

LUBIGI TIMES Magazine

SEPTEMBER 2023 EDITION (VOL.3)



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EDITOR'S NOTE.

Welcome to our September
lubigi magazine edition. We have it beautifully packaged
for you with all the September activities and much more.
A big round of applause to our dedicated writers and please keep
the amazing articles coming through.

Chief Editor: Rtn. Rachel Agumenaitwe

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Dear Friends,

September 2023 marks the end of the 1st quarter in the Rotary year 2023/2024. This is when we check the progress of the planned activities visa viz the actual progress.

Our progress is real and noteworthy. During the month of September, we experienced the following:

Held a Board meeting to review the quarterly progress

Held a Memorial service for our fallen Rotarians

Boy child uplifting sensitization at Lugoba High School

A reflection on the Months theme Basic Education and literacy

Presentation of quarterly reports to the members and Fun fellowship in which Birthdays and Anniversaries were celebrated.

During the month, one of our members Rtn Nicholas Ezati lost a mother who was buried in Arua. May the Soul of the Deceased Rest in Peace.

Other members fell sick and more so had sick relatives. We continue to pray for them for complete recovery.

We thank the Lions buddy group for taking responsibility of making sure that all goes well during the month. Generally, we congratulate all the buddy groups which took lead in the first quarter throughout the fellowships and working closely with the committees to realize these achievements and we hope to see more in the coming quarter.

Friends, it is crucial that we remain optimistic in the second quarter, look at all that we have accomplished so far as we embrace October the month of Community Economic Empowerment.

Welcome October

Thank you.

**PRESIDENT'S
MESSAGE,
Christine
Nalubwama
Gwanja.**





Gordon McNally
Rotary Club of South Queensferry

”

We've grown into an amazing global network of 1.4 million interconnected community leaders — leaders who share a deep commitment to doing good in the world.

ROTARY INTERNATIONAL PRESIDENT'S MESSAGE

Peace in Practice

The International Day of Peace takes place on 21 September. The United Nations General Assembly declared this a day devoted to strengthening the ideals of peace through observing 24 hours of non-violence and cease-fire.

It is not enough, as People of Action, to simply avoid making war. If we are to Create Hope in the World, we must aggressively wage peace.

Where can we begin? There are countless armed conflicts around the world, and the global population of displaced people is higher than ever. The opportunities are nearly limitless, but the cycles of violence and hardship seem endless.

My advice is to start small but think big. I look to Rotary members in Pakistan and India for inspiration.

In March 2020, about 50 Rotary members from Pakistan met about 50 Rotary members from India at Kartarpur Sahib, a shrine in Pakistan. The sanctuary honors Guru Nanak, the founder of Sikhism, a religion practiced in both countries. Tensions between the two countries barred many religious pilgrims from India from visiting the shrine. That is, until Pakistan opened a visa-free pathway to them in 2019.

Earlier this year, Rotary members from opposite sides of the border again met at the shrine, this time with about twice as many participants.

Any work toward building peace needs to be brave and bold. What these Rotary members have done is just that. The Pakistani government took an important step toward peace when it admitted Indian pilgrims to the Kartarpur Sahib shrine, but Pakistani Rotary members took the next step when they welcomed Rotary members from India as friends and family. That is Positive Peace at work.

These peacebuilders did not stop there. Club representatives at this year's meeting signed twin club certificates to recognize their long-term commitment to continue to learn from each other and to work together on more peacebuilding efforts, and they have held joint meetings via video chat.

The importance of communicating with and learning from another culture cannot be overstated, and Rotary is making it even easier to do so. One way of engaging in cross-cultural dialogue and building relationships across borders is through virtual international exchanges that build on our current programs and make them more accessible.

A virtual exchange uses online platforms to connect people from different parts of the world so they can share their traditions, priorities, values, and more. Virtual exchanges can serve as a window to another part of the world through activities such as teaching a digital cooking class, learning a new language, or even designing service projects with a global impact.

These online chats have the potential to inspire new connections and more respect between societies. Taking that knowledge and using it to better the lives of our fellow human beings is the next step. Let's see where it takes us.



2022 Rotary Peace Fellows at Makerere University in Kampala, Uganda (Source: brandcenter.rotary.org)



Promotion of new Rotary Peace Center opening at Makerere University, Kampala, Uganda. (Source: brandcenter.rotary.org)



Rotary Peace Fellows Patience Rusare and Amina Warsame at the Rotary Peace Center at Makerere University, Kampala, Uganda. (Source: brandcenter.rotary.org)



REFLECTIONS ON AUGUST: A JOURNEY OF ROTARY SPIRIT, GROWTH, AND HOPE

A Message from the District Governor

Time flies, and here we are again, in the embrace of another month. The first two weeks of this month took me on an exhilarating journey to the Eastern part of our country. To my friends in Jinja, Mbale, Bukedea, Kumi, Soroti, Ngora, and Katakwi, thank you. Your warmth, your cuisine, your hospitality – they all spoke volumes about your unwavering commitment to Rotary. Your spirits are a testament that the flame of Rotary will forever burn bright.

Among the highlights was the chartering of the Rotary Club of Ngora. It fills my heart with pride that our district boasts a Club of 78 members, a beacon of Rotary's growth outside Kampala. The wildfire of the Rotary spirit has spread across our nation, uniting us all in service. This single action was evidence that our celebration of membership and extension did not go to waste. You know our strength is in numbers for each new member adds to our collective ability to make a tangible difference in our communities. Ngora stands as a testament to this truth, a result of your dedication.

Membership is the cornerstone of Rotary, the bedrock from which our impact blossoms. It is through our shared passion that we extend our reach, amplifying our influence and community service globally. With such great numbers, which definitely talk of great projects, I urge you all to embrace the art of storytelling. The North, the East, the Central – our regions are brimming with untold stories of Rotary's transformative work. Let us share these stories to preserve our legacy, inspire others, raise awareness, and celebrate our achievements.

I was honoured to join you all at the Uganda Cancer Annual Run on the 27th. Our participation kindles hope, not only for ourselves but for those battling cancer. As a united front, I can prophesy that we shall conquer this adversary. Twelve years since the inception of the run, our progress shines brighter than ever.

Mark your calendars guys for October 21st, when we gather for the district TRF Dinner/World Polio Day. Hosted by the Rotary Clubs of Kiwatule and Kyadondo, the Kabira Country Resort will witness a great evening of a sumptuous dinner and award-giving episodes. This day will however commence with polio activities from Kitante Primary School grounds. Let us unite to champion our cause and share our cheers.

As September dawns, I call upon you all to embrace the theme of Basic Education and Literacy. Let the BCUP Foundation guide us to empower individuals through education, nurture literacy, and arm them with skills for a brighter future.

See you at the finish line.

Yours in Rotary,
Edward



**'It's about remembrance':
Never Forgotten
By Lambert B Rusoke**

In Loving Memory of:

- 1. Titus Munanura**
- 2. Julius Baguma**
- 3. Elsie Luganda**
- 4. Chris Bakesiima**

Bright, beautiful and happy, was what filled this one Wednesday fellowship in celebration and honor of our deceased loved Rotarians.

