

# Arise

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## ‘Women and Environment Conservation’

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**Acfode**  
Breaking Through, Building Up and Binding

**KONRAD ADENAUER STIFTUNG**

# FACTSHEET

## What you need to know about **CORONAVIRUS** (Covid-19 DISEASE)

### What is Coronavirus?

This is a new virus that causes a respiratory illness in people and animals and can spread from person-to-person through sneezing and coughing droplets. This virus has signs and symptoms similar to the common cold but is dangerous and if not reported early and managed by Health Workers it can cause severe illnesses in humans and can lead to death.

### Where did Coronavirus come from?

There are ongoing studies on the origins of Coronavirus. However, the current outbreak started in a large animal and seafood market in China, in a city called Wuhan.

### How does Coronavirus spread?

Initially, the virus was believed to be spread to humans through contact with infected animals. Currently, transmission is human-to-human. It occurs when an infected person's sneeze or cough droplets come into contact with others.

### Who is at risk?

Everyone is at risk. However, severe symptoms and death appear more frequently among older people. People with underlying health conditions such as lung or heart diseases, renal failure or weak immune systems are noted to be at a higher risk of infection.

Currently, there is a huge outbreak in China which is spreading globally. Travellers to and from China are potentially, the most-at-risk.

### What are the symptoms of Coronavirus?

The full clinical presentation of the disease is still under investigation. However, most patients who have been seen so far present with:

- Fever
- Cough
- Sore throat
- Shortness of breath

### How can Coronavirus be prevented?

There are simple everyday actions that can help prevent the spread of the virus:

- Avoid close contact with people who are visibly sick with flu-like symptoms (fever, cough, sneeze).
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and running water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- Stay home when you experience these symptoms to avoid spreading illness to others.
- The sick are encouraged to use a face-mask to cover the nose and mouth.
- Cover your mouth and nose with a tissue when you cough or sneeze, then throw the tissue in the dustbin and wash your hands thoroughly with soap and running water.
- Regularly clean and disinfect frequently touched objects and surfaces such as door handles and phones.



## Vision

A just society where  
gender equality is a  
reality



OUR  
VISION

## Mission

To empower  
women, girls  
and influence  
legislation and  
policy for gender  
equality in  
Uganda



OUR  
MISSION



CORPORATE  
VALUES

## Core Purpose

Advocacy for  
gender equality  
and equity



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# Letters TO THE EDITOR

## Hello Arise Editor,

I enjoyed reading the article about women in leadership. It was such an inspiration to us women. It was interesting to read about some of the challenges they face while campaigning for office and how they have managed to find solutions. Over the years, more women are joining politics and performing well and also in Government leadership positions.

## Dear Editor,

Thanks for highlighting the economic impact of Covid-19 on women. A lot of women were struggling to sustain their families, especially single mothers. However, women became more creative in business. Soon enough, a lot of them were out expanding their businesses and feeding their families, and didn't resort to seeking sympathy.

## Dear Arise team,

Dear Arise team, thank you for emphasising the underlying issues faced in communities, especially gender-based violence cases that increased during the lockdown. Gender-based violence became a pandemic of its own in some areas of the country and, unfortunately, it was mostly women that were affected.

## To the Arise Magazine Editor,

I would like to express my gratitude for the Arise magazine titled *Women and Covid-19: Resilience, adaptation and action*. There were a lot of issues raised in the magazine that were interesting and ideas that are easy to relate to. It was interesting to read the story of the lady who managed to repay her loans from her business even during the Covid-19 pandemic. Such stories give us hope that every woman can grow their source of income if she is committed and it also shows that loans can be put to good use.



# Editorial



**Violet Nakigwe**  
- Chief Editor

***"If you think the environment is less important than the economy, try holding your breath while you count your money- Dr. Guy McPherson".***

A growing population in Uganda has continuously put a strain on the environment and the country's natural resources. The livelihoods of most Ugandans intimately depend on the environment, both as a source of subsistence and as a basis for production. Over-exploitation of the country's resources like land, water, energy resources has resulted in the degradation of resources mainly due to deforestation, urbanization, industrial pollution, and soil erosion. Hence, it is of utmost importance to conserve and promote natural resources and

the environment. Women have direct contact with natural resources like fuel, food, forest, water, and land especially in rural areas where 70% of the population reside and directly dependent upon natural resources. Women are also largely responsible for using these resources to satisfy the basic needs of their families.

Before the 18th and 19<sup>th</sup> centuries, it was considered that women have no role in environmental conservation and promotions, as well as they, were avoided in all major spheres of social life. But after spreading awareness about their rights and duties and taking cognizance of their surrounding they consciously tried to raise a voice against environmental degradation.

Women play a critical role in managing natural resources on family and community levels and are most affected by environmental degradation. Besides, women have even played a leadership role in the conservation and enhancement of the environment. In communities around the world, women manage water, sources for fuel, and food, as well as both forests and agricultural terrain from the high level to the grassroots. Conservation of natural

resources and promotion of the environment cannot be done without involving the women in planning and training for promoting the values for conservation and promotion of the environment.

Yet, women are continuously denied access to effective and sustainable use of forest resources, and they have limited or no control over land, capital, and labor in Uganda. Women, therefore, suffer numerous limitations accordingly. As a result of widespread mistreatment and overt discrimination in all dimensions of women's lives, women lack significant contributions towards environment conservation. Equipped with the right tools and knowledge, women in Uganda have the potential of leading the environmental conservation drive.

It is therefore recommended by environment experts that for sustainable environmental conservation to take its roots, access and ownership of natural resources should be enhanced for all gender particularly women, people living with disabilities, marginalized and minority groups. Unless women's efforts are recognized, we might likely be pushing towards a dead end and without vibrant women movement, the environmental conservation efforts may not yield.



# CELEBRATING WOMEN'S UNIQUE ROLE IN ENVIRONMENTAL SUSTAINABILITY IN UGANDA

By Brian Mutebi



In its publication, *Women in Environmental Decision-Making*, the International Union for the Conservation of Nature (IUCN) noted that across the globe, women are heavily involved in the environmental sector, including agriculture, fisheries and forestry, and in adapting to and mitigating climate change. "Women manage natural resources daily in their various roles, including as farmers, seafood harvesters, and household providers, and therefore carry unique and critically important knowledge

about the environment," IUCN stated.

In Uganda, several women work with environmental conservation agencies such as the National Environment Management Authority (NEMA), Uganda Wildlife Authority (UWA), Uganda Wildlife Education Centre (UWEC), and several conservation non-government organisations (NGOs). Naomi Namara Karekaho, NEMA spokesperson, says that women's contribution to Uganda's environment conservation sustainability efforts ought to be appreciated

even more, given that women make their contribution amidst a wide array of challenges.

Here, we sought to highlight the experiences and challenges of women working with conservation agencies, as well as the milestones they have achieved, and how they are adapting to challenges, and their hopes for the future in the trenches of Uganda's environmental sustainability efforts.



# Dr. Gladys Kalema-Zikusoka, the first wildlife veterinary officer in Uganda



I am very proud to have made history as the first qualified, full-time wildlife veterinary officer in Uganda, more so that I opened the door for others because now, as a country, we have more than 20 female wildlife veterinary doctors.

I am also very proud of the NGO I set up in 2003 intending to prevent the spread of diseases

between humans and wildlife, called Conservation through Public Health. Recently, I also became one of the founder members of a network of senior professional women working in the environmental sector across Africa, called Women for Environment in Africa. It is now over 25 years of work, but I still have a zeal for the conservation of our environment. Of course, over the years I have come to realise that women working in the environment sector are undermined.

I was undermined in the early years of my career simply for being a woman. People (men) look at a woman and think she

does not have the technical know-how, so often a woman has to speak out louder and prove herself by producing work that speaks for itself. But over the years I have also learnt that women make a great contribution to environmental conservation, because women generally are more holistic, more collaborative, and more long-term-thinking in the way they work, all of which are unique qualities they bring to the table.

We need more women in conservation, both in leadership positions at the top levels, as well as right on the ground, in the field.



