

THE
KAMPALA STEWARD
MAGAZINE



DRIVING THE **ECONOMIC PULSE OF CITY FOLKS**

Cities world over grapple with the ever growing challenges of demand for employment opportunities, but how the administration responds is critical for the welfare of the city dwellers.

INSIDE

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DRIVING THE ECONOMIC PULSE OF CITY FOLKS

Cities worldwide grapple with the ever growing challenges of demand for employment opportunities, pressure on infrastructure due to the rural urban migration, cropping up of slums and their related social evils but how the administration responds, is critical for the welfare of the city dwellers.

PARTNERSHIPS PROPELLING KAMPALA'S EDUCATION SECTOR

Increasingly, Government is experiencing financial distress. In line with that, Agencies like KCCA have to work within the available resources as well as embrace partnerships to close the glaring gaps.

THE NEW POLITICAL DISPENSATION OF KAMPALA

Delivery of services in Kampala City has for the past close to 6 years continued to undoubtedly improve going by the road works, clean environment and lit streets.

LET US REFORM FUNERAL OF THE LOVED ONES

Given Uganda's high population growth rate and rapid urbanization, this cultural shift will free a lot of fertile land for the much needed agricultural production.



A section of Nile Avenue Kampala, Uganda.



note from the **editor**

Kampala was a hive of activities in the just concluded year with many people of active working ages flocking the city in search of sources of livelihood, education and better health care.

This has driven the city administration to plan and implement a number of socio-economic empowerment projects especially for the youth and women to boost their economic vitality.

Notable among the programs, is the Community Driven Development project where KCCA has supported community initiatives, giving out grants to over 250 groups within the city, the Youth Fund where over 4,385 youth have accessed credit worth UGX 11.9 billion and the Employment Services Bureau which has skilled and connected graduates to employment.

In here, catch the life-changing stories of community projects undertaken during the period under review. We also make it our business to share tips on personal finance so you become better managers of your resources.

Thank you for keeping with us!

Peter H Kauju

AG. DEPUTY DIRECTOR PUBLIC & CORPORATE AFFAIRS



KCCA at work along Kira road.
INFRASTRUCTURE **REFORMS**



note from the **Executive**

The last 14 months were a busy period for us at KCCA as we undertook infrastructural projects and community engagements to improve the lives of city users.

Government of Uganda provided funding in form of grants and startup capital to stimulate economic activity for the people of Kampala as the stories we profile in here show. We are particularly passionate about creating opportunities and improving the lives of the youth. We have established an Employment Services Bureau for ICT training, mentorship, life skills and volunteer programs under i-Serve.

Our vision for the Concrete Yard at Kyanja, is to provide inputs for our infrastructure projects at a lower cost and employment opportunities to over 10,000 youth and support others to begin own enterprises.

The Institution was able to deliver major projects especially in the area of infrastructure including signalling major traffic junctions.

As we overcome the financial huddles currently being experinced, we can propel our vision further. We will continue to engage with our key stakeholders such as development partners, Government, the public and private sectors to bring about the much needed change in Kampala.

Enjoy this edition of the Kampala Steward Magazine!

Jennifer S Musisi (Ph.D/h.c)
EXECUTIVE DIRECTOR, KCCA

PHOTO

Empowering youths with technical skills in tailoring to step-up their incomes for a better living.



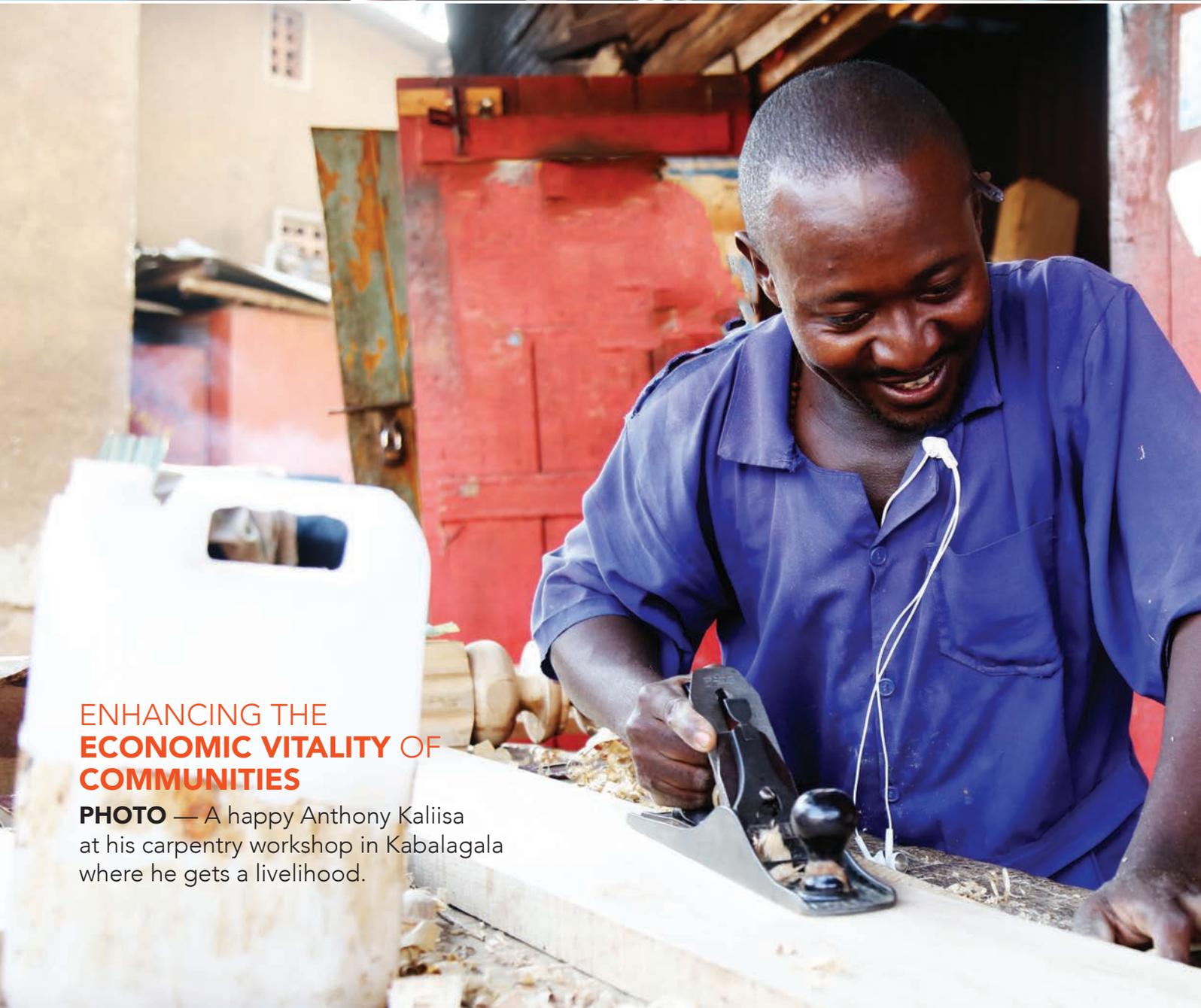
THE YOUTH VOICE

Youth, once equipped with the right tools and exposure, have tremendous potential to build a future we all desire and make the world a better place.



ENHANCING THE ECONOMIC VITALITY OF COMMUNITIES

PHOTO — A happy Anthony Kaliisa at his carpentry workshop in Kabalagala where he gets a livelihood.



Driving the **Economic Pulse** of City Folks

By Peter Kauju

Cities world over grapple with the ever growing challenges of demand for employment opportunities, pressure on infrastructure due to the rural urban migration, cropping up of slums and their related social evils.

How the administration responds to the welfare of the city dwellers is critical. Kampala which attained city status at Independence on 2nd October 1962 has taken a firm drive to start income generating activities and skilling of the communities especially the youth and women to boost their sources of livelihood.

In the last quarter, KCCA started aquaponics at the Kyanja Agriculture Resource Center as the latest addition to the collection of urban farming projects that the institution embarked on to enable city inhabitants boost their incomes and improve nutrition levels.

