

# MARACHA DLG NEWSLETTER



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## WORD FROM THE EDITOR



I welcome you to the fourth edition of Maracha District Local Government Newsletter.

The District received goodies and several projects undertaken to boost service delivery . On a sad note, the District lost several figures, condolence to the immediate family and friends and the District.

*Enjoy reading!*

Atule Moses



# MDLG NEWS

## Maracha District boosted with tractors



Government of Uganda through Ministry of Agriculture, Animal Industry and Fisheries donated tractors to local governments across the country in an effort to promote agricultural mechanization. Maracha District received 19 walking tractors and one big tractor.

During the handover of the tractors to the lower local governments, Dr. Alex Candia, Production and Marketing Officer Maracha District Local Government, commended Government for this latest intervention.

“This Government has a very important vision and this vision is very simple. This

country wants every Ugandan to be in the money economy.

Government has hired experts, agricultural extension workers, so that we are able to advise our farming community to get out of poverty. Government of Uganda procured motor vehicles and motorcycles so that we are able to reach the farmers” Dr. Candia said.

Mr. Patrick Olila, Maracha District Chief Administrative Officer, applauded Hon. Jennifer Driwaru, Maracha District Woman Member of Parliament and Hon. Ruth Lematia , Maracha East County Member





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of Parliament, for the role they played in having the machinery delivered to the District.

“I want to thank the two MPs who contributed resources for transporting the tractors to the District from Kampala, it has been very costly. If you had delayed some of these tractors would not have got their way here” he said.



Each of the 19 lower local governments received a walking tractor while the big tractor was given to a farmer's group in Tara Sub-county.

Mr. Olila warned the local governments against mismanaging the machinery.

“I am appealing to the sub-county officials please kindly use the tractors purely for the purpose intended. We are going to monitor you and in the event you use these tractors for the purpose not intended, we are going to withdraw them.” Mr. Olila said.

Hon. Stephen Obitre, Maracha District Chairperson, said the donation of the machinery is a step in the right direction in promoting agriculture mechanization in the District.

“One of the ways to transform our communities is by commercializing agriculture, we are now seeing what the Government means by commercialization.

The ultimate objective is to have bulk production, bulk storage then the element of value addition will come in. When it comes to surplus you will not look for market, there will be ready market” Hon. Obitre said during the handover.

Capt. (Rtd) Yasin Buga Matata, Maracha District Resident District Commissioner, charged the lower local government leaders to monitor the usage of the tractors.

“Sub-county chiefs you are the accounting officers, sub-county chairpersons you are the presidents, please coordinate and make sure there must be a production officer who should guide you people” Capt. Matata advised.

In her remarks, Hon. Lematia said there should be no discrimination in the development of the District.

“I don't look at Maracha East constituency alone, if these ones are good and the other ones are not, poverty will still be there. We are giving these tractors to Maracha District all, not only NRM, it is only the party's





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manifesto we are implementing.”

“The LC3 chairpersons you will be the managers together with the sub-county chiefs together with the Chief Administrative Officer.” she remarked.

Hon. Driwaru dismissed reports that she influenced the allocation of the big tractor to Kasi farmers’ group.

“It was agreed upon, there were various factors that were considered and that is how this group was identified. I want to make it categorically it was not Driwaru who identified that group to benefit from this tractor. The selection was done by all the stakeholders” Hon. Driwaru stated.

Hon. Driwaru said the tractors will play an important role in value addition under the Parish Development Model (PDM) program.

“Our tractors have been given timely, it is time for PDM, as leaders we have a big task to tell the communities how to utilize this money, if you pick the money and hire the tractor to till your land and get ready, during the rainy season, you earn better” she advised.

The supply of the tractors is part of the National Resistance Movement Manifesto 2021-2026 fulfillment.

## **Agricultural mechanization in Uganda**

Agriculture contributes 23.8% to Uganda’s GDP and employs about 68% of population. However, the sector suffers from low

productivity and value addition due in part to limited investments in mechanization. Low adoption of mechanization has hindered the growth of agro-industrialization. According to Ministry of Agriculture, Animal Industry and Fisheries, 90% of ploughing relies on human labor, only 3% of arable land is irrigated.

Evolution of Agro-industrialization in Uganda has been shaped by the existing political landscape of the times. NDPIII seeks to increase household incomes and improve quality of life of Ugandans. Agro-industrialization programme is one of the lead programmes of NDPIII. Government has shifted its policy to also focus on mid-stream and down-stream segments of the agricultural value chain. Areas that were previously considered the business of the private sector.

In May 2023, Ministry of Agriculture, Animal Industry and Fisheries said it had formulated the new Agriculture Mechanization Policy which is meant to streamline farmers’ access to mechanization equipment and tractor hire services has been finalized.

The new policy is also meant to streamline access to credit for mechanization equipment and also guide private sector investments in agriculture mechanisation/ tractorisation.



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## Maracha District receives new ambulance



Maracha District has received a new ambulance from the Ministry of Health under Emergency Services. During the commissioning of the ambulance on Friday, February 23, 2024, Mr. Cosmas Mukili, Principal Human Resource Officer, who represented the Chief Administrative Officer, commended Government of Uganda for the numerous interventions in the health sector.

“I want to thank the Government of Uganda for the support most especially in health service delivery. Our health workers with the focus of Government they are well motivated in as far their welfare is concerned.” he said.

Mr. Mukili commended the leaders for using their lobbying power for the District to receive the ambulance.

“I want to thank the stakeholders who have made a contribution in ensuring that Maracha District is one of the districts that have benefited from this set of ambulances that have been offered by Ministry of Health. I am aware there are a number of districts that have not received (ambulances)” he said.

Hon. Bosco Asea, Maracha District Vice Chairperson, acknowledged the important role the health sector plays in life preservation.



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“ Serving people under the health sector is like securing people, it is not easy in the event where you make a mess, it is bound to cause a big problem to us most especially the political wing, so we are happy that you are really catering for our people well , it is our pride.” he said.

He said with the second ambulance in place the demand for ambulance services is going to increase.

“People are going to expect us to deliver to their expectations and we are calling upon you if there were gaps previously, we must identify and fix the gaps.” Hon. Asea advised.



Hon. Ruth Lematia, Maracha East County Member of Parliament, commended the Office of the Resident District Commissioner for bringing to the attention of other District stakeholders the need for another ambulance to boost emergency responses.

“I want to thank the RDC’s office, they picked it up and informed me so I was able to go to Ministry of Health, even the chairman of the health committee of parliament Dr. Ayume(Charles) is my

neighbor so it was easy to talk to him.” she said.

Hon. Lematia said all leaders should work together to singularly articulate the issues that affect the people of Maracha District.

“ We should work as Maracha people, the ones in politics, the ones at the District Headquarters and the people in the field, the LC3, LC1 , we should work inter-connectedly so that whatever is our problem is clearly said out” she pleaded.

Ms. Monica Kotevu Koliba, Maracha Deputy Resident District Commissioner, said the ambulance should be put to good use, like other leaders at the handover, warned against using it to transport corpses.

“The ambulances are specifically with a lot of interest to handle the matters of maternal and child health, you should sit there when it’s an emergency it is not any ordinary vehicle” she warned.

Ms. Koliba said the ambulance should be packed at Maracha Health Center IV from where it can be accessed when need arises.

“The ambulance is stationed at the health facility and for us the highest health facility is the health center four although as a District we have St. Joseph’s Hospital- Maracha which is a private facility, it does not sleep in your home.” she cautioned.

Ms. Jessica Draru, Assistant District Health





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Officer (Maternal Child Health) commended the ambulance team for taking care of the old ambulance. She also said the health units should support in fueling the ambulance most especially when a patient is picked from the facility. Ms. Draru said the ambulance can only pick a patient from the health facility and not at home unless under exceptional circumstances. She also discouraged the mothers present at the commissioning of the ambulance against home delivery.

Last year Government procured 116 ambulances with the support of the World Bank, Global Fund, Government of Japan, among other development partners.

## Ambulance services

Last year Prime Minister, Robina Nabbanja revealed that plans were under way for Government to procure 180 ambulances in 2024 to bridge the gap of ambulances in Uganda. "In the FY 2024/2025, we plan to procure additional 180 Type B and Type C ambulances to fill the gaps. The government is committed to fill the gaps in ambulance vehicles at the constituency level by FY 2025/26," said Nabbanja.

Maria Nkalubo, Principal Operations Officer-Ministry of Health informed Parliament last year that there were 173 Type A ambulances that the Ministry of Health was planning to phase out in Uganda, and this started with the purchase of 140 Type B

ambulances, with more 100 Type B ambulance expected at the end of 2023.10.20 She defended the phasing out of these ambulances arguing that most of them are old, dilapidated, empty and many are found moving around with onions and jerrycans in the cabin, and with no stretchers for the patients.

