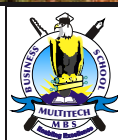
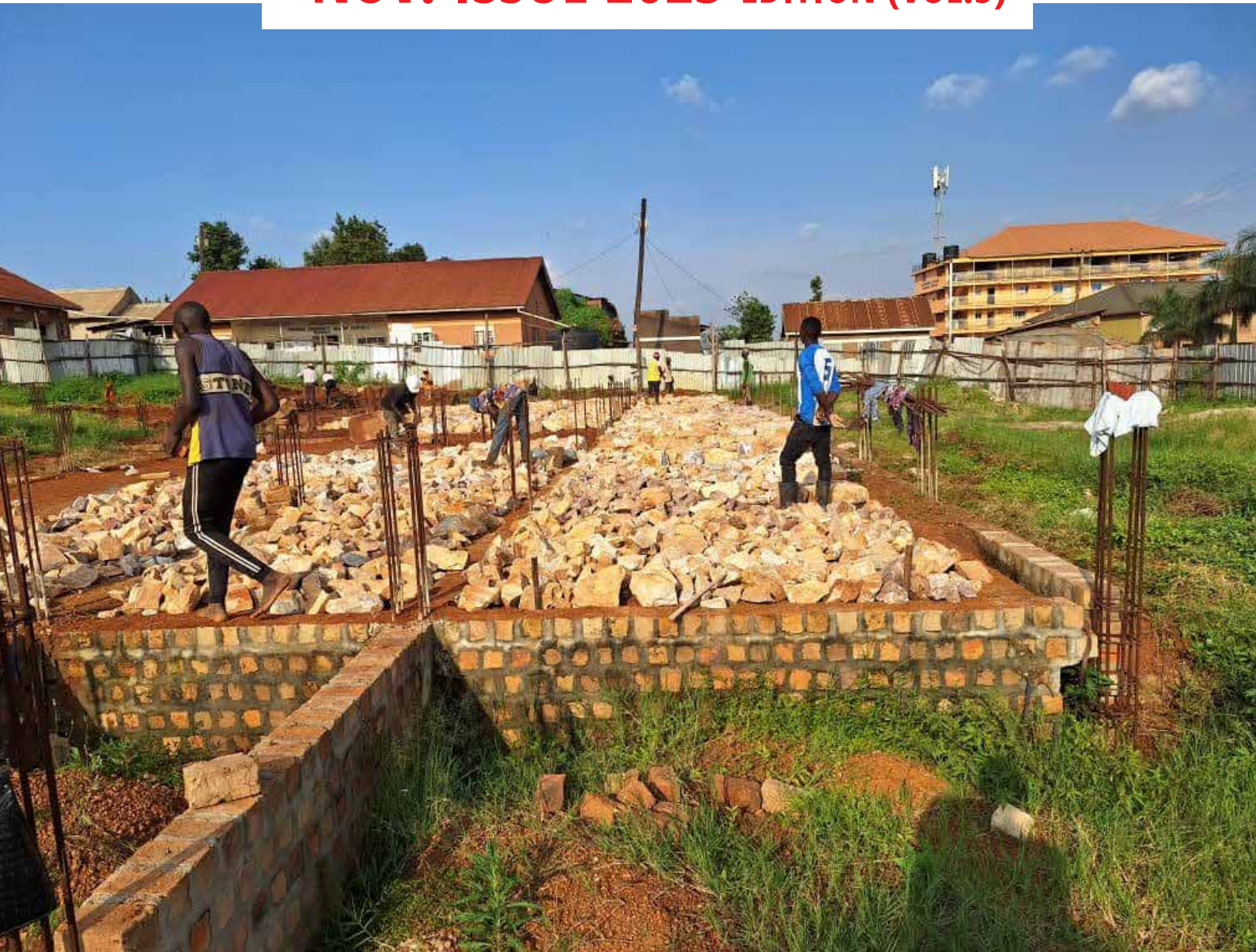




LUBIGI TIMES

Magazine

NOV. ISSUE 2023 EDITION (VOL.5)



LUBIGI TIMES Magazine

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EDITOR'S NOTE.

I welcome you dear Rotarians to our November Lubigi Times magazine issue. The magazine is well packaged to entertain you so grab your water bottle and run along with us for all the activities and more to come. Much appreciation to our dear writers please keep us busy with your educative articles.

