

For the people

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BUSOGA TIMES



New Sugarcane Law How it will affect Busoga

Busoga sub region is heavily dependent on the sugar industry accounting for 35% of the country's sugar milling capacity—the highest in Uganda. The sugarcane has rapidly become the primary 'cash crop' and a significant commercial enterprise in Busoga, providing direct and indirect employment for thousands of residents. It remains to be seen how the Sugarcane (Amendment) Bill, 2023 signed into law by President Yoweri Museveni will impact the region.



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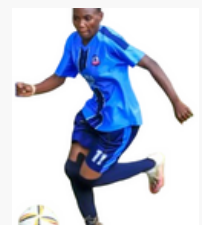
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EDITORIAL

POLITICIANS: DO YOU KNOW THE NEEDS OF YOUR VOTERS?



In every election season, the airwaves are filled with promises, speeches echo through community halls, and colourful posters flood our streets. Yet, after the campaign dust settles, many voters across Busoga and Uganda at large are left wondering: Do our politicians truly understand our needs—or do they only remember us when they need our votes?

At the heart of democracy lies a sacred contract: elected leaders are expected to represent the interests of the people who gave them the mandate. But how often do our politicians return to the villages, markets, schools, and hospitals—not for show, but to listen? Are they in touch with the mother who walks kilometers to the nearest clinic, the youth who scroll jobless through their phones, or the farmer whose harvest rots due to poor roads?

The Busoga sub-region, rich in culture and resilience, continues to face challenges that can't be solved by empty rhetoric. Health services remain underfunded, education standards are worrying, and unemployment—especially among the youth—is a ticking time bomb. These aren't abstract issues. They are daily realities.

For too long, politics has been reduced to slogans and giveaways. But sugar and soap can't build sustainable development. Our people need consistent investment in infrastructure, access to clean water, agricultural support, digital skills training, and honest conversations about their future. Representation is not a photo opportunity. It is a duty.

To the politicians reading this: when was the last time you held a genuine town hall—not with party faithfuls, but with ordinary residents who will tell you the uncomfortable truths? When did you last walk through a health centre unannounced, or speak to teachers unpaid for months?

The Busoga of tomorrow cannot be built on yesterday's politics. As we approach the next chapter of our democratic journey, we call upon all leaders—aspiring and incumbent—to shift from politicking to servant leadership. Listen more. Learn more. Serve better. Because when leaders understand the real needs of their voters, they don't just win elections—they transform lives.

Baz Waiswa

Editor

How the sugarcane amended law will affect Busoga



Museveni was informed that sugarcane millers will share proceeds from sugar and its by-products with farmers; however, he urged sugar millers not to lure poor people, especially those with less than four acres of land, into sugarcane growing.



The signing of the Sugarcane (Amendment) Bill, 2023 into law by President Yoweri Museveni on 30th May 2025 marks a significant turning point for Uganda's sugar industry, with far-reaching implications for the Busoga sub-region, the country's top sugar-producing area.

According to the Economic Policy Research Centre, the region accounts for 35% of the country's sugar milling capacity—the highest in Uganda. Central Uganda is at 27%, western at 26%, and northern at 12%.



President Yoweri Museveni signing the Sugarcane (Amendment) Bill, 2023 into law

For decades, Busoga's cane farmers have faced unstable prices, delayed payments, and an imbalance of power with millers. Now that the Sugarcane (Amendment) Bill, 2023 is law, many regional stakeholders are hopeful that long-standing problems will be resolved. The impending law has the potential to significantly alter Uganda's sugar sector, impacting the lives of numerous people in the Busoga sub-region.

The bill, tabled for first reading by David Bahati, the Minister of State for Trade, Industry, and Cooperatives (Industry), during plenary sitting on December 5, 2023, was passed by Parliament on Tuesday, April 15, 2025. This followed extensive consultations with stakeholders from major sugarcane-growing areas—including Busoga—addressing long-standing concerns over the structure and governance of the sugar sector.

Key amendments involve the composition and powers of the Sugar Board (now to include more farmer representation), the introduction of a new pricing formula, and sustainable funding mechanisms for the board's activities.

The president, during the signing ceremony at State House in Entebbe, encouraged stakeholders in the sugar industry to cooperate in order not to kill the industry. "You should all cooperate because if you don't cooperate, the sugar factories will collapse, and once they collapse, even new farmers will have nowhere to sell the sugar. But also, it is not good for the sugar processors, too," the president said.

The President expressed satisfaction, saying that processors will get more value from the cane than just sugar because they also get ethanol and electricity. "So, I think this is a good formula. I can now sign the law," he said.

Key Provisions of the Amendment

The newly enacted law replaces the defunct Sugar Board with the Uganda Sugar Industry Stakeholder Council, a body composed of representatives from both growers and millers, alongside government officials from the ministries of agriculture, finance, and industry.

The council will be composed of the chairperson and four representatives of farmers, three representatives of millers, the permanent secretary of the ministry responsible for trade or his or her representative, the permanent secretary of the ministry responsible for agriculture or his or her representative, and the permanent secretary of the ministry responsible for finance or his or her representative.

"The chairperson will be a person with sufficient knowledge about the sugar industry and selected from millers and farmers representatives

on a rotational basis and serve for two years,” the Minister of Trade, Industry, and Cooperatives, Mwebesa Francis, said

The trade ministry added that the rationale for the above consideration was to give farmers more representation on the council and ensure that no group monopolizes the office of chairperson of the council.

“Appointing a chairperson on a rotational basis avoids dominance and fosters a spirit of cooperation and collaboration. In addition, ensure that the chairperson's responsibility is to make more inclusive decisions,” he explained.

Notably, the council’s funding will come from a sugar levy imposed on millers, rather than the central government. A sugar development fund with contributions from millers and outgrowers in the ratio of 70% to 30% will also be established to fund the council activities.

The law also introduces an updated pricing formula for sugarcane based on international best practices, factoring in the average sugar price, cane yield, and a minimum 50% revenue share for farmers. One of the most critical amendments is the introduction of a transparent pricing formula for sugarcane. Farmers in Busoga have long complained about arbitrary prices set by millers. The bill mandates that sugar prices be determined by a formula reflecting market realities and production costs. If effectively implemented, this could result in fairer compensation for farmers and reduce exploitation.

How Busoga Stands to Gain

1. Stronger Voice for Growers

Busoga, home to over a third (35%) of Uganda’s total milling capacity, has long been the epicenter of tensions between large millers and smallholder outgrowers.

The council’s structure—giving four seats each to millers and outgrowers—offers a more balanced platform for growers’ concerns to be formally addressed. With strong local associations and vocal MPs, Busoga’s farmers are likely to benefit from increased bargaining power.