It was not a spooky celebration, but a cheerful way to remember and celebrate departed loved ones.

This celebration has deep roots in many indigenous cultures of Uganda.

This can be viewed as a very healthful approach to death many times avoided in our everyday conversations.

Dating back hundreds if not thousands of years, several indigenous cultures of the world celebrate their loved ones that are no more.

And when the Rev Saul Kasule led the service, a first of its nature at the Rotary Club of Nansana, the writings from David Harkins poem, "Remember Me" were knocking at us;

And here it goes:

"Remember Me" "Do not shed tears when I have gone but smile instead because I have lived. Do not shut your eyes and pray to God that I'll come back but open your eyes and see all that I have left behind.

I know your heart will be empty because you cannot see me but still I want you to be full of the love we shared.

You can turn your back on tomorrow and live only for yesterday or you can be happy for tomorrow because of what happened between us yesterday.

You can remember me and grieve that I have gone or you can cherish my memory and let it live on. You can cry and lose yourself, become distraught and turn your back on the world or you can do what I want - Smile, wipe away the tears, learn to love again and go on."

Forever in our hearts and minds dear friends.

Till we meet again.



**Recommended Reading:
Snippets by Lambert B Rusoke.**

Adam Grant's book, Hidden Potential: The Science of Achieving Greater Things, is a must-read for anyone looking to unlock their full potential and achieve greater things in life.

The book examines how talents can be discovered, developed, and turned into achievement. It also emphasizes that everyone has potential and that it is the duty of teachers, parents, and peers to draw it out.

The author draws on a wide range of research as well as case studies from sports, the arts, chess, and even comedy to illustrate his points. He believes that the potential for success comes in many shapes and forms but the common factor is that it must be cultivated, nurtured, and developed.

An early start is surprisingly important: Longitudinal studies show that children who do well in kindergarten and elementary school do much better in later life.

A key point is having teachers who make learning an enjoyable activity rather than a grinding, rote process. Building character skills, such as determination, self-discipline, and resilience, is more advantageous than cramming technical information into young brains.

In terms of parenting, the most valuable thing is to encourage a habit of reading. Children who see their parents read and who have access to a variety of books perform better across all criteria.

A related skill is being able to write well, essential in nearly every field.

Grant readily accepts that not everyone will be an Olympic athlete or an academic high-flyer; the goal, instead, should be to continually strive for improvement.

Occasional failures are inevitable but they can be an opportunity for learning and reevaluation¹.

**Embrace your awkwardness for good
By Selena Rezvani**

Leadership and Self-Advocacy

You know those moments when making a good impression is non-negotiable?

That was me a few years back with a prospect, Michael, who was contemplating hiring me to consult on a new leadership program. I was excited about his fresh approach to the program and the opportunity to build something great together.

We'd spoken over several video calls, but on this day, we had our first in-person meeting. I arrived early at the restaurant (one of many tactics to try to summon my confidence), and spied Michael as soon as he walked in. Thinking nothing of it, I walked over, said an enthusiastic hello, and gave Michael a friendly hug.

Well it became apparent in about 2 seconds that Michael was a non-hugger. In fact, the pair of us probably looked like a golden retriever and a marble statue trying to greet each other...Oy!

We both seemed to move past my little gaffe...until a bigger one followed.

Eager to be ultra-responsive after my last blunder, I replied immediately to Michael's email following up from our lunch. Only to discover - to my horror - that in my haste I had started the email with "Dead Michael," instead of

"Dear Michael"! Oh. Dear. Talk about awkward! This cringe-worthy revelation and my subsequent apology led to one very sleepless night and many, many Oreos. Can you relate to a "foot in the mouth" moment like that?

Knowing none of us are exempt from awkward moments, keep these confidence-building tips in mind for your next embarrassing situation. And I highly recommend Henna Pryor's excellent new book, "Good Awkward", for even more helpful advice!

Quick Confidence Tips to Own Your Awkward Moments:

1. Mindset: Don't mistake awkwardness for ineptness. Pryor says that while ineptness implies failure, inadequacy or incompetence – awkwardness is different. It's a public self-consciousness about the gap between how we see ourselves and how we believe others perceive us. While that gap may exist, you can bounce back from an awkward experience by creating some healthy distance from it. Pryor recommends saying "I feel..." rather than "I am...". So instead of saying "I am always screwing up client interactions", you might say "I feel embarrassed about inadvertently doing X". "I feel" makes your experience more temporary and less defining of your overall competence or identity.

2. Interpersonal: Own your awkward. Often, after an embarrassing moment, our first instinct is to hide, or to avoid the awkward situation or person altogether. Out of sight, out of mind, right? But acknowledging our missteps, briefly and even humorously, can humanize us - something that helps people potentially forgive or forget the situation. You could say something like, "Oops, that didn't come out as intended...let me try it again" or "I'm still mastering email salutations – thanks for understanding" to help diffuse tension and allow everyone to move on.

3. Embodied: Envision a new picture of confidence. I constantly urge people to rethink how they see confidence – not as being bulletproof or effortlessly cool, but in a new way. I'm talking about having a learning mindset, bringing a sense of humor, be willing to ask for help or feedback - and extending confidence to others. When we embrace this updated picture of confidence, awkwardness is no longer some terrible liability to be avoided at all costs. It's part of being human - making goofs here and there - and proceeding boldly anyway.

HIDDEN POTENTIAL

The Science of Achieving Greater Things



ADAM GRANT

#1 New York Times bestselling author of
THINK AGAIN



Rotary Club of Nansana

Just now · 🌐

...

Led by our Club Youth Director (ssabavubuka) Rtn Darius Atukunda, we joined our children of Mount of Olives College Kakiri at the change of leadership of the Interact Club.

We also presented a Charter certificate to them.

We pledge to continue supporting the young ones in this journey of service to humanity.





RC Nansana member Rtn. Darius Atukunda (youth director) handing over the Charter certificate and witnessing the change of leadership at Mt.Olives SS.

Our Enjoy Rotary — Reloaded

The first quarter of this Rotary year is behind us. All eyes are on the achievements for the quarter and what we have rolling next.

I overheard one of the club members saying, this buddy groups model is on fire. I quickly looked at the checklist of the goals for the quarter – and guess what, the separation of committees from buddy groups appeared to have paid off dividends. First wait, maybe it is too early to tell, but one thing I am sure off is, if the year ended last quarter, the president would be thumbing herself on the chest like Jurgen Klopp the famous Liverpool coach. The buddy groups are holding the bull by the horn, fellowship attendance has significantly improved – and it is evident that the level of innovation and creativity is increasing by the day.

Then, after the club producing 2 bouncing babies last year, some of the club family members and relatives are starting to wonder – if the club is expecting another baby. Yes, indeed, all signs are showing that this year we shall have another baby – it is now an issue of when and where, and not if. The WhatsApp group is already in place and meetings are expected to commence in October. On the other hand, the mentorship sessions are on for the red badge class – and guess what, I am looking forward to the next induction!