Aquaponics refers to the marriage of aquaculture (fish farming) and hydroponics (the soil-less growing of plants) that grows fish and plants together in an integrated system.



PHOTO — Robert Matovu at his workshop in Najjanankumbi, Kampala

At this Resource Center, KCCA has spearheaded a series of projects including greenhouses, poultry, piggery and several forms of backyard farming in the city. A concrete yard has also been set up to produce concrete products for city infrastructure works such as curbstones, culverts and pavers among others, all made by previously unemployed youths.

This is in addition to some of the youth groups that have got startup capital under the Youth Fund and groups under the Community Driven Development (CDD) project.

The City now boasts of happy people and stories from the families and groups that are engaged in such economic activities having picked skills and others capital from KCCA.





PHOTO — Kampala Youths attending an entrepreneurship session at KCCA's Employment Services Bureau

The Employment Services Bureau's mandate is to address the high unemployment rate within the city by linking job seekers to potential employers, job counseling, skills development and volunteer programs. Its main objectives include providing employment and labour market information to job seekers and employers and enabling young people acquire employable skills.

"In a bid to make the City to more livable and inclusive for the young people, KCCA has invested in youth programs through the Employment Services Bureau. The ICT mentorship and skills development, and I-Serve youth voluntary flagship programs have been designed to equip the unemployed youth with competitive skills that has given them an edge against the others in the volatile labor market," says Abel Asimwe Supervisor of the Bureau.

Some of the major interventions it has in place is the i-Serve youth volunteer program, ICT, Mentorship and Entrepreneurship Training, Job Counselling among others.

Since its inception, we have registered great success so far.



PHOTO — The Mayor of Nakawa Division, Eng. Ronald Balimwezo inspiring graduates under the i-Serve program.

PHOTO

Empowering communities with technical skills in carpentry to step-up their incomes for a better living.





Birds that are revitalizing shattered dreams..

Chicken are not merely birds, they are helping us empower lives and stepping up the economic vitality of communities.





Meet Mohammed Kasirye — A community farmer from Makindye Division, Kampala.

Mohammed Kasirye, today, boasts of many achievements off his toil. But it was not all smooth sailing.

He has been farming for 13 years with a bulk of responsibilities despite his age. His first poultry venture did not yield, struggled to make ends meet and his dreams were headed to a dead end.

KCCA extended startup of 200 chicks that have revitalised his dreams, transformed his life and changed his story.

Today, Mohammed owns a flourishing poultry farm of Kroiler chicken with a production capacity between 300-500 chicks every week each sold at UGX 1700 - UGX 2000. He has bought land for expansion and got his grandchildren an education — what better thing to do than give a child an education!

KCCA has empowered Kasirye to dream big. He plans to setup a full hatchery producing over 5000 kroilers and become the biggest supplier of poultry in the whole community.

Kasirye is just one of the many lives that have been empowered to realize and harness their potential for purposeful and sustainable development.

“

I WANT TO BECOME THE **BIGGEST SUPPLIER OF POULTRY** IN THE COMMUNITY”

— Mohammed Kasirye

From a small house room, in 2011, Tamale Ddungu started mushroom farming with the little capital he had at the time. He engaged in production of mushroom seedlings, processing and selling with the hope of supplementing his income to support his family and other responsibilities.

4 years down the road without tangible benefits attributed to his toil — Tamale looks back at the years as “wasted years”

“We were misguided on what kind of seedlings to buy and more so we lacked sufficient knowledge in mushroom farming” he narrated.

Early this year, KCCA supported him with start-up to the tune of UGX 5 million (Approx 1380 USD) and skills on mushroom farming, marking the rebirth of Tamale’s new hope.

Today, together with his business partner, Stephen, Tamale runs ‘Makerere One Community Vision’, a group of 30 mushroom farmers who engage in production of mushroom seedlings, processing, selling and educating others. This has also seen their venture expand to lending members startup for other income generating activities.

Their vision is to start production of mushroom wine and juice as well as explore other benefits associated with the ‘vegetable’ like health and nutrition.

Tamale can now smile without fear of the future because KCCA has empowered him to realise and harness his potential for purposeful and sustainable development.

Yes, Mushrooms do Miracles!



PHOTO — Tamale's workmate, Stephen displays some of their mushroom products



Tamale Ddungu can now smile without fear of the future.

WORLD AIDS DAY in Kampala — “Joining Hands to Scale up HIV prevention in the City.”



PHOTO — Kampala residents seek medical attention at City Hall on the day.

KCCA joined the world in marking the day that was kicked off with a city-wide March as part of the activities in raising awareness of the epidemic. Aside from that, a number of services were offered which included health & sex education, condom distribution, testing among others.



PHOTO — KCCA staff Marching to mark the World Aids Day.



PHOTO — The Deputy Lord Mayor, Sarah Kanyike and KCCA staff tour the health education desk.

World AIDS Day is celebrated around the world each year as a key opportunity to raise awareness about the **HIV/AIDS** epidemic, take stock of achievements, commemorate those who have passed away and to rededicate ourselves to the fight against the epidemic.

KCCA has made significant strides in implementing the national agenda for fighting the epidemic with support from its partners and commits to undertaking a more coordinated approach of HIV response the city with a multi-sectoral approach.

IT TAKES COLLECTIVE RESPONSIBILITY TO FIGHT THE EPIDEMIC

WILL YOU JOIN THE REST OF THE WORLD TO THIS COMMITMENT



WHY PARTNERSHIPS MATTER TO US

Efforts of partners are propelling Kampala's education sector forward.



PHOTO — KCCA receiving scholastic materials from BAPS Charities.

Government has increasing demands on its resource envelope. In line with that, Agencies like KCCA have to work within the available resources as well as embrace partnerships to close the funding gaps.

BAPS Charities among other partners have supported the cause of education in Kampala City through donation of scholastic materials and renovation of school facilities.



PHOTO — KCCA receiving paint from Sadolin Uganda as part of their CSR to our schools



PHOTO — Rotarians along with KCCA commission a new toilet facility at St Mbaga Tuzinde

Community clubs like Rotary are changing lives of our children by providing essential services like school sanitation facilities, scholastic materials and more which are improving the learning environment of our children enabling them achieve academic excellence.



“The quality of the future depends on the quality of investment we make in our children, today” — Dr Jennifer S Musisi

ADVANCING EDUCATION IN THE CITY...

By Juliet Namuddu

KCCA is mandated to provide, support, guide, coordinate, regulate and promote quality education and social services in the City. In the exercise of this mandate as an agency of Government, the Institution has partnered with the private sector, multinational corporations, religious organisations and civil society.

The Institution has constructed and renovated over 120 classrooms and supplied 1383 three-seater desks in 22 Government Grant-Aided Primary and Secondary Schools. In addition, KCCA in partnership with Water Aid/AEE, AMREF, CIDI and Plan Uganda has constructed over 633 new stances of toilet facilities in Schools. These interventions have reduced the pupil: stance ratio in government primary schools from 96:1 in 2011 to 50:1 in 2016.

To ensure the security and safety of the children in schools, KCCA fenced 7 Primary Schools including Kamwokya P/S, Kabowa COU P/S, Kibuye P/S, Murchison Bay P/S, Nakasero P/S, Muslim Girls P/S and St Paul Kyebando P/S. This reduced the truancy levels and maximized learners' attendance. Lightening conductors have been installed in 10 schools.

With ICT integration in teaching and learning processes, 160 desktop computers and 35 laptops were supplied to 27 schools with support from partners like MTN and Cheshire Services, Uganda. KCCA facilitated the establishment of computer hubs in 5 Primary Schools.

In a bid to improve teachers' welfare, KCCA spearheaded the establishment of a Kampala Primary Teachers' Multipurpose Cooperative Society. The loan portfolio of Kampala Primary Teachers Multipurpose Cooperative Society has grown to UGX 609,470,149 in savings and grants. The seed grant from KCCA is so far UGX 350 Million. A total of 199 teachers have so far benefited from the credit facility and 1040 teachers are saving with the cooperative Society.

