



# THE DOWNTOWNER

*" My community, My Service."*

5th Aug 2024

Volume 2, Issue 6



Rotary club of Mukono Central brings smiles to Kikandwa village community

## EDITOR'S NOTE

Dear reader, as we start this new week, I am reminded about the importance of letting go and allowing God to work in every aspect of our lives. This became a reality as I dropped off my child at the university. It was distressing for me to imagine her out of my reach.

I was anxious about how she will survive in a world full of so many uncertainties. Truth is, I haven't yet accepted the fact that she is now starting a new phase of life where there are so many questions and no definite answers. I am sure we are all conversant of being in

### Points of Interest

- ◆ Magic moments
- ◆ Zone 8's Leadership Insights
- ◆ District Governor's August Message
- ◆ Simple Safety Tips in Homes
- ◆ Health and fitness
- ◆ Inspirations
- ◆ DG's Visit moments
- ◆ Family/August Babies
- ◆ Service Projects
- ◆ Angie's Thoughts
- ◆ Boy Child Chronicles

such situations one way or another. My hope is we never tire of trusting God in all facets of our lives. May we find peace in the things we cannot change.

**Wishing you a blessed week ahead.**

**Catherine Namoma**



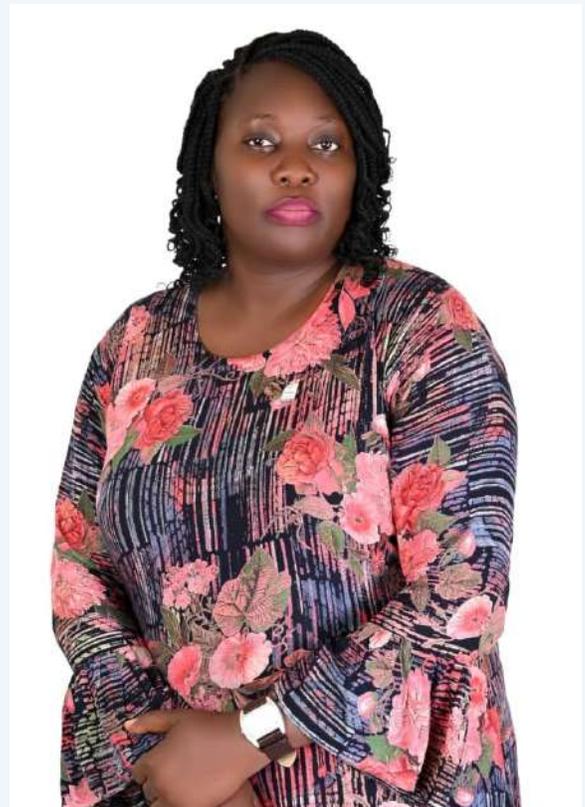
# PRESIDENTIAL MAGIC MOMENTS

Dear Rotarians and friends thanks so much for your contributions towards the Kikandwa project am so humbled. Last Monday was special to RCMC as we had the DG launch our Kikandwa project and later hosted her at our club for fellowship. A thank you note to CMP Robert who helped me with all the reports, HCP Moses, PP Lwasa and AP Stella, Club advisors, the Magic board, club members and of course my AG Cynthia for all the support, encouragement and advise.

One afternoon was actually out for lunch with PP Jonathan and he suggested we do a simple WASH project then he suggested small tanks to different families but was still PE then so didn't give it much thought. A week before my installation was coming from Kayunga for burial with my personal person we saw children of about 3-4years carrying water from a well they wanted to cross the road so we stopped helped them cross the road as we carried their jerricans, they told us their grandmother was disabled and so old this scene never left my mind as a mother I imagined my daughter Pinky struggling with a water jerrican and trying to cross the road so we drove ahead stopped and asked a random person the name of the village and where the area chairperson resided we drove to her home told her my concerns and to her it was business as usual, it was the order of the day she took around to two different home-steads was in tears at this point. When I came back and sold the idea to the Magic board and am so humbled that they bought the idea and imme-

diately the projects team went down to do a needs assessment and because of what they also found they went back to clean up and dig around for one disabled Wasswa who was leaving in a very sorry state. We decided to do the little we could to save by providing tanks to 50 home steads and during the launch we gave tanks to 12 families varying from 500-2000liters.