## Patience Nsereko, Principal Environment Inspector, NEMA

I take a lot of joy from the fact that I got the chance to be one of the women breaking the gender barriers in the environment sector in Uganda. I am the second woman to be the Principal Environment Inspector at NEMA, and I am grateful for that. Our department is in charge of environment monitoring and audits.

Our job involves assisting people and entities we regulate such as factories and construction projects

to operate within the environmental conservation guidelines. I am proud that the department has four women out of its seven staff. That is commendable from NEMA to put women at the forefront of environmental sustainability. Of course, our work is quite challenging, and it gets even more so if you are a woman. We have had instances of female officers being manhandled or locked up in a factory where they went to supervise work. On examining

the circumstances, you realise that these scenarios happened because of gender biases. Today we go to the field with the environmental protection police. Overall, I am glad and proud of the role women are playing in environmental conservation in Uganda. It is promising that women are getting to the forefront of environmental conservation, both in the boardrooms and in the field. And there is more room for women to be key players. If we did more sensitisation and guided the young generation, we can have more women take up careers in the environment sector.



## Vanessa Nakate, Uganda's globally renowned environmental activist

I took up the cause of speaking out on environmental sustainability as a university student four years ago when I learnt that so many climate-related problems were human-activity induced. Man is responsible for the destruction of farms, water sources, wildlife, name it.

I also learnt that historically Africa has contributed just 3 per cent of global greenhouse gas emissions and yet countries in Africa and the Global South are

suffering the most as a result of climate change. I saw a need to speak up demanding climate justice, especially from countries that most contribute to climate change through the production of the greater chunk of greenhouse emissions. Today I am one of the voices calling for a stop to the digging up and burning of fossil fuels and advocating for investing in clean technologies. A lot of my activism is addressed to world leaders, especially those that most contribute to the causes of climate change.

Along the way, I have learnt that there is racism in the global environmental sustainability campaign, that people of colour (especially black) are not readily listened to. One

time in 2019, a prominent media organisation cropped me out of a photo taken at a press conference with white activists. I have also realised that women and girls are

somewhat segregated in the environmental sustainability campaigns, even as they suffer a disproportionately larger burden of the troubles arising from climate change. So, I

call for the education of girls and women, especially black women in Africa, to equip them with the tools they need to address the environmental challenges they face.



## Hilda Flavia Nakabuye, Founder of Uganda's Fridays for Future Movement

I joined environmental activism while at university in 2017 aged 20 after attending a climate change conference where I learnt that environmental mismanagement was responsible for the problems my family that relied on farming for a livelihood

suffered and that if nothing was done, the whole world would be in trouble. My family in Masaka had lost everything when weather patterns changed and we could neither successfully grow crops nor rear animals as we had always done. We sold our land and gave up on farming. I even

dropped out of school because there was no money to pay my school fees. My grandmother thought that it was the curses of the gods that had turned the weather against us. However, I learnt that it was a problem facing so many people not only in Uganda but all over the world, brought about by human activity. After connecting the dots, I decided to commit my life to work toward climate justice. I stumbled on Swedish climate change activist Greta Thunberg's messages on social media, and inspired by her climate strike movement, I founded a Ugandan chapter to mobilise Ugandan students to join colleagues around the world in skipping school on Fridays as a way of protesting against climate injustices. Now the Ugandan movement has more than 25,000 students who strike every Friday, calling for climate change action. I have received criticism for encouraging students to skip school and strike. Others criticise me for discouraging people from living off activities that harm the environment such as cutting down trees for timber, or car washing near lake shores. But I am encouraged by the fact that what I say and do is what must be done to save the environment.





## Adrine Musiime Tumwesigye, Country Director, A Rocha Uganda

**A** Rocha Uganda works with communities, especially schools, to promote conservation messages as well as practical solutions to help the country to achieve sustainable environmental management.

I'm grateful that since 2008, when A Rocha was established in Uganda (the Portugal-born organisation operates in more than 20 countries across the world), we have trained more than 1,500 households in using fireless cookers; making and using bio-sand water-filters that save trees as people simply filter rather than boil their water; trained masses in

making and using charcoal briquettes that help reduce on the amount of wood fuel used in the country; and a growing number of girls and women are taking up our reusable sanitary pads gospel, among other things.

In some instances, the rate of adoption of the messages and technologies we spread is low, but then I realise that promoting environmental sustainability isn't a one-day job; it is rather a long-term assignment that needs sustained efforts over many years. The other big challenge relates to limited funding since we rely on donor money to do

our work, yet as a country, we must find a way to promote the gospel of protecting and conserving our environment at all costs.

There is a need to sensitise and educate women more about issues of environmental conservation, and this, among other things, means having gender-responsive plans and sector budgets. To ensure that this is achieved, for every programme and activity, people must always ask questions about whether women are included and not left behind.



**COVID**  
CORONAVIRUS  
DISEASE **19**

NATIONAL INSTITUTES OF HEALTH  
**STOP THE SPREAD OF GERMS**

FOR EVERYONE'S HEALTH AND SAFETY

**PLEASE KEEP YOUR  
PHYSICAL DISTANCE**



For more information:  
[www.cdc.gov/COVID19](http://www.cdc.gov/COVID19)





# WOMEN, ENERGY AND ENVIRONMENTAL CONSERVATION



*By Dr. Patricia Litho*

**M**y experience at the Rural Electrification Agency (REA) has made me appreciate that women are active players in the energy sector at both the informal and formal levels and do have an impact on both the physical and social environment and yet they are often ignored in energy planning processes. Women have for centuries utilised indigenous technologies for cooking and health treatment like steaming, amongst other aspects.

However, these aspects are often ignored in energy planning. It is a loss to both efficient indigenous viable energy solutions and also relegates women, yet they are energy users and could be targeted for promoting sustainable clean energy.

Women are not merely users of energy, which areas would be the most direct link to environmental conservation, but are also entrepreneurs, experts in the energy sector in their capacities as engineers (planning, construction and network, and/or utility managers). Women also play roles as community engagement officers, environmental specialists and financial advisors, amongst other roles. Women are also in legislative positions

where they could make a contribution towards ensuring that environmental conservation is integrated into energy sector policy and women's empowerment efforts.

It is therefore clear that women, energy and environmental conservation are integrated and should be treated as such. At the policy-making level, therefore, it is important to ensure that gender-inclusive policies and strategies are developed and adopted.

To start with, women are some of the largest energy users in rural areas and it is their responsibility to find energy for cooking and, as such, they directly impact the environment since they encourage the cutting down of trees for firewood and charcoal. Women must, therefore, be

targeted in conservation efforts. They should not only be advised on how to conserve the environment but also on how to utilise eco-friendly energy-saving solutions like briquettes and low fuel-consuming charcoal stoves, amongst others.

This is an aspect that should be invested in during project construction to ensure that women get empowered not only to utilise energy safely but also cleanly and sustainably.

Women should also be targeted for health and safety reasons since there are potential health hazards associated with prolonged use of biomass fuels. Technological development should thus pay attention to bringing on board less labour-intensive and safer solutions for women in accessing clean



energy for accessing safe water, grinding grains, cooking and transportation.

The government needs to deliberately invest in having more women work in the energy sector by advancing the right path in the choices they make at school on what to study. Having a bigger labour force of women in the energy sector would be good for the sector since the core responsibility of women in Uganda is energy provision for the households.

Bringing such appreciation of community energy needs to the planning process can enrich the projects better, ensure energy efficiency and pay attention to cleaner renewable energy alternatives.

Beyond electrical engineers, the energy sector also requires people possessing several other skills to ensure sustainability, including financial experts, administrators, communicators, customer care experts, environment and social safeguards specialists, GIS

specialists, and land surveyors, amongst other skills.

The experience at REA, over 42 per cent of whose staff are female, points to the fact that it is important to go beyond the numbers of women but also consider the relationship between males and females when it comes to equity in accessing resources and opportunities since that is where the inequality manifests itself. It is, therefore, important to ensure that women also hold key decision-making positions; and energy-efficiency and clean-energy adoption projects should also deliberately ensure that women benefit from these training processes.