Libraries have been set up in some schools to enable children read for pleasure and acquire more competencies in reading. Tourism is another component that the Institution has followed up on and more children are now visiting places to consolidate their learning.

2016 PLE Results

All the above interventions have positively contributed to an improved learning environment for the learners as reflected in the positive learning outcomes. The recent Primary Leaving Examinations (PLE) results released by UNEB on 19th January 2016 testify to good inputs. The National statistics indicated that KCCA was the first in districts and 19th amongst municipalities.

The internal analysis of results revealed the following;

- Excellent performance by increasing first grades from 7,614(26%) in 2015 to 7,648(27%) in 2016.
- Increased number of overall passes by 3% from 95% in 2015 to 98% in 2016.
- Increased candidates' enrolment

Year	Candidates	%
2013	26,347	23.4
2014	27,926	24.8
2015	28,883	25.7
2016	29,340	26.1

- Reduced dropout rates from 1.9% in 2015 to 1.4% in 2016.

The best ten UPE schools in overall performance in their respective decreasing scale were; Kitante, Nakasero, Nsambya Girls, St. Peter's Nsambya, Kalinaabiri, Namirembe infants, Busega, St. Ponsiano Kyamula and St. Paul Kyebando. The Best Ten Private primary Schools The best ten primary schools in overall performance in their respective decreasing scale were; Happy hours, Kabojja Junior School, St. Angella, Bright Junior, Hormisdallen, Sir Apollo Kaggwa-Nakasero, Kibedi, Sir Apollo Kaggwa-Mengo,

Lohana Academy and Mother Kevin Memorial Primary Schools.

Despite the successes registered, there are also various hurdles that have hampered exclusive academic performance in our UPE schools and these among others include;

- Inadequate funding exhibited by budget constraints.
- In Special Needs Schools we experience the following inadequacies that hinder excellent academic performance; trained manpower to handle the various special needs categories, equipment/materials, amenities, perception about Special Needs Children and unfriendly examination environment.

WAY FORWARD

Various interventions have to take effect in order to improve and or sustain the current performance. These include;

- Community sensitization on the importance of providing lunch to children. This will reduce the dropout rates, increase concentration and general performance.
 - Carry out special needs training workshops and seminars for teachers.
 - Lobby for more sponsorships and donations from corporates, merchant groups, civil societies and development partners.
 - Continue reorganizing teaching staff to reduce inertia and inefficiency amongst the teachers.
 - Conduct continuous professional development courses.
 - Continue to rehabilitate the existing infrastructure.
 - Ensure that all schools set up libraries. Set up a mobile library service with the support of partners (FAWE,U)
 - Promote Tourism in schools and at the Division level.
 - Participate in different Sports activities.
- We look forward to an exciting 2017.

PHOTO — Pupils of St Mbaga Tuzinde Primary School singing





EYEING TOMORROW!

Pupils of Bukasa Primary School in a jolly mood after the comissioning of a nursery block at the school built by contributions from KCCA staff.

KCCA is working to secure a bright future for our school chidren.

Safety FIRST & FAST!

By Jemimah Nalumansi



PHOTO — Construction works at KCCA's Busega Market site

The Construction sector is probably the most hazardous place of work due to the complexity and nature of the activities involved; most of which directly expose the teams involved to possible injury and infections of different types. In the past, several accidents have been recorded at different construction sites across the country, with some as fatal as registering deaths and serious injuries.

These accidents have ranged from falling walls, to collapsing structures as well as excavations burying site workers, all during construction activities. In light of this, there is need to investigate the measures that have been put in place to mitigate these occurrences as well as safeguard teams at construction sites and all stakehold-

ers against exploitation as far as their safety at the work place is concerned; and also their rights to compensation in case of accidents and injuries. This will check the extent to which law enforcement entities have engaged in ensuring that construction site teams and all stake holders involved are protected from harm vis-à-vis construction related accidents and injuries.

According to Part III – General Duties, Obligations and Responsibilities of Employers: Section 13 of the Occupational Safety and Health Act, 2006, it is the duty of the employer to protect (his) workers. This involves taking all possible measures to ensure that the staff and public are free from danger and ensuring that the working environment is free from hazards.

It is therefore important for us to keep accidents on construction sites at the very minimum. Do we have the statistics regarding previous accidents? Yes we do. Have we learnt from these past mistakes?

That is the problem; we seem to push each one of them under the rug as and when they occur. We need to analyze past accidents to improve our understanding of the problem. After all is said and done, it is everyone's responsibility to ensure that proper health and safety guidelines are set at these sites and the necessary steps taken to ensure that the guidelines are strictly followed...for the safety of everyone on and around the sites.

Reducing costly remedy of environmental challenges

By Faridah Kiggwe

The Strategic Environment Assessment (SEA) is relatively a new area in impact analysis and evaluation of proposed plans, programs and policies on the environment. As such, KCCA has stepped up capacity to sensitize our staff and communities.

KCCA's jurisdiction has a resident population of 1,516,210 million which doubles during the day as many people flock the city to look for jobs and better standards of living. So many factors have resulted into increased population pressure on the environment, infrastructure and social services like education, transport and health care.

Some staff of KCCA have been privileged to benefit from the Swedish International Development Agency (SIDA) funding to participate in SEA training. We are working to advance the SEA concept in Kampala.

Our efforts geared towards SEA sustainably being embraced by KCCA as is happening in other countries in Europe, Asia, Africa, among other continents. SEA is particularly important in KCCA, for the following reasons;

- SEA is a process for analyzing and addressing the environmental and health effects of proposed policies, plans, and programs or other strategic initiatives (e.g. legislation or regulations). It can be applied at all stages and tiers of decision-making. When carried out systematically, SEA will help decision-making in KCCA to achieve a number of important environmental objectives and sustainable development aims which is in line with the KCCA vision.

- SEA will lead to better environmental protection and management and will promote sustainable development. It will also strengthen the KCCA policies, plans and programs, thereby providing a number of immediate and longer-term benefits for KCCA. The procedural benefits of SEA in KCCA will include efficiency of the planning processes and improved governance in the organization.

- SEA will help to inform and warn the KCCA decision-makers at an early stage about unsustainable development options. Ultimately, this will save time and money as problematic

options are disregarded at a point in time when only few resources have been spent on their development.

- SEA helps to preserve a healthy environment. Sound application of SEA reduces the need for costly remediation of environmental problems that occur in implementing environmentally problematic strategic decisions. SEA thus provides economic, social and environmental benefits to current and future generations.

- It increases overall transparency of strategic decision making, which will help planners and decision-makers to create public trust and accountability in the planning process.

- SEA allows decision-makers to consider opinions of key stakeholders early in the planning process. This reduces the risk of deadlock during decision-making on individual projects such as locally-unwanted-land-use and not-in-my-backyard situations.

- Properly undertaken and accountable SEA will enhance KCCA credibility of policies, plans and programs.



SEA helps to preserve a healthy environment.

By Agnes Biribonwa



Rush hour traffic jam is common place in Kampala. Fortunately, this will soon be a thing of the past.

The City has started receiving fully functional, state of the art road junctions like Fairway.

“We are proud to announce that construction and rehabilitation works of the first phase of the Kampala Institutional and Infrastructure Development Project is on track,” said Charles Tumwebaze, the Project Manager, KIIDP2-KCCA. “We have completed about 96 percent of the works at Fairway Junction.

This includes all road construction and road marking, installation of road signs and traffic control signals. The only pending work is street lighting and landscaping, which we are in the process of procuring.”

Similarly, road construction work along Kira Road and Kabira Junction is making impressive strides standing at nearly 90 percent. Meanwhile, work on Mambule Road and Bwaise Junction is at 85 percent, mostly due to delays attributed to compensation of properties in the road and drainage corridor. However, the team is wrapping up on outstanding compensations to ensure construction work proceeds with minimal disruption.

Makerere Hill Road is also being rehabilitated and widened from Wandegeya to Nakulabye. The road will be converted into a dual carriageway, and the junctions at Sir Apollo Kaggwa Road and Gaddafi Road will have traffic control signals installed.