Ladies and gentlemen, I believe we could make a difference to the remaining 38 families please every little counts please come through together we can achieve this goal. Counting on your continued support.



**President Carolyn Male**

## LEADERS OF ZONE 8'S NEWMEMBERSHIP TEAMS SHARE THEIR INSIGHTS

**By Etelka Lehoczky**

Innovation is a guiding force in Australia, New Zealand, and the South Pacific, where energetic Rotary members are starting dozens of new clubs and reviving struggling ones. The leaders of four new membership teams have started 27 new clubs since July 2020. Their goal is to start 15 more, and rejuvenate 100, every year. To find out how they're doing this, keep reading.

**Start new clubs to attract new members**

**Andy Rajapakse**

**Rotary Club of Burleigh Heads, Queensland, Australia**

**Membership director for Zone 8's Regional Council**

"Forming a new club is easier than reinventing an existing club. New members find the new clubs to be flexible, accommodating, and rich with leadership opportunities. In an existing club, a new member will find it hard to become the president or secretary. But in a new club, you can get a leadership opportunity right away. In the new clubs we've started, 58% of the people who joined were female and 28% were under the age of 40."

**What's a companion club?**

A companion club is a term that's sometimes used for a satellite club that has no intention of becoming a standalone club. Rotary and Rotaract satellite clubs have their own meetings, projects, bylaws, and boards, managed in collaboration with their sponsor-clubs.

A satellite club sometimes becomes its own standalone club after the club grows, but companion clubs remain affiliated with their sponsor clubs.

**Launch a satellite**

**Michael Buckeridge**

**Rotary Club of Mackay, Queensland, Australia**

**Captain of Zone 8's New Club Start-Up Team**

"Our club went from 31 to 51 members by starting a satellite club. Our original club and our satellite club meet at different times and do different things. The satellite club has come up with a meeting structure and decided what projects they want to do, and they organize everything through videoconferencing. ... One member of the original club serves as a mentor and goes to their meetings. The satellite members help at our events and remain full, voting members of our club."



## **Big box' stores bring big opportunities**

Rajapakse:

“To find good places to start clubs, I look for suburbs where a big store just opened. We have a big hardware store chain in Australia called Bunnings. They do socioeconomic surveys to see where new developments are being built and new families are coming in. When they open a big warehouse, that’s an opportunity for us. If there is no Rotary club in that area, we know we can start one.”

**Remember that it’s a matter of time**

***Mark Huddleston***

**Rotary Club of Seaford, South Australia, Australia**

**Captain of Zone 8’s Club and Cultural Transformation Team**

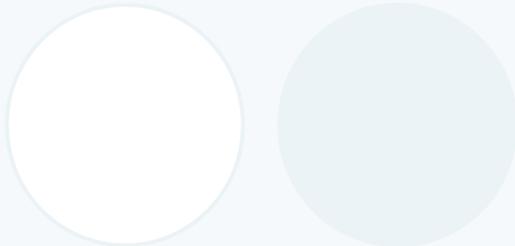
“If you’ve got a young family or you’re in business for yourself, you’re not going to have a lot of spare time. People are interested in getting out in their communities, rolling up their sleeves, and getting their hands dirty. They’re not interested in spending their time in meetings every week. Clubs are allowed to meet every two weeks if they choose to. A lot of clubs have taken that up. Most of the new clubs that have started in our zone have the minimum number of meetings: Two times per month.”

## **Focus on service**

Huddleston:

“There was a time when we used meeting attendance to measure the value of a Rotarian. We’re slowly recognizing that member engagement is a more important measure of success. Instead of having meetings at the center of the Rotary universe, we should have service at the center of the Rotary universe. Everything, including meetings, should revolve around that.”

“My own club has two meetings a month. One is on a Thursday night. The other, on a Sunday afternoon, is often combined with a service project. We do the project, and then we tack on a very informal meeting at the end of it. So, there are very different ways of doing the whole meeting thing.”



## District Governor's Message August, 2024

A few days ago, I received a call from my TV service provider. My subscription had lapsed by a week, and the representative was checking in to see if everything was alright and whether I was still satisfied with the service. He also took the opportunity to inform me about channels airing the Olympics and some upcoming programs he thought I might find interesting. Although I rarely watch TV these days due to my busy schedule, I renewed my subscription almost immediately because of the courteous customer service. This interaction, however, got me thinking...