2. Improved Cane Pricing

For decades, Busoga’s cane farmers have suffered under a volatile and often opaque pricing system. The new formula, enshrined in Schedule 3 of the bill, promises a more transparent mechanism that links cane prices to sugar market performance and guarantees farmers a fairer share of proceeds. This could significantly boost farmer incomes in a region heavily reliant on cane growing. The Masindi district woman representative said that the new pricing formula proposal was fairer in determining the sugarcane prices.

3. Market Stability and Fair Licensing

Clause 7 of the bill mandates the council to review licensing applications for new mills and expansions. According to the report of the Committee on Trade, Cooperatives, and Industry, presented by the chairperson, Sylvia Nayeale, the new law mandates the council to consider the applications of millers and make recommendations to the minister to grant or not to grant a license.

One of the sugar millers making a contribution during a meeting with President Museveni at as Deputy Speaker Thomas Tayebwa (R) and the third deputy Prime Minister, Rukia Nakadama (L) look on.



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This could help prevent the unregulated proliferation of mills in Busoga, which has led to market saturation and price wars that undermine grower profitability. By promoting coordination and limiting redundant mills, the region could see improved demand and better miller-farmer relations.

4. Financial and Technical Support

The bill emphasizes support for sugarcane cooperative societies and improved extension services. If implemented effectively, this could empower Busoga's cooperatives to access credit, inputs, and market information—tools that have historically been out of reach for many smallholders.

Potential Challenges

However, implementation remains a concern. The council's reliance on levy-based funding could delay operations if millers resist or underreport their dues. Additionally, political interests and elite capture within the stakeholder council could dilute the benefits intended for grassroots farmers.

Another concern is whether the new pricing formula will be applied uniformly and whether enforcement mechanisms will be robust enough to ensure compliance, especially from dominant millers who may seek to bypass regulations.

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Conclusion

The Sugarcane (Amendment) Bill, 2023, if implemented faithfully, has the potential to uplift Busoga's agricultural economy, restore fairness in the sugar value chain, and mend longstanding rifts between millers and growers. But success will hinge on vigilant oversight, inclusive governance, and political will to prioritize the livelihoods of the region's tens of thousands of sugarcane farmers.

As Busoga awaits operationalization of the council, the region stands at a crossroads—between historical exploitation and a future of equitable growth.



The trade minister informed the president that the new law includes self-regulation of the sugar industry via the Stakeholders' Council, a revised sugarcane pricing formula, and detailed funding provisions for council operations.

Why we cannot accept apology from Museveni

By: DR DENNIS DANIEL SSEMUGENYI

Photos: COURTESY/INTERNET

In a grand scheme of political drama, Uganda has been a stage where the lines between apology and accountability blur like a watercolor painting in the rain. The saga began when General Muhoozi Kainerugaba's army ventured into the Democratic Republic of Congo, engaging in activities that would later earn Uganda a hefty penalty from the International Criminal Court—1.4 trillion shillings for looting and other horrors. Even as this unfolded, President Yoweri Museveni offered no accountability, treating the matter like an inconvenient footnote in the nation's history.

Then came the 2021 presidential elections, where at the hands of NRM's security forces over 50 people were killed in Buganda alone. Museveni's partiality on these tragedies was as loud as the gunfire that claimed innocent lives. But the echoes of violence didn't deter Muhoozi, who, in a series of reckless tweets, turned his attention to Uganda's neighbours, threatening Kenya, Sudan, and even the DRC with boasts that rattled regional peace.

In a rare moment of damage control, Museveni found himself forced to apologize to Kenya,



resigning Muhoozi from his post as commander of land forces. Only to promote him to the rank of CDF as if to mock and bombshell us all into stupefaction in his game of political deceptions.

Yet, the apology tour was far from over. Muhoozi's erratic behaviour escalated. He turned his Twitter feed into a personal circus—mocking Uganda's Parliament as clowns, playing flirtatious jokes on the Italian Prime Minister and Beyoncé Knowles, and threatening to seize power, declaring that the army under his command would never allow civilians to rule.

As if that wasn't enough, he lashed out at Supreme Court judges for daring to halt the military trial of civilians.

Then the horror took a darker turn. Muhoozi allegedly began abducting citizens, the likes of Edward Sebuufu (aka Eddie Mutwe), subjecting them to inhumane treatment in his basement and gleefully sharing gruesome images of the victims on his Twitter, claiming he was teaching them his mother tongue. His menacing tweets grew even bolder, attacking and threatening to deport EU diplomats for questioning the regime's human rights abuses.

The international outcry forced Museveni's brother, General Salim Saleh (Caleb Akandwanaho), to step in, apologizing to EU delegates in a heated meeting where Muhoozi's ostensible Patriotic League of Uganda (PLU) loyalists and regime apologists declared themselves the sole architects of Uganda's fate—never mind their 40-year stranglehold on power. A day later, the regime absurdly accused the German Ambassador to Uganda of subversive activities, apparently due to his role in exposing these abuses.

Adding fuel to the fire of political unrest was the recent passage of the controversial UPDF Amendment Act, pushed through Parliament



President Museveni and First Lady Janet Museveni apologised to Ugandans, but the actions of their son, Gen. Muhoozi Kainerugaba, have led to Ugandans questioning the genuineness of the family's apology.

Adding fuel to the fire of political unrest was the recent passage of the controversial UPDF Amendment Act, pushed through Parliament with an unsettling speed and quiet cynicism. This law not only resurrected the military's power to try civilians—directly flouting the Supreme Court's clear ruling—but also declared various attire items, such as red berets, official shoes, and even Kaunda suits, as exclusive military property. The implications are chilling: a systematic silencing of dissent under the guise of national security. Many in the opposition see this as a brazen attempt to criminalize political expression and to fortify the regime's arsenal of intimidation against those who dare to challenge the status quo. Coupled with the persistent violence and the 2021

election bloodshed, this amendment signals a government ever more willing to choke the democratic space, while its supporters revel in the unchecked power they wield. As if this political theatre wasn't enough, Museveni and First Lady Janet Museveni delivered another round of apologies at their daughter's religious crusade. The irony isn't lost on Ugandans: while the regime speaks of repentance, Museveni keeps Muhoozi's position as Chief of Defence Forces intact and continues to frown upon discussions of succession or transition. Through all these events, the apologies pour out like sugar syrup, sweet on the tongue but hollow at the core.

For the people of Uganda—especially those who watched their loved ones perish in 2021 and the countless abducted in Muhoozi's basement—the apologies were accepted, yes, but forgiveness remains a distant horizon. It's hard to forgive when the very perpetrators of violence and impunity remain in power, insulated by titles and protected by an army that seems more loyal to bloodlines than to the constitution.