Chief Editor: Rtn. Rachel Agumenaitwe

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President's Message

Dear Friends,

Greetings to you all the Rotary family!

It is with great pleasure to report about all the activities our Club has been engaged in during the month of November when the calendar year 2023 is coming to an end. Your efforts in making the realities for the month cannot go unnoticed, among the achievements included three members getting PHFs; AG Stephen Matovu PHF+3, PAG Richard Were PHF+5, Rtn. Cissy Nabisubi PHF. Six members attended The Rotary Foundation Recognition dinner, the Boy Child Uplifting Programme at Extreme High School at Namayumba where an interact club in formation is being done and not forgetting the innovative and exciting fellowships done every week.

One of the most exciting fellowship included the gift exchange with the friends of the year which maintains the strong bonds within our club. These connections have made members fellowship every week and strengthen the ability to serve humanity hence creating hope in the World!

December will be a month of festivities. The theme of the month is "Disease Prevention and Treatment", let us embrace this theme by also focusing on all the other areas to make it a reality. On the other hand, we shall have the election of our President Nominee Designate(PND), unveiling of the Board for Rotary year 2024/2025, Club Assembly among others which will lead to the break off for Christmas holidays. All these will be led by the Buffalos buddy group.

We encourage you members to fully participate in these few activities in order to maintain our brand as we continue to create hope in the World.

Wishing you a merry Christmas and a prosperous new year.



**HCP. Christine
Nalubwama
Gwanja's Message.**



UN Natural Disasters

In December, I will attend the United Nations COP28 climate change summit in Dubai, United Arab Emirates. There, I will speak about the convergence of two global crises: climate and mental health. As the World Health Organization has noted, climate change worsens risk factors — such as disruptions to homes and livelihoods — for mental health problems. The emotional distress of a disaster also makes it difficult for people to recover and rebuild.

Rotary partner ShelterBox is an international disaster relief charity that has helped more than 2.5 million displaced people in approximately 100 countries with emergency shelter, essential household items, and technical support. I wish to share this month's column with their CEO, Sanj Srikanthan, who explains that the words we choose to describe disasters matter.

— **Gordon McInally**

The term “natural” disaster has long been used to describe tropical storms, floods, earthquakes, and volcanic eruptions, but there needs to be an urgent shift in the language we use. While the term may seem harmless, and we’ve not always gotten it right, we’ve learned through our work with disaster-affected communities how it perpetuates a dangerous myth that nothing could have been done to prevent people being so badly affected. This misleading and harmful narrative can lead to a lack of action to help people who need it.

The language we use matters. When we frame disasters as natural, we fail to acknowledge the complex interplay between nature and the role of human actions and how they impact communities around the world.

Earthquakes, tsunamis, volcanic eruptions, and extreme storms, drought, and flooding occur because of natural processes on Earth.

But it is how these events affect people or the environment that has the potential to make them a disaster — outcomes influenced by human factors like where people live, what types of homes they have, political instability, and the lack of proactive measures to protect vulnerable communities. A disaster is the result of systemic inequalities in access to resources and power. Where we live and how much money we have often determines our ability to recover. The people worst affected are those living in poverty, with the least means to protect themselves and few resources to withstand the next event.

By framing these events as natural, we undermine the need for proactive measures to protect vulnerable communities, masking the underlying social, economic, and political instability that makes marginalized and disadvantaged communities disproportionately affected. Our teams see firsthand how issues like inequality, poverty, urbanization, deforestation, and the climate crisis can make communities more vulnerable.

At ShelterBox, we simply say “disaster” or are more specific, describing the extreme weather, earthquake, tsunami, or volcanic eruption. I urge everyone to help us in breaking this cycle by committing to language that accurately reflects why people are affected so badly.

Only then does it pave the way to address the underlying causes of vulnerability and work toward a more just and equitable future for all, with the necessary investment, resources, and proactive measures to help protect affected communities.

Disasters are not natural. Let’s stop saying they are.

Sanj Srikanthan
CEO, ShelterBox



Endless Gratitude, thank you All!

