

Naalya Food Bulletin

13th May 2025

Rotary
Kampala - Naalya



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EDITOR'S NOTE



Dear friends,

This month we continue recognizing and celebrating the contributions of our young people

The youth are not just the future — they are the NOW. Let's empower their transition.

Join us this Tuesday for an insightful session with **CP Abass Bwanaheri** as he shares guidance on navigating the journey from Rotaract to Rotary, focusing on leadership, purpose, and impactful service.

Also, Mark your calendars for May 27th! The Rotary Club of Kampala-Naalya, Rotary Club of Naalya States, and Rotaract Club of Kampala-Naalya will hold a historic Joint Installation ceremony, celebrating unity and leadership. Entrance is free

Join Us!

Keno Lillian - Bulletin Officer

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Feedback

We'd love to hear from you about any of our stories this year 2025. Contact the Bulletin Officer: **+256 782 601 009** or Email **rcklanalyafoodbulletin@gmail.com** or **tap on the buttons** below



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District Governor's Message - May 2025

My Family of Rotary,

I would like to take this opportunity to warmly welcome you back from the 100th District Conference in Jinja! I hope you had a memorable and inspiring experience, and that we are all motivated to ensure that Rotary continues to thrive for the next 100 years. DRR Simeo and I are deeply grateful to the various DISCON sub-committees for their dedicated efforts, as well as to our partner and sponsor organizations, clubs, friends, and service providers for their invaluable support. Heartfelt thanks also to all participants and guests. Your active engagement and collective contributions made this conference a great success.

One of the highlights of District Conferences is the installation of a new District Governor (DG) and District Rotaract Representative (DRR). While relinquishing the chain can be a bitter sweet moment for those who have held these positions, it remains a beautiful tradition that has ensured Rotary's continuity and growth for the last 120 years. Our succession planning process nurtures new talent and maintains a steady pipeline of leaders. And I would therefore like to congratulate our incoming leaders: DGE Geoffrey Kitakule, DGN Gerald Obai, DGND Fabian Kasi, DRRE Abesage Nahabwe and DRRN



Rtn. Anne Nkutu
District Governor, D9213

“
Our succession planning process nurtures new talent and maintains a steady pipeline of leaders. And I would therefore like to congratulate our incoming leaders...”

Alex Muwanguzi. Through the troika model I have worked closely with most of you, and I have no doubt whatsoever that your dedication, vision, and commitment will drive District 9213 to greater heights.

Over the next eight weeks, we will witness more leadership transitions and the installation of new club leaders across the district. The sound of clicking glasses will be heard across the district as we toast to the success of new leaders and the future of our clubs. But as we make merry, I would like us to ponder a little more on organizational sustainability. And this being the “Youth Month” – I would like to focus on youth engagement.

We are fortunate as an organization to have a “Youth Arm” in the form of Rotaract and Interact. And there is an assumption that because

of their existence – Rotary's future is secure. However, the reality on the ground is less optimistic. Only a small fraction of Interactors transition to Rotaract, and an even smaller percentage of Rotaractors move on to Rotary. This ongoing attrition at both levels is concerning. And while I do not have all the answers – it is clear to me that there is a problem – one that requires our collective effort to address.

Year in, year out – new Interact and Rotaract clubs are sponsored by clubs. But while their intentions are good – many Rotary clubs do not stay the course. At the recent District Interact Assembly, I was shocked that many of our youngsters did not know their mother clubs. Their knowledge of the objectives of Rotary and even Interact was also somehow limited. Little wonder that we lose so many, so early.

As we celebrate Youth Month, I would like us to reflect on the current level of youth engagement—or the lack thereof. While we pride ourselves on a robust succession model, it is important to consider these questions: How are we actively involving the youth to ensure Rotary's continued success? How are we preparing the next generation for service, leadership, and a smooth transition into Rotary?

President's Message

RTN SYLVIA JAGWE OWACHI
Magical President 2024-2025



Dear Rotarians and Friends,

In the Rotary calendar the month of May is dedicated to Youth Services. In our meeting last week, we hosted Pastor Martin Sempa who has been very instrumental in pastoring youth.

