
 D9213
 D9214

Rotary
 Cancer
 Program
 Uganda

SPREAD
MAGIC
 IN EVERY
STEP

**ROTARY
 CANCER
 RUN 2024**

**MASINDI
 IS RUNNING**

Venue: Masindi Golf Course

**KIBOGA
 IS RUNNING**

Venue: Kiboga Town Council Grounds

**GAYAZA ROAD
 IS RUNNING**

Venue: Kasangati High School

**MBALE
 IS RUNNING**

Venue: Mbale Cricket Grounds

**GULU
 IS RUNNING**

Venue: Caribbean Gardens

**KALANGALA
 IS RUNNING**

Venue: District Headquarters

**KOBOKO
 IS RUNNING**

Venue: Koboko Boma Grounds

**KISORO
 IS RUNNING**

Venue: Shaza Play Ground

**KALISIZO
 IS RUNNING**

Venue: Sports High Way

**JINJA
 IS RUNNING**

Venue: Health First Gym

**ADJUMANI
 IS RUNNING**

Venue: Araaan Hotel

BOY CHILD CHRONICLES

LETTERS TO MY SON

Avoid these Common Mistakes

Dear son, we often make these mistakes in our lives or while interacting with others.

- ◆ Thinking Quiet means humble. We often refer to quiet people as humble. Humility has nothing to do with quiet. One could be the quietest person yet very proud and arrogant. Humility is the ability to consider others better than you.
- ◆ Assuming that giving money is generosity. Some people give for various reasons and the receivers consider them generous. Generosity is giving above and beyond without expectations.
- ◆ Judging people according to appearance. I have seen comen dressed in the classiest suits and seen genuine people too dressed down and ignored.
- ◆ Equating laughter to happiness. We mistake people who laugh a lot to be happy. This is often far from the truth. Some people are very happy but never laugh out loud.
- ◆ Believing that educated people are better. So many employers hire workers based on credentials, offer them big cheques and fail to deliver. Why? The answer is lack of passion. If the heart is not involved in the work, results will not be realized.
- ◆ Racism. Thinking that white is always better than other races. I have always wondered why we bring out the best while interacting with white people and treat fellow black people like they are worthless.
- ◆ If you doubt, observe the next time you walk into a place with a white person.
- ◆ Thinking we have time. We often put off things because we think we have time. We don't return calls, cancel appointments with friends, don't talk to loved ones, no exercise; because we think we still have time. We forget that time is irredeemable.
- ◆ Relating on social media. If you are spending more time talking with someone on phone or social media platforms but never spending time with them physically, there is no relationship. It's an illusion.
- ◆ Money will make you happy. Will it?.....

Son, all am saying is be wise and extremely perceptive. Mistakes are correctible. Now you know.



Rotarian Catherine Namoma

Physical Intuition & Body intelligence



This week let's focus on Physical Intuition; Physical intuition isn't always straightforward. Our bodies can be a little indirect about letting us know something is wrong! You may think you just have indigestion, but it's chronic stress. Add to that the horror stories about someone getting a pain in their back and dropping dead a week later.

How does one strike a healthy balance when it comes to acting on the little warning signs our bodies send us every day? Physical intuition helps us to navigate through space, adjust our posture, and perform complex physical tasks without conscious effort. Developing physical intuition and body intelligence can lead to improved physical performance and clarity in understanding our physical world.



PP Stella Nanyonjo

WOMAN TO WOMAN

Women and Money

Should Women have their own Money?

If yes /no; Why?

Both Men and Women were created in God's Image.

Therefore a Woman was Created with a Destiny to Realize. ***YES WOMEN SHOULD HAVE THEIR OWN MONEY!!***

Money is a means of exchange that is acceptable within a society and it has to be legal tender. Money is a symbol of wealth; thus money can be in form of wealth and the reverse is true.

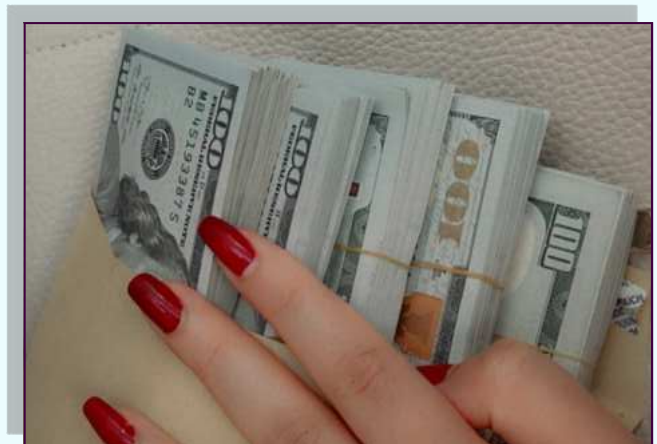
In the so many interfaces i have had with women as far as Family Life matters are concerned; women have always stated **Akasente k'ekikazi** meaning **my money** personalized like so. I guess; there are reasons behind this string statement. This brings in so many illusions in the lives of men; **Why Akasente ke kikazi** Here are with justifications.