She also said that Government will need to raise UGX450bn within 5years to fund Emergency Health Services in Uganda, with procurement of ambulances featuring high on this hierarchy. She explained that annually, UGX10bn is required to manage the road expenditure that covers fuel, maintenance, and human resource, while UGX1.8bn is needed to operate the 14 marine ambulances annually.

According to an ambulance census conducted in 2019 by Ministry of Health, Uganda required 460 ambulances to support its health care system, however at the time, the country only had 178 government ambulances and 172 private ambulances. But following the amendment by the international health standards, that requires Uganda to upgrade its current fleet of ambulances to meet the required health standards, this pushed the shortage of ambulances to 340 including 315 Type B Road Ambulances with each costing UGX280m thus creating a funding gap of UGX88.2bn.



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## Maracha District to benefit from WB project



Maracha District is set to benefit from the Uganda Climate Smart Agricultural Transformation Project (UCSATP), a World Bank funded project.

Mr. Cosmas Mukili, Principal Human Resource Officer who represented the Office of the Chief Administrative Officer (CAO) during the pre-entry meeting on Wednesday, February 7, 2024, said "I am grateful that the team has chosen Maracha District to benefit from this project."

Hon. Stephen Obitre, Maracha District Chairperson, commended Ministry of Agriculture, Animal Industry and Fisheries for the project and was hopeful it would address the whims of climate change.

"Our farmers of late have been hit by unpredictable weather and when you talk of climate smart, farmers are going to be

helped in this area" Hon. Obitre submitted. Mr. Patrick Ajuki, Senior Agric-business Officer at the Ministry of Agriculture, Animal Industry and Fisheries, said the program promotes value addition and commodity market access.

"The project objective is to increase productivity and access to remunerating markets and also increase our efforts to combat climate change.

The project is going to use a value chain approach. Value chain in this context we are looking at an entire crop as a value chain, livestock as a value chain, fisheries as a value chain, by design the project is multi-sectorial, from previous project design it was crop based, but now everybody is brought on board, we want to address the issue of livelihood, income and food security." he said.

Mr. Ajuki also said there would be several measures to guarantee quality output in the different value chains.

"We shall have a diagnostic lab established in the District, we shall also have Uganda National Meteorological Authority. It is multi-stakeholders. Private sector will come, Government will create an enabling environment for the private sector to grow. On top of that we are going to have post-harvest management support, there is a marching grant for post-harvest. We are going to have a business centre for farmers"



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he said.

Mr. Ajuki said that the road chalks under the Agriculture Cluster Development Project (ACDP) would be absorbed under the new project: “We are going to address infrastructure at two levels, market infrastructure and road chalks. It would be better those ones (road chalks) which are not completed this one (program) would be able to takeover.”

Mr. Lawrence Tusimomuhangi, Assistant Commissioner Productive Entomology, Ministry of Agriculture, Animal Industry and Fisheries, said that emphasis will be laid on agriculture mechanization under the program.

“We have been advised to adopt mechanization we have been depending on the hand hoe, the directive from the President is that we should emphasis mechanization.” he said.

Mr. Tusimomuhangi said there will be several opportunities that will be created under the value addition chain.

“When we talk of the value chain, we talk of the farmer, we talk of the stockiest, it includes traders, market access. Maracha (District) must commit itself to offer sites where these investments will be established.” he said.

Mr. Tusimomuhangi said the District is expected to provide land that is titled and free of any compensation demands.

“The project is not having any component for compensation the commitment from Maracha District leadership will be able to offer sites that are not compensable. This engagement with you is for you to commit yourself to that.

We are looking at public land, there are individuals or cooperatives that have their own land, they have their own budget they will provide the land towards that investment” he said.

Ms. Nolah Avako, Senior Environment and Natural Resources Officer, said the value chains that will be picked for Maracha District should be in line with what communities are already undertaking.

Mr. Bosco Asea, Maracha District Vice Chairperson, said mechanization requires enormous land which the District lacks.

“Mechanization needs vast land but for the case of Maracha District we have more less fragmented land because of the increasing population, we have few areas where you can find land, it is the only challenge that I have seen here” he said.

Capt. (Rtd) Yasin Buga Matata, Maracha Resident District Commissioner, called for acceleration in the implementation of the project for communities to realize transformation.

The UGX1.3 trillion World Bank program will be implemented by in 69 districts.





## Lt.Col Alitema is eulogized



Thousands of people on Saturday March 16, 2024, descended on Kijomoro Village, Nyadri Sub-county, Maracha District to witness the burial of late Lt.Col(Rtd) Pius Alitema, who was Zombo Resident District Commissioner at the time of his death. Dr. Mark Bramali, Zombo District Health Officer said by the time late Lt.Col Alitema died on Friday, March 08, 2024, he was battling with low sugar levels and was on transition for admission at Arua Regional Referral Hospital .

Hon. Kasiano Wadri, former MP of Arua Municipality who spoke on behalf of the old students of St. Charles Lwanga College-Koboko said: "Pius Alitema was a very

humble yet a courageous person, for us who were in St. Charles Lwanga College in October 1976. A very humble man who cherished and loved human life."

Hon. Kasiano said Alitema was active in sports at the college assuming the role of instructor in the boxing society.

Hon. James Oyulu, Zombo District Chairperson said Lt.Col(Rtd) Alitema was diligent in his work and offered mentorship to him and members of his executive.

" One time I invited him for our road committee meeting so that he does not just hear what is going on. His office was equipped (informed )with whatever is



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happening with Council." he stated.

Mr. Sebastian Oguti, Lamwo Deputy Resident District Commissioner and also Deputy Dean of the Resident District Commissioners' Chancery, also said late Alitema was a personal mentor who offered him guidance right from his election as the deputy dean of resident district commissioners.

" I recall the day I was elected( Deputy Dean), Pius took it upon himself without me requesting, we spoke on that night for 4 hours and that is someone you can say he was a real mentor" he said.

Maj. Gen Dick Olum, then Mountain Division commander and overall commander of Operation Shujja who delivered the condolence message of the then Chief of Defence of Forces Gen. Wilson Mbadi, commended the late Alitema for offering growth opportunities to his deputy, Ms. Grace Atim, by giving her assignments to undertake.

Gen. Charles Oluka, Director General of Internal Security Organisation, said he and the late Lt.Col Alitema had a deep personal friendship. They celebrated life milestones and also contemplated together on the challenges of life.

Hajjat Medina Naham, Director for Finance and Administration at the NRM Secretariat delivered the written remarks of the NRM Secretary General.

"We express gratitude for his diligent and his passionate service to both the Government and the people of Uganda throughout his tenure, he played a crucial role in overseeing the peace and security in Zombo District," read part of the statement.

Hon. Lawrence Biyika Songa, MP Ora County and Chairperson West Nile Parliamentary Caucus, said Government should construct another regional referral hospital in West Nile focusing on the greater Nebbi. He cited the delays to delivery patients to Arua Regional Referral Hospital due to the distance and the poor state of the road.

Ms. Rose Alitema, the widow of the deceased said: "I loved you for good, for better, for health for worse till death do us apart but this time we are not parting where you go I will go."

Mr. Alfred Kato, Senior Planner Maracha District Local Government and a son to late Alitema, said their father was deeply religious ensuring that they attended church and other spiritual obligations. He added their father valued their education seeing to it that their school dues were cleared on time.

A special council sitting was held at the ancestral home of late. Alitema on Friday March 15, 2024 in which Hon. Emmanuel Wani, the District Speaker and other



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leaders present, advocated for more people from Maraca District to be appointed to senior positions in Government. A matter that Hon. Stephen Obitre, Maracha District Chairperson, presented during the burial day. In her response, Maj. Martha Asimwe, the head of the Resident District Commissioners Secretariat, said several people in Maracha District were holding senior positions in Government.

Rt. Rev. Sabino Ocan Odoki, Bishop of Arua Catholic Diocese, who celebrated the burial mass of Alitema, called for unity among his family members.

“His family must continue with the good work, the good legacy the late has left. I want to pray that you keep the devil away from breaking this family. Pius has been a man of virtues” he remarked.

Hon. Obiga Kania, State Minister for Urban Development said the best way to pay homage to Lt.Col Alitema was by emulating and putting into practice what he represented.

Hon. Grace Freedom Kwiycwiny, the chief mourner, then Minister for Northern Uganda passed on President Museveni’s condolence to the family. Hon. Kwiycwiny commended the late Alitema for pacifying Zombo District from rebel insurgency.

She also revealed her and the late Alitema discussed the idea of a cadre course for

leaders of Zombo District as part of mindset shift.