His talk was centered around finding healing in family storms. In his usual vibrant manner, he talked about the various storms that families are experiencing such as death of loved ones, fatherlessness and absentee parenting leaving emotional and spiritual vacuums. He also talked about economic pressure and work family imbalance where parents are working too hard to make ends meet and forgetting to parent. He also delved into the contentious

LGBTQ indoctrination issues and how different powers are trying to normalize what is unnatural and undermining the family as designed by God. It is therefore important that the family manages to navigate through all these storms by upholding the morals rooted in Godly principles.



We are now coming to the end of this Rotary Calendar and most clubs are engaged in their annual retreats to reflect on what has been done so far and also plan for the next rotary year. .”

In Rotary one gets to learn something new from the different guest speakers we invite to our clubs or by visiting other clubs every week. In addition, Rotary gives you an opportunity to serve, endless leadership development, learning from different vocations, an opportunity to travel and experience different cities and cultures. It also gives one endless networking opportunities, friendships and fun.

We are now coming to the end of this Rotary Calendar and most clubs are engaged in their annual retreats to reflect on what has been done so far and also plan for the next rotary year. Rotary installations for the new leadership have started across all the 130 clubs an exciting time as new leadership takes on the mantle under the Unite For Good theme.

Youth in Rotary are the next generation of leaders. We have the Interact which caters for young people ages 12 - 18 then one is expected to transition to Rotaract which caters for adults ages 18-30 and finally into Rotary. This week we have invited CP Abass Bwanaheri and former Rotaractor who will be speaking about how to support Rotaractors transition into Rotary. You are welcome to join us and enjoy our bulletin.

Be Blessed.



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DG Anne Concludes *Official Visits* to Clubs Across District 9213



BY RTN SYLVIA NANKYA

District Governor Anne Nkutu has officially concluded her club visits, a journey that began on July 1, 2024, with her inaugural visit to the Rotary Club of Kampala South.

The final leg of this extensive tour culminated in a joint fellowship in the Teso region on Sunday, marking her presence in over 125 Rotary clubs spanning every corner of the country.

The closing fellowship brought together clubs from Soroti Central, Serere, Katakwi, and Abim, in a vibrant gathering that reflected Rotary's unity and regional diversity.

In accordance with Rotary International Bylaws, District Governors are mandated to visit each Rotary club in their district at least once a year. These visits are vital, aiming to:

- Focus attention on key Rotary initiatives and challenges
- Support struggling clubs with guidance and mentorship
- Motivate members to participate actively in service projects
- Recognize exceptional contributions by Rotarians.

“

The closing fellowship brought together clubs from Soroti Central, Serere, Katakwi, and Abim, in a vibrant gathering that reflected Rotary's unity and regional diversity.”

In her address to the Teso region clubs, Governor Anne urged them to explore innovative approaches to “make Rotary magical” and counter the declining membership in the area.

She applauded clubs like Ngora and Serere for leveraging online platforms such as Zoom to keep members engaged, including those in the diaspora.

“Rotarians must find value in their membership,” she emphasized, warning that without a clear value proposition, clubs risk continued attrition.

She also stressed the importance of strong governance structures and accountability in managing Rotary Foundation grants, underscoring the role of stewardship in sustaining trust and impact.

With the official visits complete, Governor Anne's focus now shifts to celebrating newly chartered clubs, which include:

- Rotary Club of Kampala Platinum
- Rotary Club of Kampala Uptown
- Rotary Club of Kyegegwa Pioneers, among others.

Governor Anne's term of office officially ends on June 30, 2025 and the district will then welcome DG Geoffrey Kitakule whose journey starts on July 1.

My Desired Youth Service



BY IPP GODFREY OKELLO OMODING
Club Training Facilitator

As we enter week two of this month of May, the Youth Service month, may be is good to pause a bit, and ask what is my desired youth service? Today, there are many youth programmes. To begin with, youth are now days categorized among the special groups with women, children and people with special needs.

Sometimes youth get categorized as marginalized

group. In all government programmes, right at their conception, there is a component/section written and titled special or marginalized groups. There, you get some lines written on the youth.

Why? Has society decided to unplug its youth from the mainstream or we unplugged it earlier now trying to plug it back? Where are we taking our youth? Is this what we desire or we have found ourselves in? May be there is a missing link.

The designing of the youth services gets structured in "silo style." Partitioning the outlook of youth into different areas. Probably this way, creating a complicated youth. And further distancing the youth from realizing herself or himself, leaving the youth every time thinking there is something still incomplete.

Today, in the formal settings, you get or read programmes such as youth empowerment, youth enlightenment, youth confident building, youth 'garages', youth self-reliance, youth... something, something.