Hold on, the enjoy rotary retreat is knocking – Coco beach here we come. On the 7th of October 2023, all roads lead to Entebbe – and it is goanna be a jam-packed retreat with lots of fun, entertainment, learning, eating, and drinking. Only miss if you are not a member of RC Nansana.

By the way, I have not talked about our corporate membership and the results of our membership satisfaction survey but no worries, stay tuned for the next episode!

John Robert Okware
Membership Director



John Robert Okware
Membership Director



RC Nansana members during a
Memorial Mass for Rtn. Ezati's
mum at Ggayaza Catholic Parish

The Importance of Prioritizing Mental Health and Well-Being

By DMC Rebecca adopted from rotary service

By RI president Gordon R. McNally, 2023-24 Rotary International President in his July issue 2023

As Rotary President for 2023-24, he is placing a special focus on global mental health. Mental illness and emotional wellness can be difficult topics for anyone to discuss, and I know that there are some places in the Rotary world where those conversations are especially difficult.

But we have so much to gain by helping each other address mental health and wellness more openly. As we come out of a global pandemic that forced many to experience hardship and isolation, so many of us and the people we serve are experiencing lasting challenges to our emotional well-being that we cannot handle alone. As Rotary members, we have a unique ability to reach out to people who may have no other access to this kind of care. And as an organization built on friendship and service, we can help guide our fellow Rotary members in a trusting, caring manner. All of us can serve our communities by engaging openly in discussions about mental health and wellness and establishing a solid foundation for preventative and interventional measures in our area.

He says he has already seen in his travels around the Rotary world that these conversations foster connection and safety between us. They can help build stronger interpersonal relationships while supporting the well-being of the communities we serve.

As President, he is asking us to help Rotary make progress towards these three critical goals:

1. Erase the stigma associated with discussions of emotional well-being
2. Raise awareness of mental health needs
3. Improve access to mental health services

He said he was not going to tell us how to achieve these goals, rather he is going to invite us to think of ways we can make a difference through our service projects, in our clubs, and in

our day-to-day interactions with fellow Rotary members and with our community. The brochure on Prioritizing Mental Health offers ideas about how you can get started in placing a greater priority on mental health. And throughout the year, he will be relying on the leadership of the Rotary Action Group on Mental Health Initiatives to help show us how we can do more, learn from one another, and begin to create a grassroots movement within Rotary to make mental health wellness a priority not just this year, but into the future as well.

And as of earlier this month, Rotary Showcase offers a forum for us to share how our club's service projects are raising awareness about mental health and helping communities access needed services.

Challenges around mental illness and emotional health affect us all.

And research shows that performing acts of kindness is the single most effective way to improve your mood over the long term. Rotary is uniquely positioned to make a global impact on this effort, and I hope we will join him in showing this new level of care to each other — and to ourselves.

2023-24 Rotary International President Gordon McNally message on mental health

Article from DMC Rebecca Mukasa Mutaawe.





RC NANSANA DURING THE CAMPING IN MASINDI

Greetings to you all

In this article I bring yet another important topical area of Rotary, "The five avenues of service ". It is important as Rotarians to understand the mediums through which we serve in order for us to effectively serve above self. Below are the five avenues of Rotary service and a brief explanation of each.

Club service This "Avenue" promotes the development of acquaintance as an opportunity for service. It involves the activities necessary to make the Club function successfully and achieve its goals. It entitles participating in club leadership, committees, and any other role to enhance achievement of club goals.

Vocational Service This area represents the opportunity that each Rotarian has to represent the dignity and utility of one's vocation as an opportunity to serve society. Rotarians promote and foster high ethical standards in business and professions and promote the recognition of the worthiness of all useful occupations.

It encourages members to serve other people through their vocations, education, skillsets, which encourages high ethical standards. I therefore encourage members to bring on board their skillsets to bridges any gaps that are envisaged as we service our communities and the club.

Community Service This "Avenue" relates to the activities that Rotarians undertake to improve the quality of life in their community. Particular emphasis is given to helping children, needy families, the aged, the handicapped, and those most in need of assistance. Rotarians strive to promote the ideal of service in their personal, business, and community lives.

Community services are mostly reflected in the projects and activities each club undertakes to improve community life. It is in this vein, that the Rotary Club of Nansana is currently constructing the "Nakuule Rotary Health Center", that the closing GEM projects was envisioned and other projects to service the community are being written to attract Global Grant funding.

International Service In this avenue, Rotarians strive for the advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service. International Service Projects are designed to meet the humanitarian needs of people in many lands, with particular emphasis on the most underprivileged children and families in developing countries.

This service can also be through volunteers work to expand the Rotarians' humanitarian work around the world. This important service promotes understanding and peace, sponsors projects in other countries and works with international partners to support projects in their communities. I can site the polio fund that works with other entities such as UNCIEF to fight Polio.

New Generations Service the Avenue of Youth Serve recognizes the positive change implemented by youth and young adults.

Clubs work to engage youths and young adults in leadership roles and to take on meaningful and impactful projects.

As Rotary Club of Nansana we proud of the Rotaract club of Nansana for engaging in meaningful and impactful projects.

Therefore, members and our esteem Reader, as we strive to "Serve Above Self" there is need to understands the above avenues of service for us to effectively service.

Ssekandi Micheal
IPP/RMC Region 3/ Club Trainer



MEDICAL INSURANCE AND ITS CHALLENGES

Medical insurance, also known as health insurance, is a type of coverage that pays for medical and surgical expenses incurred by the insured individual or their covered dependents. It is a contract between an individual or a group (such as an employer) and an insurance company, where the individual or group pays regular premiums in exchange for financial protection against the costs of medical care.

Here are some key points about medical insurance:

1. **Premium**: This is the amount you pay to the insurance company on a regular basis (usually monthly) to maintain your coverage.
2. **Deductible**: This is the amount you must pay out of pocket for medical expenses before your insurance starts covering costs. Higher deductibles often lead to lower monthly premiums.
3. **Co-payments or Co-insurance**: These are the costs you share with your insurance company for covered medical services. Co-payments are usually fixed amounts, while co-insurance is a percentage of the total cost.
4. **Network**: Many insurance plans have networks of healthcare providers (doctors, hospitals, clinics) that they prefer or contract with. Using in-network providers can often result in lower costs.
5. **Coverage**: Different insurance plans offer various levels of coverage. Some may cover essential healthcare services, while others provide more comprehensive coverage, including preventive care, prescription drugs, and specialty care.
6. **Preventive Care**: Many insurance plans cover preventive services like vaccinations and screenings at no additional cost to encourage early detection and wellness.
7. **Policy Terms**: Insurance policies can have different terms, such as the coverage period (usually annually) and any limitations or exclusions. It's essential to understand the details of your policy.

8. **Types of Plans**: There are various types of medical insurance plans, including Health Maintenance Organizations (HMOs), Preferred Provider Organizations (PPOs), Exclusive Provider Organizations (EPOs), and Point of Service (POS) plans. Each has its own features and restrictions.

9. **Government Programs**: Some countries, like the United States, have government-sponsored health insurance programs, such as Medicare for seniors and Medicaid for low-income individuals and families. In Uganda the National Health Insurance bill which makes medical insurance compulsory is being .

