

Naalya Food Bulletin

18th March 2025

Rotary
Kampala - Naalya



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EDITOR'S NOTE



Dear Friends,

I hope you take time to reflect and appreciate the theme for this month - **Water and Sanitation**.

Clean water and sanitation are basic human needs, but millions of people throughout the world including in our own communities do not have access to resources to meet these basic needs.

During this month let's commit to creating healthier communities. Also, with pride we congratulate **Rtn Barbra Ninsiima** who recently graduated from the Rotary Leadership Institute (RLI), thank you for taking the time to expand your knowledge and understanding of Rotary!

Please join us this Tuesday for fellowship at Ndere Cultural Centre, 7pm

Thanks for always reading and sharing the Naalya Food Bulletin.

Keno Lillian - Bulletin Officer

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President's Message

RTN SYLVIA JAGWE OWACHI
Club President 2024-2025



Dear Rotarians and Friends,

In our meeting last week, Magical President Rtn Frank Neil Yiga took us thru a very interesting topic of the different personality types ranging from the Eagles who are confident and ambitious, to the Owls Wise and thoughtful, the doves peaceful and gentle and the Peacocks showy and charismatic.

In Rotary we value diversity and the contributions of all people. Rotary currently unites 1.4M people worldwide united in service. Rotarians can experience Rotary through the weekly meetings at your club and also visiting other clubs and attending their events. One of the rotary norms we recite at our meetings is the Object of Rotary;

The Object of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster:

- **FIRST:** The development of

acquaintance as an opportunity for service;

- **SECOND:** High ethical standards in business and professions; the recognition of the worthiness of all useful occupations; and the dignifying of each Rotarian's occupation as an opportunity to serve society;

- **THIRD:** The application of the ideal of service in each Rotarian's personal, business, and community life;

- **FOURTH:** The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service.

Becoming a Rotary member connects you with a diverse group of people. Rotarians can also experience Rotary through Rotary Fellowships. Rotary fellowships are

“

Rotary brings together all vocations and one gets to learn from diverse fields. This week we will be listening to our President Elect...”

and fosters a sense of inclusion and belonging.

In Rotary March is the WASH month and in this month we reflect on the importance of Water Sanitation and Hygiene. Rotary brings together all vocations and one gets to learn from diverse fields. This week we will be listening to our President elect Rtn Charles Owekmeno on why WASH should be every one's business. You are welcome to join us.

Be Blessed!!



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Kiira Motors Seals Deal as Mobility Partner for the Historic Jinja Discon.



BY RTN SYLVIA NANKYA

Kiira Motors Corporation has come on board as a mobility partner for the upcoming 100th District Conference and (DISCON 100) due to take place in Jinja next month.

The conference which will run from April 9-12, 2025, has attracted close to 1200 participants, among them Rotarians, Rotaractors and community champions, from across the world. Through the partnership, Kiira Motors will provide eco-friendly transport solutions for conference delegates, reinforcing its commitment to sustainable mobility and innovation in Uganda. Delegates will be picked and

dropped at no cost from all Discon gazetted hotels across Jinja.

The deal was sealed during a meeting held at the Kiira Motors plant in Mutai on Wednesday. The meeting was attended by D9213 District Officials led by District Governor Anne Nkutu, Discon Chair Henry Rugamba and key officials from Kiira Motors Corporation.

Jerome Ayazika, the Head of Marketing and Sales at Kiira Motors, emphasized the significance of green mobility in supporting large-scale events and added that by partnering with Rotary for DISCON 100, they were demonstrating that Uganda is ready for a future driven by clean energy and innovation.

"At Kiira Motors, we believe in homegrown, sustainable transport solutions that not only enhance mobility but also reduce our carbon footprint." He said.

Ayazika added that DISCON 100 presents a unique opportunity to showcase the future of Uganda's clean mobility sector and the power of collaboration.