## Career profile of Lt. Col. Alitema

**2022-8th March 2024**-RDC Zombo

**2019-2022**-Re-engaged with ISO on contract

**2019**-Retired from service

**2019**-Senior Director, DGISO’s Office

**2017-2019**-Executive Assistant to DGISO’s Office

**2014**-Senior Director-In-Charge Northern Uganda

**2013**-Denior Directorate Policy, Planning and Resource allocation (DGISO’s Office)

**2011**-Director Finance&Logistics

**2011**-Laison UPDF I/C Veterans

**April 2002**-Director Institute

**2001 to 2002**-D/Director Resource Management

**1999-2001**-D/Director Training

**1991-1999**-H/Personnel Administrator

**1989-1991**-DISO Kitgum District

**1988-1989**-DISO Nebbi District

**1988-1988**-Resreach Offer Registry Department

**1982-1987**-Graduate teacher-Mbale S.S





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## Council pays tribute to PAS Candiru



Maracha District Council held a special sitting to pay tribute to late Mrs. Francesca Candiru, former Principal Assistant Secretary (PAS), who passed away on Thursday, February 21, 2024 at Arua Regional Referral Hospital.

During the Council meeting on Saturday February 23, 2024, Hon. Stephen Obitre, Maracha District Chairperson, said late Candiru was transparent in the implementation of Government programs when she served as a sub-county chief in Arua District, some people worked towards sidelining her in programs which was impossible because she was a star

performer.

Hon. Dicky Alema, Secretary Social Services told Council when he became a minister he observed late Mrs. Candiru was a team player and solution oriented.

“She told me let's work together, we should not harass our workers and when there are issues let's address them before they are blown out of proportion. This makes me agree with the speakers who spoke before me, this was a good administrator” he said.

Hon. Alema commended Mrs. Candiru for ably handling disciplinary issues that arose in the education sector.



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“This is a person I took as an adviser, though by position I was supposed to supervise her because she was directly in-charge of education but she was a senior, I felt her position, I felt her importance while handling disciplinary issues” he paid tribute.

Hon. Florence Oguru, Female DLC-Kijomoro Sub-county/Okokoro Town Council said late Candiru was filled with compassion helping anyone regardless of the relationship they had with her.

Hon. Silver Drani, Male DLC - Oleba Town Council said late Candiru offered sound technical advice that would enrich someone's understanding of local government policies.

Ms. Monica Kotevu Koliba, Maracha Deputy Resident District Commissioner, said late Candiru had an illustrious career in public service rising from a subcounty chief to a principal assistant secretary which takes a lot of perseverance.

“it is not very easy to raise in the system of government from the level of a subcounty chief to the level of principal assistant secretary, for you to reach that level of principal the requirements are many and it is very tasky you would have gone through a number of interviews, you would have interfaced with the District Service Commission many times.” she observed.

Likewise, Hon. Adrian Drakana, Maracha District Deputy Speaker, appreciated late

Candiru for seamlessly helping the Business Committee in handling its affairs.

“Our sister was very loving, very jolly, very kind. Whenever we had our Business Committee meeting, she would represent the CAO, whether he was around or not. She made our Business Committee very simple and we would not sit very long because of her advice” he said.

Hon. Bosco Asea, Maracha District Vice Chairperson said late Candiru never shied away from making critical decisions.

“The late was fearless, when her minds tells her this is a wrong decision she is going to make, she would not wait for CAO's opinion. When you are delegated by CAO you should take full responsibility” he said.

Hon. Paul Chwa Drasiku, Male DLC-Oluffe Sub-county said the late Candiru respected everyone irrespective of their position. Hon. Hellen Maturu, Female DLC-Oluvu Sub-county, underscored the importance of educating the girl child saying it elevates women in society.

Mr. Modest Wadia, Assistant Chief Administrative Officer said besides being a schoolmate and colleague, late Candiru was a family friend, he regularly visited her at home when she was ill. He said Ms. Candiru always sat with colleagues to resolve matters before proceeding to the Chief Administrative Officer to share the outcome.



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## Deputy CAO is transferred



Mr. Robert Abia Owilli, Maracha District Deputy Chief Administrative Officer has been transferred to Napak District. At the handover ceremony on Wednesday, February 14, 2024, Hon. Stephen Obitre, Maracha District Chairperson, commended Mr. Owilli for his service during his tour of duty.

“We have no mandate to stop you from going, we just have to wish you the best in your next station.

I want to wish you well we shall always meet in various places and we shall always consult you. ” he said.

Ms. Monica Kotevu Koliba, Maracha District Deputy Resident District Commissioner

commended Mr. Owilli for being result-oriented.

“You have done it from a technical side and from the professional side. I have been following your trends from the time you came, you are a person of results, very tangible results which can be seen. We thank you for the teamwork you have built amongst the staff and the mentorship you have given, my particular interest is the sub-counties.” she said.

Ms. Koliba said Mr. Owilli always offered practical solutions to challenges that were raised during meetings.

“Where we have raised issues as members of the District Security Committee and





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where we have seen gaps you came ably to give us way forwards. From the side of the District Security Committee we are happy with you as you leave the District.” she added.

Mr. Cosmas Mukili, Principal Human Resource Officer, who witnessed the handover on behalf of Mr. Patrick Olila, Chief Administrative Officer, appreciated Mr. Owilli for bringing about changes in the management of the payroll.

“When he came he brought in the reform of the verification of payroll where he directed that all of heads of departments should be the ones to verify the payroll physically and including the heads of institutions, the health units, even head teachers. The first time we did it we saw a positive attitude” he said.

Mr. Mukili also commended Mr. Owilli for steering the Sanctions and Rewards Committee to handle matters that were pending.

“Within this short time there is a noticeable change in staff discipline. We had a head of administration who was able to spearhead the Rewards and Sanctions Committee and mopped out most of the disciplinary cases that were you have been able to handle, staff grievances and staff indiscipline issues” he said.

“I want to thank you on behalf of the Office of Human Resource. I have enjoyed and received a lot of mentorship and the Office

of CAO has really seen a transformation for this short time you have been with us, if you had been with us for 3 years or 2 years, we would have seen a lot of positive change” he said.

Equally, Mr. Modest Wadia, Assistant Chief Administrative Officer, said he also received mentorship from the outgoing Deputy Chief Administrative Officer.

“I really learnt a lot from you, wherever you are going, kindly take this spirit so that we build this nation” he said.

On his part, Mr. Owilli said “the people of Maracha District are very receptive and very critical on issues that affect their socio-economic development that is what I have learnt. My transfer has taken me unaware, the District would have benefited from me when we would have organized barazas.”

In his handover report, Mr. Abia stated the scope of work he had undertaken in the District and went ahead to lay out the administrative issues that needed to be addressed.

The handover was witnessed by technical staff and members of the District Security

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**[www.maracha.go.ug](http://www.maracha.go.ug)**



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## Sanitation is boosted in Obiba



Maracha District on Tuesday, March 26, 2024, held celebrations to commemorate the climax of the Sanitation and Hygiene Week 2024, and World Water Day at Eliofe Health Centre 3. Hon. Samuel Mbaku, Chairperson Obiba Sub-county applauded Water Department for selecting the Sub-county for projects. He said the Sub-county had 18 boreholes with 13 functional, and appealed to Water Department to operationalize the boreholes that had malfunctioned.

Ms. Monica Koliba, Deputy Resident District Commissioner Maracha District, who was the guest of honor, appealed to the

residents of Obiba Sub-county to be part of the District's planning process.

“Many of you don't attend planning processes yet this is the period of planning. If you don't initiate your demands then nobody can know what you want” she lamented.

Ms. Koliba urged the residents and local authorities to take up environmental conservation through planting trees.

“Obiba Sub-County is a sub-county with virtually no green vegetation. You people have not taken up the planting of trees, people here cook once in a day because



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there is no firewood for cooking. We are entering the rainy season we are now mobilizing you, each household should be able to plant not less than ten trees." she directed.

Hon. William Andama, Male DLC - Obiba Sub-county, told residents it was not the responsibility of Government to construct sanitary facilities for them.

Mr. Patrick Olila, Maracha District Chief Administrative Officer called for law enforcement action on people lacking sanitary facilities.

"We need to get by-laws and ordinances to identify people who don't have latrines in their homes, we can't talk about 75 % latrine coverage, where are the other 25 % going?, these are people when you wake up in the morning on the roadside you find feces laying" he said.

Mr. Olila said the District will work towards more communities having access to clean water: "We shall continue to make partnerships with different organizations so that we are able to get more money and sink as more water sources as we can."

Mr. Bosco Waga, Obiba Sub-county Chief said due to the one-week inspection households without sanitary facilities had started to put them in place.