And so, as the final curtain falls on this chapter of Uganda's turbulent story, one truth stands clear: an apology is no substitute for real change. While the political orchestra plays on, the people of Uganda—resilient, steadfast—await a transition that is real, not rhetorical.

Dr. Dennis Daniel Ssemugenyi is a Political Analyst & Author

Hereditary militarism

The case of Museveni and his son Muhoozi

By: OWEYEGHA-AFUNADUULA
Photos: COURTESY/INTERNET



The talk that President Yoweri Museveni was grooming his son Muhoozi Kainerugaba to inherit him as president of Uganda is becoming more real than earlier anticipated.

The rise of violence and the gun culture in Uganda, like in the United States, Canada and other countries, cannot be separated from the rise in militarism. Militarism is the belief that a country must maintain a strong military capability and must use, or threaten to use, force to protect and advance “national interest”.

During President Yoweri Museveni’s bush war in the Luwero Triangle of Buganda, many children, called kadogos, were socialised into violence. Beyond the bush war, many school-going children were socialised into violence via Mchaka Mchaka, paramilitary groups and exposure to violence.

Madelaine Adelman, a professor at Arizona State University, previously

linked militarisation to domestic violence. There is no doubt that over the last 40 years, one of the most thriving industries in Uganda is the militarisation of domestic violence.

Everywhere, young people have adopted violence to survive. Unlike before, violence in homes regarding inheritance, property and marriage, increasingly resulting in killings and suicides, is now widespread throughout the country.

Fortunately, professionals, parents, and families can create change by focusing on the ways in which peace in the home extends to peace in the world. Parents can practise peaceful options in their own lives and encourage them in their family.

Hereditary militarism

The greatest threat facing Uganda today is the duality of hereditary politics and hereditary militarism. If the duality is allowed to entrench itself, it will be extremely difficult for Ugandans to erase dynastic rule, political cultism, and family rule well in the future.

In this article, I want to write about hereditary militarism. Hereditary militarism, while not a widely used term, suggests a system where military values, traditions, and practices are passed down through generations, often within a specific family or lineage. This could involve a focus on military service as a valued profession, a reverence for the military, or a belief in the superiority of military strength.

Leaders and governors who value hereditary militarism tend to stay in power for a long time and manifest as if they are indispensable. Frequently they are called dictators or tyrants. They use their influence to create heredity by constitutional prescription. Theirs is succession by force.

However, constitutionally prescribed arrangements for ensuring the succession are not always so successful, and many countries whose constitutions contain very similar provisions have experienced succession crises that were resolved only by violence.

Frequently, the man of power chooses one of his offspring to succeed him rather than pass the instruments of power to a member of his party or to another in another party. Many times members of the ruling family are compelled to use violence to liquidate each other. The survivor takes the reins of power without any recourse to the people he is going to rule.

Museveni's suppression of democratic norms

There is widespread belief that the President of Uganda, Yoweri Museveni, has for long been in for dynastic rule not only in Uganda but in the Great Lakes region, and his commitment to the East African Community and its expansion towards including the whole of the Great Lakes region is geared towards this goal.

People cite his almost cult-like personality, suppression of democratic norms, and his belief that he is the true representative of Uganda and democracy in the country, as well as regional unity



President Museveni son, Gen Muhoozi, has expressed willingness to take over from his father who has ruled the country for close to 40 years

and cooperation in East Africa and the Great Lakes region, as the resources he has built to project himself as the most suitable candidate for a regional leader. However, they note that he is in the twilight of life and that all his recent decisions and actions indicate that he is aware that he cannot hold on to the reins of power for ever.

Museveni has severally pronounced that he cannot hand over the instruments of power to people he calls criminals. To this end, he has kept his criminals in political and military chains, ensuring that they are restricted to the headquarters of their parties so that they do not meaningfully interact with the populace the way he does.

The case of Museveni and his son Muhoozi

Meanwhile, he has been fast-tracking his son, Muhoozi Kainerugaba, through the ranks and posts of his army, Uganda Peoples Defence Forces (UPDF), which is actually the constitutionalised National Resistance Army (NRA), which he used to wage a five-year bush war in the Luwero Triangle. Indeed, during the promulgation of the Uganda Constitution 1995, he preferred NRA to UPDF.

Today, Muhoozi is not only a general of the army but also the Chief of Defence Forces (CDF) with far more powers than all other people who held that post before in the army. Muhoozi has said before that they (meaning

Therefore, already, Muhoozi believes and is convinced that the next ruler after his father is himself. Most of his supporters also think, believe and are convinced that he will succeed his father as the ruler of Uganda.

He already has his political group called the Patriotic League of Uganda, which is within the NRM but could be easily weaned off as his political foundation so that he manifests as the political military ruler the same way his father has done for 40 years.

The UPDF Act 2025

Recently, Museveni erroneously but legislatively engineered and fast-tracked the enactment of the UPDF Act 2025 to commit Ugandans to the military court. He used his executive powers, his influence on the NRM caucus in parliament and money to get the UPDF Act 2025 enacted.

His thinking, belief and conviction were that the Act could be used to deter the militant young people from violence. It is also thought that he wants to use it against his political opponents.

However, the one who will use it most after him will be the CDF. He already wields a lot of power under the reign of Museveni.

Totalitarian or autocratic rule is now legislatively served by law. The UPDF Act 2025 is also the blueprint for military justice over civilians. This explains why Museveni and Muhoozi immediately thanked MPs for passing the UPDF Act into law. Totalitarianism is now legally legitimised in Uganda.

Uganda of the 21st century is squarely under hereditary militarism. Parliament has participated in building hereditary militarism in Uganda and is now integral to it. Accordingly, the Parliament is at the centre of building military justice and eroding civilian justice in the country and, therefore, also eroding the integrity of the Judiciary by the Executive. In essence, the Parliament has helped the Executive to erode constitutionalism in favour of disguised hereditary military in Uganda.

For God and My Country

Prof. Oweyegha-Afunaduula is a member of the Centre for Critical Thinking and Alternative Analysis.



When Gen. Museveni decides to walk away from the presidency of Uganda, it is believed that he prefers his son, Gen. Muhoozi Kainerugaba, to replace him.