"This partnership is more than just transport support—it is a chance to engage with key decision-makers and communities about the benefits of electric mobility. We want people

to see firsthand that Uganda has the capability to lead in sustainable transportation, and DISCON 100 is the perfect stage for this conversation," he noted.

He added that celebrating the 100th discon implies that Rotary had a clear vision, focus and leadership to which they equally tap to fulfill a mission of being a source

of mobility solutions across Africa and beyond.

District Governor Anne Nkutu hailed the partnership as a milestone, highlighting that Kiira Motors' support will ensure the efficient

“
...by working with Kiira Motors, we are integrating innovation and sustainability into our activities, ensuring that our gathering leaves a positive mark...”
- DG Anne Nkutu



movement of delegates while promoting environmentally conscious transport solutions.

"DISCON 100 is not just a conference; it is a platform for impact. By working with Kiira Motors, we are integrating innovation and sustainability into our activities, ensuring that our gathering leaves a positive

mark on both the Rotary community and the nation," she stated.

She added that while most people have heard about the EV, for many, this will be the very first time to use it and yet another example of how the green agenda can be implemented.

As a state-owned enterprise, Kiira Motors is at the forefront of Uganda's green mobility revolution, specializing in the production of electric and solar-powered vehicles.

The company's flagship innovation, the Kayoola EVS electric bus, has already been deployed for urban transportation, offering sustainable, cost-effective, and efficient solutions for public transit.

As Rotary District 9213 marks 100 years of impact, the conference will feature networking sessions, leadership training, and reflections on humanitarian projects in health, education, and economic empowerment. The event will also underscore the role of strategic partnerships in addressing global and local challenges.





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Plot 15, Upper Naguru
East Road, Naguru
P.O. Box 12130, Kampala, UG
admin@atacama.co.ug
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Appreciating safe water and better sanitation in human life

BY IPP GODFREY OKELLO
OMODING
Club Training Facilitator

There are things in life one can take for granted especially if you find them working well. When growing up, there was well organised administrative system in my village and in the sub-county (*Gombolola*).

This system was managed by chiefs and staff, none of them had a degree qualification. For water, sanitation and hygiene, the one in-charge (an Assistant Health Inspector) was a certificate holder from Mbale School of Hygiene. He was popularly known as *nowo aila* (the hygienic one), not by his name, Sabali.

This gentleman exhibited hygiene in action. For example, he always wore brilliant white garments and rode on a sparkling clean white bicycle. Everything of him bore hygiene including his home. He was a moving



“
One of the keys
to reducing
childhood illness
and death is to
stop using open
fields or the bush
as toilets.”

for hygiene related offences and appear before the sub-county chief. If this happened, one's unworthiness of the headship diminishes

example. He taught communities hygiene, and enforced it. Households that didn't practice what was taught, their head of the households were apprehended. No head of household wanted to be apprehended

before the community. As a result, the benefits of adhering to hygienic practices in the communities were glaring. Hygiene relatedly diseases were rare.

In this month of March, the works of this great gentleman on sanitation freshly come to my mind. It is against this that I share with you about appreciating what having safe water and better sanitation translates into in human life. From the start, water and sanitation are essential for life and health. They, too, are essential for human dignity, empowerment and prosperity. Water and sanitation are human rights; fundamental to every person, young or old. With these basic facts at hand, there must be deliberate efforts to ensure that unequal access to safe drinking water and poor sanitation and hygiene are addressed. Thousands are falling sick or at risk of dying because of unsafe water and poor sanitation and hygiene.

Reflect on these, in Uganda, diarrhoea is reported as one of the



major childhood killer diseases, killing 33 children every day. The cause, in most cases, is children drinking unsafe water or coming into contact with contaminated hands of theirs or parents or caregivers that have not been washed with soap. Also noted is that early childhood diarrhoea contributes to high levels of stunting. This in turn affects children's cognitive development and performance at school. In schools, lack of proper sanitation facilities also causes high absenteeism and dropouts, especially for girls.