In July, I visited 25 Rotary clubs and even welcomed a new member to the family - the Rotary Club of Adjumani. During this time, I also visited several club projects, focusing on basic education and literacy, disease prevention and treatment, economic empowerment, WASH, and the environment. My carbon credits have increased significantly, as I've planted a tree at every opportunity. I have a deep love for trees, so the more, the merrier.

But beyond that, a recurring theme in these visits has been member engagement. I've heard from various clubs about challenges like low participation levels, attendance issues, late payment of dues, and eventual terminations. While these are valid concerns, I believe they are symptoms of a larger underlying issue that we must address. In an ever-evolving world, Rotary clubs face the ongoing challenge of staying relevant and appealing to both current and prospective members.

Managing membership in today's Rotary clubs requires a fresh perspective and a proactive approach. Modern Rotary members are diverse, ranging from young professionals seeking networking opportunities to seasoned leaders with a passion for community service. Their expectations and lifestyles differ significantly from those of previous generations, and clubs must not only recognize and respond to these changes but also anticipate and lead them.

In today's fast-paced world, people are more selective about where they invest their time and money, and ensuring that members continuously see value in their involvement is key to retention. I would therefore like

to encourage all Rotary clubs in our district to adopt a business-like approach to membership growth and development. Start by "knowing your members" and offering a variety of engagement opportunities that cater to different interests and schedules. This might include project involvement, committee participation, or leadership roles that align with members' strengths and passions.

Rotary clubs must continually communicate and deliver Rotary's value proposition in terms of community service, networking opportunities, and personal and professional development to attract and retain members. This also includes leading new and existing members to opportunities outside the club, such as Rotary Fellowships and Action Groups.

Effective club management and highlighting the impact of our projects are also critical. Prospective members are often drawn to organizations where they can see tangible results and strong leadership.

Staying ahead of the curve in Rotary membership growth and engagement requires a proactive and innovative approach. By embracing technology, fostering an inclusive culture, and continuously evolving to meet the needs of modern members, Rotary clubs can remain appealing and vibrant. Focusing on flexible participation options, clear value propositions, and impactful projects will attract new members and keep existing ones engaged. Ultimately, the key to success lies in understanding and anticipating the changing landscape, ensuring that Rotary continues to thrive as a dynamic and impactful organization.



DG ANNE NKUTU

## SIMPLE SAFETY TIPS IN HOMES

Homes should be sanctuaries, places of comfort and safety. Yet, accidents can happen anywhere, including in homes. Let's make home safety a priority.

**Fire Prevention:** A leading cause of home accidents, fire can be devastating. Keep flammable materials away from heat sources. If you can, ensure your home has a working fire extinguisher. Practice a fire escape plan with your family.

**Electrical Safety:** Inspect the appliances regularly. teach children to respect electricity and never tamper with outlets.

**Kitchen Safety:** The kitchen is a potential hazard zone. Never leave cooking of anything unattended. Keep knives and other sharp objects out of reach of children and strangers.

**Bathroom Safety:** Prevent slips and falls with non-slip mats. Install grab bars for added stability and rough bathroom floor tiles.

**Child Safety:** Keep cleaning products, medications and other harmful substances out of reach. Always supervise children near water.

**Emergency Preparedness:** Assemble a first-aid kit and learn how to use it. Develop a communication plan for your family and have numbers of the area Police, Ambulance service and area leaders.

By taking simple precautions, we can significantly reduce the risk of accidents in our homes. Let's all make home safety a community effort.



*Rtn SCP Kafeero Moses Kabugo*

# HEALTH

## THE EIGHT GLASSES RULE

### THE HISTORY

The recommendation to consume large amounts of water is traced back to 'hydropathists' of the 19<sup>th</sup> Century who believed that water had a power to cure any disease. They were also convinced that water brings 'bad' stuff out of the body.



The concept of needing to consume large volumes of water for health was further supported by health institutions all over the world even though substantial evidence to support it was lacking.

However, the 'eight glasses' movement was driven by the vested interests of water bottle industries of the time.