“

The desired youth service must be home or society based and enriched, where characters building begins from.”

Typically partitioning the whole youth. This formalization of the youth is also in religious institutions with special programmes. Yet, this youth, at the family level is supposed to be whole.

Some of the urban families are increasingly accelerating partitioning of the youth. Increasingly leaving the youth vulnerable to many influences from different people and sources. This creates a number oftweets in the life of the youth. Some of the "gap fillers" now are the youth camps. This may be good but not a solution. It is rather a relief.

The desired youth service must be home or society

based and enriched, where characters building begins from. Unfortunately, living environment at homes and in society is fast drifting, shifting and changing. For instance, what would be allocated family time is becoming rare and getting encroached. Everything becoming normal not to gather. The old fireplace learning is gone, now being replicated in the organized youth camps. There is a drift of pattern to formalized youth service. Here comes a challenge, what formalized



“

Because you profit by giving your services, you are better positioned to comprehend youth service you desire to have.”

youth service can bring out the desired youth?

Rotarians, your rotary call on youth service is being echoed this month. Because you profit by giving your services, you are better positioned to comprehend youth service you desire to have. You can better fill gaps out of our shared vision and mission, being calibrated by our various skills and expertise. Our participation is in essence a collective way of bridging the attainment of the totality of youth character.

The desire of rotary today is to bring out the whole youth through youth service. Therefore, this month is the time to ask one key question, as a Rotarian; “am I implementing my desired youth service?” The former youth in you should be able to give you the answer. May that former youth in you be the magic to drive you to serve better in your youth service.



Rotary

Kampala-Naalya

S U P P O R T I N G
R O T A R A C T O R S T O

TRANSITION

CP Abass Bwanaheri
PODCASTER | STORYTELLER |
FORMER ROTARACTOR

TUESDAY MAY 13, 2025

NDERE CENTRE
7 P.M.



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 **Rotary Club of Kampala Naalya**

This May, we celebrate the power, passion, and potential of the **YOUTH!**

In honor of Rotary's Youth Service Month, Rotary Club of Kampala-Naalya brings you a high-energy fellowship themed: "SUPPORTING ROTARACTORS TO TRANSITION" featuring the exceptional **CP Abass Bwanaheri** — *Podcaster, Storyteller, and Former Rotaractor* who's walked the talk!

Date: Tuesday, May 13, 2025
Time: 7:00 P.M.
Venue: Ndere Centre

Rotaractors, Rotarians, and change-makers — this is your call to action! Discover how to smoothly navigate the journey from Rotaract to Rotary, while unlocking leadership, purpose, and impactful service.

The youth are not just the future — they are the

NOW. Let's empower their transition!

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#RotaryNaalya
#YouthServiceMonth
#RotaractToRotary
#TransitionTime
#PeopleOfAction

Last Week's Fellowship

Our Visitors last week:

RC Kampala South, RC Kiwenda, RC Kampala, RC Mgahinga Kisoro, RC Kasangati.



Guest Speaker Pastor Martin Ssempe receives a gift from Club President Sylvia Jaggwe Owachi.



Rotarian brings home mental health support

BY AMY FALLON

When Ugandan village elders meet with **Stuart Raymond Kasule** about supporting people with mental health struggles, they volunteer ideas to show more empathy.

They want to know, for example, how to open a conversation with a person who is suffering. "That shows you that the people are crying out to say, we need help, we need support," Kasule says. He travels from his adopted home of Australia to his Ugandan homeland about twice a year to share his training on mental well-being and suicide prevention, skills that are part of his job with a counseling firm in Canberra.

He started the campaign Hope for Life in 2023 to increase mental health awareness in Uganda, one of about two dozen countries where suicide is a crime. Kasule, a member of the Rotary E-Club of Brindabella, Australia, says cultural taboos prevent people from seeking mental health care.

Kasule works with Rotary members in Uganda and Australia to try to expand training for police, health teams, and Rotary members."

Kasule, 30, who grew up in the capital of Kampala, says pressures weighed on his mental well-being when he moved to Australia nearly a decade ago to study. He felt lonely in a new country trying to complete coursework, cover tuition, and support family in Uganda, leading to thoughts of suicide. A teacher who worked with international students provided support, reminding him that he would want to see his brother in Uganda again. "It

was a turning point in my life," he says.