Women should be targeted as change agents for environmental conservation. Through women's networks, they can champion such efforts and sensitise others in addition to promoting habits like tree planting. Additionally, in homes, women are primarily responsible for knowledge transfer to their children.

Women, therefore, should be empowered and equipped with environmental conservation knowledge to be able to spearhead this cause.

Women who are entrepreneurs should also be targeted. Several women are involved in income-generating activities that require energy in the form of biomass and other renewable energy sources. Energy needs to be affordable and efficient for energy-intensive SMEs to save energy and labour. These aspects include commercial cooking and baking stoves, meat smoking, lighting, including security lighting, as the women work late in the evening outside the safety of their homes.

Women are also entrepreneurs within the energy sector, especially in the business of selling energy accessories like bulbs and sockets, amongst others, solar energy equipment, selling firewood and charcoal.

Women should, therefore, be deliberately included in energy sector planning processes both as users of energy and also producers of it. Women being the major users of household energy, biomass specifically,

it would be important to target them when considering aspects of energy and environmental conservation.

It is also important to note that women have used indigenous technology for centuries and may, therefore, make invaluable input on how to improve energy consumption more efficiently.

Women have been the biggest victims of unsafe energy use; they would also provide invaluable information on how to make energy safer at household level.



**Female Engineer Inspecting Power Line**



# CHOOSE TO CHALLENGE: WOMEN REVOLUTIONISING WASTE MANAGEMENT TO PROTECT **AND** CONSERVE **THE** ENVIRONMENT

By Grace Juliet Luwedde

While living with hepatitis C and taking care of her orphaned granddaughter, Kanchi continued to collect waste. As of 2013, she was one of the many women in Kathmandu, Nepal's largest city, working from 9:00 am to 5:00 pm picking Nepal's 317 tons of waste generated each day.

Kanchu's experience has not occurred in a vacuum. Women in Bhutan, Mongolia and Nepal, are often at the forefront of waste and natural resource management, while in most cases receiving little to no credit for their work, according to *The Gender and Waste Nexus: Experiences from Bhutan, Mongolia and Nepal*, a UN Environment Programme report published in October 2019.

The report showed how waste management was closely

linked to gender inequality. Significantly, the report also indicated that there was every possibility to advance gender equality with intelligent waste management policies.

From collecting water for cooking and cleaning and using land for farming and livestock, to gathering food and collecting fuel in the form

of firewood or dung, women all over the globe use and interact with natural resources and ecosystems on a daily basis. Despite this, gender inequality and social exclusion continue to increase the negative effects of unsustainable and destructive environmental management on women and girls.





**D**iscrimination against women and girls continues to constrain them from equally participating in, contributing to, and benefiting from sustainable natural resource management, as well as sustainable development.

Of course, these gender-biased attitudes clash harshly with reality. Women have always traditionally been more involved in the waste management sector – and usually work for free despite the bias against them, despite their role continuing to be outsized and critical to the sector. With climate change, these tasks are becoming more difficult.

Extreme weather events such as droughts and floods come with a greater impact on the poor and most vulnerable – 70 per cent of the world's poor are women yet they are a still largely untapped resource.

Despite women being disproportionately affected by climate change, they play a crucial role in climate change adaptation and mitigation. Women have the knowledge and understanding of what is needed to adapt to changing environmental conditions and to come up with practical solutions.

Just like in Bhutan, Mongolia and Nepal, women in developing countries are often the first responders in natural resource management.

In Uganda, 27-year-old Faith Aweko is living testimony to this. In 2016, after dropping out of university in her third year, Aweko needed to find a way to support herself.

Aweko was one of the people under the age of 30 that make up about 75 per cent of Uganda's population, many of whom – 1.92 per cent – are jobless. The situation of women in this patriarchal society is dire for women, who are three times as likely as men to have difficulty finding sustainable employment.

Growing up in a slum in Kampala known as the Naguru Go-Down, Faith Aweko had to deal with routine flooding caused by plastic trash that the rain washed into water channels and roadside trenches. On many days, she had to miss school because

all the roads were blocked by floods and would have to help her family drain flood water from inside their house.

This experience birthed in her a deep distaste for pollution, setting the stage for Reform Africa. With Mema Rachel, a refugee from the Democratic Republic of Congo, and Naluyima Shamim, Aweko founded Reform Africa, a plastic recycling group that collects plastic waste and converts it into beautiful, waterproof, sustainable and durable bags.

Aweko has understood the concept that waste is not waste until you waste it. The group sources for plastic waste directly from landfills and collection points around Kampala. Workers deliver it to the main collection point, where the plastic bags are sorted, cleaned and hung on clotheslines to dry.

The material is then sent on to tailors who heat-press it to create the sturdy material that is fashioned into colourful handbags and backpacks. When people are buying the bags, they are buying a story that inspires them to take action on the sustainable disposal of plastic waste.

Unlike Faith, Betty Zizinga, the Managing Director of Best of Waste, holds a bachelor's degree in Statistics from



Makerere University and is a Certified Chartered Accountant with experience of 20 years in tax practice, which she no longer engages in on a full-time basis.

While she still worked in a 9:00 am to 5:00 pm job, Betty had the desire to find a work-life balance. With a demanding job and a young family to attend to, she was inspired to look into self-employment. This was when she started making briquettes as a way of reducing her own cooking budget. Like many entrepreneurs, she was tired of paying high costs for both charcoal and the sub-standard briquettes that were available on the market.

Through managing and processing waste, Best of Waste makes productive fuel out of useless by-products. "Use of briquettes does not contribute to deforestation and land degradation like traditional firewood and

charcoal consumption. The environment is also cleaned in the process," Betty says.

Today, Betty, under Best of Waste, which was registered in 2013 and incorporated in 2015, directly employs nine people on a full-time work basis and many others in the community indirectly.

Best of Waste involves both women and youth in the community of Kitezi, which is home to the KCCA waste treatment and disposal grounds, in the collection of waste as well as the production and distribution of briquettes.

This makes her customers certain that they will be able to manage their budgets and, at the same time, provides the community with a source of livelihood and income, thus averting the violence that would otherwise result from the idleness caused by unemployment.

The social and environmental impact being created by both Betty from Kitezi, who is passionate about briquettes, and Aweko from Mpigi, who is turning plastic waste into colourful handbags and backpacks, results from commitment that these ladies have made to ensure that women and girls in Uganda's value chain are lifted out of poverty.

Arming women with competent skills in low-cost waste recycling, marketing and sales of their products while giving them new sources of income, leads them to being financially independent. This would culminate in recognising the role of women in developing environmental law and policy.

With women bearing the brunt of climate change, besides contributing the least to its perpetuation, we need these kinds of initiatives now more than ever before.





**By Damali Watuwa**

Chapter 11 of *Women and Environment*, by Cate Owren, discloses that women play a critical role in managing natural resources on family and community levels and are most affected by environmental degradation.

According to the author of this book, in communities around the world, women manage water, sources of fuel, and food, as well as both forests and agricultural terrain. Women produce 60 to 80 per cent of food in developing countries. In Uganda's case, there are more women than men.

According to the population census conducted by the Uganda Bureau of Statistics (UBOS) in 2014, 51 per cent of the 34.6 million total

## BENEFITS OF HAVING WOMEN AT FOREFRONT OF ENVIRONMENTAL CONSERVATION

population were women. This trend is said to have increased seven years down the road. This means that if women, who are the majority in the country, are supported effectively, their contribution towards environmental conservation would be immense.

In an interview with Dr. Madina Guloba, an economist and a researcher at Makerere University, women are at the forefront of environmental conservation, both directly and indirectly. According to Dr. Guloba, women are by design homemakers since they cook, look for firewood and maintain homes through digging, among other activities. She said that all the above activities carried out by women tend to affect the environment; and that most women, especially those in rural areas, are illiterate and poor, hence they do not know what to do. She said that, for instance, women influence the cutting down of trees to get charcoal for cooking as well as for firewood, something that has led to environmental degradation.

If these women are trained to use alternative means of

cooking, such as the energy-saving stove, there will be minimal cutting down of trees. She, however, noted that at the moment, the energy-saving stoves are very expensive, costing between US\$ 600,000 and US\$ 2 million, which is too high for poor women living deep in the villages to afford.