Research shows that Saharan nomads drink so little water even though they live in one of the hottest regions of the world. So, given that even in a harsh environment, the consumption of water can be minimal, why do we insist on drinking such large volumes of water every day?



**Rtn Nannozi B Kasirye**

# FITNESS

Let's cultivate a love for healthy habits in our children, and lead by example! By making nutritious food choices and engage in regular physical activity, we not only improve our own well-being but also inspire



our kids to do the same. Remember, a balanced diet of whole foods and plenty of fruits and veggies is essential for growing strong bodies and minds, while limiting sugary snacks and drinks helps prevent unhealthy habits from taking root. Let's nourish our families and raise a generation of happy, healthy, and energetic kids who will thrive for years to come



Coach Alloy

## Woman to Woman

How do you balance Work and Family life..

Both Work and Family life were ordained by God; thus both aspects have to be respected.

1. Establish boundaries by setting clear office times and Family life time
2. Balance the respect you accord to your boss and that for your spouse. (You get out of home as a wife thus return as a wife not a boss)
3. Communicate your needs clearly and do not compromise your integrity

4. Communication channel should be always complete

5. Value your Personal life



*Rotarian Esther Nakafu*

## Inspiration for Leaders

### The Law of Responsibility

1. **Own Your Growth:** Recognize that you are the primary driver of your personal development. No one else can be responsible for your growth; it's up to you to take charge and steer your own journey.
2. **Embrace Accountability:** Leaders who take responsibility for their actions and outcomes are more likely to grow. Accepting accountability for both successes and failures is a crucial part of learning and improving.
3. **Be Proactive:** Instead of waiting for external circumstances to change, take pro

active steps to address challenges and seize opportunities. Your response to situations shapes your growth more than the situations themselves.

4. **Lead by Example:** Show others the way by taking responsibility for your own growth. When you lead with integrity and accountability, you inspire others to do the same.



*Noeline Kirabo*

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SPREAD  
**MAGIC**  
IN EVERY  
**STEP**



**ROTARY  
CANCER  
RUN 2024**

**SUN 25  
AUGUST**

**KOLOLO AIR STRIP**

**TIME: 6AM**



Registration Fees

**30,000/=**  
comes with a vest

ALL PROCEEDS GO TO  
COMPLETING THE BUNKERS  
AT NSAMBYA HOSPITAL



MAVD McCANN



# Monday Meeting at Rotary Club of Mukono Central

We hosted the district governor.

Rotary Clubs in attendance

Seeta, Mukono, Bweyogerere- Namboole, Kampala life stars, Gayaza, Bweyogerere central, Kitukutwe, Najjera, Kampla-Naalya, Lugazi Central, Kasubi, Ntinda, Masindi, Kasubi, Kampala Impala, Kampala-Kyambogo, Nagalama

Rotaract clubs in attendance Mukono, Mukono Central, Buganda Royal, UCU Mukono, Kampala the Core



## Highlights

- ◆ President was applauded for the Kikandwa project because Rotary is about creating impact.
- ◆ Governor appreciated the club members for clearing the district dues. She emphasized that being a member is about making sure you pay your dues, give to the foundation and actively participate.
- ◆ The Club was encouraged to apply for a global grant to create greater impact.
- ◆ The Club should not introduce new projects but concentrate on continuity of the projects that were started in the previous year.



# Pictorial moments during the meeting

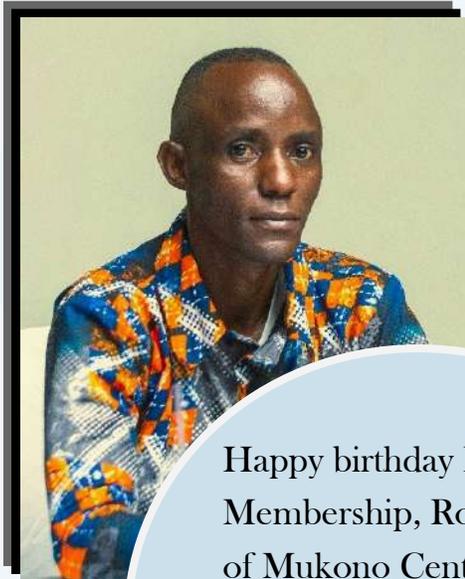


# FAMILY

## August Babies



Happy birthday to the amazing Public relations director, Rotary club of Mukono, Lucky Atwiine. Your wisdom and vigor is unmatched.