1. In life; every one requires money to create the life they want and to pursue numerous opportunities! This justifies why women should have their own money to enable them to pursue what they were destined for as one of God's creations.

2. Women also need the ability to make **choices** in life. This makes them whole. For some time; men tend to think that they have to decide for women (wives) and; this reduces women to mere puppets in homes breeding instability.

3. Money is not a determinant for a strong relationship. This goes to men to bar their **wives** from having their personal money thinking that **tebafugika** Such men should know that; love is a complex emotion that is not based on material wealth. It is possible to love someone **deeply** even if they are struggling financially.

4. Money instills confidence thus an indicator for a strong bond. If a woman has her own money; she will have that confidence in the home that I'm Mrs X; as it is and not being so because of the money the husband may have. **Men give your wives room to have their own money so that their confidence is harnessed.*



5. A woman with money can equally foster a respectable relationship with her spouse. A Rat on the trap can be shifted in any direction required *Emmese ebeera terina bwekyusizzo*

6. Two are always better than one; A man is great by himself; but with his wife, he is greater and so is the woman. At functions; when men are introducing their wives; they always state *Amaanyi gange gali mu mukyala wange* No man can state like so; if there is no successful woman with her *personal* money that a man can praise like so due to man's nature.

7. Earning ones money doesn't mean you do not need each other; the husband feels good when sometimes the wife says *Relax honey; i got this done* this makes her a *Queen*

8. To model the Children; an earning woman can instill good virtues in her son; growing up knowing that women are not weak sex; likewise the daughter also learns to believe in herself and dream Big. If mummy can do this; then i can!



9. More than a wife or mother; women need to socialize; this can be made possible if women have their own money to enable them fly without limits. When a woman is happy; the family is stable thus a happy community and nation.

Let women have their own money in order to have a better and stable community.

Dear men; try to accept and aid this; you will thank me later



IPP Esther Nakafu

FAMILY OF ROTARY



Happiest Birthday to our Irresistible President Carolyn Male. You are an amazing leader with passion and a great heart. Your sacrificial care for others is admirable and your infectious smile reminds us that there is hope in this world. May you continue to enjoy the goodness of God in the land of the living. You are dearly loved

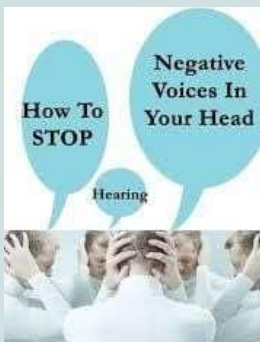


Happy Birthday to our Immediate Past President Moses Kafeero. You are an exceptional and exemplary leader. Thank you for being a gentleman with great humor. May you continue to blossom, and grow in favor with God and man. You are dearly loved.

SHUTTING YOUR EARS TO NEGATIVE VOICES

In a world where criticisms and doubts can easily find their way into our minds, learning to tune out negative voices is a valuable skill in maintaining mental well-being. Whether it's dealing with judgmental peers, critical family members, or our own inner self-doubt, the struggle to stay positive and focused is a common challenge.

One practical approach to silencing negative voices is to practice setting boundaries. This could mean politely excusing yourself from toxic conversations, limiting interactions with negative individuals, or simply choosing not to engage with disparaging remarks. By creating distance from sources of negativity, you can protect your mental space and preserve your peace of mind. Another realistic strategy is to seek out supportive environments and people.



Surrounding yourself with friends or colleagues who uplift and encourage you can provide a strong foundation of positivity to counteract negative influences. Sharing your thoughts and feelings with understanding and empathetic individuals can help validate your experiences and provide a sense of emotional security. Additionally, practicing self-compassion in everyday

situations can make a significant difference in how you respond to negative voices.

Instead of harshly criticizing yourself for perceived flaws or mistakes, try offering the same compassion and understanding you would to a friend facing a similar situation. Acknowledging your humanity and imperfections is a crucial step in cultivating a more realistic and forgiving self-view.

Lastly, finding moments of solitude and reflection can be a practical way to filter out negative voices and reconnect with your true desires and values. Whether it's through journaling, meditation, or engaging in hobbies that bring you joy, carving out time for self-care and introspection can help you regain clarity and perspective amidst the noise of external criticisms.

In conclusion, while silencing negative voices may not always be easy or immediate, incorporating practical strategies like setting boundaries, seeking support, practicing self-compassion, and prioritizing self-care can gradually shift your focus towards a more resilient and grounded mindset. Remember that progress is a journey, and small steps taken daily towards self-empowerment and positivity can lead to significant changes in how you navigate the challenges of everyday life.