The cost of cook stoves should be subsidised so that they are affordable to families. That is the only way women to get women to abandon the use of firewood and charcoal and the cutting down of trees for charcoal and firewood will also automatically be minimised.

"We should make activities that lead to environmental conservation cheaper for women. If we make energy-saving stoves cheaper for women, they will abandon the use of firewood and charcoal that produce smoke and expose them to respiratory infections," Ms. Madina said.

The National Household Survey of 2016-2017 indicates that 94 per cent of the household prefer using charcoal, hence a lot needs to be done.



In an interview with Mr. Gaster Kiyingi, Team Leader at Tree Talk Plus, he said that the government and all stakeholders need to advocate for laws that would enable women to own land if they are to contribute effectively to environmental conservation. According to Mr. Kiyingi, women do not own land owing to various cultural beliefs practised across the country. Since women cannot own land, their contribution towards environmental conservation is minimal.

When women plant trees, their husbands, who own the land, sell all the trees when they grow. This makes women lose the morale to plant more trees because they know they will not benefit from them. The forest policy is very clear on the issue of tree planting. It states that all trees planted belong to the person who has planted them. However, when women plant trees in the garden, the trees do not belong to them because they don't own the land. "All valuable environment and natural resources found in that land belong to the man. Even when a woman plants trees, they do not belong to her; they belong to the owner of the land, who is a man. This man will wake up one day and sell all the trees and this discourages these women from doing the same," Mr. Kiyingi said.

He advised policymakers to scale up the effort to create laws

that benefit women. "We have undermined the discussion of the role of the woman in environment conservation and we have provided leap services. As for the few women who have found themselves in managerial and administrative positions, who could have unlocked the benefits for these village women, they have ended up satisfying their interests instead of fighting for the women they left behind," Mr. Kiyingi said.

He added that cultural practices put women in a position where they are responsible for fetching water and firewood but they do not have the managerial right to own these wells. When local leaders call for a meeting on water, it is the men that go to these meetings, leaving out women, who are the main beneficiaries.

According to Dr. Gladys Zikusoka, the founder and Chief Executive Officer (CEO), Conservation through Public Health, a high population leads to environmental degradation through the clearing of forests and swamps for settlement. The rapidly increasing population is attributed to women because most of them are ignorant about the available family planning methods and end up giving birth to many children.

Uganda is one of the countries with the highest fertility rates. According to the *World Population Prospect, 2019*, published by the World Bank,

every woman in Uganda on average produces five children, a figure higher than the fertility rate for most countries around the world, with two children. This fertility rate has put a lot of pressure on the available resources, which has led to the degradation of swamps and forests for settlement and other economic activities. There is a lot to be done by government and civil society organisations to educate women in rural areas about the importance of family planning to reduce their fertility rate.

Women encourage their husbands to go poaching, but when discussions against poaching are held, only men are invited. Women should also be involved in these discussions because they are always collaborative when it comes to issues that affect the environment.

Prof. John Kaddu, a zoologist at Makerere University, said that the most important thing to do is to educate women about the importance of environmental conservation. When women are educated, all the children who will go through their hands will grow up holding these values. "If you expand the saying that educate a woman and educate a nation, that has a lot of meaning and it can be applied in any area. If you front women in the environment, you will have educated a nation," Prof. Kaddu said.



# PREVENTION OF COVID-19

## AT STORES

Following the novel coronavirus disease 2019 (COVID-2019) pandemic, most of the Member States have put in place a number of measures, including those affecting store, to fight the spread of the disease. Some safety measure to minimise the exposure to COVID-19 at store include:

### 1 Wear Mask

Every time before entering and during in the store



### 2 Clean Your Hands

Use handsanitizer before and after shopping



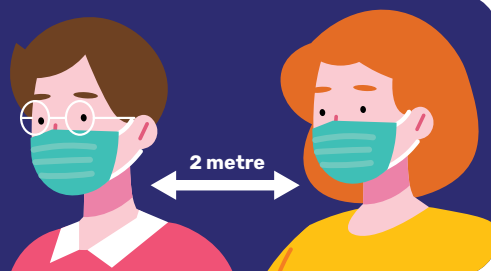
### 3 Temperature Check

Check the temperature before entering



### 4 Keep Safe Distance

Keep 2 metre of safe distance



# Be safe, for you, and others



# GENDER AND THE ENVIRONMENT: WHAT ARE THE BARRIERS TO GENDER EQUALITY IN SUSTAINABLE ENVIRONMENTAL MANAGEMENT?

*By Brian Mutebi*

From a dwindling forest cover, the reckless pollution of air and land with polythene bags (*kaveera*), increasingly polluted lakes and rivers, to senseless destruction of wildlife, Uganda's environmental sustainability challenges are so many and widespread. So much so that, considered together, they present one of the biggest challenges to the livelihood of the present and future generations.

Uganda's environmental sustainability challenge is accelerated by the changing climate. This comprises changing weather patterns characterised by heavier rainfalls, prolonged droughts, higher temperatures, increased incidents of crop failure, livestock loss, and increasing food insecurity, among others.

In the light of such challenges, a great deal of hope lies in initiatives and programmes that collectively engage all Ugandans in the proper management of the country's environmental resources. Yet sadly, it turns out that many of these efforts face a big hurdle, gender inequality, particularly manifested in the limited involvement of women and girls in sustainable environmental management. It is reckoned that Uganda may not attain the desired environmental sustainability unless women and girls are more deliberately and meaningfully involved.

## What exactly is sustainable environmental management?

Sustainable environmental management refers to the efforts to conserve natural resources and protect global

ecosystems that support health and wellbeing, now and in the future. The Food and Agriculture Organisation (FAO) of the United Nations (UN) describes sustainable environmental management as efforts towards "meeting today's needs without compromising the ability of future generations to meet their needs."

The UN Environmental Programme (UNEP) reckons that issues of environmental sustainability cross-cut at least seven of the 17 Sustainable Development Goals (SDGs): SDG 6 (Clean Water and Sanitation), SDG 7 (Affordable and Clean Energy), SDG 11 (Sustainable Cities and Communities), SDG 12 (Responsible Production and Consumption), SDG 14 (Life below Water), SDG 15 (Life on Land) and SDG 13 (Climate Action).

## The number of women involvement in Uganda's environmental sustainability efforts still low

The 2017 International Platform on Climate Change (IPCC) report captured how much Uganda's environmental sustainability efforts are suffering from a gender gap that sees to it that women are left behind. Entitled *Towards Gender-Responsive Policy Formulation and Budgeting in the Agricultural Sector: Opportunities and Challenges in Uganda*, the report notes that although there is a commendable effort to pursue gender equality, including efforts to incorporate gender into agricultural and environmental policy formulation and implementation across Uganda, women are still stereotypically portrayed as vulnerable and marginalised by society, and have limited access to land and other natural resources, coupled with gaps in gender planning and implementation.

The Association of Professional Women in Agriculture and Environment (APWAE) had in a 2011 publication entitled *Forestry and Gender in Uganda: Policy, Legal and Institutional Frameworks* noted that while "there is a wide range of policy provisions for gender mainstreaming in Uganda, they are in most cases not backed up by relevant legal provisions

for ensuring compliance among the different sector ministries and institutions. For example, although the Land Act (1998) provides for non-discrimination against women, only 7 per cent of the land in Uganda is owned by women, limiting their participation in private forest management and tree planting."

Makerere University law don Charlotte Kabaseke, in a paper published in 2020 in the collection *Human Rights and the Environment under African Union Law*, argues that despite the recognition and protection of women's rights at the international and regional levels in Africa, women's right to participate in environmental decision-making is inadequately safeguarded in Uganda.

Veteran environmental journalist Gerald Tenywa argues that gender inequality in the environment sector is rooted in historical cultural practices, which left women disempowered in terms of environmentally significant issues such as land ownership and natural resource utilisation. "Women may have access to land but lack ownership," he argues. "She can't plant trees because if she did, it would bring conflicts since women are largely considered not to be owners of the land." Tenywa calls for an overhaul of such prejudiced cultural attitudes that disempower women.