The problem of diarrhoea is an acute one in Africa as highlighted by the African Development Bank Water Sector Activities and Initiatives Report of 2019. The report reveals that in 2017, about 59 million children in Africa were stunted. And about 14 million children suffered from wasting, an indication of acute malnutrition. Around 50% of the cases were associated with inadequate water, sanitation and hygiene (WASH). Imagine!

The poor people carry the greatest burden of poor sanitation.

The poorest 20 percent of the population is 13.5 times more likely to defecate in the open than the wealthiest 20 percent. One of the keys to reducing childhood illness and death is to stop using open fields or the bush as toilets. This open defecating is about 1% in Kampala city. In Uganda, nearly a tenth of the population practices open defecation, and two thirds of households do not wash with soap.



Rotarians, the call to us this month is to move into action more than before in increasing access to safe water and better sanitation. We need to step higher in addressing hygienic behaviour- more focus is needed in this area. What is consider basic like hand washing with soap after defecating and before eating or preparing food need attention.

Our magic of service ought to be seen in WASH. Let us exhibit trends of Assistant Health Inspector. May you save someone's life today by doing something in WASH.

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Our dream for the future



BY RTN THEOPISTA
FOKUKORA

1. "The future belongs to those who believe in the beauty of their dreams."

— Eleanor Roosevelt:

To re-create your future, you first need to believe in the possibilities. Your dreams are the blueprint for your potential. By believing in them and having the courage to pursue them, you're setting the foundation for a bright future. It all starts with envisioning something bigger and better for yourself.

How to apply the phrases: Set Clear Goals; Adopt a Growth Mindset; Take Consistent Action; Embrace Change; Be Patient and Resilient"

2. "Your life does not get better by chance, it gets better by change." — Jim Rohn:

Recreating your future requires action. You can't wait for things to fall into place. You need to embrace change, no matter how uncomfortable. Whether it's altering your habits, stepping out of your comfort zone, or learning new skills, change is the catalyst for growth.

3. "The only limit to our realization of tomorrow is our doubts of today." — Franklin D. Roosevelt:

Doubt can be the biggest obstacle to recreating your future. To move forward, you must shed limiting beliefs and

replace them with confidence and self-assurance. The power to create your future lies within you—your mindset will either propel you or hold you back.

4. "Don't watch the clock; do what it does. Keep going." — Sam Levenson:

Recreating your future requires

persistence. Time waits for no one, and often, things don't happen immediately. But consistent, dedicated effort over time can lead to

powerful transformations. Stay focused and keep going even when results aren't visible right away.

5. "You are never too old to set another goal or to dream a new dream." — C.S. Lewis:

No matter your age or current circumstances, you always have the ability to reset and start fresh. Recreating your future is about tapping into the power of renewal and transformation, regardless of where you are now. It's never too late to begin again.

6. "The best way to predict your future is to create it." — Abraham Lincoln:

Rather than waiting for opportunities to come to you, take the reins of your own destiny. By setting clear goals, taking purposeful actions, and aligning your decisions with your values, you're actively shaping your future. You're the creator of your own path.

7. "Success is not final, failure is not fatal: It is the courage to continue that counts." — Winston Churchill:

Recreating your future is not a linear process. There will be setbacks and challenges. However, success is built on resilience and the willingness to keep going, no matter the obstacles. Your

ability to rise again after a failure is what truly shapes your future.

8. “In the middle of difficulty lies opportunity.”

— **Albert Einstein:**

Challenges often present the greatest opportunities for growth. When you face adversity, don't see it as a roadblock, but as an opportunity to learn, adapt, and evolve. Embrace struggles as stepping stones toward re-creating a future filled with resilience and strength.

9. “What you get by achieving your goals is not as important as what you become by achieving your goals.”

— **Zig Ziglar:** Recreating your future isn't just about the end result, but about the transformation you experience along the way. Focus on the person you will become through your efforts, challenges, and victories. The journey of self-growth is what ultimately redefines your future.