Rotarian Angela Nanyonga Kakooza

CANCER RUN ACTIVATION BY ROTARY CLUB OF MUKONO AT NAMA SUBCOUNTY

PICTORIAL



HOW TO LIVE BY THE FOUR WAY TEST IN THIS TRYING WORLD

Growing up, I always believed in Karma. I do not know when it started or why, it was just something that made sense to me. The do unto people as you would want them to do to you sort of approach. I live by that motto. So, I started practicing the four-way test long before I even know what Rotary was. I was pushed into adulthood at a young age which meant for me, survival was a must, not a luxury. I had to fend for myself and siblings at a tender age which as most would know, that's when evil lurks the most, to pray on the needy and innocent.

This trying world has humans who will sit you down and explain to you why it is okay to break the rule, to skip the line, to pay your way out of crime, to bribe for a spot for your child in your favorite school even if you know they don't have the points to take them there, the list is endless. I have been tested but I always remind myself of the following to keep me sane and fulfilled

- **Think of the other person:** In every conversation or debate, there are two parties, the one who gets what they want and the one who does not. When I think about the other person and how important whatever we are both chasing was to them and how they deserve it more, it reminds me of how this was probably not my turn
- **Trust in God:** My favorite quote these days says "when it's not God's time you can't force it but when it is God's time, you can't stop it". I listen to God and I obey. He speaks to us all the time but

we are never attentive

- **Humility:** the feeling or attitude that you have no special importance that makes you better than others. It is a beautiful feeling
- **What are the forthcoming impacts for the decisions I take today?** I think this has something to do with me being a mother at a very young age. I want to leave a world behind where they can survive and thrive.

We have relaxed when it comes to preservation of humanity so I call upon us all to take the four way test seriously because if we are truthful, fair, and we always think of other people's benefit in regards to our actions, life will change for the better.



Rtn Lucky Lora Atwine

MEET THE PRESIDENT ELECT ROTARY CLUB OF ENTEBBE BASE



Who is Eva Mugide?

She is a dynamic and well-rounded individual who wears several hats with grace and passion.

As the Public Relations Director for the Rotary Club of Entebbe Base, she leverages her exceptional communication skills to amplify the club's impact and foster meaningful connections.

Professionally, Eva is a seasoned Human Resource practitioner, bringing her expertise to bear in her classification. But beyond her official roles, Eva is a devoted servant of God, a lover of people, and a recent enthusiast of Rotary's transformative power.

When she's not serving or working, you can find Eva recharging on early morning power walks or cherishing precious moments with her loved ones - family time is her utmost treasure.

With her warm smile, generous spirit, and tireless dedication, Eva is eager to put Rotary's values into practice through her contributions.

2. What is your passion?

My passion is empowering communities and individuals to reach their full potential. I believe in the power of service and fellowship to transform lives, and I'm driven to make a positive impact through my work and Rotary engagements.

3. What inspires you to do what you do?

I'm inspired by the resilience and determination of people who face challenges with courage and hope. Seeing the impact of our Rotary projects and knowing that I'm part of a global network of change-makers motivates me to keep pushing forward.

4. How did you join Rotary?

I was introduced to Rotary by a friend who saw my passion for community service and thought I'd be a great fit. I was drawn to Rotary's values and the opportunity to connect with like-minded individuals who share my commitment to making a difference.

5. What makes Entebbe Base special?

Entebbe Base is a vibrant and dynamic club that embodies the spirit of Rotary. Our members are dedicated, passionate, and creative, and we have a strong sense of camaraderie and shared purpose. I'm proud to be part of this community!

6. How do you envision your year as President - Elect of Entebbe Base?

As President- Elect, I envision a year of growth, innovation, and impact. I aim to build on our club's strengths, foster new partnerships, and empower our members to take on leadership roles. I'm excited to work together to make a meaningful difference in our community and beyond.

7. You recently graduated from the Rotary Leadership Institute. Share some key takeaways from that experience?

The Rotary Leadership Institute was a transformative experience that equipped me with new skills, knowledge, and perspectives. Key takeaways include the importance of adaptive leadership, effective communication, and strategic planning. I'm excited to apply these insights to my Rotary journey and beyond.

8. Where do you see yourself in the next 5 years as a Rotarian?*

In the next 5 years, I see myself taking on increasingly leadership roles within Rotary, both at the club and district levels. I aim to continue growing as a leader, mentor, and change-maker, and to contribute to Rotary's global mission in meaningful ways. I'm excited for the opportunities and challenges that lie ahead!



Rotary
Club Of Mukono



Invites you to
**DISTRICT
GOVERNOR'S
VISIT**



DG. ANNE NKUTU

7:00PM
21ST AUGUST, 2024

VENUE: Colline Hotel, Mukono

BUDDY GROUP: THE LILLIES



@rcmukono

SATURDAY
31
AUGUST

Rotary
Kampala Metropolitan



**METRO
OLDIES**

TUGENDE
MUKIKIRI STARTS | 5:00 PM

EARLY BIRD TICKETS **50K**

LAZO BAR & RESTAURANT

OLDIES WITH A TOUCH OF NEON



706699



4371063

All Proceeds go to Butooro Health Centre
And Martin Nkoyoyo Primary School



MONDAYS
7:00PM
STAR GARDENS