He urges Ugandan leaders to make systemic changes and is heartened that Parliament is backing the African Summit on Suicide Prevention. Kasule works with Rotary members in Uganda and Australia to try to expand training for police, health teams, and Rotary members. He asks himself, "What can I do here in Australia to support my people in Uganda?"

This story originally appeared in the June 2025 issue of [Rotary magazine](#).

Ambassadorial Visit to RC Kiteezi's Installation



PE Charles Owekmeno and Rtn Barbra Ninsiima represented the Club at RC Kiteezi Installation of President Jimmy Driel Lumu on Friday 9th, May 2025



PE Charles Owekmeno also represented the Club at the Joint Installation of RCs Kitukutwe, Gayaza, Manyangwa, Nakwero and Kyanja metro on Saturday 10th May 2025



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2025



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Convention News

Howdy, fellow Rotary members and friends,

Can you believe it? We're **less than two months** away from the 2025 Rotary International Convention. As members of the Host Organization Committee, we are beyond thrilled to showcase the city of Calgary, the province of Alberta, and the country of Canada! The convention has been years in the making, and now we're counting down the days before we roll out the red carpet for YOU so you can experience **Magic All Around**.

Calgary will offer five unforgettable days filled with connection, inspiration, and the hospitality that Western Canada is known for. We're famous around here for our big blue skies, cowboy

charm, and welcoming spirit. Trust us, you'll feel that spirit the moment you arrive. Read more below about these three topics:

- **Stay informed** — Stay connected so you don't miss a thing.
- **Lookin' for fun?** — Signature events are selling FAST. If you haven't grabbed your tickets yet, giddy-up!
- **There's so much to see** — Explore everything from mountain peaks to prairie hospitality.

Head over to the Host Organization Committee's website at rotarycalgary2025.org to explore all the excitement. Take a tour of the site, dive into the amazing lineup of events, and don't forget to [order your white cowboy](#)

[hat](#). You'll need it for the **largest-ever White Hat Ceremony** (yes, it's as fun as it sounds!) at the Grandstand Spectacular.

Stay informed

First off, sign up today at rotarycalgary2025.org to receive regular updates on everything related to the Host Organization Committee's plans for the convention. Plus, follow us on our **social media channels** (our [LinkedIn page](#), [Facebook page](#), and [Instagram page](#)) to stay connected with all our latest news, behind-the-scenes sneak peeks, and more!

Do you have questions about Calgary? The Host Organization Committee will hold a series of webinars in May and early June to provide you with



more details and answer any questions. These webinars will be offered in Chinese, English, French, German, Italian, Japanese, Korean, Portuguese, and Spanish. Check out the dates by scrolling down on the landing page of rotarycalgary2025.org, and then sign up.

Lookin' for fun?

As we get in the saddle for the convention, we invite you to be part of several **extraordinary experiences**. The always popular Host Hospitality Night is sold out, but you still have a chance to join us for other signature events that showcase Alberta's culture and the Rotary spirit:

- **Grandstand Spectacular (21 June).** Our unofficial kickoff event features a dynamic marching band, Indigenous hoop dancing, and horseback relay races. Arrive in Calgary the afternoon of June 21st and bring your white cowboy hat to be part of what we hope will be the largest White Hat Ceremony ever. [Get your tickets now!](#)
- **"New Blood" and the Calgary Civic Symphony (22 June).** "New Blood" is a theatrical production that blends traditional Blackfoot music and dance with contemporary music by Peter Gabriel to tell the life story of a modern Blackfoot chief. [Sign up for this incredible experience!](#)
- **Rockin' the Big Four Roadhouse (22 June).** "Rock the Nation" is a show that pays tribute to the past 70 years of Canadian music. It's a celebration of the soundtrack to recent generations and a reflection of a nation coming of age. [Get your tickets.](#)



- **Western Ranch Showcase (24 June).** Experience Alberta's ranch and cowboy culture up close with an evening filled with Western hospitality, live entertainment, and the chance to experience the timeless traditions of the Old West. Make memories that will last a lifetime on the final night of the convention. [Reserve your spot.](#) Yahoo!

There's so much to see

There's plenty to discover before and after the main event. Our curated preconvention and postconvention tours offer unforgettable adventures:

- Trips to Indigenous sites
- Vocational tours
- Afternoon white hat hospitality excursions in Calgary.

For a comprehensive overview and booking details, visit the [Pre and Post Tours](#) page.