Travel time and cost for all road users will significantly reduce once all planned road construction and improvements are completed in Kampala City. Secondly, signage and traffic signaling at major junctions will improve traffic flow. Each road will have paved walk ways and signal controlled pedestrian crossings to ensure safety of pedestrians.

PHOTO — Installing Traffic signals at Fairway junction



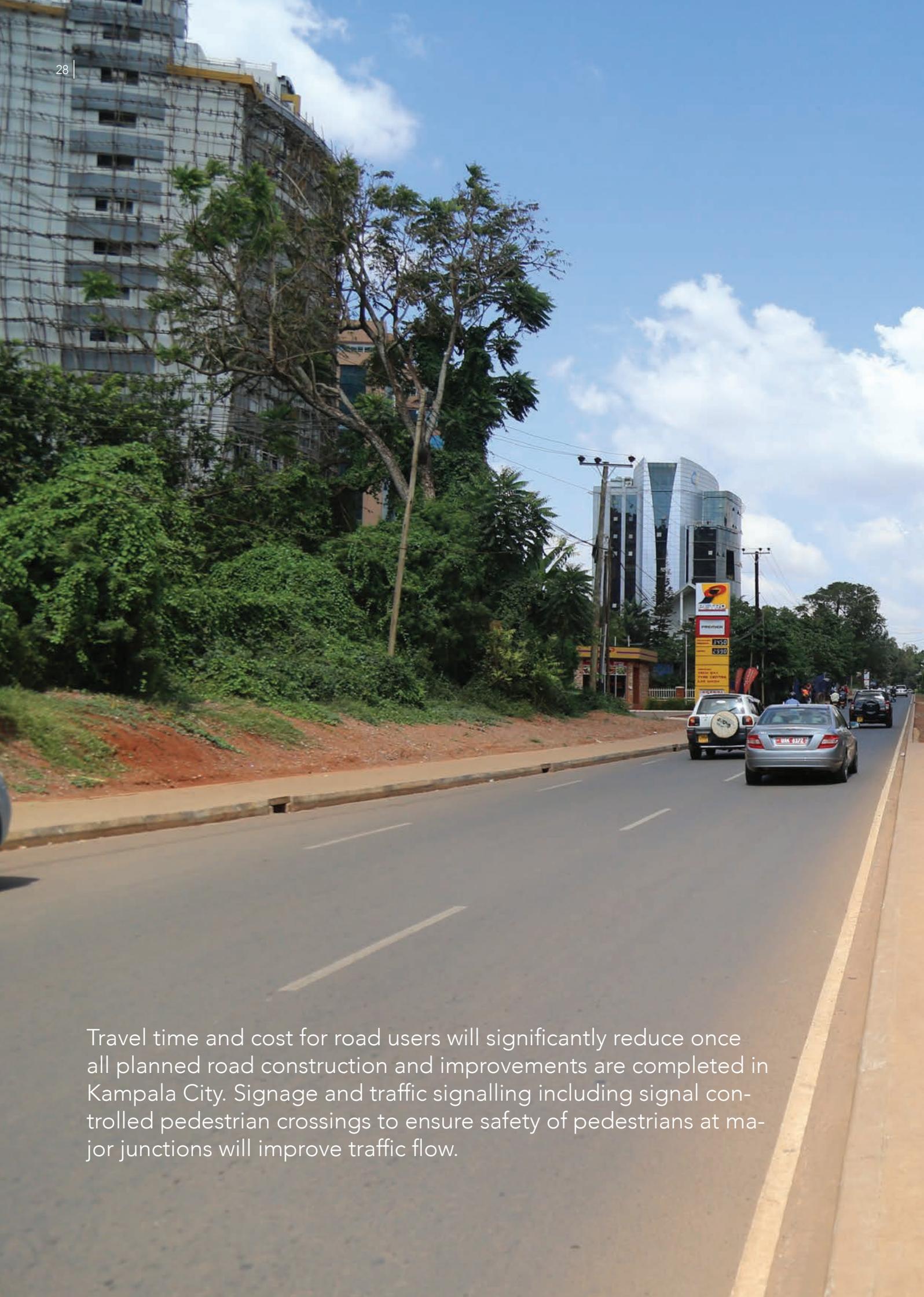


PHOTO — The recently reconstructed Yusuf Lule Road

The Second Kampala Institutional and Infrastructure Development Project seeks to enhance infrastructure and institutional capacity of Kampala Capital City Authority (KCCA) to improve urban mobility for inclusive economic growth. There are two components to the project, the first component being city wide road infrastructure and associated investments. The Second component is the institutional and systems development support. This five year project is worth US\$183.7 Million. The project started in May 2015. It is funded by the World Bank and the Government of Uganda.

from DUST to PAVED





Travel time and cost for road users will significantly reduce once all planned road construction and improvements are completed in Kampala City. Signage and traffic signalling including signal controlled pedestrian crossings to ensure safety of pedestrians at major junctions will improve traffic flow.

The reconstructed Yusuf Lule Road, Kampala.



The new political dispensation for Kampala City

By Peter Kauju

Delivery of services in Kampala City has for the past close to 6 years continued to undoubtedly improve going by the road network, drainage works, clean environment and lit streets. As this continues to grow, the Government recently announced an independent Ministry for Kampala Affairs to supervise the City administration separating it from the Ministry for Presidency where Kampala was housed earlier.

HE President Yoweri Museveni appointed Beti Olive

Namisango Kama as Minister of Kampala Affairs and Hon. Benny Nagwaanya as the State Minister.

In the same vein, the City received new office bearers for the directly elected political leaders including the Lord Mayor, Erias Lukwago Deputy Lord Mayor, Sarah Kanyike, Mayors, Authority Councillors and Urban Division Councillors for the next five years.

They were sworn in mid-2016.

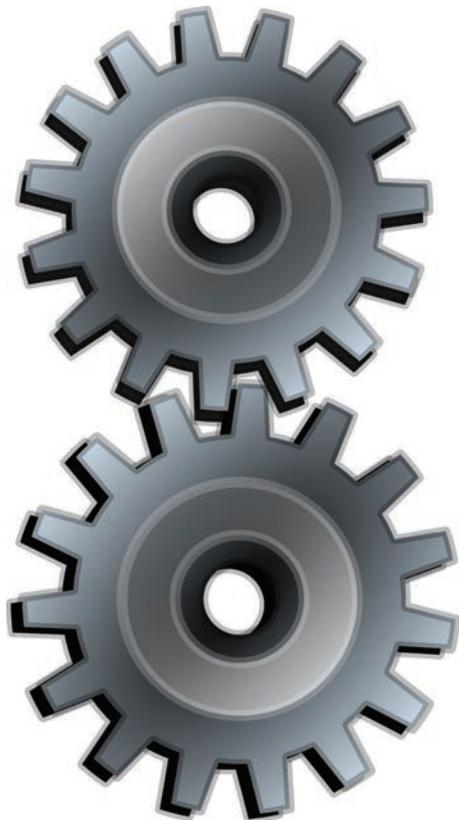




PHOTO — Minister for Kampala Beti Kamyia (centre) flanked by her counterpart Benny Namugwanya on the left conducting an on-spot tour of Kampala city's business community and work spaces in the Central Business District.

His Worship Emmanuel Sserunjoji
MAYOR KAWEMPE DIVISION



His Worship Erias Lukwago
LORD MAYOR OF KAMPALA



His Worship Nganda Mulyanyama
MAYOR MAKINDYE DIVISION



His Worship Eng. Ronald Balimwezo
MAYOR NAKAWA DIVISION





His Worship Charles Musoke Sserunji
MAYOR CENTRAL DIVISION



Her Worship Sarah Kanyike
KAMPALA DEPUTY LORD MAYOR



Her Worship Joyce N Ssebugwawo
MAYOR LUBAGA DIVISION

Lake Victoria Environmental Management KCCA's Capacity for Garbage and Dra

James Semuwemba

Lake Victoria Environmental Management Project provided KCCA with equipment to improve solid waste management and drainage maintenance in the city. Three new garbage trucks worth Uganda Shillings One Billion and Eight Hundred Million Only (UGX 1.8 Billion) were delivered to ease garbage collection in the City.