During the launch of the Sanitation and Hygiene Week 2024 on Tuesday March 19, 2024, Capt. Yasin Buga Matata, Maracha

Resident District Commissioner, said the Water Department should continuously assess water needs when resources permit. He emphasized the role of VHTs in health information dissemination.



Hon. Charles Waga, the Secretary Works and Technical Services said that in 2018 Maracha District was declared open defecation free, it was not good to witness the deterioration in the coverage of sanitary facilities.

"People have gone back to their old habits of defecating outside down from Tara to the border. Maracha people have gone back to defecating outside. Is it a taboo?, people like defecating outside. When you look at Obiba itself its open, where do people go and defect?" he asked.

He said people can set up good sanitary facilities using cheap materials.

Mr. Richard Adiba, Principal Health Inspector said the intention of the Sanitation and Hygiene Week 2024 was "to accelerate a sense of responsibility among the people of Uganda to take action to improve their sanitation and hygiene at all levels including





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households, community and institutions.”



Mr. Adiba commended the technical staff of Obiba Sub-county for taking part in the Sanitation and Hygiene Week 2024 activities .

Eng. William Oneti, Maracha District Water Officer, said communities are failing to take care of the water sources in their areas.

“We don’t have safe water in Maracha District, people are defecating outside, having put a water source and it is not protected, it is already dirty water.” he said.

He added: “Most programs especially in water and sanitation have not been sustained, most have that attitude we don’t care for water points.”

As part of the celebrations a borehole was

commissioned in Obicha-Omi Village by Ms. Koliba. Mr. Olila said the community should start raising money for the maintenance of the borehole before it malfunctions.

“The problem with this project is that people only get to maintain (boreholes) when they have broken down. Why don’t communities begin collecting money even when it is new like this, by the time it is breaking down let’s say you have collected 1.5 million shillings and it doesn’t become a burden to you. Management must be thinking outside the box” he said.

A Village Health Team(VHT) member, said it was the first time they were having clean water in the village

## Facts

Drambu Sub-county latrine coverage is at 56%.

District water access is at 87%

District latrine coverage is at 75%

District hand washing is at 24%



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## Council approves devt plans



Maracha District Council in a special sitting on Thursday, January 11, 2024, approved physical development plans for 18 lower local governments and 29 parishes.

Mr. Andrew Ssenyonja, an official with Ministry of Lands, Housing and Urban Development, said the exercise of coming up with the physical development plans was a joint effort by Ministry of Lands, Housing and Urban Development, and Maracha District technical officials who included Mr. Collins Inziku, Senior Land Management Officer; Ms. Nolah Avako, Senior Environment and Natural Resources Officer; and Mr. Sam Dramani, District Community Development Officer.

“We constituted a team from the Ministry and Maracha District where we had to do a technical validation of the physical development plans which had been prepared by a team from the Ministry, they validated each and every physical plan and out of the input that they gave us, we have been able to produce these plans.

We believe that whatever is displayed before you today is not the mind of the Ministry of Lands, Housing and Urban Development, but it is the feeling of the people of Maracha District” he said.

Ms. Dora Atikuru, physical planner Maracha Town Council said Maracha District was given special consideration in



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the formulation of development physical plans.

“It is only in Maracha District that they (Ministry of Lands, Housing and Urban Development) decided to do physical development plans for all the sub-counties, if you go to the rest of the country where the project has been implemented, only the parishes and the sub-counties who are benefitting are the ones who got the physical development plans” she revealed.

However, she added when it comes to the issuance of land titles only the project enlisted lower administrative units will benefit.

“The SLAAC (Systematic Land Adjudication And Certification) will benefit parishes that were selected to benefit from systematic land adjudication and certification processes, please don't come to the chair (speaker) and say we received physical development plans but our sub counties are not benefitting, Ministry has just done for us justice” she said.



During the Council sitting most councilors advocated for the inclusion of more primary schools in their respective subcounty physical development plans. But Hon. Adrian Drakana, Deputy Speaker said “there is a problem of land you cannot go and start a school in somebody's land it must be identified.”

Hon. Stephen Obitre, Maracha District Chairperson, calmed the fears of the Councilors assuring them the issues that were not captured in the respective physical development plans of their sub-counties would be considered.

“I know all these omissions will be captured we already have been given the assurance these are draft plans, if you are not comfortable with whatever is here, go back to your sub-county sit together with them amend whatever they have submitted and follow it up with the technical team” he guided.

Hon. Obitre commended the sub-counties for considering the environment component in their physical development plans.

“I have seen a good number of sub-counties had proposed areas for tree planting, forest reserves, soon as the District we are going to start knocking at the doors of these sub-counties to identify the landowners” he said.

Mr. Daniel Kaddu, a physical planner with





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the Ministry of Lands, Housing and Urban Development, urged Maracha District councilors to understand the physical development plans related to their respective areas.

“We don’t want to have mixed messages taken to the ground these things are sensitive they deal with people’s land. If all of us work as a team we can actualize these plans on the ground” he said.

Mr. Kaddu rallied the Council to allocate resources to popularize the physical development plans.

“These people (technical staff) need resources to go to the ground to implement these (plans) otherwise they are going to remain on paper, by law it us here (Council) who are supposed to appropriate resources, as we put money here and there, lets put some money here such that our people get know where these plans are.” he appealed.

The development of the physical development plans is under the World Bank’s Competitiveness and Enterprise Development project. Systematic adjudication is where land rights, rights holders and interested parties are ascertained in a methodical and systematic manner, parcel by parcel for a large area. Traditionally, Systematic adjudication is initiated and substantially funded by government and may compel all land

## Women challenged on support



Drambu Sub-county hosted the belated International Women’s Day celebrations on Thursday March 21, 2024 . Hon. Draburu Kazimiro Munyo, Chairperson Drambu Subcounty, appreciated the selection of the Sub-county to host the celebrations. He pointed out the challenge of lack of a subcounty headquarters building.

Hon. Irene Ndera, Secretary Production and Natural Resources, said that women are good at stress management amidst several household challenges.

In his brief remarks, Hon. Stephen Obitre, Maracha District Chairperson, emphasized the importance of girl child education.

Hon. Ruth Lematia, Maracha East Member of Parliament, encouraged women to also vie for constituency parliamentary positions citing herself as an example.

Ms. Esther Angumaru, Chairperson Maracha



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District Women's Council said women should embrace the different Government programs that aim at empowering them. She applauded the National Women's Council for supporting Maracha District through skills training programs.

Hon. Beatrice Adiru, Female DLC-Paranga Sub-county/Drambu Sub-county in her speech enumerated on the role women play in nation building.

Hon. Jenifer Driwaru, Maracha District Woman MP, said people should embrace the National Population and Housing Census. Hon. Driwaru decried money lenders who are harassing people to the extent of confiscating their National IDs. She appealed for proper care of the environment.

Ms. Monica Koliba, Deputy Resident District Commissioner, said the International Women's Day celebration was aimed at celebrating the roles and responsibilities of women. She said women are faced with poverty, malnutrition, household income, GBV, among other challenges. She said women should support each other instead of pulling themselves down.

## **National celebrations**

While officiating at the International Women's Day 2024 Celebrations, held at Boma Grounds, Katakwi District, President Yoweri Kaguta Museveni called upon Ugandans to work towards achieving

wealth for all in order to deal with the challenges affecting women.

The celebrations ran under the theme: "Accelerating Gender Equality Through Women Economic Empowerment".

According to the President, many families had the potential to be rich because they have land and they must use that natural resource to fight under-development through commercial agriculture with "ekibaaro" (calculation).

The President also urged leaders to work towards transforming the lives of Ugandans, explaining that the much-desired socio-economic transformation can only be achieved through two ways which include; mass education and getting every adult into the money economy.

President Museveni further advised the women's movement to ensure free education for all in order to set the girl child free from any impediments.

President Museveni further expounded that there may be some residual problems of balancing but if the whole society has moved progressively, it was very easy to deal with the challenges of women.

The President also commended the Vice President, H.E Jessica Alupo for leading an economic war in Teso and acting as a role model for the girl child.



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## Farmers urged on irrigation



Farmers in Maracha District have been challenged to take up irrigation technologies under the UglIFT Micro-scale Irrigation Program.

During a stakeholders engagement at the District Headquarters on Thursday March 28, 2024, Capt (Rtd) Yasin Buga Matata, Maracha Resident District Commissioner, called for inclusion of women in the Micro-Scale Irrigation Program. He said through women's associations they would raise money for co-funding in the project.

Hon. Stephen Obitre, Maracha District Chairperson, said that the utilization of irrigation technology can be a big boost to food security.

"In our region we are always following rain

supported farming that explains why when we experience a long dry spell we really lack basic items" he said.

He further appealed for more sensitization on the irrigation technologies for more people to embrace them.