Unforgettable moments

For more information on what to see, do, and experience in Calgary, be sure to explore [Tourism Calgary's webpage for the 2025 Rotary International Convention](#).

Rotary conventions are all about reconnecting, discovering, and building lasting friendships. We're going to make sure this one is full of **energy, heart, and unforgettable moments**.

We can't wait to welcome you. Yahoo!

Craig Stokke and Mark Starratt,
Co-chairs
Host Organization Committee



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Atacama Consulting is a leading Environmental and Social Consultancy firm with its headquarters in Kampala, Uganda, East Africa, that was established in 2005. Over the years, the firm has successfully conducted a number of consultancy assignments by leveraging its rich pool of technical resources and those of its strategic partners.

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Fun Facts

Why do we call something easy a “Piece of Cake”?

When someone says a task is a “piece of cake,” they mean it’s simple. Most of us have heard this phrase many times, but have you ever wondered why we use it? Long ago, “cakewalk” contests involved strolling in a circle and competing for a cake. These events looked quite simple to observers. Over time, “cakewalk” and “piece of cake” both described tasks that feel effortless. The idea stuck, and now it’s a phrase we use all the time.

But English is full of such odd phrases. Calling something easy a “piece of cake” might sound strange to non-native speakers. After all, who would think picking up a slice of cake has anything to do with how tough (or not tough) something might be? Still, that’s the beauty of language: it collects strange and colorful expressions through history and holds onto them.

Imagine teaching a friend who’s still learning English. You say, “*This homework? It’s a piece of cake.*” They might stare back, puzzled. You’d have to explain the meaning. It’s in moments like this that we see how playful English can be. It’s not all strict rules and proper grammar. In fact, English thrives on these twists of words that make it feel warm, rich, and human.

We have many other phrases that mean “easy.” Some folks say “easy-peasy,” “no sweat,” or “a walk in the park.” Each phrase paints

its picture. A “walk in the park” suggests a calm stroll among trees, making even the hardest chore sound pleasant. These expressions give us fresh, vivid ways to share how we feel about our tasks.

If we shift focus for a moment, we can see how English isn’t just words in a dictionary. It’s living, breathing, and growing. Old phrases get new uses. New words pop up every day. Sometimes, older terms fade away. Others, like “piece of cake,” stand the test of time.

In the end, whether you call something a “piece of cake” or use another fun phrase, what matters is that the language you speak helps you connect. That’s the real magic of words.

#OutToLunch

Police, banks must do more to curb digital financial crimes

BY RTN. DENIS JJUUKO



A friend was recently riding on a boda boda in a leafy Kampala suburb when another speeding boda boda approached her. The approaching boda boda had a passenger, a young man, who grabbed her bag and sped off. It was in the early afternoon. It is a normal thing in Kampala to lose your bag or be attacked like that whether you are in one of Kampala's exclusive suburbs or not. Walking on Kampala's streets including the busiest ones is never safe. You simply don't know when you will be attacked.

Although she had some money and other essentials in her bag, her biggest concern was her smartphone. Like many people, a phone is one of those things that are hard to do without nowadays. She was frustrated and went on a frantic search for it. Reporting to the

police and such other things.

She can't work without a phone so she decided to replace it as soon as possible so she can carry on with her business and be able to get in touch with her family and friends.

As soon she got a replacement phone that afternoon, she started receiving several messages that scared her. The thieves who stole her phone were not ordinary ones or at least they have a network of sophisticated hackers.

The messages she was now receiving indicated that money had been transferred from her bank account to another account within the same bank. This happened within

a few hours or minutes of losing her phone. She hasn't yet been able to trace the thieves and find way to get her money back. She most likely won't succeed.

“

There must be a racket in Kampala who send young men on boda bodas to grab smartphones so they can hack them and transfer money to their accounts within a few minutes.”

Like most people who buy high end smartphones, she had thought it was one of those safe things and it couldn't be easily cracked open in Kampala shortly after losing it. It seems the more technologically advanced smartphones become, the more sophisticated the hackers become too.

There must be a racket in

Kampala who send young men on boda bodas to grab smartphones so they can hack them and transfer money to their accounts within a few minutes. They



must be sitting somewhere and waiting whose phone they land on. And the fact that they can transfer money illegally from one bank account to another shows how confident they are that they won't be caught.