Each truck transports 60 tonnes of garbage every day to Kiteezi hence increasing KCCA capacity by 180 tonnes every day. Six new tipper trucks worth

UGX 950 were procured for maintenance of drainage channels in the city. The trucks deliver 240 tonnes of silt every day to Kiteezi landfill to cover the garbage. This silt saves KCCA over 1.1 billion shillings annually that would otherwise be spent on purchasing murrum to cover the garbage. Furthermore, four excavators and two backhoes (see figure 2) were procured for maintenance of storm water drainage systems in Kampala. This equipment has increased the de-silting frequency of the drainage channels and is helping reduce floods in the city.



ment Project (LVEMP) Enhances inage Management.



PHOTO — Lord Mayor Erias Lukwago commissioning garbage trucks

We have increased our waste collection from 14,000 tones per month in 2011 to 39,000 per month. This results from the growing fleet and in-
creased supervision.



PHOTO — KCCA staff engage in a community clean up drive

LET US REFORM FARE

Godfrey Kissekka

Given Uganda's high population growth rate and rapid urbanization, this cultural shift will free a lot of fertile land for the much needed agricultural production.



WELL OF LOVED ONES

It is only in Uganda where it is normal for an employee to call/Whatsaap/text/email an employer to notify him/her about absence from work due with an excuse or reason of going for burial. This can be on any day of the week, but most annoying is when this happens on a Monday or Tuesday. Whereas it is a big challenge to profit-oriented firms to survive in the competitive world, the nonprofit entities (non-governmental organizations) are also affected in project implementation and reporting deadlines to their donors. In the public sector, the quality of services offered is tremendously affected by the endless absences of government workers.

As a result, lots of man hours are lost, a lot of fuel/transport cash, food costs are incurred as people bury every day of the week.

Extended vigils are responsible for perpetuating poverty due to high expenditure.

Sensitization of the masses needs to be done to change from this practice, such that mourners only show up on the day and time of the burial and depart immediately after burial instead. The above scenario comes on the back of on our culture, traditions, religion, weak labor laws and our general laissez faire attitude.

Since death is the sure reality, as people die every day; it is important that as a country, we change our attitude and culture to start burying our dear ones on weekends, except Muslims whose religion does not permit that. In order to keep our decease decently and affordably for many days, we shall need funeral homes, (not necessarily more mortuaries), where bod-

ies can be kept and cared for many days to enable us bury on weekends. A funeral home is a place where bodies are kept in refrigerators, treated/embalmed, cremated (where applicable) at a fee, with a compound/sitting area for the vigil with areas for viewing of the body, complete with reception areas, ample parking and only removed when the family members are ready to proceed for the burial. Some funeral homes also help one to process a standard death certificate, provide caskets, clothing and transportation hearses. Currently, we have very few funeral homes around Kampala, with no such services up country.

Many African countries are already moving in this direction like Kenya. The few funeral homes around Kampala and are very expensive. As such, the Central Government should, through its various districts/sub counties/towns council local governments construct funeral homes. Like with other booming sectors of the economy (private schools and health units), the private investors should be encouraged and supported to construct funeral homes.

Government should help the investors with suitable land, tax free transportation vehicles, education and training for this service to take off. Many Ugandan Insurance companies and funeral Service Companies already have funeral insurance packages, which they need to popularize and also make them more affordable. In order to provide this service at no or subsidized prices, government

should construct its own funeral homes regional/district headquarters and also provide vehicles, which the residents can fuel to the various burial sites.

In Uganda, every clan/family has its own cemetery and we mainly bury our dead ones in concrete graves which degrades the environment and depletes fertile land which would otherwise be used economically. Government of Uganda, Kampala Capital City Authority, municipal councils, town councils and sub-county councils will need to procure land for public cemeteries where a small fee maintenance fee should be paid by the bereaved. We need to change our cultural practices so that we start public cemeteries, mainly in marginal, infertile land where we should encourage multi-level lining of bodies to ensure optimal land utilization. Cremation of bodies, where bodies are burnt and only ashes are kept or buried should also be studied.

All in all, apart from the Muslim community, the rest of the country needs to appreciate and change their old practices so that we start keeping our deceased dear ones in funeral homes, burry only on weekends/holidays not in private concrete grave yards but in plain earth public multilevel cemeteries. For those who can adopt further modernity, cremation of bodies should be the most ultimate solution. In order to regulate the above sector, government will need to come out with an enabling law and policies applicable across all cultures and religions.



Car sharing to curb traffic jams

Isaac Aropet

There was a lot of grumpiness recently when the Kampala Capital City Authority proposed new parking rates so as to reduce traffic jam in the City. In as much as the rates might be debatable, it goes without say that the traffic jam problem is evident and that most of us are desirous of a jam free city. There are several ways to curb traffic jam, though quite unpopular to motorists, indeed hiking parking rates is one way out as evidenced in cities world over. Most of the solutions, especially land use related ones take time and may not offer immediate solutions. I would like to draw our attention to car sharing as one of the possible immediate solutions. In fact it is already happening though at a minute level. The introduction of innovative ideas like Uber and the car sharing practiced by a few individuals is surely a good sign. Indeed the unfortunate urban sprawl and the struggling public transport sector has significantly contributed to the need for private cars. But it also seems to me, and many will agree that society has constructed private car ownership as one of the determinants of a successful life. This social construct has planted in the hearts of many, the desire to own automobiles. This coupled with other factors like individualism has significantly contributed to the

congestion on our streets. Here is something some of us might have never paid attention to; most of these cars move only one person from one point to another. Allow me use commuting to work as an example to drive my point home. Why would people, living in the same neighbourhood (sometimes in the same building) each drive to work with empty seats even when their workplaces are along the same travel routes? It is even more perturbing when it is workmates living in the same neighbourhood. Why would each person want to drive his or herself to a wedding function even when they are actually in position to share a car? I think we need to decipher the implications of this kind of lifestyle and resolve to start sharing automobiles both for our personal good and for the greater good of humanity. I know you might already be thinking, "But they might have varying schedules", well, granted, but I am not suggesting that this should happen daily. It might be circumstantial but the principle is "car sharing". A car sharing lifestyle will save you a lot of personal fuel, improve your social relations, curb traffic jam and contribute to the reduction in Green House Gas Emissions (which we know contribute to climate change). This will ultimately improve the quality of life of the inhabitants of mother earth.





Right of Way

By Dominic Ssemukuutu

Right of Way knowledge comes in many shapes and sizes. We will endeavor to show you what it means and why it matters. So if you are free, flip through this piece of activation to Right of Way, what it means, why KCCA has the mandate to appraise, manage and control ROW in Kampala City to the benefit of the general public and the control of city projects and modifications.

i. KCCA Mandate;

The Kampala Capital City Authority Act 2010, which was enacted to provide for the administration of Kampala City lists the following under PART III: Clause 7 as the functions of the Authority,

- a) To set service delivery standards
- b) To monitor the general administration and delivery of services in the divisions
- c) To monitor the delivery of services within its area of jurisdiction

Therefore, KCCA has the legal mandate to appraise, monitor and control the activities of the various autonomous public and private utility agencies providing services to Kampala City dwellers including UMEME, NWSC, MTN, AIRTEL, NITA, HUAWEI, MANGO to mention a few. All these have existing infrastructure occupying the public right of way. This infrastructure requires emergency, routine and periodic maintenance, while the planned infrastructure is necessary for extension of services to previously unreached areas also within the public ROW.

ii. Meaning of Public Right of Way

“The public Right of Way, (ROW) includes the road carriage way and reserve. It’s intended for use by all citizens for vehicular and pedestrian movement, access to private property and the delivery of essential utility, fire, police and transportation services. The essential utility infrastructure includes but is not limited to telecommunications cables, electricity underground cables and overhead poles and wires, storm water drainage, water supply and sewer pipeline systems.”