Happy birthday Director Membership, Rotary club of Mukono Central, Rotarian Vicent Sekilime. Your calmness and free spirit makes our club a safe space to belong.



Happy birthday, Rotarian Nasur Wannanda, Club Admin Rotary club of Mukono. The man with the vibe. Your energy is infectious.

## SERVICIE PROJECTS : CREATING IMPACT

Rotary clubs of Mukono Central launched the water project in Kikandwa, Mukono donating 11 tanks to 11 elderly and vulnerable members of the community. The project was launched by the district governor Anne Nkutu escorted by Assistant governor

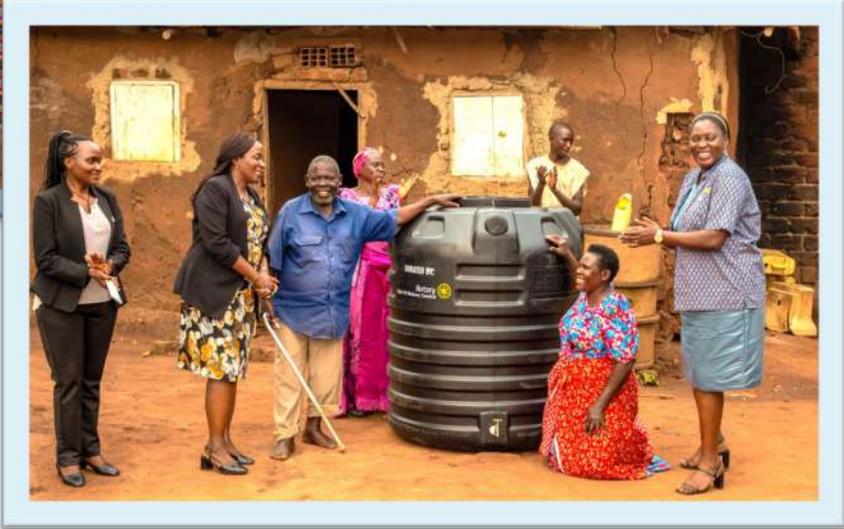
Cynthia Assimwe. The target is to donate 50 tanks fully functional to 50 vulnerable families. The area leader acknowledged the impact by the club in considering the vulnerable in her community. It was discovered that the area has quite a few boreholes that are no longer functional. Most of these elderly live alone and cannot brave the distance to the well due to their physical illnesses. The excitement in the community was unmatched.

We appreciate all our friends and family who made this day colorful and to those who have contributed towards this cause. Your generosity is greatly appreciated.

### Why Kikandwa?

President Carolyn Male witnessed little kids walking with heavy cans of water one day as she travelled from the burial. She interacted with the children and learnt that the kids lived with elderly grandparents who couldn't trek the long miles to the well. She was concerned and sent her team to follow-up with the community leaders hence the decision to donate tanks for rain harvesting to lighten the burden on both the children and the elders.

District governor Anne Nkutu to Kikandwa launches the water and sanitation project  
Picotrial





## Special Message—Angie's Thoughts

In the heart of the vibrant city of Kampala, Uganda, a young boy named Kato sat quietly on a worn-out wooden stool as his mother gently ran a comb through his thick, curly hair. In a generation where all focus seemed to be on the girl child, Kato's mother, Namazzi, made it her mission to groom her son to become a man of honor, strength, and compassion in a world that often overlooked the importance of nurturing young boys.

As the comb glided through Kato's hair, Namazzi's thoughts drifted back to her own childhood, where she had witnessed firsthand the struggles faced by young boys in a society that placed a higher value on girls. She was determined to break the cycle and raise her son to be a beacon of hope and resilience in a world that sometimes seemed harsh and unforgiving.

With each stroke of the comb, Namazzi instilled in Kato the values of respect, kindness, and integrity. She shared stories of his ancestors, of courage and bravery in the face of adversity, reminding him of the strength that lay within his bloodline. She taught him the importance of humility and gratitude, urging him to always remember where he came from and the sacrifices that had been made for him to have the opportunities he now possessed.