10. “The secret of getting ahead is getting started.”

— **Mark Twain:** Often, the hardest part of recreating your future is taking the first step. Procrastination can hold you back, but taking action—no matter how small—sets the momentum in motion. Don't wait for the “perfect” moment. The time to start is now.

11. “Act as if what you do makes a difference. It does.”

— **William James.** Every choice you make today shapes the future you're creating. Whether it's your career, your relationships, or personal growth, your actions matter. Commit to making intentional choices that align with the future you want, knowing that even the smallest actions lead to significant change.

12. “Life is what happens when you're busy making other plans.”

— **John Lennon:** Recreating your future involves flexibility. Sometimes life takes unexpected turns. Embrace the journey and adapt your plans as necessary. The key is

to stay focused on your long-term vision, but also be willing to pivot and evolve with new experiences and challenges.

How can I Apply These Phrases:

- **Set Clear Goals:** Visualize what you want your future to look like and break it down into achievable, incremental steps.
- **Adopt a Growth Mindset:** Cultivate the belief that challenges are opportunities to grow and learn, not setbacks.
- **Take Consistent Action:** Keep moving forward, even if it's one small step at a time.
- **Embrace Change:** Be willing to evolve and adapt as you work toward your vision.
- **Be Patient & Resilient:** Trust the process and know that your efforts will eventually pay off.





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PEs, PNs, AGEs,
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Club Learning Facilitators
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Region and Zone Leaders.
all Rotarians and Rotaractors Invited

DATE: Wed, 19 March 2025

TIME: 16:30-18:30 GMT

5:30pm NG, 6:30pm SA, 7:30pm KE, 8:30pm MU)

ZOOM ID: 873 1095 7125

PASSCODE: AFRICA

WITH:

RID Daniel Tanase,
Trustee Ijeoma Okoro
PDG Lee-Ann Shearing
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Wed, 19 Mar2025 | 4:30pm-6:30pm

GMT (5:30 NG, 6:30 SA, 7:30 KE, 8 MU)

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DG Anne Nkutu urges D9213 & D9214 Rotarians not to let artificial boundaries create divisions among them

BY RTN. ROBERT WALAKIRA



Governor Anne Nkutu of D9213 has urged Rotarians from Districts 9213 and 9214 not to let artificial boundaries create divisions among them. She made this statement during a courtesy visit to the Rotary Club of Mengo, a club she once served as an Assistant Governor in 2017, but which now falls under District 9214.

Anne's visit was a gesture of camaraderie and connection, reinforcing the spirit of unity within the different Rotary districts.

Draped in a traditional gomesi, Anne observed that while Rotary districts in the United States typically have around 1,500 Rotarians each, Uganda boasts over 5,000 in a single district. Given this growth, she noted that structural realignments, including the creation of more districts, are inevitable.

"In a few years, do not be surprised if RC Mengo finds itself in the same district as RC Kampala Naalya. It is only a matter of time, and in the meantime, we must not allow artificial boundaries to take root, we are one people," Anne stated emphatically.

Earlier, PAG Ivan Kalanzi had introduced Anne as an International Guest, a label she subtly challenged.

Accompanied by her Personal Assistant, Sylvia Nankya, Anne revealed that District 9213 is currently home to 130 clubs, of which she has already visited 125. With just five remaining,



she is set to charter ten new clubs before the end of her term.

Reflecting on the future, Anne remarked, "DGE Geoffrey Kitakule will need to visit all 140 clubs, which is no small task for any Governor."



Speaking on the advancement of women in Rotary, Anne highlighted that only 25% of the 1.2 million Rotarians worldwide are female. In Africa, women make up 37% of the membership, and in District 9213, 44% of Rotary volunteers are women.

Anne shared her experience from the District Governors Training in Orlando, USA, where only 100 of the 540 governors were women, a figure she deemed low.