"I want to implore the technical people to continue with beneficiary sensitization intensively, if the last person down there could get the information we have got today, we will be able to get serious beneficiaries who will be able to benefit from this program." he remarked.

Hon. Obitre also called upon the invited leaders to take the information back to the community, similarly, Mr. Modest Wadia, Assistant Chief Administrative Officer, challenged stakeholders to popularize the





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program.



Eng. Paul Elema, Maracha District Senior Agriculture Engineer and also the focal person for the program, made a presentation on the available irrigation technologies .

Dr. Alex Candia, Maracha District Production and Marketing Officer, said beneficiaries should co-exist with community members to secure the safety of their irrigation technologies.

Hon. Adrian Drakana, Deputy Speaker of Maracha District Council, appreciated the program although he was quick to mention that the District has a small land area which affects the implementation of program.

Ms. Christine Bamale, Maracha District Commercial Officer, said business people should take calculated risks to grow their enterprises.

Mr. Sam Dramani, Maracha District Community Development Officer said “if we want women to benefit from business we need to empower women at the household. Empowerment should start from the household.”

Mr. Dramani added: “We need to give them information on where to sell their products otherwise if they don't have the information they will be cheated”

Ms. Nolah Avako, the Senior Environment and Natural Resources Officer, said: “Any method that we are going to pick for irrigation has an environmental impact”

In the current financial year under the UgIFT Micro-scale Irrigation program, Maracha District was allocated UGX280 million with UGX140 shillings taken up. A farmer must have land acreage of 2.5 and below, water access within 700 meters from the land, grow and sell high-value crops and meet the cost sharing fee to qualify for the project.

For any feedback write to:

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## Dr. Abiriga is celebrated



Thousands of mourners were in Tumvea Village, Tara Subcounty on Friday January 12, 2024 to send-off late Dr. Jino Abiriga, acting Masindi District Health Officer. Dr. Abiriga was killed on Sunday January 7, 2024 and the body dumped 50 meters away from his home in Kijura North Central division, Masindi Municipality.

Dr. Paul Onzubo, Maracha District Health Officer, who studied with Dr. Abiriga at St. Joseph's College-Ombaci remembered him as a person who was always jolly.

"We knew him as somebody who smiled all the time, had no problem, he was willing to provide academic advice to everybody, he was extremely brilliant. Let us coexist" he said.

Hon. Stephen Obitre, Maracha District Chairperson, said the District had lost someone he considered hard to replace.

"We have limited doctors in Maracha (District) when we see them going like this, it leaves us with no hope of replacing them. The current education system does not favor the poor that is where majority of us belong" he said.

Hon. Obitre pledged the District would continue with the community projects that late Abiriga had initiated in his home village.

Hon. Cosmas Byaruhanga, Masindi District Chairperson, said the death of Dr. Abiriga would not sow disunity between the people



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of West Nile and Bunyoro sub-regions.

“West Nile can't be separated from Masindi (District), Masindi (District) cannot be complete without West Nile, we have three sub-counties all these sub-counties are Lugbara speaking, almost half of Masindi is West Nile people” he said.

Hon. Byaruhanga said the District would help the family of late Dr. Abiriga to secure the property that he owns in Masindi District.

“We are willing to support his family to ensure that all his properties are covered and are managed very well.” he said.



Ms. Phionah Sanyu Masindi District Chief Administrative Officer , said: “He (Dr. Abiriga) joined Masindi District Local Government in 1999 as a medical officer and in subsequent years was promoted to senior medical officer at the time of his death he was acting District Health Officer and served for 2 years.”

Ms. Sanyu added : “He has been an excellent servant with a high level of professionalism, integrity. I remember when

we were assigning him as DHO (District Health Officer) in his maiden speech he told us, I have not come to steal, I have come to serve, he has lived up to it. He has been committed and a people servant, a team player and very highly accountable as head of health service in the District.”

Mr. Ismail Tuuku, Prime Minister Lugbara Kari Cultural Institution, said Dr. Abiriga helped his family when one of his relatives was murdered in Masindi District several years back.

“He has been instrumental in our lives, he counseled us. It is really a dark day in the history of the Lugbara Chiefdom for losing such an important person. The bond between Lugbara and Masindi, no one will break it” he said.

During the special Council meeting to pay tribute to Dr. Abiriga, Hon. Sarah Amazi, Female District Youth Councilor, said Dr. Abiriga valued education and appealed to his children to carry on with the legacy of their father.

Hon. Patrick Mundua, Male Councilor PWD, said Dr. Abiriga was enterprising which was observed in his several businesses that provided gainful employment.

“He embraced self-reliance, much as he was a doctor, he was also a farmer, very many people don't want the issue of farming. He was aware this work of





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Government would not sustain the family” he said.



Msgr. Casto Adeti, Vicar General Arua Catholic Diocese, who was the main presider during the burial Mass, decried the manner in which some people have disregard for human life in pursuit of material things.

## **Masindi tribute**

Masindi district was engulfed in grief and sorrow as the body of Dr. Abiriga arrived at Masindi Hospital from Mulago, amidst tearful mourners and solemn leaders.

During the emotional memorial service at Masindi Hospital, leaders challenged health workers to emulate Dr. Abiriga's commitment to saving lives.

The Resident District Commissioner , Emmy Ngabirano, urged medical professionals to prioritize patient well-being, emphasizing the late doctor's selfless dedication to healthcare.

Masindi District Council passed a resolution to name the new In Patient Department that is in the offing for construction after Dr. Abiriga .

The proposal was submitted by the District Male Councilor for PWDs, William Mwambu during the special council session to honor the fallen doctor that was held at the District headquarters.

His proposal was supported unanimously by fellow council members .

Relatedly, the proposal to name the road where Wanainchi clinic is in memory of Dr. Abiriga was forwarded to the Municipal Council for a blessing and after which, the District would name the road.

Speaking to hundreds of mourners who thronged the district gardens to pay their last respect to Dr. Abiriga, the Chief Administrative Officer Masindi, Phionah Sanyu thanked the District Council for according the late doctor a special council session to remember his excellent service.

## **Kaheru tribute**

Crispin Kaheru, Commissioner, Uganda Human Rights Commissioner in a *Daily Monitor* tribute said: "His compassionate legacy, akin to a symphony of healing notes, now echoes in the hushed tones of mourning, silenced abruptly by a harsh hand of tragedy.

Dr. Abiriga, a living testament to the transformative power of empathy and small gestures. He proved that changing the world does not always require grand gestures; many times, it is the profound



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## Oleba TC hosts NRM celebrations



Maracha District leaders on Friday January 26, 2024 thronged Ovujo Town Council Boma Grounds to celebrate the 38<sup>th</sup> NRM/ NRA Liberation Day celebrations. Mr. Patrick Olila, Maracha District Chief Administrative Officer, said the Government's role in national development cannot be down played.

"We have come from far I want to thank the President for having championed and realized Uganda needed a committed leader" he said.

Mr. Olila appreciated the Government for pacifying Northern Uganda following the havoc caused by the Lord's Resistance Army (LRA).

"The President has done more than enough there are people who criticize him but he

has done enough, in 2002, when I was still working in another district I came to Arua by plane by that time you could not access Arua between Karuma and Nebbi, but this time we can access Arua any time. You cannot develop economically without infrastructure and security. We have seen services improve across the country, although there are loopholes here and there" he observed.

Mr. Olila said the people in West Nile should take advantage of the available business opportunities orchestrated by the location of the region to the borders of South Sudan and Democratic Republic of Congo (DRC).

"I see the level of business in West Nile is very good, the Congolese come and give market for our businesses in Arua and the



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South Sudanese, why can't we embrace and ensure that we exploit these opportunities and ensure we become richer than we were. We must chase poverty" he said.



Hon. Stephen Obitre, Maracha District Chairperson, said through the decentralization policy Government has initiated several programs geared at poverty alleviation.

"After Government took power there was the decentralization policy that was introduced, Government programs started coming in and more programs are coming. Our problem is mindset, if all these Government programs were embraced there would be no one crying of poverty.

We have our loans inform of PDM, inform of *Emyoga* that is capitalization, making us do things we could not do on our own. We need to do investments. Make sure you invest that money well. Invest this money well so that after some time you will be able to look for investment" he said in his speech.

Hon. Obitre called for mass sensitization of

some stakeholders on the operations of the Parish Development Model (PDM).

"Parish Development Model still needs education; the members of the executives still need education capacity building including parish chiefs" he said.

Hon. Obitre acknowledged stock-out of drugs in public health units but attributed it partly to the increase in people accessing services.

"The population has grown, the drugs that are brought get finished very first but Government has plans to add more money in the health sector to be able to solve that problem" he said.