10. **Employer-Sponsored**: Many people receive health insurance coverage through their employers as part of their employee benefits package. Employers often subsidize a portion of the premiums.

11. **Individual Plans**: Individuals who don't have access to employer-sponsored insurance can purchase individual health insurance plans from private insurers or through government-run marketplaces.

Having medical insurance can provide financial security in the event of unexpected medical expenses, and it can also encourage people to seek necessary medical care when needed. The specific terms, coverage, and costs of medical insurance can vary widely. Medical insurance while essential for accessing healthcare and managing healthcare costs, comes with its fair share of challenges. These challenges can vary depending on the country's healthcare system, the specific insurance plan, and individual circumstances.

Here are some common challenges associated with medical insurance:

1. **Cost**: High premiums, deductibles, co-payments, and co-insurance can make medical insurance expensive, making it difficult for some individuals and families to afford coverage.
2. **Limited Coverage**: Insurance plans may not cover all healthcare services or treatments, leaving individuals responsible for some medical expenses. Some plans may exclude certain pre-existing conditions or specific treatments.

3. **Network Limitations**: Insurance plans often have networks of healthcare providers. If you use an out-of-network provider, you may incur higher costs or even be responsible for the full bill in some cases.

4. **Complexity**: Understanding insurance policies and their terms can be challenging. The language and terminology used in insurance documents can be confusing for consumers.

5. **Claim Denials**: Insurance companies may deny claims for various reasons, including paperwork errors or disputes over medical necessity. Dealing with claim denials can be frustrating and time-consuming. In case you are faced with such denials please lodge your complaint with the Insurance Regulatory Authority, online

6. **Prior Authorization**: Some insurance plans require prior authorization for certain medical procedures, tests, or medications. This can lead to delays in care and added administrative burdens for both patients and healthcare providers.

7. **Waiting Periods**: In some cases, there may be waiting periods before certain benefits, such as coverage for pre-existing conditions, take effect. During this time, individuals may be responsible for their medical expenses.

8. **Coverage Gaps**: Transitioning between insurance plans or experiencing gaps in coverage (e.g., when changing jobs) can lead to periods without insurance and potential challenges in accessing care.

9. **Rising Premiums**: The cost of medical insurance premiums tends to increase over time, often at a rate higher than inflation. This can strain household budgets.

10. **Lack of Transparency**: It can be challenging to get clear and consistent information about the cost of healthcare services, making it difficult for individuals to make informed choices.

11. **Administrative Burdens**: Navigating the administrative aspects of insurance, such as claims processing and understanding coverage details, can be time-consuming and frustrating.

12. **Inadequate Coverage for Specific Needs**: Some individuals may have specialized healthcare needs that are not adequately covered by standard insurance plans. This can result in high out-of-pocket costs.

13. **Underinsured Individuals**: Even with insurance, some people may still face financial hardship due to high out-of-pocket expenses or coverage limitations, making them effectively underinsured.

14. **Health Disparities**: In some cases, access to quality healthcare and insurance coverage may vary by socioeconomic factors, leading to disparities in healthcare outcomes.

15. **Changes in Coverage**: Insurance companies can change the terms of their policies, including covered services and provider networks, which can disrupt continuity of care for individuals.

Navigating these challenges often requires careful research, advocacy, and sometimes legal assistance. It's essential for individuals to thoroughly understand their insurance policies, regularly review their coverage, and seek help when dealing with complex insurance-related issues. Additionally, policymakers and healthcare providers are continually working to address some of these challenges through healthcare reform and improved transparency in the healthcare system.



BY: ROTARIAN DEO

INVEST IN YOURSELF

The Equilibrium point as determined by the law of supply and demand will remain the same whether in slave trade of 17th Century up to 19th Century, or whether trading in bonds and shares in 21st Century or whether at your place of work in terms of skills and expertise required or even in a love relationship.

Archimedes principle of 246 BC will always remain the same because any object when totally, partially immersed in a fluid, is buoyance up by a force equal to the weight of the fluid displaced.

Religion will remain a belief and worship of a supernatural power regardless of whether it's African traditional religion, Christianity, Islam, Buddhism among others. And religious wars since 16th century to-date are justified by the superiority differences that are not about to cease because they are inherent in human beings.

The Law of the jungle aka "survival for fittest" governs Wolf survival behavior that the night is for hunting and the day for sleeping. The Wolf that keeps it shall prosper and the Wolf that breaks it must die. Come to think of the "New World Order"!! Indeed survival for the fittest.

We can go on listing...but one umbilical cord of all these and others not listed is these are coiled by the "intelligent persons of the time". The more intelligent and informed, the more dominance in life sphere. This doesn't come on a silver plate; YOU MUST INVEST IN YOURSELF. Investments are an important part of wealth-building. Only ONE investment with the highest return ever is the INVESTMENT IN YOURSELF to understand and align yourself to the natural laws that are not going to change.

It happens by exposing yourself to new (and even uncomfortable) ideas and beliefs. If you want new results, you must develop new behaviors. By investing in yourself, to understand how nature is designed, you'll learn how to connect seemingly disparate ideas to make a point in a new and unique way. You'll learn to see trends and patterns that would have otherwise gone unnoticed. And you'll be able to create completely new ways of looking at old problems. But you must be willing to step out of your intellectual comfort zone, invest in yourself.

The natural laws were written on the wall long ago and not about to change in your favour. This makes success in life to be simple once you accept how hard it is because most discoveries are embedded in our daily lives.



Take an example of upcoming trends in young marriages and relationships. You may not need a PHD in Economics from Harvard University to know that if you promote girls' empowerment to a level that the number of empowered girls far exceed the number of powered boys, the excess supply of empowered girls will not find a corresponding number of empowered boys to marry them. The effects of a tilted equilibrium will manifest. This reminds me of my friend with a restaurant that has struggled to breakeven. Un-answered question I always pose is whether what he supplies is what clients want. He will always dodge this reality conversation because he has failed to INVEST IN HIMSELF to understand the natural laws that govern the demand and supply. There are no secrets. Only proven, timeless, and difficult principles that must be followed.

At times, we design complex solutions to simple problems because we have not internalized the cause-effect relationship governed by the natural laws. The more intelligent and informed tend to live a successful and full-filing life on earth.

Last month, as we retired from our plastics collection job in one of the refugee settlements in Kikuube district, my colleague asked me if I am noticing the children boom in the settlement amidst low levels of income. I don't know if convinced him because it took me some time to explain the genesis of modern insurance. Refugees in such a low income status produce many children as an insurance against the major killer diseases because of low income levels to afford medication. Some will die and others will survive. As income levels go up, survival chances for your children are high and no need to produce many. Regardless the lenses you use to look at it, it's INSURANCE. The levels of income have defied most Donor birth control measures in the settlement. This reminds me of the statement that is common in my Rwakishakiizi village...."You cannot beat me in two fronts; if you have more money than me, I will make sure I have more children than you". But producing many doesn't translate to increased number in the long run. Likewise in the animal world, animals that produce many, the likes of the dogs, rabbits, pigs have the least population compared to cows, goats, sheep...