She estimated that achieving gender parity could take up to another 25 years from now and stressed the need to accelerate these actions.

The Governor urged clubs to ramp up their efforts in attracting women and empowering them with leadership roles, especially considering that only two women have served as Rotary International

Presidents in the organization's 125 year history.

This year, RC Mengo celebrated 37 years of service, and the club's Charter Secretary, Peter Jjemba Kaggwa, was present at today's meeting. So was Past President Ssimbwa Bunya, who served as President in

“

Mengo's Magical President, Pafra Mulambuzi, gave a shout out to all the women in the club for their amazing contributions...”

2006 when the club proudly welcomed its first female member. PP Ssimbwa received a warm round of applause from everyone, including District TRF Chair Kate Barasa, Early Bird's Magical President Frank Neil, Nansana's President Elect Fred Mukasa, and Philip Katamba, who was present at the pinning ceremony of the club's first female member.

Mengo's Magical President, Pafra Mulambuzi, gave a shout out to all the women in the club for their amazing contributions, saying they are out here

“moving mountains.” The President mentioned that 32% of his club members are female.

During the Q&A session, PDG Mike Sebalu threw a question at Governor Anne, asking whether the notion that women are their own worst enemies holds any truth. In response, Anne dismissed it as a stereotype. “We are human beings, and like everyone else, we have our flaws, but I strongly disagree that we are our own problem,” she said.

Minutes after Mike's question, Rtn Ignituous Higiyo had the crowd in stitches when he reported to the Governor that, over the years, he has sponsored three women to join his club. However, he couldn't help but wonder why none of them has bothered to bring another woman into the fold.

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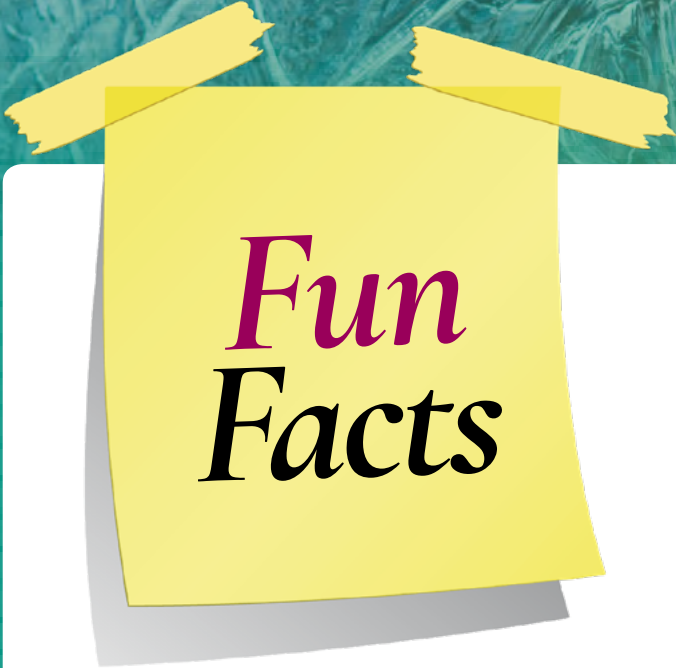
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Fun Facts

Did you know the true story of *"break the ice"*?

Many of us have heard the phrase *"break the ice"* a hundred times by now. We usually say it when a group of strangers tries to loosen up. But did you know people once used this phrase in a more literal sense?

History suggests it first referred to ships carving through frozen rivers or seas so they could trade goods with other towns. After the ice got broken, new exchanges could begin. In a social sense, it's that moment when someone cracks a friendly joke, telling everyone, *"Hey, we're all in this together."*

I recall a personal moment tied to this saying. When I started college, I went to an orientation packed with unfamiliar faces. The mood felt tense

at first. No one wanted to speak up. Then, a classmate told a silly story about losing her dorm key on day one. Everyone laughed, and suddenly we were chatting like old pals. That small anecdote broke the ice for our entire group, and genuine friendships bloomed from there.