## Why women need to be involved in environmental sustainability efforts

The International Union for the Conservation of Nature (IUCN) opened its publication entitled *Women in Environmental Decision-Making* with a perfect rationale for the inclusion of women in environmental sustainability efforts:

"Across the globe, women are heavily involved in the environmental sector, including in agriculture, fisheries, forestry, and in adapting to and mitigating climate change. However, women's participation and representation in decision-making processes that pertain to their and their families' environmental wellbeing are often restricted. Traditional gender roles reflecting men's participation in commercial spheres and women's participation in domestic spheres have disadvantaged women in their ability to engage in environmental decision-making...

"Women manage natural resources daily in their various roles, including as farmers, seafood harvesters, and household providers, and therefore carry unique and critically important knowledge about the environment. Typically, women are responsible for subsistence food harvesting, e.g. growing crops, collecting edible forest plants, or gleaning near shore



for shellfish. Women also provide other services for the family, such as collecting fuelwood and water, for which rural girls and women walk substantial distances in sometimes unsafe conditions... The under-acknowledgment of women's roles in natural resource management has not only led to an undervaluation of the domestic sphere and unpaid work, but also an underestimation of the economic and societal benefits that women provide to the environmental sector.

Encouraging women's fair and equitable direct access to benefits from, and governance of, natural resources is a globally agreed priority. Not only do women's equitable participation and representation empower women and uphold commitments to gender equality and women empowerment, but it also makes for better development and sustainability outcomes."

Dr. Tom Okurut, the Executive Director of the National Environment Management Authority (NEMA), reckons that the country simply cannot realise environmental sustainability without the meaningful involvement of women. "It can't be done without women," he remarked.

"Women have to be the backbone of these efforts because they are the ones who most interact with the environment at its most critical points and daily, through such activities as digging in the garden, fetching water, collecting firewood, name it."

Dr. Kabaseke says that efforts to involve women in national environmental sustainability efforts should be hinged on the fact that women experience the adverse effects of environmental degradation more than men. She argues that women's gender roles make them interact more closely with natural resources such as forests and lakes than men, thus, the need to more adequately recognise and actualise their contribution to conservation and sustainability.

Indeed, a 2019 UNDP report noted that the impact of climate change exacerbates both the risk and incidence of violence against women. As more women and girls get to make more frequent and longer journeys to obtain food, water and firewood, it makes them vulnerable to sexual assault; while poor harvests, livestock loss, lower earnings, and food insecurity put pressure on men's traditional role as providers, so they often turn to alcohol to cope and can

become more violent.

### How women can be involved more in Uganda's environmental sustainability

Tenywa, the veteran environmental journalist, says that the solution lies in boosting efforts to spread awareness and education messages on the environment among women. "People (especially women in rural areas) don't know how bad farming practices generally affect them and the entire ecosystem.

They don't connect how the destruction of wetlands around the lakes has led to their speedy poisoning, and they don't connect how this has led to things like the death of fish in the lake... They need regular and effective sensitisation about everything environment, as well as how they can participate in its conservation," he says.

Rose Wamalwa, the East Africa Regional Coordinator of Women's Climate Centres International (WCCI), says that one much-needed approach is the one of going down to the ground and directly placing women into the arena of conservation and sustainability efforts so that women can practically see how it is done, participate and even generate new knowledge. "Women have the solutions, they have the power, and they have the potential to do it," she says.



# INTERVIEWS OF WOMEN SHAPING AND LEADING IN ENVIRONMENT CONSERVATION

*By Damali Watuwa*



## HON. BEATRICE ATIM ANYWAR (MINISTER)

Hon. Anywar, commonly known as "Mama Mabira", is the incumbent MP for Kitgum municipality and State Minister of Water and Environment. Her name is written in the books of history for saving Mabira Forest in 2007 from being given away by the government for sugar cane growing.

On 17 April 2007, Hon. Anywar led a protest against a plan by the government to

give away Mabira Forest for sugar cane growing. Mabira Forest still stands today because of her efforts. In an interview with Hon. Anywar, she said that her passion for environmental conservation started way back before she joined Parliament. While in Parliament,

she was given the docket of Shadow Minister for 10 years and that of Shadow Minister for Minerals and Natural Resources for five years; and she is proud of having led many Ugandans to save Mabira.

The tremendous role played by women across the country in environmental conservation cannot go unappreciated. Several women at both higher and lower levels have, through their activism and legislative work, contributed positively to the environment.

Arise Magazine brings to you some of the female environmental conservationists who have been and are at the forefront in this field.





"We were arrested, put in Luzira Prison, and the following day, I was transferred to Central Police Station. I am so proud that it all started with me. Many people kept on wondering why I was sacrificing too much by protesting the plans of President Museveni but I have never regretted this," Hon. Anywar said.

According to Hon. Anywar, her appointment by President Museveni as the State Minister of Environment and Water was because of the passion and the zeal she exhibited. Her efforts have also led her to being awarded a special

name, "Mama Mabira", which is personal, and she has also received many awards. Notably, the American Embassy awarded her as a woman environmental champion in 2015 Ms. Anywar said.

Hon. Anywar says that before being appointed Minister, she pushed for the creation of a Climate Change Committee in Parliament. The committee has led to the birth of the Climate Change Bill which she presented before Parliament in early April 2021 for the first reading. When this bill becomes law, it will be implemented and everyone will be held

accountable for what they do to the environment. It is everyone's role to protect the environment and can only be done through collective effort.

"We have to join hands and appreciate environment undertaking and ensure the safety of this motherland, Uganda. It is not badly hit by the impact of climate change like some countries. Our only problem is that some people do not listen. They continue to degrade the environment, something that is leading to flooding and landslides," Hon. Anywar said.

## AIDAH ATUHIRWE (BRIQUETTE ENTREPRENEUR)

Ms. Aidah Atuhirwe is the co-founder and Director of the United Innovations Development Centre that makes briquettes from agricultural waste. The centre started in 2012 in Kireka Zone D with US\$ 200,000 and has since expanded to another branch at Kikulu, Nakiyanja, in Namugongo.

United Innovations Development Centre (UIDC) started by making hand-made briquettes in 2019 and upgraded to using manually operated machines. The two centres also fabricate briquette-making machines that are supplied to communities.

"We have been able to conserve the environment using biomass and emphasised that use of briquettes in the communities where we are located has reduced the cutting down of trees for charcoal," Ms Aidah said.

UIDC gets waste from markets and also works with farmers to get banana waste, and sorts out stones and plastics. The waste is carbonised to get charcoal waste that is used to make briquettes.

Ms. Atuhirwe says that UIDC does not only make briquettes, but is also empowers youths and women from across the

country and outside Uganda through making briquettes. They have trained over 1,000 women and youth in Wakiso district in collaboration with the Sseninde Foundation to make paper bags and briquettes.

Ms. Atuhirwe attributes her success to the help she got from her late husband, Mr. Godfrey Atuhirwe, who involved her in running the business and taught her what to do. Her late husband authored two books on producing briquettes and hand-made paper for people who want to educate themselves on conserving the environment.

The idea of making briquettes started with her husband, who had studied a bachelor's degree in Wood Science and

Technology and a master's in Forestry and specialised in briquette-making in biomass and she intends

to set up more branches across the country to reduce deforestation.



## Dr. MADINA KULOBA (RESEARCHER, MAKERERE UNIVERSITY)

Dr. Madina Guloba is an economist and researcher at Makerere University. She also sits on the National Technical Steering Committee of the Green Growth Strategy Uganda.

Dr. Guloba's contribution to environmental conservation has been through research to build evidence-based results for the government and donors on action planning, policy and

advocacy. She was on the team that developed the National Green Growth Climate Strategy and Policy, which is currently guiding the climate sector and climate financing in the country.

According to the UNDP, the goal of Uganda's green growth strategy is to achieve an inclusive low emissions economic growth process that emphasises the effective and

efficient use of natural, human and physical capital while ensuring that natural assets continue to provide for the present and future generations.