Dear Friends,

It feels like just yesterday when we gathered in Mbarara city to embark on the journey of leading this district. Yet, here we are today, celebrating the successful completion of the first quarter of our term. November, in particular, has been a month like no other, filled with numerous events that many of us attended, showcasing our collective dedication. The Peace concert, the TRF Dinner, the Golf Tournament, and the BCUP fundraiser event among so many other commitments yet you showed up in all these- you are true ambassadors of "Creating Hope in the World."

I extend my gratitude to the secretariat and my team for their support as I continued visiting different clubs as per the DG's calendar. By the second week of February 2024, I am confident that we will have covered all the 123. These visits have been far from futile; witnessing the remarkable initiatives undertaken by clubs, especially those beyond Kampala and its metropolitan areas, has left me truly humbled. The generosity and spirit displayed by all Rotarians is inspiring, and the bonds formed during these visits will endure beyond my leadership period—this exemplifies the essence of real fellowship.

What continues to captivate me is the unwavering commitment to the BCUP agenda. Our promise to invest five years of our Rotary period in enhancing the skills of the boychild and empowering young men is materializing, and the enthusiasm is commendable. Kudos to the team in charge of Youth Service for their efforts in the mentorship series, and the success statistics received are truly heartening. The prospect of our young ladies finding empowered and well-nurtured partners is a testament to our shared goal of reducing crime and idleness while fostering confidence in boys and young men.

I must also acknowledge the incredible giving spirit you have shown me. Your continuous generosity is

a profound expression of love for me as your leader. I am confident that, in the second half of our year, we will surpass our target, especially considering the overwhelming response to the TRF dinner. The organizers deserve a salute for their hard work, and the memorable celebration that unfolded that night will undoubtedly go down in history as an event with a difference.

Whenever people do good, people must celebrate, people must tap themselves on the back. My friends, I implore you to use December to reflect on what kind of celebration we want in April 2024 when we congregate at the Speke Resort Munyonyo to account to the same people who ushered us into leadership in April 2023 in Mbarara. This celebration, though, cannot go down in history if we do not attend it—I am inviting you, therefore, to come and be a part of the great celebration of the 99th Discon at Speke Resort Munyonyo on the 18th day of April. Be there, show up, and be counted.

As we enter the festive season celebrating the birth of our Lord Jesus Christ, let's reflect on the values of the season. May you find time to rest and be with family, extending a hand to neighbours in need and supporting one another. The birth of Christ should remind us of the gifts, friends, and families in our lives, as well as the reasons we've dedicated ourselves to a life of service and our clubs' commitments to helping communities and the world.

Norah and I extend our warmest wishes for a joyous Christmas season and a fantastic entry into the year 2024. I look forward to meeting you again and continuing with a renewed vigour in the service of what God has bestowed upon us.

Warm regards,

Edward Kakembo-Nsubuga
District Governor

How to control your emotions during a difficult conversation

As part of our human relations, we quiet often get ourselves into emotional conversations. This happens in rotary, work place name it. It's hard not to get worked up emotionally when you're in a tense conversation. After all, a disagreement can feel like a threat. You're afraid you're going to have to give up something — your point of view, the way you're used to doing something, the notion that you're right, or maybe even power — and your body therefore ramps up for a fight by triggering the sympathetic nervous system. This is a natural response, but the problem is that our bodies and minds aren't particularly good at discerning between the threats presented by not getting your way on the project plan and, say, being chased down by a bear. Your heart rate and breathing rate spike, your muscles tighten, the blood in your body moves away from your organs, and you're likely to feel uncomfortable.

None of this puts you in the right frame of mind to resolve a conflict. If your body goes into "fight or flight" mode or what Dan Goleman called "amygdala hijack," you may lose access to the prefrontal cortex, the part of your brain responsible for rational thinking. And making rational decisions is precisely what you need to do in a difficult conversation. Not only are you losing the ability to think clearly but chances are your counterpart notices the signs of stress — your face turning red, the pace of your speech speeding up — and, because of mirror neurons that cause us to "catch" the emotions of another person, your colleague is likely to start feeling the same way. Before you know it, the conversation has derailed and the conflict intensifies.

Luckily, it's possible to interrupt this physical response, manage your emotions, and clear the way for a productive discussion. There are several things you can do to keep your cool during a conversation or to calm yourself down if you've gotten worked up. Here are some clues on how to cope up.