Even though most of us already know the basic meaning of *"break the ice,"* exploring its deeper side reminds us how language shifts over time. English is full of these playful expressions. Have you ever heard of *"hit the sack,"* *"couch potato,"* or *"spill the beans"*? They all sprang from quirky moments in history or popular culture.

For instance, *"spill the beans"* goes back to an ancient Greek practice where people voted by placing beans in a jar. If someone knocked it over, the secret vote was revealed. Now it means letting hidden details slip.

The next time you find yourself in a stiff setting, remember that a little humor or a simple "hello" can break the ice. Who knows what friendships and stories might grow from that first warm greeting? As you keep learning new expressions, you'll find each one has a story of its own.

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- Saturday, 7:00 am – 4:00 pm

Kindly note the deadline for registration and payments is **February 28, 2025**. Sign up today to participate in the 100th House of Friendship. We look forward to seeing you in Jinja.

For more information and Clarification contact:

Rn Julie Kamuzze-Musoke

jkamuzze@gmail.com

0772586200

Rtr Innocent Kiiza

kiizainnocent@gmail.com

0752379230

#OutToLunch

High temperatures and what districts could learn from Buganda

BY RTN. DENIS JJUUKO



Kampala used to be known as the city of seven hills but that was long ago. As the city expanded, so were the hills. If you get a chance to stand at the top of some of these hills, you will see many more hills in now what is considered the greater Kampala metropolitan area.

Many people are increasingly settling onto these hills. It can be spectacular and probably a future source of tourism revenue for enterprising business people. All they need is a good high-rise structure on which telescopes could be mounted for people to see what Kampala has got to offer.

“
Outside
Kampala, forests
were cut down
for timber
and charcoal
and we didn't
think much of
replacing the
trees.”

The problem though is that some of these hills may end up embarrassing us. Take the example of a hill that you face when driving from Masaka to Kampala.

Around Maya, you will face the Nsangi hill, full of houses that explain our lack of proper planning. One house faces this side, another faces the other side. One is multi-floors and another is the size of a poor man's single room hut. But they all have one thing in common— a lack of trees.

At least the original seven hills that formed Kampala have lots of trees. The 'new' ones? Something needs to be done. They were all originally well treed. Then land entrepreneurs showed up with graders. Cut down the trees and subdivided the hills into plots measuring

50x100 feet in size or less. They heavily advertised them as “organised” housing estates.

Kampala's middle class rushed to acquire them and started competing on who puts up the ugliest structure. Some built houses almost the size of the entire plot leaving absolutely no space to plant a tree or even some grass. The hills have ended up of what one once called a concrete jungle!

Outside Kampala, forests were cut down for timber and charcoal and we didn't think much of replacing the trees. Certainly, we had never heard of sustainable logging.





Deplete everything and blame some faceless mafia. The trick works on the masses.

That perhaps explains the high temperatures we are experiencing in Kampala and across the country today. If you drive through the countryside where the significant majority of the population depends on rain-fed agriculture, a hunger crisis looms even though this is expected to be the dry season.

Although harsh weather events or even changes in the climate that affect Ugandans can't be entirely blamable on Ugandans, there is much that we can do ourselves. One of the easiest things to do is planting trees, many of which wouldn't require much effort to grow. Perhaps the tree should be one that offers benefits to people regularly such as fruit trees from which income could be derived.

The people at the helm of Buganda Kingdom understood this and initiated a tree planting

plan at every betrothment (kwanjula) and last funeral rites ceremonies and this could further be escalated by the district local governments.

At least in urban areas, everyone who builds a house is supposed to have an approved architectural plan. Urban planners should ensure that each plan presented for approval has trees as part of it. And before occupation permits are issued, there must be trees already planted.