There is an increased number of Ugandans embracing digital banking and even a higher number using mobile money platforms. It is convenient and modern. One doesn't have to always spend hours in the banking halls transacting. It is not 1990 anymore.

Digital banking including mobile money had led to some financial inclusion with many people, hitherto unbanked, able to access financial services. There are even people whose only access to financial services is through mobile money.

But how safe is their money? If somebody can lose a modern smartphone and within a few minutes they have lost their money, how can the banking and mobile money companies help them? How can police help them?

Largely, the majority of Ugandans are left to suffer with losses. Trips to the police to help track the thieves become endless and costly that the majority of Ugandans have given up to even reporting about it. They know there won't be much help to recover the money. The banks and mobile money companies will largely blame the victim and do everything in their power to protect themselves.

Because we have spent much time ignoring these attacks and blaming the victims, the thieves have now gained so much confidence that they are attacking government payment systems. The case of Uganda losing Shs60 billion in 60 minutes when a payment was initiated by the Ministry of Finance to the country's central bank is still fresh.

Although the attack happened in September 2024, not all the money has yet been recovered. And we are talking about government here with all the resources and contacts you can imagine. Imagine how much is being lost by individuals and businesses.

Like my friend, a small business owner, the thieves have set her several years back. She wasn't able to pay her rent and salaries for April on time. She now has to borrow to keep her business running.

The police and other security intelligence organs must put in a shift to curb the rampant digital financial and other crimes. Players in the financial industry must also continuously invest in technologies that limit these crimes while sensitizing their clients on these issues otherwise gains made will be lost when people return to old ways of banking or keeping the money in their pillowcases.

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



Family Matters



BY PASTOR RONNIE MUTEBI

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

TRAINING CHILDREN HOW TO HANDLE GREATNESS

The earlier our
children learn
facts from
fictions defines
alot of how
they will view life.

Greatness is a part of
life. As long as the earth
remains, there will always

be someone greater than
us, and we will always be
greater than someone
else. How we respond to
both positions shapes our
character. This is a lesson
every child must learn
early.

God elevates and
empowers people for His
purpose. He lifts one and
calls another to serve.
If a child understands
this, they will neither
be prideful in positions
of power nor envious
of those above them.
Instead, they will walk
in honor, humility, and
wisdom. We've seen
children get depressed
over what is meant to
bless them.

“
How you
respond to
greatness—
whether in
admiration
or humility—
will shape
your child's
perspective for
life.”

Teach your child
to respect those
greater than
them. This applies
also to their
siblings in rank.
There's always a
place of the first
born, second and
so on. Sibling
rivalry should
never distort the
order of respect.

Show them
how to celebrate others'
success, learn from the
wise, and receive from
those above them with
gratitude. Let them see

you honoring authority,
recognizing God's blessings
to others, and submitting
with a right heart.

At the same time, teach
them humility toward
those they surpass. Let
them understand that
power is a responsibility,
not a privilege to exploit.
Their actions should reflect
the true nature of self, it
doesn't matter how great
you're who, be humble and
willing to serve others.

Ultimately, the best lesson
is not just in words but in
deeds as an example. How
you respond to greatness—
whether in admiration or
humility—will shape your
child's perspective for life.

Take Home:
**Greatness is a part
of life. As long as
the earth remains,
there will always be
someone greater
than us, and we will
always be greater
than someone else.
How we respond to
both positions shapes
our character. This is
a lesson every child
must learn early.**

BY PAMELA KAWADDWA

Her hands held me gently from the day I took my first breath.

Her hands helped to guide me as I took my first step. Her hands held me close when the tears would start to fall.

Her hands were quick to show me that she would take care of it all.

Her hands were there to brush my scanty hair or straighten a fake hair bow. Her hands were often there to comfort the hurts that didn't always show. Her hands helped hold the stars in place, and encouraged me to reach. Her hands would clap and cheer and praise when I captured them at length.

Her hands would also push me, though not down or in harm's way.

Her hands would punctuate the words, just do what I say.

Her hands sometimes had to discipline, to help bend this young tree.

Her hands would shape



and mold me into all she knew I could be.

Her hands are now twisting with age and years of work, Her hand now needs my gentle touch to rub away the hurt. Her hands are more beautiful than anything can be. Her hands are the reason I am me.

Till again..

Phvy

10th
May



HAPPY BIRTHDAY

Rtn. Johnson Akanyijuka



FUSION

Europe - Middle East - Africa

2025

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