The world will always categorize us into two; first category as reactive people focused on what matters, and second category as proactive people focused on important things in life. It is the former that struggle, and the latter that succeed. Invest in yourself to interpret the universe rightly and live a simple but meaningful life.

In my faith, this short and mighty prayer makes my day: As it was in the beginning, is now, and ever shall be, world without end. And I say AMEN.

RTN African Muhangi







BOY CHILD UPLIFTING PROGRAMME



FELLOWSHIP MOMENTS





UNDERSTANDING AND ADDRESSING THE MAJOR CHALLENGES THAT AFFECT THE AGRICULTURE SECTOR IN SUB SAHARAN AFRICA (SSA) BY DR. DEOGRATIAS SEBUREZE (PhD)

1. Introduction

For the purposes of this article, sub-Saharan Africa (SSA) is defined as the geographical area including all African countries except Algeria, Egypt, Libya, Morocco, and Tunisia.

In their agricultural outlook 2023-2032, the OECD and FAO state that “Sub-Saharan Africa (SSA) is a vast and diverse region that comprises 19% of the world’s agricultural land and home to 1.1 billion people, 14% of the global population. SSA has a distinct and striking demographic profile. Its population is the youngest, its rate of population growth is the fastest and its urbanisation rate is the slowest. By 2032, SSA’s 1.45 billion inhabitants are expected to account for 17% of the world’s population. While urbanisation is occurring, it is one of only two regions (the other being Near East and North Africa) where the absolute size of the rural population is still increasing and the only region where more than half of the total population is still expected to reside in rural areas by 2032”¹.

To supply its rapidly expanding population, the region is expected to rely progressively on imports to supplement regional production. With few exceptions, most basic food commodities in the region are produced for domestic consumption rather than exports, but domestic production of many products is insufficient to meet demand. Nevertheless, many countries also benefit from counter seasonality in the northern hemisphere and competitive labour costs, enabling net exports of high value fresh produce. The region’s trade deficit in major food items is anticipated to deepen over the coming decade, as the need for imports grows faster than the supply of exports.² This sombre picture of the SSA incapable of feeding its steadily growing population is the consequence of past and current ill-conceived and miserably implemented strategies.

In fact, for several decades, notably following their access to political independence from former colonial rulers, almost all countries of the SSA, adopted a panoply of development plans, visions, and or strategic frameworks with the displayed intention of enhancing the transformation of the sub-continent agricultural sector and shifting it from a subsistence-oriented occupation into commercial and profitable business. Most of these plans were done either in hurry or were just a “copy and paste copy” exercise, with the indefectible assistance of well-wishers from the Bretton Woods Institutions³. It is only recently that some

well thoughts instruments have been initiated, notably by the African Union through its Comprehensive Africa Agriculture Development Programme (CAADP)⁴.

However, as it will be highlighted below, major structural challenges remain either insufficiently dealt with or simply unaddressed. This article investigates the most challenging obstacles that hamper the transformation of the agricultural sector in the SSA. It also explores some avenues of overcoming them.

2. Major challenges that hamper the transformation of the agricultural sector in the SSA

More than sixty years after the access of Africa to political independence, little has changed in terms of economic independence. Particularly the imbalance between the increasing number of the mouths to feed and the agricultural production is tremendous. Indeed, despite significant variation across countries, self-sufficiency rates for SSA overall are decreasing for most major food commodities, as domestic supply growth has failed to keep up with the rate of population expansion.⁵

For the SSA, FAO estimated the prevalence of undernourishment at 22.5% in the year 2022⁶, whereas 26.6% (310.6 million people) experienced severe food insecurity and 67.2% (783.9 million people) experienced moderate or severe food insecurity⁷. The combination of persistently high food prices, slower economic growth in the short term and surging inflation will only perpetuate the food affordability constraints. Consequently, food security and undernourishment will likely remain challenges and even as income levels start to rise, a sustained recovery will require improvements in the availability, accessibility, affordability, and utilisation of food supplies in the future.⁸

Several scholars and researchers have attempted to identify the major factors that hamper the transition of the SSA’s agricultural sector from a subsistence-oriented to a more productive one. These factors can be subdivided into four (4) major ones.

2.1. Misconception of agricultural research

It is generally accepted among experts and researchers that agricultural research can foster innovation and productivity in agriculture and relieve pressure on natural resources as it leads to efficient utilisation of resource leading to better yields and returns. It informs policy makers and funding agencies on the most appropriate agricultural enterprises, best land use practices as well as enabling the transfer to farmers. Moreover, agricultural research orients agricultural technology towards changing societal needs. Economically, increased production in agriculture leads to an outward shift in supply, resulting to

¹ <https://www.fao.org/3/cc6361en/cc6361en.pdf>, p.95, visited on 24/09/2023.

² Ibidem, p. 99.

³ <https://www.brettonwoodsproject.org/2019/01/art-320747/>, consulted on 25/09/2023. The Bretton Woods Institutions are the World Bank and the International Monetary Fund (IMF). They were set up at a meeting of 43 countries in Bretton Woods, New Hampshire, USA in July 1944. Their aims were to help rebuild the shattered postwar economy and to promote international economic cooperation. The original Bretton Woods agreement also included plans for an International Trade Organisation (ITO) but these lay dormant until the World Trade Organisation (WTO) was created in the early 1990s. The creation of the World Bank and the IMF came at the end of the Second World War. They were based on the ideas of a trio of key experts – US Treasury Secretary Henry Morgenthau, his chief economic advisor Harry Dexter White, and British economist John Maynard Keynes. They wanted to establish a postwar economic order based on notions of consensual decision-making and cooperation in the realm of trade and economic relations. It was felt by leaders of the Allied countries, particularly the US and Britain, that a multilateral framework was needed to overcome the destabilising effects of the previous global economic depression and trade battles.

⁴ <https://au.int/en/articles/comprehensive-african-agricultural-development-programme>, CAADP is a continental initiative to help African countries eliminate hunger and reduce poverty by raising economic growth through agriculture-led development. Through CAADP, African governments agreed to allocate at least 10% of national budgets to agriculture and rural development, and to achieve agricultural growth rates of at least 6% per annum. Underlying these main targets are targets for reducing poverty and malnutrition, for increasing productivity and farm incomes, and for improvements in the sustainability of agricultural production and use of natural resources. CAADP also supports member states to enhance resilience to climate variability through development of disaster preparedness policies and strategies and early warning response systems and social safety nets.

⁵ <https://www.fao.org/3/cc6361en/cc6361en.pdf>, p. 96, visited on 24/09/2023.

⁶ FAO, IFAD, UNICEF, WFP and WHO. 2023. *The State of Food Security and Nutrition in the World 2023. Urbanization, agrifood systems transformation and healthy diets across the rural–urban continuum*. Rome, FAO. <https://doi.org/10.4060/cc3017en>, p. 9.