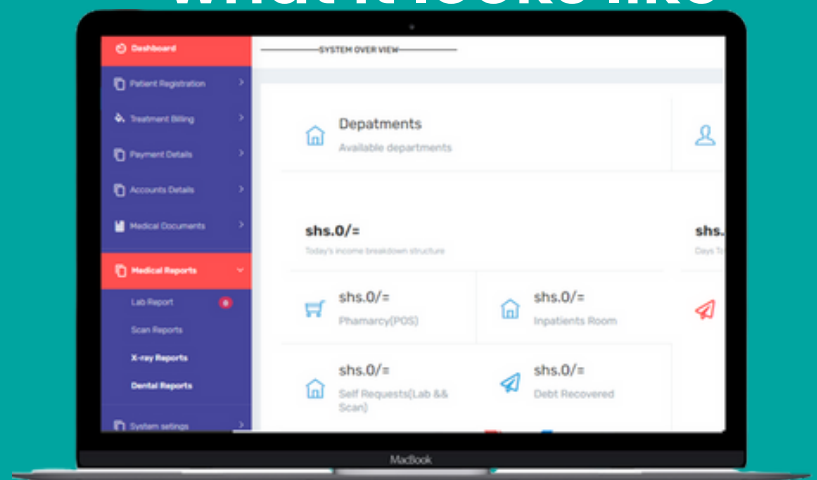
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Will a Ugandan political party ever change its president without breaking up?

In Uganda's political landscape, the question of whether a political party can transition its presidency without fracturing is a persistent and troubling one. Despite the existence of a multi-party system, the country's history is littered with examples of leadership transitions sparking internal conflicts, factionalism, and even the dissolution of entire parties. A peaceful, uncontested change in party leadership remains a frustrating rarity.

NRM: Four Decades, One President

The National Resistance Movement (NRM), Uganda's ruling party since 1986, epitomizes static party leadership. Founded and continuously led by President Yoweri Kaguta Museveni for almost 40 years, the NRM demonstrates a strong tendency towards maintaining the status quo. While the NRM holds regular national delegates' conferences and electoral events, no internal challenge to Museveni's party presidency has ever gained traction, let alone been considered seriously. Successive declarations of his candidature for national elections on the NRM ticket have been unopposed, with party structures deeply intertwined with his singular authority.



Museveni remains in charge of NRM while Besigye left FDC and started PFF



As early as 2022, party secretary general Justine Kasule Lumumba preempted the party's internal processes by confirming Museveni as the sole NRM presidential flag bearer for 2026. This institutionalized culture of "sole candidature" effectively neutralizes any prospect of peaceful leadership transition through democratic competition. Critics argue that this reinforces personalism over ideology and stifles the development of future leaders within the party.

Forum for Democratic Change (FDC): A Case of Fragmentation

The Forum for Democratic Change

once a powerful opposition force, highlights the challenges inherent in leadership transitions. Gen. Mugisha Muntu succeeded Dr. Kizza Besigye as party president in 2012. However, ideological differences ultimately led to Muntu's departure in 2018 to form the Alliance for National Transformation (ANT). Further internal disputes resulted in the party's controversial decision to dissolve and establish a new political entity in 2024, citing irreconcilable differences between factions.

Uganda People's Congress (UPC): Dynastic Politics and Internal Struggles

The leadership transitions within the Uganda People's Congress (UPC) have also been tumultuous. Following Milton Obote's death, his widow, Miria Obote, assumed party leadership in 2005, triggering significant defections. Subsequent leadership changes, including the elections of Olara Otunnu and later Obote's son, Jimmy Akena, were plagued by internal conflicts and questions about legitimacy.



Norbet Mao is not letting go of DP

Democratic Party (DP): Splits and Reintegrations

The Democratic Party (DP) has experienced its share of leadership disputes. In 1984, a leadership challenge led to a split, resulting in the formation of the Nationalist Liberal Party, which later reintegrated with the DP. More recently, in 2020, the party suffered significant defections to the National Unity Platform (NUP), reflecting ongoing internal dissatisfaction, often rooted in opposition to the presidency of Norbert Mao, who remains the party president, leading to the rise of the DP Block faction.



Kyagulanyi is holding onto NUP

NUP: Youthful Energy, Familiar Patterns

The National Unity Platform (NUP), led by pop-star-turned-politician Robert Kyagulanyi Ssentamu (Bobi Wine), is Uganda's youngest major party and currently the most prominent face of the opposition. However, even this youthful and seemingly progressive party is facing questions about its internal democracy.



Mpuuga started his own party

Political observers and former members have raised concerns about the entrenchment of Bobi Wine's leadership, suggesting that the presidency of NUP may be perceived as inextricably linked to its founder. Bobi Wine has repeatedly publicly declared his intention to contest the presidency on the NUP ticket in 2026, statements often made without any visible internal party nomination process. Critics argue that this constant self-nomination signals an unspoken consensus that no other individual within NUP is expected, or perhaps allowed, to contend for party presidency or be considered as a flagbearer for the national presidency. One senior NUP insider, speaking anonymously, stated, "We support Bobi Wine because he's our symbol of struggle, but let's not lie to ourselves – there is no mechanism or open process where another member could rise and be voted party president. If someone tried, they'd be branded a traitor."

Furthermore, allegations suggest that the fallout between NUP President Robert Kyagulanyi Ssentamu (Bobi Wine) and former Leader of Opposition Mathias Mpuuga may have deeper, politically sensitive undertones beyond the official narrative of corruption. Some insiders and political observers believe tension may have started brewing when Mpuuga reportedly showed interest in contesting for the party presidency – a move considered taboo within NUP's inner circles.

The mere possibility of challenging Bobi Wine's leadership is said to have unsettled the party hierarchy, fueling suspicion and internal rifts.

KOLOBE ANTONY INTERVIEW

The youthful NUP contender makes big promises to Budiope West



Kolobe Antony is setting his sights on representing the people of Budiope West in Buyende district, and he's doing so with the backing of the National Unity Platform (NUP).

In an exclusive interview with *Busoga Times*, Kolobe shares his motivations, vision, and specific aspirations for the constituency as he embarks on his journey to become the next Member of Parliament. This conversation delves into his platform, his connection with the community, and what he believes he can bring to the table in service of Budiope West.

Who is Anthony Kolobe, the individual who wants to represent the good people of Budiope West in Buyende District in the 12th Parliament of Uganda?

Kolobe Antony, son of Samali Nguna and Peter Naika, hails from Ntaala village in Buyende District, specifically Ntaala parish within Buyanja Sub County and the Budiope West constituency, located in the Busoga region.

He is a married father of five and holds a bachelor's degree in education, working as a trained teacher. Beyond the classroom, he is a director of schools, a farmer, a businessman, and a volunteer with international organizations.

What sparked your desire to serve in this capacity as an MP?

I'm running for Parliament to be a strong voice for Buyende and Busoga, fighting for the improved services our community urgently needs.

We've suffered from inadequate service delivery and persistent poverty, largely due to ineffective representation. I believe our biggest hurdle is the lack of leaders capable of articulating our issues and advocating for solutions in Parliament.

Just imagine: the day President Yoweri Museveni visited Bukungu, all the leaders did not table any problem affecting the district to him apart from praising him. Our MPs cannot stand firm and present our problems on the floor of parliament. As an elite and intelligent young man, I decided to contest. I am hopeful that I can change the rhythm.