Breathe. Simple mindfulness techniques can be your best friend in tense situations and none is more straightforward and accessible than using your breath. So when you start noticing yourself getting tense, try to focus on breathing. Notice the sensation of air coming in and out of your lungs. Feel it pass through your nostrils or down the back of your throat. This will take your attention off the physical signs of panic and keep you centered. Some mindfulness experts suggest counting your breath — either inhaling and exhaling for a count of 6, for example, or just counting each exhale until you get to 10 and then starting again.

Focus on your body. Sitting still when you're having a difficult conversation can make the emotions build up rather than dissipate. Experts say that standing up and walking around helps to activate the thinking part of your brain. If you and your counterpart are seated at a table, you may be hesitant to suddenly stand up. Fair enough. Instead, you might say, "I feel like I need to stretch some. Mind if I walk around a bit?" If that still doesn't feel comfortable, you can do small physical things like crossing two fingers or placing your feet firmly on the ground and noticing what the floor feels like on the bottom of your shoes. Mindfulness experts call this "anchoring." It can work in all kinds of stressful situations. For example, for a long time I was afraid of flying, but I found that counting while touching each of my fingers with my thumb helped to get me out of my rumination mode.

Try saying a mantra. This is a piece of advice I've gotten from Amy Jen Su, managing partner of Paravis Partners and coauthor of *Own the Room*. She recommends coming up with a phrase that you can repeat to yourself to remind you to stay calm. Some of her clients have found "Go to neutral" to be a helpful prompt. You can also try "This isn't about me," "This will pass," or "This is about the business."

Acknowledge and label your feelings. Another useful tactic comes from Susan David, author of *Emotional Agility*. When you're feeling emotional, "the attention you give your thoughts and feelings crowds your mind; there's no room to examine them," she says. To distance yourself from the feeling, label it. "Call a thought a thought and an emotion an emotion," says David. He is so wrong about that and it's making me mad becomes I'm having the thought that my coworker is wrong, and I'm feeling anger. Labeling like this allows you to see your thoughts and feelings for what they are: "transient sources of data that may or may not prove helpful." When you put that space between these emotions and you, it's easier to let them go — and not bury them or let them explode.

Take a break. In my experience, this is a far-underused approach. The more time you give yourself to process your emotions, the less intense they are likely to be. So when things get heated, you may need to excuse yourself for a moment — get a cup of coffee or a glass of water, go to the bathroom, or take a brief stroll around the office. Be sure to give a neutral reason for why you want to stand up and pause the conversation — the last thing you want is for your counterpart to think that things are going so badly you're desperate to escape.

Try saying something like, "I'm sorry to interrupt you, but I'd love to get a quick cup of coffee before we continue. Can I get you something while I'm up?"

Keep in mind that you're probably not the only one who's upset. Your counterpart is likely to express anger or frustration too. While you may want to give them the above advice, no one wants to be told they need to breathe more deeply or take a break. So you may be in a situation where you just need to let the other person vent. That's usually easier said than done though. It's hard not to yell back when you're being attacked, but that's not going to help. Jeanne Brett, a professor of dispute resolution and negotiations at Kellogg School of Management, suggests visualizing your colleague's or coworker's words going over your shoulder, not hitting you in the chest. But don't act aloof; it's important to show that you're listening. If you don't feed your counterpart's negative emotion with your own, it's likely they will wind down.

Let's face it. Conflicts with colleagues/coworkers can be tough. But you're not going to solve the underlying issues or maintain a positive relationship if you barrel through the conversation when you're completely worked up. Hopefully, these five tactics will help you move from angry and upset to cool as a cucumber.

Article presented by Duku Henry, partner at Duhen Associates Certified Public Accountants.

BY: PP. HENRY DUKU



IPDG Mike Kennedy Sebalu after his presentation on The Rotary Foundation.





Understanding and addressing the major challenges that affect the agriculture sector in the 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

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.

well thought 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

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

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

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

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.





**The Boy Child Uplifting Programme at
Extreme High School Namayumba**

Membership Engagement: How do we Promote Healthy Working Relationships in the clubs?