"Using evidence, we presented to the Ministry of Finance on how climate can be undertaken and demystifying that climate is not about planting trees only. The Ministry of Finance recognised it and has since increased funding

to the Ministry of Water and Environment,” Ms. Guloba said.

She also noted that the government is currently implementing the green strategy that is being driven by the Climate Change Committee and, also, because of her efforts, there is a country-wide drive of planting trees.

The National Technical Steering Committee of the Green Growth Strategy Uganda advised the government to ensure that after the construction of roads or any other huge infrastructure projects, account is taken of the effects of environment degradation. The committee also advocates for the use of clean energy cooking stoves for conserving forest cover and the use of proper irrigation systems for green management, among others.

“We advised that if flora and fauna are destroyed during the construction of roads, the responsible officers should ensure that they restore whatever is destroyed and we are witnessing this on most roads. We want Uganda to be like Europe where all their roads have trees around, good drainage systems, and good disposable places of waste management,” Dr. Guloba said.

Martha Kabazora, the chairperson of the Effort to Save the Environment (JESE) in Kyenjojo, says they are sensitising people to the dangers of cutting down trees for charcoal and timber production.

“We are working closely with the National Forest Authority (NFA) and district leaders to ensure that people stop encroaching on central forest

reserves because if they destroy the forests, we shall suffer the consequences,” said Kabazora.

Kabazora says there is a need to outlaw adverse methods of charcoal production and unlicensed charcoal burning, and to tax charcoal being transported from Kyenjojo. The absence of a bylaw to halt charcoal burning continues to encourage indiscriminate tree cutting for commercial charcoal burning and the illegal practice of felling endangered tree species.

“People should be encouraged to start other income-generating activities and stop looking at forests as their sole sources of income because many forests in Kyenjojo have been destroyed,” said Kabazora.





# THE STATUS OF WOMEN LIVING IN LAW CONSERVATION AREA: CASE OF THE MOUNT ELGON CONSERVATION AREA

*By Pauline Bangirana*

**T**he Mt Elgon conservation area is widely known as a catchment area and, as such, faces high levels of encroachment since there is protected land there. However, the population in this area mainly depends on agriculture, forest resources and small businesses for their livelihood. Owing to the high level of agricultural activity in the area, it faces continued deforestation and soil depletion caused by the washing down of soil as a result of floods. Some of the areas affected are

Mbale, Sironko, Manafwa and Namisindwa. This area also faces encroachment on the Elgon National Park, which has resulted in land-use conflicts between farmers and government agencies.

Relations within the conservation area between the locals and the Uganda Wildlife Authority (UWA) officials are conflictual as there have been battles between the locals and the officials over land. The locals note that UWA has encroached on their land; while UWA

justifies their presence with the argument that the land is a conservation area. In all this, women are affected the most.

It should be noted that the involvement of women in the decision-making process is minimal because the women are mainly farmers and do most of the labour-intensive work. The men largely come in to find a market for the produce and sell it. Furthermore, the men come in to negotiate land prices and make money.



According to an official from the UWA, who prefers anonymity, UWA's law enforcement officers are deployed to strictly aid in the preservation of the gazetted areas or natural resources. The Mt Elgon conservation area is no different from the many natural resources with which the government entrusts UWA to preserve and protect from natural activities which could result in their extinction. "They hand over to us to protect. We do not gazette; that is not our role."

However, what happens when, owing to conservation of the area, women are affected? How then does one ensure that enforcement takes place? It leads to confrontations within the conservation area. Jane Watuwa, a resident of Bubyangu village in Bubyangu sub-county, shares that as a result of the enforcement by UWA, she has run out of food for her family.

"We do not have land to grow crops because all of our land has been taken away by UWA and this is so unfortunate because we have tried to get back our land in vain," she said. She adds that they barely sleep because UWA guards keep on threatening them.

It should be noted that there is a lot of encroachment on the reserve and that there are a lot of wrangles between the UWA and the locals because people usually colonise fresh land that brings them closer and closer to the gazetted natural reserve. Irene Mudubu has lost two acres of her land to UWA and all hope of getting the land back are in vain.

Mudubu adds, "They have gone ahead to kill our children, evicted us from our own ancestral homes, yet they are the ones who tampered with the land boundaries."

She requests that fresh gazetting in the presence of the communities should be conducted.

One of the locals shares that the encroachment on the conservation area is mainly because this is land they grew up looking at as available until they were told that it was now gazetted and they could no longer have access to it.

Besides, the gazetted area is used as an access area to one of the areas, although this presents a transportation challenge since the area is sealed off and access by the public is restricted. The gazetted Mt Elgon area presents some benefits, including, but not limited to, employment opportunities and access to better amenities.

However, this comes at a cost since UWA must ensure that the area is truly free of human activity, which could lead to its depletion.

However, in a report published by Action for Development entitled *Promoting equitable, just and accountable conservation in the Mount Elgon Conservation Area Project: A baseline survey on the status of human rights in the Mt Elgon Conservation Area*, "there are guidelines that have been established towards sustainable access of communities neighbouring conservation areas to resources

which are historically crucial to the survival of these communities."

Accessing the conservation area illegally has resulted in the torture of some of the trespassers or even unfair arrests, and yet most of the people need firewood or even herbs from the conservation area.

Fiona Masongole, a local of Mbale, notes that women from the communities in the Mt Elgon conservation area need to be part of the enforcement team from UWA so that they can be supported to improve the relations between the people from the community and the various government bodies.

This, she believes, will bridge the wide gap that exists in the enforcement of the law since members of the community will be directly representing their needs and concerns. She adds that the presence of women from within the community will foster better decision-making and reduce the humiliation that the locals go through at the hands of the UWA enforcement officers.

In a bid to address some of the challenges faced by the locals in the Mt Elgon conservation area, organisations such as Action for Development are working hand in hand with other bodies and the local leaders to address the urgent needs of the people.

Such engagements foster peaceful communication where various parties address the challenges and identify solutions through open



dialogue. Examples of these challenges include empty promises, lack of participation in decision-making and torture, among others.

Despite the challenges faced as a result of the gazetted conservation area, the lives of local women are slowly improving and they have become part of various growth projects owing to women's emancipation projects. There are a lot of literacy and support groups coming up which are empowering women and are positioning them to make better decisions on how to conserve and incorporate environment-friendly practices.

With organisations such as ACFODE, more women are being empowered. Lydia Nabwire, a former female contestant for the position of Member of Parliament for Namisindwa, says that encroachment on the gazetted area is widespread and that there are only a few women in Namisindwa who own land. She also hinted that women

in the area have no power or role to play in deciding how land should be used since they don't own any land. She notes that the most lucrative crop in Namisindwa is onions.

However, its cultivation requires that there is no shade. Therefore, deforestation comes into play, leaving the land bare.

Notably, a few empowered women who own land can decide what to do with it and most of them conserve it. She shares an example of her own grandmother, the late Watima Serera of Bumbo town council in Sirekere. She owned over 29 acres of land together with her husband, Ernest Watima. The couple were teachers. She planted trees in some acres while she used the rest for food production. However, as a rule, she would never rent out her land to onion growers and that rule still stands.

She cautions that the women in the Mt Elgon conservation area should be taught conservative farming, for instance, how to

farm without cutting down trees and also be guided on how to engage in alternative crops and farming activities which favour and conserve the environment.

In a region where the women are the core providers of food in the home, one has to deal with the effects of degrading the environment. As such, the women in this region face the challenge of putting food on the table in their respective homes.

This has made life difficult and some marriages are breaking up as a result. In order to obtain firewood, trees have been cut down indiscriminately.

In some areas, such as Mbale and Sironko districts, people are practising tree planting around the mountains while others are engaged in planting coffee in the hilly areas.

The other available option is digging waterways through gardens without ruining the crops. These are some of the practices being embraced in the region to promote environmental conservation.

However, all in all, women are still largely the most affected by government actions such as gazetting areas for conservation or as national parks.

And so it is important that they are equipped with skills to lobby for support and to participate in decision-making processes, and are provided with alternative sources of income and energy so that they can enjoy their rights and have sustainable livelihoods.