Hon. Ruth Lematia, Maracha East County MP, said political leaders should be united for progressive development in Maracha District.

"No one will come and develop Maracha District, we need to develop Maracha District ourselves, as a political leader identify what is lacking in Maracha District then deal with that" she advised.

Mr. Gabriel Ofeku, Maracha District NRM Chairperson, commended Government for the creation of new lower administrative units in the District.

In his speech, Capt. (Rtd) Yasin Buga Matata, Maracha Resident District Commissioner, who was the guest of honor, decried the high cases of mob action in the





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District. He issued a public declaration banning night discos which are becoming a social problem.

The celebrations were held under the theme, **“Building a country we all cherish”**



## National celebrations

President Yoweri Kaguta Museveni commended the people of Busoga for taking part in the protracted struggle that brought the National Resistance Movement (NRM) government into power in 1986

The President who was in company of the First Lady and Minister of Education and Sports, Maama Janet Museveni, made the remarks while officiating at the 38th NRM victory anniversary celebrations held in Jinja City at St. John SSS Wakitaka Playgrounds in Jinja Northern Division. President Museveni noted that he was happy that Ugandans were celebrating this year's victory day in Jinja, attributing the decision to the support the people of Busoga have been giving to the ruling government.

He however urged the locals to listen carefully to the NRM message if they are to overcome poverty and create wealth for their homesteads. He emphasized the need to embrace the four-acre model with calculation in order to enhance their livelihoods.

President Museveni emphasized that once the Auditor General releases reports on corrupt entities and individuals, the police's investigative arms should take precedence, avoiding prolonged discussions in boardrooms. These comments follow recent Auditor General reports indicating that corruption is hindering efforts to ensure service delivery, accompanied by issues like ghost works.

The Minister for Presidency, Hon. Babiye Milly Babalanda congratulated President Museveni and Ugandans at large for reaching the 38th NRM victory day anniversary.

She also congratulated President Museveni for the success of NAM and G-77 Summits where he assumed chairmanship for both international fora.

During the event, at least 52 deserving Ugandans received medals and one of the medalists was the former Kyabazinga of Busoga His Royal Highness Henry Wako Muloki who contributed greatly and largely in the external wing of the struggle.



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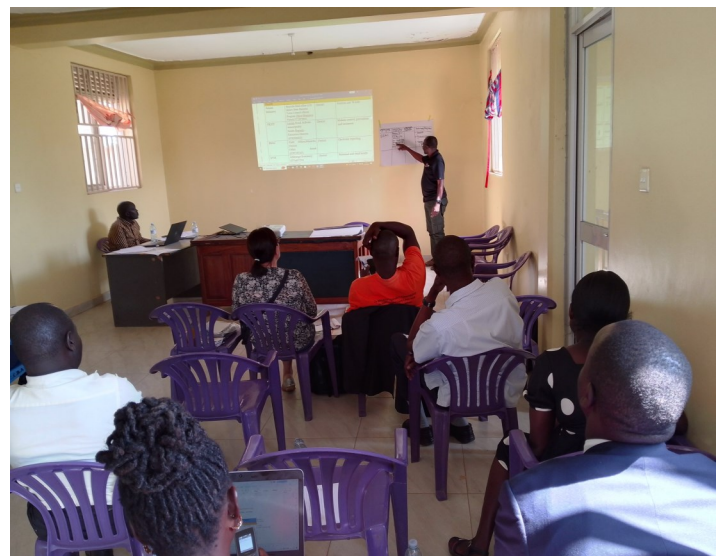
Maracha District AIDS Committee (DAC) members observed a decline in HIV/AIDS implementing partners, weak multi-sectoral collaboration and apathy by actors in the implementation of resolutions aimed at regulating negative social behavior. DAC was in late March presented a scorecard on the HIV/AIDS status: 47 new infections (October 2023 to February 2024), 0.6% HIV positivity rate, 1% HIV/AIDS prevalence.



Paranga Sub-county in early March held its 'Speech Day' in which the best Primary Leaving Examinations (PLE) learner for last year was awarded. The current crop of primary seven candidates in the sub-county received pep talk on attaining academic success.



The quarterly meeting of Maracha District Environment and Natural Resources Committee in November looked at the functionality of the LLGs environment committees and operationalization of the waste management plans of the 5 town councils.



State and non-state actors in Maracha District in December validated the draft District Contingency Plan (DCP). The DCP will be a big boost to enhancing disaster preparedness and management. The process of developing the DCP was supported by JICA, OPM and URCS.





# MDLG BRIEFING



Late March Maracha District leaders provided feedback on the draft design of Liko piped water system. The water system is part of the infrastructure needed for the upgrade of Liko health facility. The project will also benefit the surrounding community surrounding.



Ministry of Health in December undertook the distribution of long-lasting insecticidal nets (LLINs).

## Infrastructure at the best!



The Engineering Department undertook works on Oleba TC-Retriko road, Lurua and Osu bridges in February and March.





# MDLG NEWS

## In-charges tasked on reviews



Ms. Jessica Draru, Assistant District Health Officer (Maternal Child Health) has tasked health unit in-charges to build strong linkages with the communities by holding performance review meetings.

“I want to appreciate those who are doing their performance reviews, let’s do performance reviews, let’s give reports back to the community, the things we cannot do ourselves if it is to the community they will be answerable” Ms. Draru was speaking at the FY 2023/24 2<sup>nd</sup> quarter Health Performance Review meeting.

Ms. Draru also said health workers should give all expectant mothers attention: “Every pregnant mother matters, every

newly born matters, in West Nile, Maracha District keeps missing those maternal deaths.”

Ms. Draru also said health workers should provide instant feedback to expectant mothers they consider at risk.

“Don’t wait for this mother to come to the health facility talk to her there and then, risk identification is a very good thing for her to do. Ministry of Health is encouraging us to identify risks before pregnancies and during pregnancies. You can identify them, if the viral load is low can’t I speak to this mother now to get pregnancy is to be a bit hard, you take your ARVS until our viral load is suppressed then you conceive and the come out will be an HIV negative baby” she



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said.

Dr. Francis Arije, Senior Medical Officer Maracha District said health workers should use data to evaluate their performance: “We should not leave data to the bio statistician, it's until after three months or some months that is when we can get to know what we are doing”

The health indicators showed an increase in Hepatitis B cases in the District. Mr. Patrick Andima, Senior Clinical Officer Ovujo HCIV said: “When Government brought us free Hepatitis B vaccinations these people we are seeing are the people who run away, the best we can do is to counsel and refer them.”

Dr. Annet Tiko, Medical Officer St. Joseph's Hospital- Maracha observed that most expectant mothers are referred to the facility when they are in critical condition.

“We receive high risk mothers most cases they come in a bad state, we should strengthen the referral system in that we receive them in a better shape” she implored.

Mr. Russall Okudra Jurua, Assistant District Health Officer (Environment Health) said Health Unit Management Committees (HUMCs) should be empowered to do their work.

“We have established HUMCs for all facilities, what we lack is training these

people” he emphasized.

Mr. Okudra said health workers should respond swiftly to any emergency alerts, even from individuals outside the health sector.

## Roles of HUMC

- Provide strategic direction for the health centre within the framework of the Health Policy.
- Review and approve the work plans, budgets and any necessary reallocations within the budgets as presented by management.
- Discuss and approve the health facility annual report before it is submitted to the Chief Administrative or Town Clerk.
- Oversee the procurement, storage and utilization of all health facility goods and services as well as essential medicines and health supplies.
- Provide oversight in the management of human resources for health including: attraction, development, motivation, attendance to duty, performance, retention, and exit.
- Oversee proper sanitation and good health facility environment for effective health services delivery.



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## Maracha District celebrates PWDs day



Ajira Sub-county hosted the belated celebrations to mark International Day of Persons Living with Disabilities. Delivering his remarks on Wednesday, February 21, 2024, Hon. Stephen Obitre, Maracha District Chairperson, said all structures should have ramps for persons with disabilities. Responding to the issue of non-payment of ex-gratia, Hon. Obitre said LC1 chairpersons in the new lower administrative units will start to receive pay once elections are held. He encouraged the village chairpersons to carry on volunteering as they wait for Government to organize elections.

Mr. Modest Wadia, Assistant Chief Administrative Officer, urged persons with disabilities to take advantage of livelihood programs initiated by development partners. He said under Parish Development Model guidelines persons with disabilities are supposed to be benefit from the program.

Hon. Bosco Asea, Maracha District Vice Chairperson and also Secretary Community Services, said persons with disabilities should utilize funds under the Disability Grant to cause a transformation in their lives. He said persons with disabilities are considered for job opportunities during recruitment by the District.