By: Rebecca Mukasa Mutaawe

Rotary leaders often claim to value good working relationships, but club practices may not reflect that claim. Does this experience sound familiar? Kulumba(not real name), an experienced knowledge worker, finds it difficult to have productive conversations in his club, especially with those who are in service roles designed to help his job and enjoy Rotary (e.g.Service projects director,membership director,Club secretary etc.). Emails and whatsapp conversations are brusque, uncooperative, and at times downright rude.

When Kulumba brings this up to the club president, the president says that the club has a “culture of helping,” that “our members take care of each other,” and that “bad behavior should not be tolerated.” But when Kulumba talks to the club directorate leaders, they don’t really listen to his concerns and turns the conversations toward complaining about Kulumba’s colleagues.

Kulumba leaves these combined interactions — with the Club president saying one thing but the directorates on the ground caring about something else — confused. Does the club care about helping or not?

The key to solving this problem is to recognize that it this is an organizational problem, not a case of a few bad apples and a demanding leader. This means that solving the problem demands an organizational solution — specifically, putting into place structures, systems, and routines that build positive relationships.

Research suggests that precious few clubs are there yet. Given the importance of inter-member relationships to productivity and resilience, that means there’s a big opportunity there for the taking.

Clearly, Kulumba’s club directors are not incentivized to care about relationships. Further, it is unlikely kindness, respect, and helping are built into the performance management system for these club leaders. Where does this leave emotional intelligence?

Are they incentivized to be helpful and respectful? Probably not. It’s also possible they were never trained in communication or relationship development.

So, the club president and the board need look at what they should be doing to prevent this from happening:



1.Start listening and talking about relationships

2. Provide real structures for growing relationships.

Depending on the state of relationships between people, such conversations could potentially run hot at the outset (You want to know how I feel about us? I'll tell you!) .

The goal is to have productive conversations that progress toward resolutions for any conflicts or frictions raised. But simply having these conversations sends a signal that interpersonal connections are a priority, allows leaders to model the desired behavior, and provides a structured occasion for leaders to engage in the work of building ties across their local work units.

An Architect or an Engineer in life

In your life, have you ever thought of whether you play an architect or engineer's role?

Architects are deeply involved in pre-construction stages. They think, visualize, and translate this into a blueprint. The blueprint is the guide to how the building will appear and function. Engineers go over the architect's design and decide what materials must be used to bring the architect's design into action. Similarly, in one's life, there is an architect and engineer's functionalities that largely influence their level of success. Being an architect of your life means, designing, planning and having a futuristic impression of how you want your life to be portrayed. Alongside this, you surround yourself with engineers who play different roles, similar to the different roles of engineers that interpret the plan of an architect and put it into action.

In most, if not all situations, it's one architect making the architectural design that feeds into various engineers { civil, electrical, mechanical, structural, e.t.c} who combine their expertise to transform the architectural design into a physical building. Similarly, in your life, the architectural role is limited to you and you have many people {engineers}, playing the roles of engineers. This architectural role should not be a responsibility of many

At different stages: The two people play different roles at different times. Let us begin with an architect. He does the designing of the structure and makes sure that the end product is attractive and exciting. An engineer on the other hand implements all that the architect has designed and planned. His job is to put bring out this design and has no idea how the structure will look and function until the structure is actually completed. In life architects are those that plan and envision projects or what they want to do in the future. They know how the project will look and how it functions or what exactly they want to be in future. An engineer in life comes in after the architect is done drawing the plan. He comes in to help the architect bring his plans and designs to life. These are people are under the instruction of the architect. Correct interpretation of an architect's blue print requires a set of engineers with the same technical capacity. The success of the architect depends on the capacities of the engineers to interpret the designs exactly as the architect has drawn them. Similarly an individual's inner circle friends determine the level of success. If one cannot be able to get people that will help him bring his design to life by virtue of their thinking capacity then the design remains in the head of the architect.



**Article by:
Rtn African Muhangi.**

Growing with change: The way buildings are constructed changes with time and the new technology. The way skyscrapers were constructed in 1980s is not the same way they are being constructed in 2023; there is a big difference in the designs that keep coming up. Therefore the architect also upgrades and this also calls for a change in the ways of the engineers or the engineers themselves. Similarly in life, the moment you decide to change or improve on the plans and visions of your life, you should also ensure that the people who are to help you achieve those goals also become updated with the change so as to have a proper outcome

An architect works well with engineers because their academic faculties are similar, in other words they are biased in mathematics. Their mental focus is in the same background hence easily connect with one another. Similarly in life, if an individual wants his plans to come to life then they should surround themselves with people that can conceptualize the plan and work together to develop it.