iii. In exercise of the mandate in managing utility service provision

One of the ways KCCA monitors the delivery of services within Kampala City is by requiring that before any public and/or private utility agency carries out any activities within the public right of way, (e.g. repair, removal, and excavation), they must first obtain written permission from KCCA through the Directorate of Engineering and Technical services (DETS) or their authorized agents. The intention is to prevent personal injury and inconvenience to the public arising from improper construction practices and right of way uses by contractors, public utilities, public agencies, and property owners. The Directorate of Engineering and Technical Services (DETS), uses utility permits as a mechanism for the review, approval and inspection of submitted plans for the construction of infrastructure within Kampala City.

iv. Utility Permit application and approval process

The procedure for obtaining permission from the Director for Engineering to install, repair, maintain, and/or relocate utility infrastructure within the public ROW requires the utility seeking permission to formally submit an application complete with the following information:

- Contact person(s), their designation and contact details
- Location map, showing street address of the work area
- The nature of infrastructure improvement work to be carried out e.g. service connections, infrastructure replacements and/ or relocation, repair work etc....
- Design drawings showing layout plans and other details for proposed utility infrastructure
- A comprehensive work schedule for the planned works highlighting particularly the reinstatement plan for the affected KCCA infrastructure

The information provided is reviewed for accuracy, sufficiency of proposed work meth-

ods, and suitability of reinstatement plan. The authorized representatives of the Directorate of Engineering and Technical Services will thereafter prepare written permission authorizing planned utility activities within the public ROW. The permission granted is conditional, subject to adherence to approved national and/or Kampala City specifications and standards for execution of the work, and any additional provisions as the Director, DETS may deem fit.

The authorized representatives of the Engineering Director, continue to carry out periodic inspections of the activities of the utility within the public ROW; these inspections are undertaken to ascertain compliance with permit conditions. In addition, there are compliance monitoring inspections carried out over a period of at least one year from the date of permit expiry to ensure that the affected KCCA and other utility infrastructure is reinstated satisfactorily.

KCCA has entered into a memorandum of understanding with National Water & Sewerage Corporation (NWSC) for the purpose of improving coordination between the two institutions in managing matters of interest regarding provision of NWSC services within the public ROW whilst also ensuring that KCCA infrastructure is protected. Also, KCCA has a dedicated Right of Way Engineer to effectively handle all proceedings on behalf of the Director of Engineering and Technical Services.

The public is invited to partner with KCCA in ensuring that Utility Service Providers working within Kampala City boundaries have obtained the necessary authorization to proceed with their activities and are not violating any of the permit conditions. The City residents are also encouraged to report any incidences of insufficient reinstatement of roads, walkways, storm water drainage channels or any other utility infrastructure following activities by Utility Service Providers. The utility companies are encouraged to cooperate and comply with the provisions and requirements for the smooth operations and controlled co-existence to the comfort, satisfaction, pleasure and triumph of all parties involved.

The 2016 **MTN Marathon** did not spare nobody — even the youngsters rolled up their sleeves to run for a great cause.

KCCA extends its gratitude to MTN and all partners that have graced the annual Marathon whose proceeds for the past 2 years have been dedicated towards improvement of sanitation in City schools.

THANK YOU, APWOYO, MWEBALE, MERCI, MURAKOZE, EYALAMA, MWANYALA, ASANTE SANA, DANKE, GRACIE...







PHOTO | Produce from Kyanja Agriculture Resource Centre

Why Aquaponics?

Dr. Esau Galukande

Aquaculture is an under-utilised method of production in much of Africa and Uganda as well due to lack of capacity and high cost of set up. It represents a free source of organic nutrients which would otherwise be considered waste to pollute the environment. The plants use nutrients from fish effluents thereby purifying the water to benefit the fish with zero waste to the environment and there is no need of artificial fertilizers to support growth of vegetables. Water in the unit is recycled so only small amounts are required for top up. The advantages of this system is that it can be set up in a small space, fish output is high and there are low production costs and minimal labor requirements. It is also important to note that in the system, there is no recess it can be a continuous production cycle.

For urban farmers, this system is ideal and can be located indoors in a spare room, kitchen or shed and there is no cost required for weeding, pest control and security but with guaranteed access to a market.

The production is likely to be taken up by city farmers because of the high demand for fish in the city and reduced supply from capture fisheries and due to the fact that it supports all year round vegetable production.





In line with one of the objectives of establishing the Kyanja Agricultural Resource Center, Kampala Capital City Authority has partnered with Coventry University to develop an integrated aquaponic system that could be replicated in parts of Kampala. An Aquaponic system refers to a setup that combines conventional aquaculture (raising aquatic fish, or prawns in tanks) with hydroponics (cultivating plants in water) in a symbiotic environment. In conventional aquaculture, excretions from the fish being raised can accumulate in the water, increasing its toxicity. However, in the aquaponic system, the 'soiled' water is fed to a hydroponic system where the by-products are broken down by vitrifying bacteria into nitrates and nitrites, which are eventually utilized by the plants as nutrients, and the water is then recirculated to the fish tanks. The first trial aquaponics system developed mainly from recycled plastic

containers has been established at Kyanja Agricultural Resource Centre by a team from Coventry University and KCCA. This system has three interconnected sections namely; the fish grow tanks, filter drums and a garden. The unit which has capacity to raise 60 fish has been stocked with an initial 38 tilapia fish fingerlings in addition leafy vegetables and tomatoes have been established in the garden area.

The development of the system will be conducted in three stages; the first has been concluded and this involved design of a prototype system using locally available materials. The second stage will focus on capture of the production costs, development of production information and modification to the system as may be required. The third and final stage will be the roll out stage and will include training and demonstration of the technology to farmers.



PHOTO — Preparing aquaponic tanks at Kyanja Agriculture Resource Centre

Urban Green space is a vegetated land area maintained for recreation, community enjoyment or aesthetic purposes in an otherwise an urban environment. This may include (but is not limited to) parks, public gardens, informal recreational spaces, green belts along roads, outdoor sports facilities, grasslands, provision for children and teenagers, domestic gardens, allotments and food growing sites and woodlands. These spaces mainly function to provide an aesthetic and psychological relief from urban developments.

Kampala's green space

Kampala has been ranked as one of the most beautiful cities in Africa, in part because of its green acreage. It is KCCA's vision for Kampala to be a vibrant, attractive and sustainable city. To achieve this, KCCA plans, develops and maintains a number of green spaces in close collaboration with the public. Currently, KCCA maintains the urban forest, 10 developed open spaces, 01 cemetery and a vast acreage of undeveloped green spaces including road verges.

Did you know Chwa II Children's Park (near Mbuya Catholic Church), Nakawa Park (near UAP Business Park), Kamwokya Triangle Park (annexed to City Oil, Acacia Avenue) are all public

green spaces open to you? One may be tempted to ask, what is this urban green space to me?

Importance of Green Spaces

The value of green spaces can broadly be categorized into six areas

Health & Wellbeing

As Uganda's middle class increases demographically, the incident of depressive disorders is also on the rise as has been the case in many middle and high-income countries. It is a well-documented supposition that access to green space improves our mental wellbeing; reducing the need to treat for anxiety and mental health conditions. There have been positive linkages demonstrated between how well people perform at attention demanding tasks and time spent (either beforehand or during) in green space.

A large percentage of Kampala's traffic is pedestrian or moves by a pedal cycle. Green space for example treed green belts along roads provide a pleasant environment for these pedestrians and cyclists and ease connectivity in the city. Larger sport and urban parks encourage individuals to engage in more formal physical activity.

Urban green spaces also provide pleasant areas to relax and socialize; promoting greater levels of social activity.

A Case

Bernadette Sanyu



for Kampala's Green Spaces

Temperature and Climate Change

Urban Heat Island (UHI) is a city or metropolitan area that is significantly warmer than its surrounding rural areas due to human activity. This effect is because materials used to build towns and cities absorb more of the sun's energy than the natural surfaces they replaced. Near-surface temperatures of Kampala went up by one degree Celsius (10C) between 1979 and 2005. The Kampala Climate Change Action (2015) estimates that the city's near surface will continue to rise by 1.5 – 30C by the end of the 21st Century.