⁷ FAO, IFAD, UNICEF, WFP and WHO. 2023. *The State of Food Security and Nutrition in the World 2023. Urbanization, agrifood systems transformation and healthy diets across the rural–urban continuum*. Rome, FAO. <https://doi.org/10.4060/cc3017en>, pp.20-21.

⁸ Ibidem, p. 98.

consumer and producer surpluses⁹. However, to fulfil all these expected outcomes, agricultural research must be focused, participative and inclusive.

For a long time, the issue of agricultural transformation has focused on the notion of technology transfer which assumes that there is a demand for change made up of a succession of two essential stages: a process of technological creation that helps to increase the pool of technical resources, and a process of diffusion and adoption that reflects the socialisation or gradual and cumulative appropriation of these technical assets, also labelled as innovation.

This approach seeks to explain the delay in transforming the agricultural production systems by the inadequacy or lack of production technologies likely to lead to productivity gains for the various factors involved in the agricultural production process. This approach establishes a rigid boundary between the designers/producers of technical artefacts (the suppliers, often represented by public agricultural research institutions) and the users (the farmers). It is a pyramidal conception of technological innovation which assumes that the suppliers understand the needed agricultural transformation better than the users. This approach is deeply inspired by the mechanical conception of innovation according to which:

- innovation spreads itself by contagion due to its intrinsic qualities. Its development is limited to the restricted circle of designers supposedly qualified, by their theoretical studies and training, and the product of the research, when it is proposed, is to be taken or left.
- to break any resistance from the receiving environment, which is in this perspective the only problem of diffusion, one intervenes through "propagators" who will help to disseminate the information (direct oral communication) or the innovation is given an initial push giving it sufficient penetration force, in particular through material incentive (including free provision of the proposed technical artifact).

Such understanding has led many decision-makers in sub-Saharan Africa to believe that African farmers can only change their practices if they are forced to adopt technological proposals delivered to them by public agricultural research stations.

It is under this belief that many African leaders set up very expensive agricultural research structures that, later, have proved to be totally unimpactful for the needed transformation of the agricultural sector in SSA. The "innovations" produced by public research institutions, national and international, have to pass through the ministries of agriculture or the structures under their control which, in turn, try to get them to the ultimate users who are the farmers. The envisaged change is a one-way trajectory, from the top to the bottom. It is a typical "push" strategy.

Technical methods conceived in vitro (research stations) have often been imposed on farmers, sometimes at their own expense. All the process consists in transmission of orders, which makes any constructive interaction difficult, if not impossible. Often, the language used by these institutions is too sophisticated to be understood by the farmers.

As result, such a pyramidal design of agricultural research could not induce the needed transformation of agricultural practices because it ignores the most important actor in the system: the farmer. At the end of the day, the whole exercise leads to distrust or to total disinterest by the ultimate users.

⁹ East African Community (EAC), REGIONAL AGRICULTURAL INVESTMENT PLAN (RAIP) 2018-2025, APPROVED BY the 38th extra-ordinary council of ministers held in January 2019 p. 26.

2.2. Poor funding of the agricultural sector.

The Comprehensive Africa Agriculture Development Programme (CAADP) has been endorsed in Maputo, Mozambique in 2003, when the African Union (AU) Summit made the first declaration on CAADP as an integral part of the New Partnership for Africa's Development (NEPAD). CAADP was envisaged as Africa's policy framework for agricultural transformation, wealth creation, food security and nutrition, economic growth, and prosperity for all.¹⁰ The CAADP recommended that all African States allocate 10% of government expenditures to agriculture¹¹.

This recommendation was reaffirmed at the African Union Summit in Malabo, Equatorial Guinea from 26 to 27 June 2014, during which the Heads of State and Government of the African Union, adopted a remarkable set of concrete agriculture goals to be attained by 2025 (The Malabo Declaration), where it was reconfirmed that agriculture should remain high on the development agenda of the continent and is a critical policy initiative for African economic growth and poverty reduction. At this Summit, it was again recommended to allocate at least 10% of public expenditure to agriculture, and to ensure its efficiency and effectiveness.

Despite these good intentions, "overall, no country was on-track against this thematic area of enhancing investment finance in agriculture despite it being a key driver of agricultural transformation. Member States have allocated public spending in agriculture at various rates ranging from 0.1 percent to 17.7 percent. Only four Member States namely: Burundi, Burkina Faso, Mali, and Mauritania have met the target during this review period, a drop from ten countries in the previous BR. Overall, only 8.2% of the Member States reached or surpassed the 10% commitment, suggesting an overall decline in the scores from the previous period which was 21.2%. Regarding the indicator on increasing access of smallholder farmers/rural households to, and the use of, financial services for the purposes of transacting agricultural business (purchasing inputs, machinery, storage technologies, etc.), the results suggest a dismal performance. Of the 39 Member States that reported, only two (representing 5%) are on-track (Mauritius and Seychelles with 100%) compared with the four Member States that were on-track in the previous BR. The overall performance was very low with only 16 Member States achieving a value of 30% or more against this indicator¹².

2.3. Weak infrastructures and lack of institutional linkages

The essence of the existence of any government is to put in place enabling environment for the economic take-off of the country. It is well accepted that good infrastructure enables access to input and output markets and integration of deficit and surplus agricultural production zones. In the SSA, poor transport infrastructure is a major factor hampering availability of nutritious foods (often highly perishable) and pushing up their cost in rural areas.

Building rural infrastructure, including quality rural and feeder roads to connect remote farms and enterprises to main road networks, is essential for unlocking the productive potential of SICTs and their catchment areas. Other public investments to support linkages between (mainly small) farms and SMEs could include warehousing, cold storage, dependable electrification, access to digital tools and water

¹⁰ <https://www.fao.org/policy-support/mechanisms/mechanisms-details/en/c/417079/>, consulted on 24/09/2023. See also <https://www.nepad.org/caadp/publication/comprehensive-africa-agriculture-development-programme>, consulted on 24/09/2023.

¹¹ <https://au.int/en/agricultural-development>, consulted on Saturday 23/0/2023.

¹² CAADP, Department of Rural Economy and Agriculture (DREA), Biennial Report (2015-2018) to the AU Assembly on Implementing the June 2014 Malabo Declaration; The 2nd Report to the February 2020 Assembly, pp.

supply¹³. Yet, in many African countries, absence of transport infrastructure connecting rural areas to nearby towns and intermediate cities has been shown to negatively affect agricultural productivity and nutrition¹⁴.

2.4. Obstacles to trade and distortion of competitiveness.

In the aftermath of political independence, self-sufficiency in food and nutrition was a common music in many countries in the SSA. It was believed and preached in every economic planning document that to achieve effective independence, the government should make sure that each citizen has enough to eat and drink. It was also preached that each rural household should be able to produce all the food stuff necessary to cover the dietary needs of its members. It was a clear encouragement of autarky.

With the monetisation of the economies and the flourishing urbanisation, autarky systems were progressively eroded, ceding place to commerce and trade. Farmers from the rural areas were obliged to not only produce more staple food for their families, but also to sell part of their harvest to people living in towns. The rapidly growing urban population has created lucrative opportunities and induced socio-economic behaviour within the rural population.