An architect has a direct contractual relationship with the client, and engineers are always engaged as sub-consultants. An architect takes up the role of a team leader, being the primary team contact, responsible for discipline and co-ordination. In one's life, as an architect, you are responsible for discipline and co-ordination of other people and is more like a leader.

In life, we are stuck in the battle of either being an architect or an engineer. As some think that they can play both roles, it would be rather hectic. However one who plays one of the two roles stands a better chance to succeed in life.

The architectural role in one's life should be protected and treated as top most priority and not given to anyone else. As you critically analyze the genetical set up of most successful individuals, the cutting thread is that they have exclusively reserved the role of architect to themselves in their lives.

Book Review:

Genocide By Denial:How profiteering from HIV/AIDS Killed Millions.

Review by Lambert Rusoke

Standing on the lake shores of Lake Victoria in the villages of Kasensero in Rakai District,the evening waves blow away.

From a distance,the local fishermen are seen laying their traps(nets),preparing for an overnight of prey catching.This is their life.This is their economic activity,and none seems bothered by the "strange" onlookers,who're admiring the way the nets are being laid ,or acknowledging the strength that these fishermen have,to be out there in the waters,on canoes that have no life jackets,and yet its business as usual for the folks.

But beyond this rather summarily observation,is a well scripted,informative,touching,and sad account ,for the roots of HIV/AIDS at Kasensero,by a man who has been right at the forefront of the HIV/AIDS fight.

Dr Peter Mugenyi,comes to the foe ,with his 'no-holds barred' approach ,mixed with anguish and yet in a way whistle blowing and fighting for the poor,in his "Genocide By Denial-How Profiteering from HIV/AIDS Killed Millions"

The 292 paged book,breaks down the nitty gritty ,of the disaster that HIV/AIDS is ,and singles out in very well structured chapters,how the locals were caught by surprise,ignoring the factual truth,only heeding to voodoo cures as is the case in African traditional settings,and then purely turning the blame of the millions of deaths to a mindset of Profiteering from the manufacture and sell of drugs,rather than a balance between profits and morals.

In here,he mentions of how earlier efforts to fight the disease in Poor Africa,and Uganda in particular ,was down to something called,"Tragic Denial".Tragic in a sense that,there was a killer disease taking the sons and daughters of a country.Denial,in a sense that,whereas efforts to fight the disease were identified earlier on,the hurdles were always with the exorbitant drug prices ,that many a person could hardly afford.And yet,relevant stakeholders could-easily have intervened on this price issue,save for the 'business line" involved,from the big pharmaceutical companies seeking reward for their Research and Development works,to international experts brought in devise means of reducing the scourge,to government officials with a hand ready to receive envelopes from the richer nations of experts and cut on the fight for equal rights.

Dr. Mugenyi's account in this one,is that of a man who has had first hand encounter with the patients,pharmaceutical companies,research experts,government officials and international donors over the years,and was privy to have been part of the fight of the first cases of HIV/AIDS or 'slim'when many were still living in denial,and also was a gem when he led efforts ,though at first in vain,to fight the denial of drugs to the poor patients who were dying quietly and softly.And his works with the team at at the Joint Clinical Research Organization(JCRC) cannot go unnoticed.