Ms. Onziru Anna, Chairperson of the Disability Council warned persons with disabilities against drunkenness. Ms. Onziru said they should send their children to school. She added persons with disabilities should work hard and improve the state of their homes.

Hon. Bran Ahumed, LC3 Chairperson Ajira Sub-county, appreciated the District Council for the support extended to have the Sub-county Headquarters titled. He pointed out infrastructure challenges in two primary schools. He asked a health facility be constructed in the area due to the long distance in accessing health services.

Capt. (Rtd), Yasin Buga Matata, Maracha Resident District Commissioner directed the District to address the infrastructural challenges in two primary schools in the sub-county.

Hon. Patrick Mundua, Male Councilor PWD said persons with disabilities should use the day to highlight their plight. He said the NRM government has been deliberate





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## Gov't on recovery drive



Maracha District leaders have been challenged to accelerate Youth Livelihood Program and Uganda Women Entrepreneurship Program recoveries.

At a stakeholders' engagement that comprised of sub-county chairpersons, sub-county chiefs and sub-county community development officers on Wednesday, February 7, 2024, Mr. Joshua Kananura, Maracha District Police Commander, blamed some leaders for misleading the beneficiaries about the programs.

"Some leaders took it deliberately that it was political and it was a token of appreciation, but if you can come up and put those leaders to task I am sure we are

going to make those recoveries" he said.

Mr. Kananura said sub-county leaders should try dialoguing with project beneficiaries before using law enforcement to coerce them to reimburse funds.

"I would wish to be the last option, instead of using police to recover your money continue talking but if all does not work out in your favor the courts of law are ready, give us evidence we shall pick those leaders" he advised.

Capt (Rtd) Yasin Buga Matata, Maracha Resident District Commissioner, said the youth need more sensitization on government programs to appreciate the



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intention.

Mr. Moses Ntirenganya, the Northern Uganda supervisor YLP Ministry of Gender, Labour and Social Development tasked leaders of lower local governments to actively participate in the recoveries of the monies.

“We expect the sub-county to be involved at all levels. You are supposed to be involved at the generation of these projects because these projects are generated from the sub-county. You are supposed to make sure these projects are viable within your area because you know better the projects that work in your sub-county.” he said.

Mr. Ntirenganya said the officials at the District Headquarters should interest themselves in the day-to-day operations of the groups.

“All of us must do what we are supposed to do to make these projects viable. After we have sent money to group accounts we make sure we inform you the district in writing that these projects have received their funds, why we write we want the district to know that already these projects have received funds now the district should make a follow-up.” he said.

He stated parish chiefs should also play an active role in monitoring and recovering project funds.

Hon. Stephen Obitre, Maracha District

Chairperson, said if the funds were put to good to use communities could see an improvement in their livelihood.

“If our people were to use these funds well they would now be thinking of investment, investing in bigger areas then Government would come in to provide markets that is how things are supposed to flow” he said.

Hon. Obitre suggested a direct interface between the beneficiaries and officials from the Ministry of Gender, Labor and Social Development for the beneficiaries to appreciate the need to reimburse the funds.

“Tell the focal person to mobilize all the beneficiaries let them come and hear from you (the Ministry of Gender, Labor and Social Development) about the magnitude of the need to recovery. We need to have these people and emphasize the need to have these funds recovered” he added.

Hon. Francis Govule, Maracha District Youth Council Chairperson, said an investigation should establish why some youth groups had not yet received funds under the Youth Livelihood Program.

“

You are supposed to make sure these projects are viable within your area because you know better the projects that work in your sub-county.



# MDLG NEWS

## Maracha District succeeds in IRS



Maracha District recorded 98% coverage in the recent indoor residual spraying (IRS) activity. Dr. Paul Onzubo, Maracha District Health Officer, said despite several challenges the District fared well in the exercise.

“We worked hard amidst all the challenges, these challenges ranged from delayed deliveries of supplies, lack of transport for implementing the activities. We also had challenges of fuel for the leaders to participate in the activity.

We have always pledged to be a model District and I want tell you we were among

the most successful even in the inadequacies of chemicals uptake. Our spray in our view was better than the one of many districts” he said during the last IRS Taskforce meeting .

Dr. Onzubo, said there was need for people to continue using other malaria preventive measures.

“After spraying some people may decide not to use mosquito nets and a few mosquitoes continue biting those ones we will still have a high burden of malaria. IRS has to be used in combination with the other methods.





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Let's try to take stock of performance per site we are going to be comparing the rates of malaria in these sub-counties depending on the progress in each sub-county to be able to access the extent to which the IRS worked" Dr. Onzubo said.

Dr. Onzubo said the chemicals can be sprayed in either the dry or wet season.

"We are spraying indoors residual meaning the chemical will stay there for long whether you do it during the rainy season or the dry season, the dry season is preferred because you must take things outside and with the rains do you think the compliance rate is going to be acceptable" he said.

Mr. Richard Malagu, the Focal Person IRS said the District had continued to register progressive results in the exercise.

"In the 13 districts that participated in the exercise we are number 4 the rest are yellow." he said.

Mr. Malagu appreciated the pump sprayers for the timely submission of their reports.

"All the data on the spray cards was put into the system timely, Maracha District now has every data in the system with only one spray card that I am going to present." he revealed.

Mr. Baker Acidri, Assistant Inventory Management Officer, observed some items used in the previous IRS activity had worn

out. Members of the committee recommended the establishment of a district IRS stores to secure the items in one place.

Ms. Jessica Draru, Assistant District Health Officer (Maternal and Child Health) said the other health indicators had to also be improved most especially immunization.

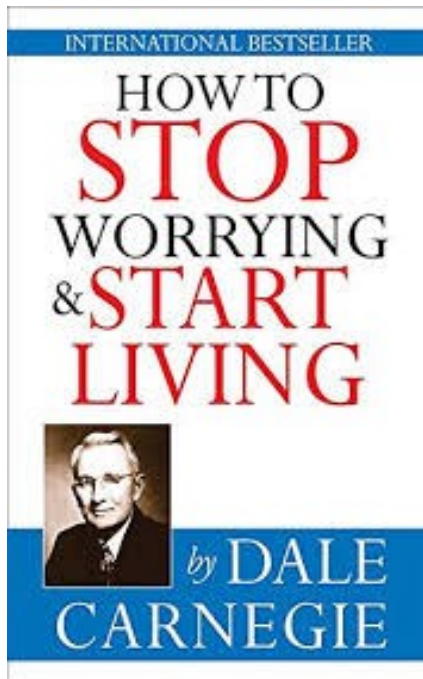
Ms. Kotevu Koliba, Deputy Resident District Commissioner and also Chairperson IRS Taskforce, said challenges are always learning points: "There will be challenges there will always be performance gaps but it should always be turned as a learning point for future references"

## Malaria burden in Uganda

Uganda last year experienced a new burden of malaria since January 2022 with cases rising higher by the end of the year. At the peak, more than 300,000 were reported cases every week. According to World Health Organization, Uganda has the world's highest malaria incidence rate of 478 cases per 1,000 population per year. It is also the leading cause of sickness and death in Uganda and is responsible for up to 40 percent of all outpatient visits, 25 percent of hospital admissions and 14 percent of all hospital deaths. The malaria death rate in Uganda is estimated to be between 70,000 and 100,000 deaths per year; a toll that exceeds that of HIV/AIDS.



# BOOK REVIEW



## 10 Ways to Stop Worrying and Start Living

Research shows that 40% of the things we worry about never happen. 30% of the things we worry about have already happened and actually only 8% of what we worry about actually happens. These 10 Tips taken from Dale Carnegie's Book 'How to Stop Worry and Start Living' offer simple techniques to ensure worry doesn't dominate your life.

1. Live in Day Tight Compartments -only worry about what's happening today – that's all you can control
2. Sleep – try to rest before you get tired, everything feels worse when you're exhausted
3. Co-operate with the inevitable – there are some things you can't control. Accept them and plan how to deal with them so you can move on

4. Try and face your problems logically – follow these 3 simple steps
  - What's the very worst that can happen?
  - Prepare to accept the worst
  - Think of ways to improve on it
5. Count your blessings not your trifles – clichéd but true. We've often got a lot more to be thankful than worry about
6. Don't worry about the past – what's done is done. Learn from it and move on
7. Keep busy – activity keeps the mind off anxiety
8. Use the law of averages to outweigh your worries – ask yourself how likely really that this thing is going to happen?
9. Remember that unjust criticism is often a disguised compliment
10. Create happiness for others – research shows that doing good deeds can activate neurotransmitters in the brain that are associated with positive feelings and decrease stress and anxiety.