As Kato watched his reflection in the small, cracked mirror before him, he saw not just his physical appearance, but the potential for greatness that his mother believed he held within him. He felt a surge of pride and determination, knowing that he had a purpose to fulfill, a legacy to uphold.

Outside their humble home, the world continued to turn, often indifferent to the struggles of young boys like Kato. But within those walls, a transformation was taking place – a boy was being groomed into a man, not just in body, but in mind and spirit. Namazzi instilled in Kato the importance of education and hard work, encouraging him to dream big and reach for the stars, despite the obstacles that lay in his path.

.....dear reader, this is just how much your WORDS can shape the future of that boy in your care, seeing potential in them, tasking them to execute tasks with love and commitment from the simplest of chores to the most complex tasks, you are grooming a future husband, father and hero.

But as Kato ventured out into the world beyond the familiar streets of Kampala, he encountered new obstacles and temptations that tested his resolve. He faced peer pressure, societal expectations, and the lure of easy paths that promised quick but empty rewards. In those moments of doubt and uncertainty, he would think back to his mother's words, her unwavering faith in him, and find the strength to stay true to himself.

For Namazzi, grooming her son was not just about teaching him how to look presentable or act with manners – it was about preparing him to face a world that often seemed intent on breaking him down. She knew that the road ahead would be fraught with challenges and hardships, but she also knew that Kato possessed the resilience and inner strength to overcome them.

Years passed, and Kato grew into a man of honor and integrity, a beacon of hope in a society that sometimes seemed lost and adrift. He stood tall, his head held high, a symbol of the values that his mother had instilled in him - values that transcended gender, culture, and tradition.

In the bustling city of Kampala, Uganda, amidst the echoes of daily life, a simple act of a mother combing her son's hair sparked a journey of transformation and empowerment. Through Namazzi's unwavering love, guidance, and belief in her son Kato, a young boy grew into a man of honor, resilience, and compassion. She kept speaking life into her son's life, believing in him, exchanging views and opening up a window of open communication.

As Kato's story reminds us, the nurturing and support of young boys are just as crucial as that of girls. In a world where inequality and discrimination persist, let us all embrace the wisdom of Namazzi and be champions of hope for every child, regardless of gender. Let us sow the seeds of opportunity, guiding the next generation towards a future filled with promise and potential.

May Kato's journey inspire us to be beacons of light and agents of change in our communities, fostering a world where every child is empowered to dream, thrive, and make a lasting impact. And may we all, like Namazzi, leave a legacy of love, guidance, and empowerment that transcends generations, shaping a brighter future for us all.

**Rotarian Angela Merice Nanyonga Kakooza**



# Boy Child Chronicles

## Letters to My Son

### Don't disqualify yourself

Dear son, I would love to say that everyone you meet will judge you justly but I would be lying. I am testament that you will be judged by your appearance, actions or lack of. You will be misconceived and misunderstood.

This judgment can easily make you disqualify yourself. You will have every reason to withdraw, not engage, want to give up and disappear. Understandable as this would be, I want to refer to a story in the bible in Exodus 3: Moses was chosen to lead the children of Israel from bondage. This was a man on the run; wanted for murder. He couldn't speak. And when he was chosen, he gave every reason why he was the wrong man to carry out this great task but God made only one promise that He would be with him. It was risky for him to go back to Egypt but he trusted God's promise.

Yes, you have made mistakes, hurt some, and disappointed others. You are not a great speaker, nor are you wealthy. You might not be the most good looking nor strongest. Sometimes you are impatient, rude and selfish. But God in his wisdom has chosen you to impact nations. Every day you have an opportunity to change

someone's story for the better. You have an open cheque to be a blessing to communities around you in big and small ways.

So, I encourage you not to disqualify yourself. You are the right person to bring transformations to your community; the right man to be a great friend, husband, partner, leader, entrepreneur, investor and whatever you put your mind to will come to fruition.

Son, it's not your job to deal with people's perceptions of you. It's your job to keep the eye on the ball. Focus and qualify yourself because you are assured of greatness. Stay positive, expectant, and determined. Live unapologetically, love passionately, give generously, allow your heart to believe and trust a little more in higher power. .

**Rotarian Catherine Namoma**







**MONDAYS**  
**7:00PM**  
**STAR GARDENS**