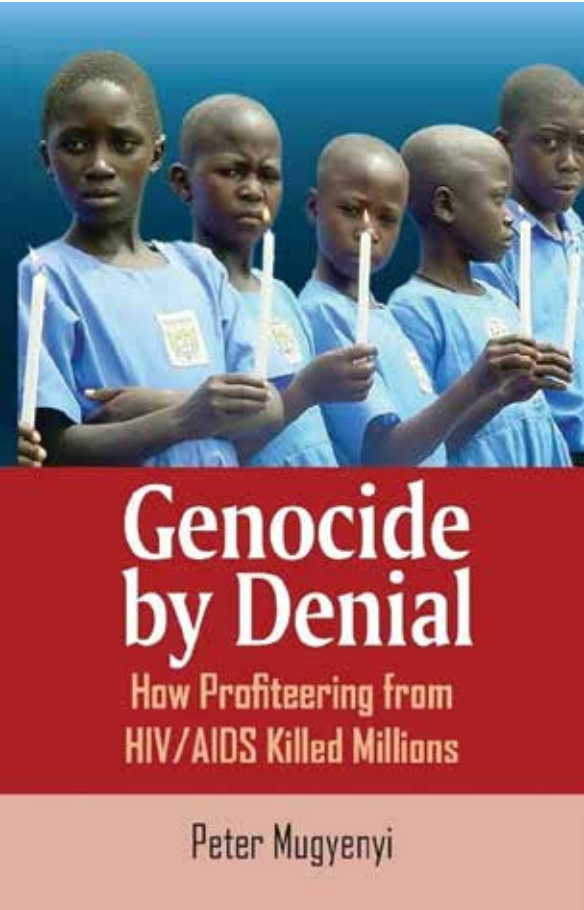
As we celebrate World AIDS day,this is a piece of literature that any human ,willing to know and-learn about the deadly disease,should read out,and join hands to fight the genocide.

I will quickly turn to page 197,under the chapter 'Dubious Schemes",where Dr Mugenyi,goes on to plead,in an interpreted local saying,

"If you deny help to a drowning man ,at least spare him the laughter".

He was mainly pointing out to all businesses especially Pharmaceutical Companies ,that ,however much they have to get profits from their trades,an ethical way in doing so,would go a long way in saving the poor people from dying.

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**Photos of the mentorship Session of
Rtr Joel Ssewankambo Interact chair Rac Nansana
at Etreme High School.**

The Rotary Foundation: Of Giving until it hurts.

By: Lambert B Rusoke

A few weeks ago the Rotary fraternity organised the The Rotary Foundation Dinner at Kabira Country Club, to celebrate and cheer on the "givers" to the fund that forms the wheel to our rotary service projects. It was a wonderful and glittering occasion, filled with conversations about giving and generosity.

As the night went on, and many took the stage to have their turn at being applauded plus a standing ovation, there came Past Assistant Governor Jane Kabugo, the District Executive Secretary, strolling the stage, with great dancing strokes, to the cheers of the audience, after her name had been read out and recognised as a major donor (five folds) ie, she has contributed USD 50,000 to the Foundation gong to date.

For the sake of having a TRF discussion and moreover biblical, I asked my neighbour on the table that day Rtn Gift, whether generosity is a biblical command (1 Timothy 6:8), and if so, how much is enough? How much is required to be generous?

I suppose that's what many people are looking for – something to help give clarity to generosity.

It's here that Gift reminded me of the phrase "give until it hurts". And she went on to add that this was originally spoken by Mother Teresa but instead of speaking about money, she was speaking about giving love to another. Without trying to explain what she meant, the phrase was then used to motivate people to give financially. The exact meaning seemed to be, "Don't give at a comfortable level but give at a level that is uncomfortable or hurts".



In our desire to give clarity to people's giving, and for them to give freely, it mostly has the effect of motivating people in the wrong way. But rather than thinking of generosity in terms of it "hurting", generosity should actually make us more joyful. The dance strokes from Rtn. Jane told the whole story.

Take for example, people you know who are very generous people. While you might not know how much they give, you are aware that they give freely out of the excess of their resources – time, finances, and neighborly help and hospitality. Ask them if their giving feels like it hurts and you will be greeted with a puzzled look. "What are you talking about? Giving until it hurts? Giving is a joyful experience for us!"

You don't see these people wincing when it comes to letting resources flow from their hands to others. Instead, they will rarely see it as sacrifice but rather as a great settled, deep happiness.

In some ways when it comes to generosity we are pretty torn – on one hand we want clarity. We want someone to tell us what percentage or how much.

On the other hand, we don't want anyone telling us how much because that sounds like legalism. Either way, we lose out on the great joy that could be presently ours by seeing the tenacious grip on our lives loosened as the Foundation gospel takes root in our Nansana hearts.



TRF Dinner



**Nakuule Rotary
Hospital construction**



**Cake cutting during the last fellowship for November babies,
Anniversaries and the Leopard buddy group.**



Gift Exchange



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District 9213



Rotaract
District 9213



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