## About Dale Carnegie

**Dale Carnegie** ( November 24, 1888 – November 1, 1955) was an American writer and lecturer, and the developer of courses in self-improvement, salesmanship, corporate training, public speaking, and interpersonal skills. Born into poverty on a farm in Missouri, he was the author of *How to Win Friends and Influence People* (1936), a bestseller that remains popular today. He also wrote *How to Stop Worrying and Start Living* (1948), *Lincoln the Unknown* (1932), and several other books.

**Adopted online.**



# Health & Wellness

## Major benefits of walking



One of the most powerful ways to maintain a healthy weight, keep your joints strong, and live longer is also one of the simplest, no matter your age. The health benefits of walking are endless, and experts agree by adding walking to your daily routine, you can greatly improve your physical and mental health.

### 1. Improve your mood

Going for a walk is an easy fitness strategy that can you feel better, says Dr. Jampolis. In fact, research shows that just 10 minutes of walking can lift your spirits. Plus, the effect may be amplified even more if you take a stroll through some greenery.

“Research shows that regular walking actually modifies your nervous system so much that you’ll experience a decrease in

anger and hostility,” Dr. Jampolis says, especially when you’re going for a stroll through some greenery or soaking in a bit of sunlight. This can be particularly helpful during the colder months, when seasonal depression spikes.

Finally, when you make your walks social—you stride with, say, your partner, a neighbor, or a good friend—that interaction helps you feel connected, Dr. Jampolis says, which can make you feel happier.

### 2. Burn calories and maintain a healthy weight

“As you continue to walk, you may notice your pants begin to fit more loosely around your midsection, even if the number on the scale isn’t moving much,” says Dr. Jampolis. That’s because regular walking can help





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reduce fat and, as a result, improve your body's response to insulin, according to research.

Itching to up your calorie burn? When walking outside, plan a route that includes hills, alternate between speed walking and a slower pace, and challenge yourself to walk the same routes on different days to see if you can beat your previous times, says Austin. If you really want to set high goals, she recommends aiming to hit 10,000 steps a day.

"Daily walking increases metabolism by burning extra calories and by preventing muscle loss, which is particularly important as we get older," says Ariel Iasevoli, a personal trainer in New York City.

The best part? You don't have to tire yourself out on a treadmill at the gym to see these benefits. "One of my clients reduced her body fat by 2% in just one month by walking home from work each



day, which was just under a mile," she says.

Intervals are key here, says Michele Stanten, a walking coach and author of Prevention's Walk Your Way to Better Health. Increasing your speed for small bouts of time during, say, a 30-minute walk allows you to burn more calories than if you strolled at a moderate pace for half an hour. This approach also benefits your cardiorespiratory system. To try adding intervals, warm up for three minutes. Then spend 25 minutes alternating between one minute of walking almost as fast as you can go and one minute of brisk walking (aiming for a six on an intensity scale of one to 10). Cool down for two minutes.

### 3. Improve heart health

One of the major ways that walking can improve your heart health is by lowering your blood pressure. Some research shows that for every 1,000 daily steps you take, you could lower your systolic blood pressure by .45 points. That means if you clock in 10,000 daily steps, your systolic blood pressure is likely to be 2.25 points lower than someone else who walks only 5,000 daily steps.

One of the most cited studies on walking and health, published in The New England Journal of Medicine, found that those who walked enough to meet physical activity guidelines had a 30% lower risk of cardiovascular events (like a heart attack or stroke) compared with those who did not walk regularly. Another study found that



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especially for older adults, every 500 additional steps taken daily was associated with 14% lower risk of heart disease, stroke or heart failure.

## 4. Reduce your risk of chronic diseases

A 2022 study published in Nature Medicine has shown that walking can reduce your risk for a variety of chronic diseases. One study showed that walking 8,200 steps effectively reduced the risk of chronic conditions, including: obesity, sleep apnea, gastroesophageal reflux disease (GERD), major depressive disorder (MDD), type 2 diabetes, and hypertension. The same study also found that walking even more steps continues to increase walking's benefits for



nearly every health condition studied.

The American Diabetes Association officially recommends walking to lower blood sugar

levels and lower your overall risk for type 2 diabetes. One 2022 study published in Sports Medicine showed specifically that just two minutes of walking after eating can help lower blood sugar. Even the shortest of walks can make a difference.

Still, for disease prevention, longer walks are key. Stanton recommends doing one hour-long walk at least once or twice a week.

## 5. Reduce your stress

If you're feeling frazzled or overwhelmed, walking can help lower your stress. Walking reduces the stress hormone cortisol, which helps you feel less stressed and more relaxed, says Joyce Shulman, co-founder and CEO of 99 Walks & Jetti Fitness and author of Walk Your Way to Better.

A 2018 study published in Health Promotion Perspectives showed that just 10 minutes of walking lowers anxiety and depression and increases focus and creativity. Plus, research shows that taking your stroll outside can make a huge difference, too. A 2022 study published in Molecular Psychiatry found that a 60-minute walk in nature decreases activity in brain regions involved in stress processing. In contrast, brain activity in those regions remained stable after a 60-minute walk in an urban environment. So, go touch some grass!

## 6. Improve your sleep

Working out regularly can help you sleep better at night. That's because physical



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activity naturally boosts the effects of melatonin, the sleep hormone. A 2019 study from Sleep found that postmenopausal women who do light to moderate-intensity physical activity snooze better at night than those who are sedentary. Another recent study found healthy adults who walked daily had a significant positive impact on sleep quality and length of sleep. Walking also helps reduce pain and stress, which can cause sleep disturbances.

## 7. Boost your brainpower

The research here is quickly growing. In one study, brain scans of people who walked briskly for one hour three times a week showed the decision-making areas of their brains worked more efficiently than people who attended education seminars instead. Other research shows physical exercise, like walking, can improve brain function in older women. Experts think these benefits could be due in part to increased blood flow to the brain that occurs with exercise. So when you get your feet moving, your brain starts working better too!

## 8. Stimulate your digestive system

If you currently count on your daily dose of coffee for keeping your digestive system going strong, get ready to start thanking your morning walk instead. That's because a regular walking routine can greatly improve your bowel movements, says Tara Alaichamy, D.P.T., the manager of rehabilitation services at Cancer Treatment

Centers of America. "One of the very first things an abdominal surgery patient is required to do is to walk because it utilizes core and abdominal muscles, encouraging movement in our GI system," she says. In



other words, when you start moving, your bowels start moving, too.

## 9. Kickstart your immune system

Research shows that moderate-intensity exercise—and walking in particular—ramps up our immune system. It increases the number of immune cells that attack pathogens in our body, which may lower your risk of becoming seriously ill from infectious diseases. Not only that, if you do get sick, research has found that people who walk more spend less time in the hospital. One study even found those who walked regularly could reduce their risk of dying from pneumonia compared to those who don't exercise regularly.

## 10. Live longer





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That's right, walking can seriously help you add years to your life, and it doesn't take much to see results. In fact, one study found that people who did just 10 to 59 minutes of moderate exercise (like brisk walking) per week had an 18% lower risk of death during the study period compared to those who were inactive. Meanwhile, people who completed the recommended 150 minutes of weekly exercise in at least 10 -minute spurts had a 31% lower risk of death. Other research shows the faster you walk, the more your risk drops. The longer life benefit is believed to come from the cardiorespiratory workout that walking provides.

## How many steps should you walk every day?

By now, you've probably heard the 10,000 step goal thrown around, but should that number really be your goal every day? Turns out that fewer steps may have benefits.

A 2021 study published in JAMA Network Open found that for people ages 38 to 50, 7,000 steps was associated with a lower mortality rate. If 7,000 still seems steep for you right now, a 2019 study published in JAMA Internal Medicine found that in older women, just 4,400 steps a day lowered mortality rates, compared with less active women, who took 2,700 steps.

So if 10,000 steps is not feasible for you to reach today, remember that small gains still make a difference. "The reality is that every step counts and every mile matters," says Shulman.

## Is it better to walk faster or longer?

While you may think that as long as you go the distance, you're still reaping the same benefits, several studies have shown over the years that walking faster is better for you and your long-term health. One 2006 study published in The British Journal of Sports Medicine found that the faster a person walks on average, the lower their risk of both all-cause mortality and death linked to heart disease.

More recently, a 2021 study published in Cancer Epidemiology, Biomarkers & Prevention looked at more than 200,000 cancer survivors between the ages of 50 and 71 and found that those who walked at the slowest pace had more than double the risk of death from any cause, compared with those reporting the fastest walking pace.

How fast is fast enough? Per a 2019 study published in Mayo Clinic Proceedings, the optimal speed you should aim for is walking at least 4 miles per hour (mph). When it comes to the benefits of walking, slow and steady does not win the race.

**Adopted online.**



# Maracha DLG Website



[www.maracha.go.ug](http://www.maracha.go.ug)