When urban authorities visit rental properties to determine and/or collect property service tax, they should check whether the trees exist and if not, a penalty could be administered. The Uganda Revenue Authority could do the same when collecting rental income tax.

Where commercial building in the city can't have trees, they can commit to maintaining trees on the streets on which they are located or a nearby public park. Failure to do so, they would receive a penalty.

Real estate dealers who subdivide land into the so-called organised housing estates would be required to plant trees along the main roads within that estate as part of their license and this could be done well before the land is sold. No trees planted; no land titles issued. The land registry would have to work with the district local governments on this. Those who buy the land would be required not to temper with the trees. They can only maintain them. Enforceable penalties for those who fail to adhere to this.

Of course, for this to work, the districts and urban authorities would have to be intentional with supervision to ensure compliance. It should not be too difficult to enforce.

*The writer is a communication and visibility consultant.
Email: djjuuko@gmail.com*



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Family Matters



BY PASTOR RONNIE MUTEBI

Proverbs 22:6: Train up a child in the way he should go: and when he is old, he will not depart from it.

DISCIPLINE FROM HOME

Many families are facing the challenge of disciplining right from home, thinking school will take up the role.

The word for train up is *chanak* which means to initiate, dedicate and to discipline. It's

important to INITIATE meaning to come up with, DEDICATE which is phrased for commitment and DISCIPLINE which is a deliberate effort to guide or direct in the right way.

Let us lay emphasis on discipline as part of training up a child. Child psychologists carried out a study and discovered that the first five to seven years of a child's life are crucial for shaping their obedience and responsiveness to instruction.

This is the stage where children learn how to receive and obey commands. If a child does not learn obedience in these formative years, it becomes increasingly difficult to correct their behavior later.

I once observed a parent calling their three-year-old child multiple times, but the child

ignored them. Instead of addressing the disobedience, the parent

chased after them, turning it into a game.

No, your child must be taught to obey your voice. When you say 'come', the child should be trained to respond. When you tell them not to do something, they must know you mean it.

If the situation calls for the rod of correction, use it wisely. A parent must discipline with a clear mind, not out of blind anger.

"Don't fail to discipline your children. The rod of punishment won't kill them. Physical discipline may well save them from death."

Some children who were never disciplined became menaces to their parents in adulthood, insulting and even beating them up. This should never happen. Watch your watch as a parent.

Take Home: As a parent, it is your divine duty to discipline your children. Teach them to listen to you, honour the voice of God and to respect anybody older than them, including an older sibling.

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Why WASH should
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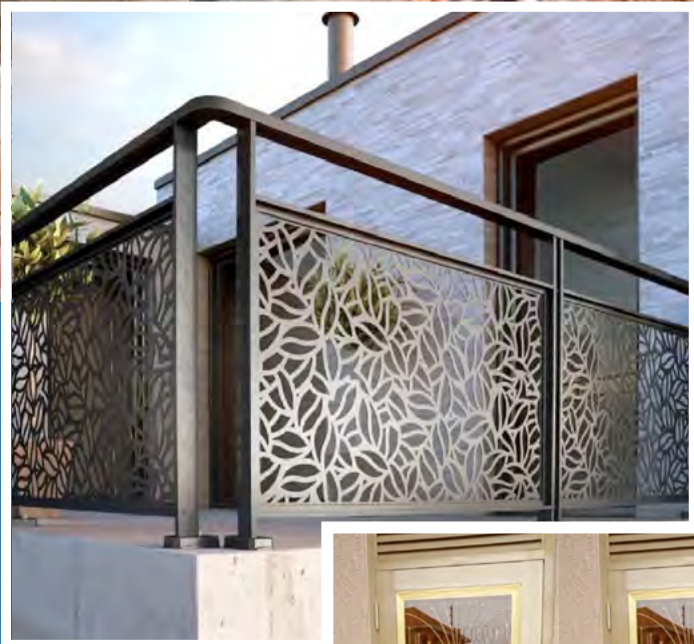
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