Our leaders do not demand any share of the national cake. Just imagine in the budget of 2025/2026, Budiope West and Buyende at large are not mentioned anywhere. We have the poorest roads, like the Bukungu-Kamuli road, which is in poor condition. The promise to tarmac it has been on for long, but nothing is done.

Our leaders are so comfortable. We lack health centres. The greater Kidera has only two health units; that is, Kidera Health 4 and Bukungu. Buyanja sub-county lacks even a health centre.

We lack seed schools. The greater Kidera has only one secondary school – Kidera SS. We are entitled to a seed school in each sub-county. All the feeder roads are impassable. All this sparked me to contest as a member of parliament.

How do your values and vision align with the National Unity Platform (NUP) ideology?

The National Unity Platform advocates for good service delivery, which I do. It advocates for peace and security, which I do. It advocates for the freedom of every Ugandan, which I do. It advocates for democracy, which I do. It advocates for transparency and accountability, which I do. It advocates for development, which I extremely do. I advocate for a corruption-free country, which my party does.

It advocates for human rights, which it does. It advocates for employment opportunities, which all youth do. So my vision complies with the party's ideologies.

How would you handle a situation where the interests of your party conflict with the interests of your constituents?

The interests of the National Unity Platform are highly embraced by my constituents. As we all know, my constituency is the most affected and least privileged. My constituency has achieved very little from this government for the last 39 years this government has been in power. For the last 39 years, the Bukungu-Kamuli road has never been considered. For the last 39 years, our people have not been able to access the lake to fish. For the last 39 years, people have not even been allowed to catch mukene.

Supporters of Antony Kolobe attending a rally in Ntaala





A supporter of Kolobe displays his campaign poster at a rally

In fact, people look at the lake as an in-law. Our sub-counties lack headquarters; some, like Kidera sub-county, lack where to put headquarters. Most sub-counties, like Buyanja, Kidera and Bukungu Town Council, lack seed schools.

Can you describe your previous experience in leadership and community service and how this experience has prepared you for the role of MP?

My leadership experience spans various levels, including successfully directing and managing schools, as I previously mentioned. Furthermore, I serve as a national coordinator for an international organization, a role I consider to be a significant leadership position. I believe this cumulative experience has sufficiently prepared and empowered me to effectively serve my community.

What do you perceive as the biggest challenges facing Budiope West?

Our community faces significant challenges, primarily stemming from inadequate public services and widespread unemployment. We struggle with poor infrastructure, including dilapidated roads, under-equipped and understaffed health centres with limited access to medicine, and schools lacking basic resources. Historically, fishing provided livelihoods for many, including those with only a primary school education. However, government restrictions, specifically the military presence around our lakes, have decimated the fishing industry and left many without employment. This displacement, without adequate planning or alternative opportunities provided by the government, has severely impacted our community. These are the core issues hindering our progress.

What promises have been made to the people of Budiope West by previous leaders that have not been fulfilled? How would you address these unmet needs?

A lot of promises have been made, and they are being made even up to now. They promised to build hospitals, schools, health centres, piped water, electricity, good roads, prosperity and unity. But all these have not been achieved for the last 39 years. You can see a politician who cannot even run a nursery school promising to build schools, a person who is unemployed promising jobs, and a person who cannot start a clinic promising to build hospitals. I want to change this narrative.

What are your proposals for supporting farmers in Budiope West, improving agricultural productivity, and ensuring food security?

Our farmers need serious sensitization on how to do farming using modern farming methods. This can be achieved by starting farmers' associations and cooperatives. The cooperatives can bring farmers together and share ideas on how to use modern farming methods. The cooperatives can provide seeds and loans to its member farmers. Co-operatives can buy the harvests at a very good price. The leaders of the cooperatives can look for better markets for the harvests and organise workshops and seminars for the farmers.



Kolobe has over the years supported education initiatives in Buyende district

In due course, the farmers shall develop skills and hence improve on the harvest and food security. Through cooperatives, farmers can also do cash crop growing like coffee and cotton.

If elected, what specific bills or motions would you prioritize in Parliament to benefit Budiope West?

As a Member of Parliament, the first bill I would propose aims to reinstate presidential term limits. The extended period of rule has fostered corruption within the leadership. Uganda's fundamental challenge lies in the concept of a lifetime presidency. By implementing presidential term limits and facilitating a change in leadership, Uganda, including Budiope West, could benefit from new leadership and a more prosperous future.

How will you ensure transparency and accountability in your work as an MP?

As a key part of my parliamentary oversight duties, I commit to actively engaging with local government. This includes regular attendance at council meetings and careful scrutiny of their budgets to ensure government funding is used effectively and appropriately within our constituency. I will also be closely monitoring the civil service recruitment process at the district level to prevent corruption within the district service commission and protect our constituents from bribery. Furthermore, I will resolutely oppose corruption within Parliament itself, specifically the practice of offering financial inducements to influence legislative decisions.

Just as I have resisted attempts to bribe me from running for office, I will remain steadfast in my commitment to integrity and transparency in all my parliamentary actions.

What is your commitment to serving the people of Budiope West if elected?

I pledge to serve my constituents diligently and impartially, representing their interests in Parliament with honesty and integrity. I am committed to closely monitoring government programmes and remaining connected to the community to ensure their needs are heard and addressed effectively.

The interests of the National Unity Platform are highly embraced by my constituents.

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Letter from Namutumba

To the youth in Busoga ahead of 2026

Dear Fellow Youth,
Silence is betrayal! As we approach the forthcoming elections, let's take up an active role in shaping the future of our beloved Busoga. According to the 2024 census, 23% of Uganda's population is comprised of youths aged 18-30, and 25% are adolescents aged 10-19. However, despite being one of the most populated regions, Busoga is also among the poorest, with high rates of poverty (1.2 million poor persons), maternal and neonatal mortality, and teenage pregnancies.

We've been reluctant to demand change, but it's time for us to reclaim our power and demand leadership that truly represents our needs and aspirations. The old politicians have exacerbated our problems, prioritizing personal gain over the welfare of our community. Corruption has taken a toll, with 71% of Ugandans believing it's a major problem (ACCU, 2020). Moreover, they're out of touch with the times, struggling to keep up with the rapid pace of technological advancements. In today's digital age, where 60% of Uganda's population is under 18 and growing up with smartphones and social media (UNICEF, 2020), we need leaders who understand the power of technology to drive innovation, entrepreneurship, and progress. Let's refuse to be used by the old politicians who swindle us with small handouts and empty promises. We've been fooled before with food, cash handouts, local football tournaments, and fuel in motorcycles. It's time for us to see through their tactics and demand real change.