One of the most important pathways through which urbanization is driving changes in agrifood systems is through a shift in consumer behaviour and diets. Higher average incomes, combined with changing lifestyles and employment, are driving a diet transition characterized by changes in the types and quantities of food consumed, with diets shifting beyond traditional grains into dairy, fish, meat, vegetables, and fruits. There is a diffusion of food purchases in rural areas, more so than is commonly understood. The diet in these areas has shifted from mainly home-produced foods to increasingly market-purchased products¹⁵.

One would have expected that free movement of goods and services was going to be the rule and that, on the SSA level, concentration of land abundance in a few countries implies that substantial opportunities may arise to expand intra-regional trade, particularly considering tariff reductions contained in the African Continental Free Trade Area (AfCFTA) agreement.¹⁶

But trade-related costs are still hampering competitiveness. The most challenging hurdle is the perpetuation of all kinds of barriers which prevent easy and free access to markets, notably non-tariffs barriers which lead to increased prices between the rural and the urban areas, on one hand, and between a country and its external markets.

Most non-tariff barriers (NTBs), both formal and informal, represent a diverse collection of protectionist devices whose only common denominator is their amenability to use by governments in much more subtle, dynamic, pervasive, and elusive ways than tariffs. NTBs have negative effects on government revenue as commodity flows go through parallel market channels. Similarly, some government practices such as market subsidies lead to market distortions which attract reciprocal NTB responses from trading partners. A large number of formal NTBs are directly traceable to government policies and other

discriminatory practices aimed at protecting domestic producers (e.g., export subsidies, legislated monopolies, public pronouncements urging consumers to buy locally made products and discriminatory procurement requirements)¹⁷.

The gradual move towards fully functioning customs unions for EAC promises to minimize tariff trade barriers. However, the implementation of a customs union has resulted in rise of non-tariff barriers relating largely to addressing among others sanitary and phyto-sanitary (SPS), standards, vehicle axle load and weight limits, insurance requirements, trade administration, suspended taxes, and rules of origin. In addition, some lists of commodities are regarded as sensitive and often presented for derogation, slows down implementation of regional integration protocols must be reviewed¹⁸.

3. Tackle the challenges hampering the transition of the agricultural sector in SSA.

There is an abundant literature dealing with the necessity to change both conceptual and implementation paradigms to enhance the need shift of the SSA's agricultural sector from a routine set of activities to a major source of wealth and contributor to economic take-off of SSS. Below, are some avenues that may be explored and debated on with the objective of brainstorming ideas from all range of actors and stakeholders interested in seeing a better performing African continent.

3.1. Focused, participative, and inclusive agricultural research

Agricultural research that has been privileged in the SSA has produced mitigated results, so far. The desired modernisation and structural transformation of the prevailing agricultural practices is still to be achieved. This was the consequence of a misconceived approach that did not put the farmer in the centre of the research.

In my view, any meaningful agricultural research should be initiated, conducted, tested, and implemented with the full participation of its ultimate users who are the farmers. This approach implies a radical change of paradigm in the way of thinking by all stakeholders, particularly the public institutions and agencies in charge of agricultural development. The research must be interactive and provide for regular feedbacks from all stakeholders. Such an approach will lead to adequate innovations and to the needed transformation of the whole agricultural sector in SSA. It is a continuous, comprehensive, and adaptative approach which makes it possible to deal with complex and multidimensional problems like the transformation of the agricultural sector.

In fact, the suggested approach will ensure that change will happen because it will result from a process that clearly show: (1) the feasibility of the conceived solution or technical artefact; (2) its profitability in terms of opportunity costs, and (3) its capacity to face current and future constraints. These constraints concern most particularly lack of access to sources of liquidity such as credit and savings, risk, and lack of access to risk-reducing instruments such as insurance and emergency credit lines, lack of access to information about the existence of new technology and how to use it, and lack of access to input and output markets due to high transaction costs such as poor infrastructure and monopoly power in markets. The modernization problem is thus particularly multidimensional and difficult to solve.¹⁹

¹³ FAO, IFAD, UNICEF, WFP and WHO. 2023. *The State of Food Security and Nutrition in the World 2023. Urbanization, agrifood systems transformation and healthy diets across the rural–urban continuum*. Rome, FAO. <https://doi.org/10.4060/cc3017en>, p. xxv.

¹⁴ FAO, IFAD, UNICEF, WFP and WHO. 2023. *The State of Food Security and Nutrition in the World 2023. Urbanization, agrifood systems transformation and healthy diets across the rural–urban continuum*. Rome, FAO. <https://doi.org/10.4060/cc3017en>, p. 113.

¹⁵ Ibidem, p. xxii.

¹⁶ Ibidem

¹⁷ East African Community (EAC), REGIONAL AGRICULTURAL INVESTMENT PLAN (RAIP) 2018-2025, APPROVED BY the 38th extra-ordinary council of ministers held in January 2019 p. 34.

¹⁸ East African Community (EAC), REGIONAL AGRICULTURAL INVESTMENT PLAN (RAIP) 2018-2025, APPROVED BY the 38th extra-ordinary council of ministers held in January 2019 p. 25.

¹⁹ Ferdi WP n°253 / de Janvry A., Sadoulet E. Transforming developing country agriculture: Removing adoption constraints and promoting inclusive value chain development, May 20, 2019, p. 8.

3.2. Develop enabling and efficient infrastructure.

The aspiration to have a dynamic, profitable, and sustainable agricultural sector in SSA will remain a pipe dream if leveraging infrastructures are not put in place. Evidently, the policy approach needs to leverage the progressive connectivity between urban, peri-urban, and rural areas through investments in infrastructure, public goods and enhanced capacities, in order to increase access to affordable healthy diets and achieve food security and nutrition for everyone across the continuum²⁰.

Effectively, as urban areas become better connected to rural areas, rural producers may also have better access to agricultural inputs and services, allowing for improved productivity that typically increases income levels. Urbanisation, combined with other contextual factors such as rising incomes, growing employment, and changing lifestyles, is driving changes throughout agrifood systems across the rural–urban continuum. Increases in food demand in urban areas are occurring simultaneously with increases in the amount of food that agrifood systems have to produce, process and distribute, which, together with changes in consumer behaviour, are being seen across the rural–urban continuum. These changes may also lead to disparities across the rural–urban continuum, with both positive and negative effects on the availability and affordability of healthy diets, and in turn, on food security and nutrition outcomes²¹.

However, the linkage between rural areas where basic food stuff is produced and the urban areas where potential consumers are concentrated require an operational network of enabling infrastructure. In that regard, public investments should be directed to support linkages between farmers and other actors within the agricultural value chains. These investments must include warehousing, cold storage, dependable electrification, access to digital tools and water supply. Providing this infrastructure, which will facilitate mutual collaboration between the different nodes of the agriculture sector which form the basis for a diversified wealth creation. Indeed, for the farmers, such investments build resilience and contribute to smoothing income shocks from seasonality, market volatility and weather variability. Moreover, such investments create conducive incentives to attract private sector investment in the agricultural sector. Needless to underscore that, to be efficient, these public investments need to be more targeted and part of more comprehensive national strategies for infrastructure development.