## WHAT DO PEOPLE THINK ABOUT **ENVIRONMENTAL CONSERVATION** AND HOW IMPORTANT IT IS TO SUSTAINABLE LIVING

*By Eddie Semakula*

**Marvin Ssuuna**  
– Team member, Tukuuma  
(conservation initiative)

First, environmental conservation greatly impacts sustainability, both in my world of tree planting and generally in conservation. There you begin to realise things about the ecosystem, everything relies on each other. For example, we at Tukuuma are currently planting trees and we are telling people to plant trees that do not take long to grow, to plant those they'd gain wood from faster.

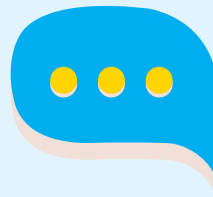
We are where we are because many cut and do not replace. So, encouraging them to plant wood-purpose trees is helping conserve trees that could be used for other well-documented sustainability purposes. In other words, economically, you can still benefit without cutting down anything.



**Gloria Birungi****- Communicator, environment sub-sector**

We are all about saving money in banks but we also need to save for the future, and the only way to do that is to also save and conserve the environment. To conserve is to be rich. We depend a lot on the environment around us, food from the ground, houses built off the ground, and the like. For urban conservation, for example, like in Bwaise, where I live, you see trenches clogged with plastic, and you wonder, if our homes were centres of learning conservation, none of this would be.

Moving forward, conservation at the family level is key. We need the government to introduce a course about it. Conservation learning should primarily happen at the local level, spurred by LCs, village chiefs, parents, everybody. Before we save money to look beautiful, we need to preserve the environment and the natural resources God has given us.

**Robert Grace Kisenyi****- Wood scientist and IT expert**

Nature is in-built with the ability to support the ecosystems sustainably. However, the impediment to this is poor tending by its greatest and master benefactor; the human beings. Subduing the environment with a conservation paradigm is thus key in ensuring that the ecosystems stay healthy like a well-oiled machine.



**Philip Kihumuro**  
– Research Associate, World  
Agroforestry

Socially, these trees we cut down have long been formative in cultures. Bark cloth, for example, among the Baganda is still symbolic, so conservation indirectly preserves cultures. Thus preserving cultures means preserving forests and preserving forests means sustaining social living.

Environmentally, societies rely on the environment for firewood, charcoal and thus indirectly rely on conservation efforts towards preserving that energy. We are more dependent on the environment than we imagine.

Three, economically, you don't want to imagine what would happen if villagers suddenly stopped bringing in food to Kampala. This has a security element, too. The masses could quickly start demanding a reduction in power tariffs as many would switch to different sorts of energy.



**Maria Nansikombi**  
– Forester

Sustainable living is the goal of conservation. I can simply describe sustainability as utilising resources to meet the current needs without compromising the needs of the future generation. Environmental conservation is more of safeguarding the environment, protecting and restoring the ecological function of an ecosystem. Sustainable use of resources ensures environmental conservation and vice versa. For example, if we conserve our natural forests, we enjoy the benefits and we are assured that even our young ones will benefit from the same resource. Mabira and Bugoma are good examples of what happens when you don't conserve.

## Anita Tibasaaga

### - Communications professional

Sustainability and environmental conservation are intricately linked. Most people, especially in developing countries, rely on the functionality of the ecosystem for their livelihoods. Approximately 1.6 billion people directly depend on forests and the ecosystem services that provide for their livelihood. Human beings also depend on forests to regulate water, nutrients and carbon cycles.

Trees are carbon sinks and the greater the area of quality forests, the cleaner the air and the healthier the environment, to enable humans to thrive. Protection of natural water resources such as lakes, rivers and wetlands as well as protecting marine and coastal ecosystems from pollution, ensures a steady supply of clean water for communities (which helps to reduce instances of poor health), infrastructure development, provision of water for agricultural production, sustained life below water (fish etc.) and counterbalances, affects climate change.

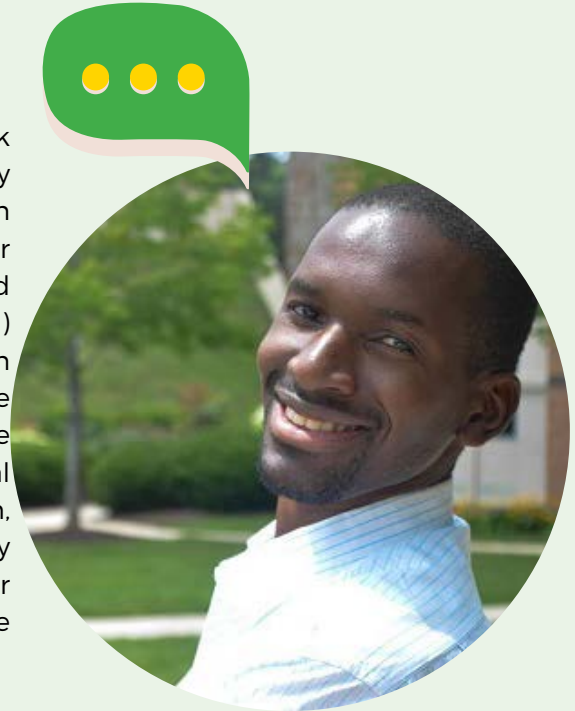
The way a community uses and cares for its natural resources has a fundamental impact on the wellbeing of the environment, the economy, and humanity. Degradation of the environment results in a vicious cycle of chronic poverty. Sustainable consumption and production partners are critical. Sustainability is about boosting economic growth without deteriorating the environment. Involving communities in environmental conservation efforts empowers communities and allows them to use forests productively, for example for non-wood forest products like fruits and nuts, and to enforce forest restoration. Conservation that involves communities reduces conflict, enriching their livelihood.





### Daniel Ddiba – Research Associate, Stockholm Environment Institute

I work at a think tank whose main area of work focuses on the environment and development. My brief 'generalist view' would be to state that human livelihoods depend on the quality of the air, water and soil around us, as well as the wealth of plants and animals (all the large, small and tiny ones included) in these domains. Significant gradual or sudden changes in the quality of these domains can create challenges for human health, as well as towards the ability of humans to productively conduct their typical economic activities. Environmental conservation, broadly speaking, is about ensuring that the quality of these domains is kept as close as possible to their natural or pristine conditions, and hence provide optimum support for human livelihoods.

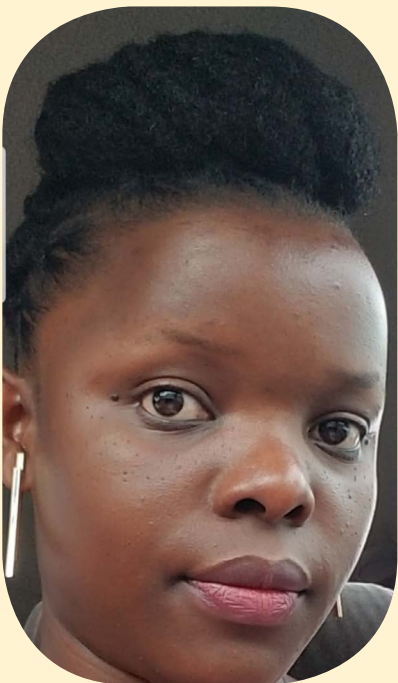


### Ms. Bernadeta Nagita – Development professional

You see, women are more involved in household chores, especially kitchen activities. Training them in proper waste disposal, for example, minimises pollution, especially of water resources, thus creating, say, long-serving water springs in villages. At the programming level, we need to focus on women as the main beneficiaries. They are nurturers by design, so starting there helps.