Urban green spaces reduce the UHI effect by providing shade and cooling the air through the process of evapotranspiration. During this process, the sun's energy is used to transfer water from the earth's surface (the soil, water bodies and from plants leaves) into the atmosphere. Urban green spaces are on average 10C cooler, both during the day and night, than built-up regions in the same city. This cooling effect can extend beyond the green space itself to the surrounding areas. In the hot months, it may reduce the need for air-conditioning and associated energy use in nearby buildings.

Trees and plants take carbon dioxide from the atmosphere; half of it is stored in their branches and roots while large amounts of carbon are stored by the surrounding soils, through a process known as carbon sequestration. The same plants however, release carbon back into the atmosphere during their decomposition when they die. Large trees are therefore vital to maintain a negative carbon balance. It is necessary for us Kampalans to exercise a lot of caution when handling our urban forest. Plant a lot more trees for future

generations. Do not cut mature trees unnecessarily.

Air Quality

Poor air quality is a serious threat to human health, causing problems for the respiratory system and cardiovascular diseases. Trees and shrubs have multiple impacts on air quality. They can clean up the air by removing both particles and undesirable gases from the air. Generally, the presence of urban vegetation results reduction in air pollution.

Flooding and Water Quality

In Kampala, as in other urban areas, impermeable materials are used for roads and pavements meaning that rain water is not absorbed into the ground. During heavy rains, this water accumulates and many a time, the drainage capacity is exceeded and flooding occurs. At the same time, this run-off washes pollutants (oil, plastics, dirt) away from the surface on which it falls into the drains and onward to wetlands, streams, rivers and ultimately, in our case, into our beloved Lake Victoria. This has led to high pollution levels in a large number of our domestic water sources. Divergently however, plants intercept and store water reducing the volume of rainwater run-off. Urban green spaces could help reduce these risks. They offer an alternative to hard engineering flood control solutions that can be disruptive and expensive.

Wildlife and Habitats

Typically, towns and cities are host a less diverse range of plants, animals and birds than their rural neighbours. However, urban green spaces are an opportunity to increase biodiversity of the cities. They are import-

ant habitats for pollinators such as bees and butterflies which are crucial since many plants depend on them to reproduce.

Economic Impacts

Studies in more developed economics have positively linked proximity to a green space to the commercial and residential property prices. Creation, maintenance and management of a green space is also a direct investment and generates employment opportunities.

Some assessments have attempted to put a value to the benefits highlighted in this article; tourism expenditure, jobs created, estimated social cost savings (such as impact of reduced air pollution), well-being benefits such as improved visual quality of the environment. These assessments conclude that any unit cost invested in the urban green is more than doubled. It is not clear however if the assignment of monetary value can fully capture the importance of non-monetary effects.

Kampala's green spaces are of value to all of us city dwellers and visitors alike. Yes, the occasional visitor too will benefit from taking care of and promoting good usage of these spaces. As a Kampalan, it saddens me to see just how much we abuse our green. It is not uncommon to find a well-dressed middle class, middle age lady or gentleman walking across the grass rather than the walkway right beside them, or a large SUV being driven over a grassed road median rather than the road itself. The landscape unit at KCCA has received letters requesting to cut a tree "because it attracts people to sit under it".

WALKING THE TALK ON MATTERS OF

Accountability IN KCCA

Julius Kabugo

Taking over from an Institution (KCC) whose systems had broken down in April 2011, the new management at Kampala Capital City Authority faced an uphill task to turn things around to improve the institution image and win back public confidence.

Management through the Directorates of Treasury, Internal Audit, Revenue Collection and Legal Services embarked on a system building process that has propelled KCCA to one of the most accountable and transparent institution.

Emphasis was placed on reclaiming of properties that were illegally and irregularly sold off, improving budget preparation, monitoring and implementation process, enhancing accountability for both Revenue and Expenditure as well as implementation of an electronic revenue Management System that would enhance and increase revenue collections.

With close Supervision and guidance by the office of the Accountant General and Auditor General, KCCA has put in place a very robust, efficient and effective Financial Management system which has delivered a number of achievements.

Among the achievements includes; the Development and implementation of a budgeting process that involves consultations with the people (stakeholders) right from Parish Levels up to the office of the Lord Mayor and Executive Director. This has enabled KCCA to incorporate the needs of the populace into the Budget proposals and participation of stakeholders in the process has enhanced transparency and accountability for resources.

The Development and implementation of the Accounting Policies and Procedures Manual which guide the financial operations of the Authority. This was done in consultation with the Political Leaders of Kampala and was approved by the Minister responsible for Kampala. This transparency approach gave our political leaders an opportunity to participate in the process of determining how KCCA resources are applied in the implementation of Government Programs.

The adoption and application of International and National Financial standards and regulations as well as compliance to Financial Laws and rules has enhanced KCCA transparency and Accountability in managing financial resources. KCCA has twice been voted the best Financial Report-

ing entity under the Local Government Category and was in 2016 recognized for her outstanding achievement in Financial Reporting under the International Public Sector Accounting Standards (IPSAS) by the Institute of Certified Public Accountants of Uganda.

In the FY2013/14 and FY2014/2015, the Auditor General issued to KCCA unqualified audit opinions on the financial statements and this was made possible by the much improved financial management systems. This was the very first time in the history of the institution to be issued with a clean audit report by the Office of the Auditor General.

KCCA was awarded KCCA "A1" Credit Rating in a study commissioned by the World Bank to assess KCCA's credit worthiness." This implies that KCCA has sound fundamentals and necessary capacity to support commercial debt funding as a result of improved governance, improved service delivery and financial management. The rating was further proof to the robustness and effectiveness of KCCA financial management system. The study was carried out by the Global Credit Rating Company based in South Africa.

KCCA has effectively implemented Government financial management reforms that were initiated by the Ministry of Finance, Planning and Economic Development through the office of the Accountant General. These among others include the implementation of the Treasury Single Account and the Decentralization of the Civil servants payroll, pension & gratuity. These reforms have enabled the office of the Accountant General to effectively supervise our operations and advise us to improve where necessary.

KCCA carried out physical asset verification exercise and updated the Asset Register. The Asset Register is regularly updated with newly acquired assets and as at 31st October 2016 the total Assets value stood at UGX 533.1billion as compared to the book value of UGX 45 billion.

Registers for each of the five (5) Divisions and requested the staff at the Divisions to ensure that all assets are secure and maintained in good working conditions. KCCA has worked tirelessly to acquire land titles for all its land and has recovered properties that had been illegally taken over by different people.

As a measure of transparency and accountability, Work Plans and Cash Flow Forecasts are forwarded to ministry of Finance Planning and Economic Development to facilitate quarterly cash limit releases. Where funding challenges exist, engagements are carried out with the Ministry of Finance Planning and Economic Development for further Management. KCCA prepares quarterly and annual performance reports that are submitted to the Ministry of Finance Planning and Economic Development and the Accountability and Public Sector Management sectors. These reports are consolidated into the annual Government performance reports for discussion at the Government annual performance review meeting.

KCCA collects Revenue (NTR) through collecting agents who are authorized by the Accountant General. These include commercial banks and Telecom Networks. KCCA put in place Revenue collection Memorandum of Understanding (MOUs) with each of the collecting agents. The MoU's have helped in the streamlining, monitoring and Accountability for all revenue collected. Reconciliation of revenue collection bank accounts are conducted on a daily basis to ensure that all funds collected are remitted to the consolidated Fund in Bank of Uganda. KCCA holds monthly performance review engagements with each of the collecting agents (banks and telecoms) to address issues concerning their performance and implementation of MoUs which has led to improved monitoring and accountability for revenue.