Emmanuel Nsandhu

We've lost lives in support of people who don't care about us; this time, let it be us. Let's prioritize our needs and aspirations. Let's not doubt our potential. The fact that we have energetic Kyabazinga giving good direction to the kingdom is enough for us to believe that we can lead and make a difference. We have the energy, creativity, and determination to create a better Busoga. Let's not let the good ideas and leadership skills we developed in Abasoga Nseete, fade away. Let's put them to work and show our community what we're capable of.

As Malcom X once said, "Of all our studies, history, philosophy, or mathematics, it is knowledge that is useless unless we use it to transform our origin." Let's not waste the knowledge we've gained; instead, let's use it to transform Busoga and bring about the change we need.

It doesn't matter which political party you belong to; what matters is what you bring to the table after being voted. Let's focus on finding leaders who are committed to serving our community, not just their party interests.

Let's guide our fellow youth who have shown interest in different positions and heavily support them. Let's work together to ensure they succeed and bring about the change we need.

It would be a betrayal to our motherland Busoga if we don't raise our voices and demand change. Let's take responsibility for our future and work towards creating a brighter Busoga.

Let's educate our fellow youth at the grassroots on what to look for in the right candidates and demand accountability and transparency. Let's exercise our right to vote and elect leaders who understand our needs and can harness the potential of technology to transform our community. As youth, we make up about 70% of registered voters (EC, 2020). But voting isn't enough; we must also consider standing for leadership positions ourselves. Young leaders are more likely to prioritize issues affecting youth, such as education, employment, and digital literacy (World Bank, 2018).

We have the power to create change. Let's rise up, take charge of our destiny, and work together to create a brighter future. Let's fight corruption, promote accountability, and bring back the glory of Busoga. The time for change is now. Let's seize it!

Sincerely,

Emmanuel Nsadhu is a concerned Musoga youth from Bukonte, Namutumba District.

Nursing Institute installs Kyabazinga as Chancellor

By: JOSEPH SOOKA
Photos: COURTESY



The Kyabazinga was installed as the chancellor of the institute that trains nurses and other health practitioners.

In a momentous occasion that blends tradition with academic ambition, His Majesty William Gabula Nadiope IV, the Issebantu Kyabazinga of Busoga, was last month officially installed as the first Chancellor of Lubega Institute of Nursing and Health Professionals. The installation ceremony, a vibrant and culturally rich event, took place at the institute's grounds in Busei village, Iganga Municipality.

The appointment of the Kyabazinga to this prestigious role marks a significant milestone for the institute and underscores the Kingdom's commitment to advancing healthcare and empowering the next generation of Ugandan professionals.

Professor Dr. Lubega Muhamadi, the Executive Director of Lubega Institute of Nursing and Health Professionals, and also the 1st Deputy Prime Minister of the Busoga Kingdom, presided over the installation ceremony. He ceremoniously handed over the artefacts of the institute, including the symbolic mace and Chancellor medallion, to His Majesty, signifying the transfer of leadership and responsibility.

In his address, Prof. Dr. Lubega emphasized the profound significance of the Kyabazinga's appointment. "His Monarch's installation as Chancellor marks a new chapter in his commitment to institutional excellence, health

development, and the empowerment of Uganda's next generation of professionals," he stated.

"His rare blend of traditional legitimacy, academic distinction, and international advocacy makes him an exemplary figure in African leadership, hence his nomination as Chancellor of Lubega Institute of Nursing and Health Professionals." Prof. Lubega, who also serves as the national chairperson of the Uganda Muslim Supreme Council (UMSC), highlighted the Kyabazinga's unique ability to bridge tradition and modernity, making him an ideal leader for the institute.

His Majesty William Gabula Nadiope IV, in his inaugural speech as Chancellor, outlined his vision for the institute's future.

He emphasized his commitment to guiding the strategic direction of the institution, ensuring the elevation of academic excellence, and promoting the overall well-being of the students and staff.

"This will entail providing leadership and overseeing our institute's governance in addition to acting as a bridge between the institution and external stakeholders," the Kyabazinga stated. He further stressed the crucial importance of teamwork, unity of purpose, and transparency as the guiding principles for achieving the institute's goals and aspirations.

Prime Minister of the Busoga Kingdom, Dr. Joseph Muvawala, expressed his profound gratitude to Prof. Dr. Lubega for his exceptional leadership in establishing the Lubega Institute as a worthy institution, capable of attracting the leadership of the Kyabazinga. He acknowledged the collective efforts of the team that has contributed to the progress of Busoga and specifically thanked the Luwangula family for their dedicated service to ObwaKyabazinga Bwa Busoga.

Dr. Muvawala conveyed his appreciation to the Kyabazinga for his acceptance of this new responsibility and pledged the

full support of the Kingdom in transforming the Lubega Institute into one of the leading medical universities in the country. The momentous occasion was graced by the presence of several dignitaries, including Issabalangira of Busoga and Menhya of Bugweri Chiefdom, Sam Nkuutu, Kisiki of Busiki Chiefdom, Nkono of Bukono Chiefdom, and Luba of Bunha Chiefdom, among others. Key ministers from the Busoga Kingdom also attended the event, including Owek. Yudaya Babirye, Minister of Kyabazinga Affairs; Owek. Alex Luganda, Minister of Constitutional Affairs; Owek. Ivan

Kiirya, Minister of State for Finance; and Owek. Nasabu Nantale, Minister of State for Education.

The installation of Kyabazinga as Chancellor of Lubega Institute of Nursing and Health Professionals represents a powerful union between traditional leadership and modern education. This partnership promises to usher in a new era of growth and development for the institute, positively impacting the health sector and the people of Busoga and Uganda as a whole. This event solidifies the Kyabazinga's position as a forward-thinking leader dedicated to empowering his people and promoting excellence in all fields.

Learn^{ers} of Lubega
Institute of Nursing
and Health
Professionals Institute



Busoga's Educational Heritage

A shadow cast by government's Universal Secondary Education?

By: BYANTUYO JARVIS WILLIAMZ

Photos: COURTESY

Busoga region, nestled in eastern Uganda, boasts a rich and storied educational heritage, once home to institutions that shaped some of the nation's most influential minds. Schools like the prestigious Namasagali College, which educated prominent figures such as the Right Honourable Rebecca Alitwala Kadaga, former Speaker of Parliament, Irene Namubiru, stand as testament to a golden era of academic excellence.

Alongside Namasagali, Busoga College Mwiri, MM College Wairaka, Jinja Senior Secondary School, Busoga High School, Buzaaya Senior Secondary school e.t.c were formidable centers of learning, drawing students from across the country and beyond.