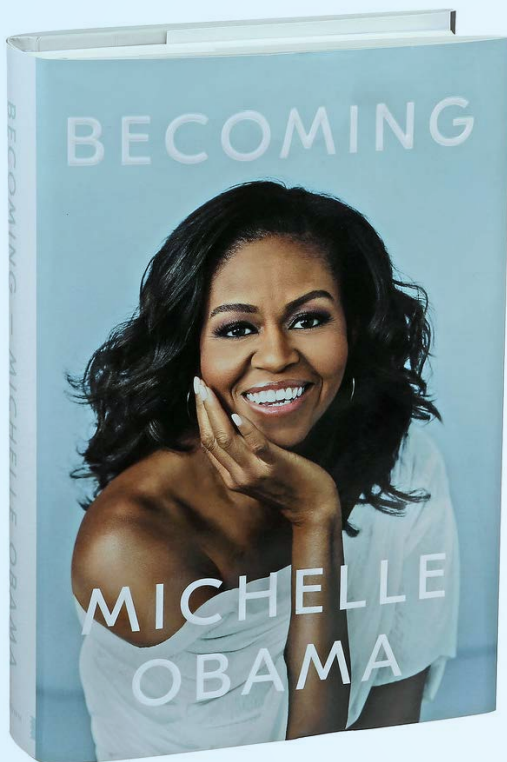
If only more alternative sources of income were provided to steer women (and men) away from logging businesses, too, we would witness increased sustainable living. Remember these profitable eco-friendly economic activities increase access to social services, especially health and education, which are ultimately central to sustainable living as well.

That said, alternative sources of energy for cooking, for example, will steer women away from cutting down trees for firewood. At the same time, the time saved by women can be used for other meaningful activities. Now, you can't separate that from the definition of sustainable living. Lastly, continuous advocacy, teaching conservation benefits to communities, breaking myths and misconceptions are all very crucial in ensuring sustainable living through environmental conservation, so we need to step up our game.



# Book Reviews

## BECOMING - MICHELLE OBAMA



Becoming is the memoir of former First Lady of the United States Michelle Obama, published in 2018. It motivates you to move forward with your dreams regardless of your circumstances, criticism, or what people think is normal by sharing the life story of Michelle Obama. The book talks about her roots and how she found her voice, as well as her time in the White House, her public

health campaign, and her role as a mother

Michelle Obama hasn't always been as successful and well-known as she is today. Long before she was a lawyer, working mom, and First Lady, she was Michelle Robinson. Growing up in the Chicago south side, she loves included learning, jazz music, and Stevie Wonder long before she met Barack.

In a quickly decaying neighbourhood and school situation, Michelle's mother helped her excel. Her

hard work would later lead to her studying at prestigious universities and developing a desire to help people. These are just some of the life lessons you'll learn from Michelle Obama in her book Becoming.

This one will give you an interesting look not only into her life during the family's time at the White House but how hard work made her successful long before.

Here are the 3 most helpful lessons to learn from the life of Michelle Obama

- Regardless of the changes in your world, you can strive to be your best and learn.
- Ignore people who tell you what they think you can't be, pushing yourself to excel can lead to meeting people who believe in your potential.
- Don't be afraid to try new things, even if you're living in the White House.

Warm, wise, and revelatory, Becoming is the deeply personal story of a woman of soul and substance who has steadily defied expectations - and whose story inspires us to do the same.

Including a "Note to Self" letter to her younger self, a book club guide with 20 discussion questions and a 5 question Q&A with Michelle Obama.



# Book Reviews

## YOU ARE NOT DESPERATE - STEPHAN KIYEMBA

You Are Not Desperate is a book written by Ugandan author Stephan Kiyemba. Its unique style of presenting life most important lessons through short stories makes it stand out. It is also comprised of 86 pages which make it easy to read in 2 days or a week at the utmost.

The reflective questions at the end of each lesson have been carefully thought out to equip the reader with priceless individual benefits from the applied lesson. Indeed this book comes as a torch to a generation that has all the reasons to wander in the darkness of negativity.

The book highlights some of the much needed life tenets like the power of the spoken word; which means that words affect our wellbeing if not used well and therefore we should be more selective of the words we use and avoid self-pity and negativity.

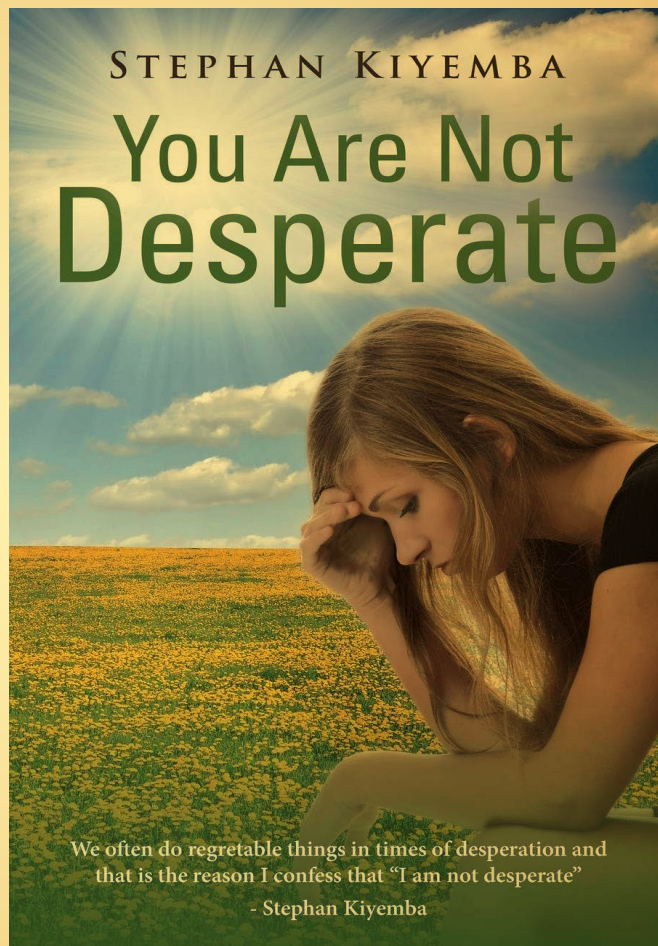
Eliminate self-limiting beliefs because a positive belief system is a great virtue as it influences our actions towards attaining whatever goals we've set for ourselves irrespective of

the limitations that inevitably come along.

Stephan goes on to share many lessons such as we all have potential to succeed, life is about selling and many more nuggets that are laced in interesting stories about his life

to drive the point home.

There are so many lessons in this book and I would encourage everyone to read it if you have plans of improving on your perspective of how they view life and adding some positivity in it.







## CORONAVIRUS Factsheet

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### Is there a vaccine to prevent or cure a person from Coronavirus?

There is currently no vaccine to protect against Coronavirus. The best way to prevent infection is to avoid being exposed to the virus or to those infected with the virus.

### Is there treatment?

There is no specific antiviral treatment. However, people who have been infected should immediately seek medical care to help relieve symptoms and manage complications.

### How to manage someone with Coronavirus at home?

The best place to manage a sick person with Coronavirus infection is in the hospital. However, if the patient is still managed at home you should:

- Place the patient in a well-ventilated single room and provide the patient with a face-mask.
- Limit the number of caretakers of the patient to only one person who is in good health.
- Wash hands with running water and soap following all contact with sick persons or their immediate environment.
- Avoid direct contact with body fluids, particularly oral or respiratory secretions or stool of the patient.
- Avoid sharing toothbrushes, eating utensils, dishes, drinks, towels, washcloths or bed linen with the sick person.
- Clean and disinfect frequently touched surfaces such as door knobs/handles, bedside tables, bedframes, and other bedroom furniture daily with regular household disinfectant or soap.
- Clean and disinfect bathroom and toilet surfaces at least once a day with regular household disinfectant or soap.
- Persons with symptoms should remain at home until their symptoms are resolved based on either clinical and/or laboratory findings.
- All household members should be considered contacts and their health should be monitored.
- If a household member develops symptoms of acute respiratory infection, including fever, cough, sore throat and difficulty breathing, follow the steps above.

## KEY MESSAGES

- Travellers from any of the Coronavirus affected places or any person with signs symptoms should report to the nearest health facility or stay in isolation for at least 14 days.
- Be on the lookout and avoid close contact with persons who show flu-like symptoms
- Cover your mouth and nose when sneezing or coughing
- Regularly wash hands with soap and running water
- Thoroughly cook meat and eggs
- Avoid unprotected contact with live wild or farm animals

For more information, call the Ministry of Health toll free line on:  
**0800 100066, 0800 203033** or send a **free SMS** to Ureport on **8500**





## For More Information Contact

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