Due to the enhanced transparency and accountability for resources, KCCA has attracted a number of both local and international donors that have immensely contributed to the delivery of quality services to the people of Kampala. These among others include; World Bank (KIIDP 2), GAVI- (Funds Child Health days, Revitalize Immunization activities), Global fund (Malaria TB and HIV Control), BLEF- Climate change, Water Aid to support Sanitation in Kampala, Infectious Disease Institute (IDI) -Supporting comprehensive HIV activities in Kampala, Feecal Sludge Management by Bill and Melinda Gates Foundation and DFID, LVEMP by World Bank, KIIDP by World Bank and other Government projects like YLP, DICCOS, and many others.

PERSONAL FINANCE TIPS

Sylvia Juuko



Undertaking an annual review of your personal financial goals should be a habit that crowns your end of year activities. Just like it's important to set financial goals at the beginning of every year, it's equally crucial to undertake quarterly reviews as well as a final review in December.

In most cases, failure to achieve financial goals happens if you approach the process like a chore or one of those wish lists that you put down to feel good about yourself, but have no intention of implementing. Related to that, whenever you are setting financial goals, you have to consider your life situation in terms of age, the size of your household, money values as well as the level of income.

When it comes to the review, your attitude towards money should be assessed because it will determine whether you hit milestones or not. In this assessment, you can figure out what went well and what didn't go as planned. When it comes to your money mindset today, have you shifted positions compared to the same time last year? Determine whether you are more receptive to new ideas regarding personal finance management and what new things you've learnt about budgeting, saving, responsible borrowing and investing. Any money lessons should be manifested in your behavior. For example, which poor money habits did you drop this year? And if you learnt anything new, how has it been reflected in your personal financial decision making? The only way you can determine if you learnt something new is if the application of this knowledge has improved your financial status. For example have you upped your

savings or stuck to a budget? And as you have perhaps experienced, your plans will only be implemented if you cultivate the financial discipline irrespective of the prevailing circumstances.

Next, you can consider why some things have not worked because of circumstances out of your control. But be careful not to create excuses for whatever hasn't worked as something out of your control. One of the things that fall in that category is the prevailing economic conditions. While this impacts on many aspects of your financial plan, let's consider the income side of the equation. For instance, if some the goals were premised on the fact that you need resources, how do you score on the aspect of generating extra income? How about the issue of saving for future needs? If you managed to save for your goals, you are probably working on implementing them with the money accumulated. The advantage with saving is that it gives you options and cushions you in a challenging economic environment.

Another item for review, that I consider crucial for any financial goal setting, is your ability to minimize reckless spending. From experience, if you perform poorly in this area, it's very likely that all other aspects of your financial plan will suffer. If you don't manage your expenses well and practice delayed gratification, it will be impossible to stick to your budget.

An equally dicey area to evaluate is the level of debt. How do you rate your performance regarding efforts to reduce debt? Alternatively, have you acquired

more debt? The rule of thumb is to borrow for productive purposes. You will not be able to save and invest aggressively if most of your income is servicing high levels of debt, particularly consumer debt.

Investment is another area that should be reviewed. At the beginning of the year, you probably purposed to invest or you planned to continue investing in the side hustle you set up some time back. Now is the time to determine whether to continue with this venture or to cut your losses, if your business is perpetually on life support.

Last but not least is retirement planning which should be given a lot of attention as far as the review is concerned. By now you should have determined the lifestyle you desire to have in the future and how it will be financed. If you start planning for this early, you can easily determine which age you can quit active work when your passive income can pay for your lifestyle. In the review, consider what you have done in terms of saving and investing for retirement. You should be supplementing the mandatory pension plans, because those alone can't tidy you up in the future.

The article was first published in The New Vision Paper.

RACHAEL ZENA

Chebets



KCCA athletes scooped top spots at National Cross Country Championships to book slots to represent Uganda at the World Cross Country in Kampala on 26 March 2017.

With the athletes in top form, Uganda can be sure of a rich pool of athletes from which it can select the 'cream de la cream' to battle at the global meet in March.

Sports is one avenue through which KCCA is impacting lives in the City.

KCCA is proud to contribute to this pool with track stars like Racheal Zena Chebet among others.



KCCA bade farewell to Dr. Judith Tukahirwa Tumusiime.



PHOTO — Dr. Judith Tukahirwa and KCCA's Executive Director Dr. Jennifer S Musisi

Dr. Judith was with KCCA right from 2011, initially as part of the Transition Team that set up KCCA and later as the Deputy Executive Director.

During her time at KCCA, Dr. Judith made a tremendous contribution to the restructuring, setting up and driving KCCA to a now World renown organization in urban transformation and service delivery.

As a member of Top Management, Dr. Judith has provided strong leadership, support and mentored many to excellence. Her openness, creativity, commitment to results and bold sense of humour will dearly be missed.

We will always remember her and continuously thank God for her contribution.

MINDING YOUR DIET

Dennis Omodi

Eating right and staying clean are both crucial for maintaining health throughout the years. Carrying an extra 20 or 30 pounds with you into old age may cause a myriad of diseases that strike in midlife and later linked to weight—including diabetes, arthritis, heart disease, and some forms of cancer. If weight is a problem, it is especially important to limit processed foods that combine sugar and fat. In relation to consumer health, Uganda is experiencing increase in prevalence of food related diseases.

For instance according to the Ministry of Health Public Health records, in 2012 alone, 1.3 million were reported to be afflicted as a result of consuming unsafe food products. This constituted 14% of all diseases recorded in the same year. This figure appears to be low as compared to 76% of hospitalized persons attributed to food safety in US in 1999.

The low figure in Uganda could be attributed the fact that most diseases are not reported to the health centers, since some of the illnesses are treated at home using unconventional means. Uganda also lacks appropriate epidemiological surveillance systems that link diseases to their causes. Putting these factors in consideration, it is likely that food related diseases may account for more than 95% of illnesses in less developed countries like

Uganda. Food safety could therefore be responsible for the low life span of the population in the less developed countries since it is responsible for majority of the illnesses.

Aside from loss of life through disease-related deaths, the impact of food related illnesses on the economy due to reduced productivity and absenteeism caused by ill health among the workforce is a serious threat to economic growth. There is also related loss to the economy due to heavy expenditure on health care due to food related illnesses.

What illnesses are brought to us when we consume unsafe food? Ugandans and indeed Africans suffer from several food-related diseases such as Gastroenteritis, Listeriosis (various manifestations), Emetic intoxication, Dysentery, Botulism, infectious hepatitis, Enteric infection, Q fever, Kidney diseases, Tuberculosis, Anthrax, Pharyngitis, nephritic sequelae, Brucellosis (Bang's Disease), enzootic abortion, Scarlet fever/sore throat, Sore throat and Toxoplasmosis among others. These illnesses account for a greater proportion of diseases and hospitalization.

Heart Disease: By now, every person knows the roll call of foods that affect your heart, for better and for worse. Good for the ticker: mono-unsaturated fats like olive oil and the omega-3 fatty acids found in such cold-water fish and in flaxseed and

walnuts. Harmful: too much red meat and full-fat dairy, because of their saturated fat content and margarine and baked foods, because of the trans fats they contain.

So what should people eat?

For a healthy diet, the focus should be on fruit, vegetables, whole grains, low- and nonfat dairy, legumes, lean meats, and fish. (While there is no single "longevity diet," a Mediterranean diet—similar to a conventional healthful diet but with more emphasis on fish and olive oil—has been tied to a decreased risk of heart disease, reductions in blood pressure and "bad" LDL cholesterol. Mediterranean dieters may also outlive non-followers by two to three years, research suggests. For someone whose current diet is far from this ideal, it is advisable to start small: load more veggies on the dinner plate; eat more skinless chicken or beans in place of hamburger/junk foods. (A singly daily serving of processed or unprocessed red meat may boost the risk of premature death, according to a recent study by Harvard School of Public Health researchers. And exercise. Walking briskly for at least 30 minutes every day makes it easier to get away with the occasional cookie. With further fine-tuning of that basic healthful eating plan, you can greatly improve your odds of staving off the risk of early death.





THANK YOU UGANDA CRANES FOR CARRYING OUR NATIONAL PRIDE AT THE 2017 AFRICAN CUP OF NATIONS AFTER A 39-YEAR OLD JINX. PHOTO: Web



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