However, a growing sentiment among locals suggests that this once-thriving educational landscape has struggled to maintain its luster, particularly since the introduction of Universal Secondary Education (USE) in Uganda. One who claimed anonymity said "If father Graimes was alive today, he couldn't believe the current Namasagali college is the same school he headed in the 80s." While USE was conceived with the noble goal of increasing access to education for all, some observers in Busoga believe the region has benefited disproportionately less from its implementation.

The pre-USE era saw Busoga's top schools renowned for their rigorous academic standards, strong discipline, and impressive infrastructure.



They were institutions of choice, often privately run or government-aided but with significant autonomy, allowing them to attract and retain highly qualified teachers and maintain high educational outcomes. With the advent of USE, government funding for secondary education became more centralized and standardized, aiming to provide free access to a wider student population. While this has undoubtedly increased enrollment, concerns have been raised about the impact on the quality of education in some of Busoga's traditional academic powerhouses.

Critics argue that the increased student numbers under USE, coupled with potentially diminished resources or altered funding mechanisms for historically strong schools, may have strained facilities, diluted teacher-to-student ratios, and impacted the overall learning environment.

There's a perception that the focus on universal access may have inadvertently led to a decline in the high academic standards that once characterized Busoga's elite institutions.

"Namasagali College, for example, was a beacon of holistic education, producing well-rounded individuals," remarks a former student who requested anonymity. "While USE is good for access, one has to wonder if the quality we once enjoyed has been maintained across the board, especially in our once-premier schools."

Indeed, the challenge for Busoga now lies in reconciling the imperative of universal access with the desire to restore and maintain the high standards that were once its hallmark. While USE has opened doors for countless young Ugandans, a critical examination of its impact on regions like Busoga, with their strong educational legacies, is essential.

Local leaders and education stakeholders in Busoga are increasingly calling for targeted interventions and increased support to help these historically significant schools regain their former glory. The hope is that by addressing the specific challenges faced by Busoga's educational institutions, the region can once again become a leading light in Uganda's academic landscape, building on its rich past to secure a brighter future for its youth.

Mr. Byantuyo Jarvis Williamz is a Researcher

Survey to capture data on HIV epidemic response impact to guide interventions



With support from the US, Uganda is seeking to establish the impact of HIV in the country

The Ugandan Ministry of Health, led by Health Minister Dr. Jane Ruth Aceng, has initiated the Uganda Population-Based HIV Impact Assessment (UPHIA) 2025 survey, a comprehensive initiative designed to evaluate the effectiveness of current national HIV epidemic response strategies and inform future interventions. This ambitious survey aims to provide critical data on the progression and impact of national HIV programs, enabling policymakers to address remaining gaps and optimize existing resources.

Beyond the critical focus on HIV, UPHIA 2025 marks a significant expansion in scope by incorporating the assessment of Non-Communicable Diseases (NCDs), specifically high blood pressure, high blood sugar, and obesity. This will provide crucial insights into the prevalence of these conditions within the general population and, importantly, among people living with HIV in Uganda.

This expanded data collection acknowledges the growing burden of NCDs and the potential for synergistic effects with HIV, demanding a more integrated and holistic approach to public health.

"The UPHIA 2024-2025 survey comes at a strategic time to help us recalibrate and refocus our efforts," Dr. Aceng emphasized during the launch. "This nationally representative household survey will provide current estimates of HIV prevalence, incidence and viral load suppression." The data generated by UPHIA will be instrumental in tracking progress towards national and international HIV targets, identifying areas where interventions are most needed, and tailoring programs to maximize their impact.

The survey receives crucial support from international partners, including the United States government.

US Ambassador to Uganda, William W. Popp, lauded the initiative stating, "This survey is important as we work together to continuously monitor progress to achieve a healthier, more prosperous, and more secure future where HIV is no longer a threat to Uganda, the United States, or the world." This collaborative spirit underscores the shared commitment to ending the HIV epidemic globally.

The responsibility of implementing this complex and critical survey rests with experienced research institutions.

Uganda is demonstrating its commitment to evidence-based decision-making and a proactive approach to public health challenges.

The responsibility of implementing this complex and critical survey rests with experienced research institutions. Prof. Rhoda Wanyenze, representing one of the implementing partners, affirmed their dedication to the task: "We are proud to implement UPHIA in partnership with the Ministry of Health and CDC. This milestone builds on our previous experience with similar surveys including TB prevalence and family planning surveys, among others, and reflects our strong research capacity, not only in Uganda but across the African region. We embrace this responsibility with confidence and are committed to delivering high-quality data with the same rigor and integrity that have defined our many previous studies."

By providing a comprehensive snapshot of the HIV epidemic and the growing challenge of NCDs, this survey will empower the Ugandan government and its partners to:

- Refine existing HIV programs: Identify what's working, what's not, and adapt strategies to maximize impact on prevention, treatment, and care.
- Allocate resources effectively: Target funding and personnel to areas with the greatest need, ensuring efficient use of resources.
- Develop integrated health strategies: Address the intersection of HIV and NCDs through coordinated prevention and management programs.

- Track progress towards national and global health targets: Monitor key indicators and hold stakeholders accountable for achieving desired outcomes.

The success of UPHIA 2025 hinges on the participation of the Ugandan population. The data collected will be used to improve the health and well-being of all Ugandans, contributing to a healthier and more prosperous future. By launching this comprehensive survey, Uganda is demonstrating its commitment to evidence-based decision-making and a proactive approach to public health challenges.



This initiative promises to be a vital tool in the fight against HIV and the growing burden of NCDs, ultimately leading to a healthier nation.

WHO unmask deadly & deceptive tactics industry uses to entice smokers

Marking World Tobacco Day on Saturday, May 31, 2025, the World Health Organization (WHO) issued a stark reminder of the deadly consequences of tobacco use, highlighting its link to over 20 different types of cancer. The organization also released a series of warnings and practical tips aimed at combating the pervasive and manipulative tactics employed by the tobacco industry to lure new users, particularly young people.

The WHO's renewed call to action focuses on debunking common misconceptions surrounding tobacco products and exposing the industry's calculated strategies to maintain its profits at the expense of public health.

Filters: A Dangerous Illusion

One of the primary targets of the WHO's warning is the use of filters in cigarettes. Contrary to popular belief, filters are not a safety feature. Instead, they are a deceptive marketing tool designed to create the illusion of a less harmful product. "Smoking kills, with or without a filter," the WHO emphasizes. Furthermore, filters contribute to addiction by making it easier for individuals to start smoking and harder to quit. Shockingly, research has even linked filters to an increase in an aggressive type of lung cancer.

Flavors: A Sweet Trap with Bitter Consequences



The enticing flavors added to tobacco and nicotine products, such as bubblegum, mango, and cotton candy, are another key area of concern. The WHO warns, "Don't be fooled by flavors!"