3.3. Foster free trade and competitiveness

Concentration of land abundance in a few countries implies that substantial opportunities may arise to expand intra-regional trade, particularly considering tariff reductions contained in the African Continental Free Trade Area (AfCFTA) agreement. Imports into the region are therefore expected to rise further. In an increasingly volatile and fragmented global market, the region's greatest opportunity to supply more affordable food to its growing population and improve food security rests in closing the productivity gap, improving market access, and reducing the costs of transportation and regional trade.²²

Besides the AfCFTA, SSA is home to many sub-regional organisations whose common objective is to facilitate free trade and free movement of both goods and services. However, these organisations have not yet produced the expected outcomes, due to several reasons like those underlined above under the section dealing with the obstacles to free trade.

²⁰ FAO, IFAD, UNICEF, WFP and WHO. 2023. *The State of Food Security and Nutrition in the World 2023. Urbanization, agrifood systems transformation and healthy diets across the rural–urban continuum*. Rome, FAO. <https://doi.org/10.4060/cc3017en>, p. 107.

²¹ Ibidem, p. xxii.

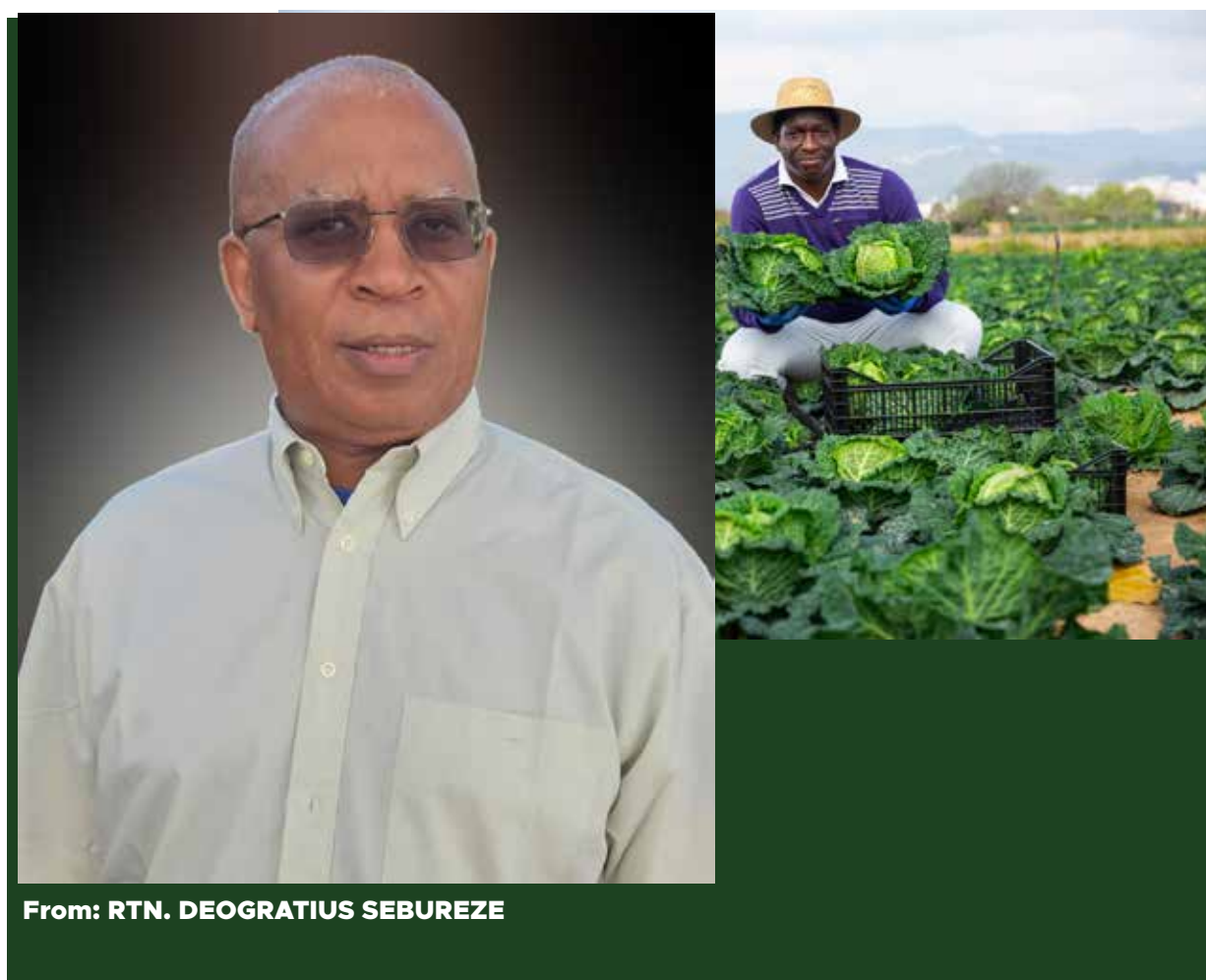
²² Ibidem

Free trade of agricultural produces and products can help SSA to better benefit from competitive advantages encompassed in their different endowment in natural resources like agriculture and arable land. Free trade may thus lead to profitability of farming by allowing each country to specialise in the production of the food staples which are best suitable to its soils.

Free trade can be promoted and effectively implemented if efforts are made to harmonize customs regulatory instruments and more efficient monitoring their implementation is put in place.

4. Conclusion

Sub-Saharan Africa is facing a double challenge: a fast-growing population and a stagnant food production. The current global instability due to the war between Russia and Ukraine has induced unprecedented distortion in supply chains and high inflation for food commodities worldwide. SSA suffers more than other parts on the Globe because it largely depends on imported food stuff, notably cereals from these two conflicting countries. This challenging situation opens the opportunity for SSA to rethink and address the major challenges that have, so far, hampered the transition of its agricultural sector from a subsistence-oriented activity to a more productive and profitable business. Transforming SSA's agricultural sector necessitates a radical change of paradigms in relation to the conception of the agricultural research that must be focused, participative and inclusive; massive and focused investments in enabling infrastructure to better link the rural world to the rest of the economy, and the alleviation of barriers to trade and fostering of competitiveness within the SSA area, based on the comparative advantages of each country.





DG'S VISIT

**& Tusimbudde Dinner Dance to the
Nakuule Rotary Health Centre**

Fee: 100k



SATURDAY 14TH OCT. 2023

Edward Kakembo Nsubuga
District Governor Rotary District 9213

VENUE:

**IVORY HOTEL, NANSANA.
3:30PM**



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**OCTOBER
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**7TH
SAT.**

**RC NANSANA ENJOY
ROTARY OUTING**

**11TH
WED.**

**BUDDY GROUPS
COMPETITION SINGING, POEM, DANCE
FUN FELLOWSHIP**

**14TH
SAT.**

DG'S VISIT AND NAKULE DINNER

**18TH
WED.**

**GYENVUDE
MONEY MATTERS**

**25TH
WED.**

BAND FELLOWSHIP

**28TH
SAT.**

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