These flavors are strategically designed to appeal to younger audiences, masking the harsh taste of tobacco and increasing the addictiveness and overall harm of the products. They represent a "shameless manipulation of our children, for industry profit," the WHO stated.

No Safe Exposure: Unmasking the Appeal

The WHO's message is clear: "There is no safe exposure to tobacco." The organization stresses the insidious nature of tobacco and nicotine products, which, despite their

appealing presentation, pose significant health risks. The industry's "carefully engineered products and deceptive tactics" aim to hook a new generation of users and keep existing ones addicted.

Call to Action: Keep the Industry Out

The WHO is urging individuals, communities, and governments to stand firm against the tobacco industry's manipulative practices. By raising awareness of the dangers of tobacco, debunking common myths, and resisting the industry's deceptive tactics, we can protect ourselves and future generations from the devastating health consequences of tobacco use.

The message is clear: It's time to keep the industry out and prioritize public health above profit.

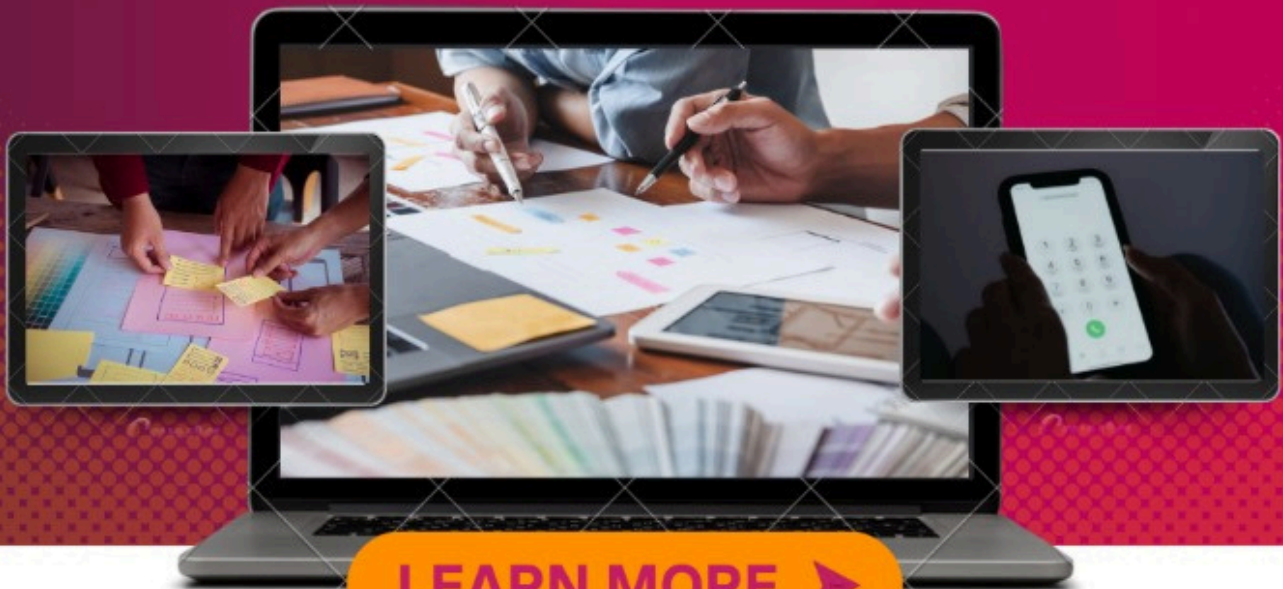


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Kyabazinga Photo Gallery

Issebantu makes clarion call to end teen pregnancy



The Kyabazinga has critically spoken against the harmful practice of teenage pregnancy and child marriage, highlighting the impact of the vices on young girls' future. He demanded a unified action from all stakeholders, parents, educators, community leaders, and policymakers — to join forces — to protect children.

UNICEF's Country Representative Dr Robin Nandi commended the Kyabazinga for taking a proactive stance, adding that UNICEF is committed to supporting initiatives that aim to reduce school dropout rates and support young mothers to continue with their education.

The Kingdom, in partnership with national and international stakeholders, is expected to roll out community-based initiatives, policy reviews, and targeted interventions to combat teenage pregnancy and keep children in school.



Marriage Insights: Ten things you must do when your partner asks for divorce

By: PEACE NTEGE

Photos: INTERNET



Marriage can end in a divorce because the couple didn't communicate effectively.

Many times in marriage, our partners can be frustrating to the point of giving up if both of you are still deep into each other and actually still love the marriage.

So, what if your partner asks for divorce? Is this a small question? To those struggling, it most likely might feel like a relieving one. They are wrong. It is a big troublesome question in every aspect of life.

My prayer always is that every marriage will be restored and brought back to life when it gets to this stage of considering divorce. But if it gets to this unfortunate stage, then here are a few things you should consider to help your partner if you both still love your once good marriage.

Listen actively

Give your partner the space and opportunity to fully express their feelings, thoughts, and concerns without feeling judged or silenced. Actively listen without interrupting to interject your own opinions, defend your actions, or invalidate their perspective. Instead, focus on truly hearing and understanding what they are trying to communicate.

By making a genuine effort to understand your partner's point of view, even if you don't necessarily agree with it, you can create a foundation of empathy and mutual respect. This understanding is a crucial first step towards resolving

conflict, building a stronger connection, and ultimately benefiting both of you individually and as a couple.

Communicate openly

It is very important that you talk about this with a lot of calmness. You need to know what's going on. Most interestingly, whatever is happening sometimes has nothing to do with you. Just like many of us at a certain point just feel like giving up or simply asking for a transfer at work.

Bear in mind that you aren't the first couple to go through a difficult patch in marriage. Share your feelings honestly but calmly. Let him know how you feel about the situation and what you hope for moving forward.

Respect your partner's decision

If they insist and are certain about wanting a divorce over issues you have deliberately failed to connect with through effective roundtable communication, it is important to respect their choice.

Pushing their minds so much may lead to more conflict. Take a break from this topic a bit as you seek professional help or guidance from elders you both honour and respect.

Don't talk too much

At this point, one of the things you

need to do is stay collected. Level your speech down. Don't go around telling whoever cares to listen. Many marriages finally break through this, and things get better again. As always, you won't have time to go back, undoing the words you spoke to the whole world.

If you really can, keep your relatives and friends out of this because someday when you and your partner resolve things, they will still see him or her in the very image you presented them.

Focus on self care

Be kind to yourself and prioritise your emotional and physical wellbeing. Life can be challenging, and it's important to remember that you deserve care and attention. Engage in activities that bring you joy and help you cope with stress without judgement.

Allow yourself time to rest and recharge. Practice self-compassion by treating yourself with the same kindness and understanding you would offer a friend in need. Nurturing your wellbeing is an ongoing process, and it's okay to ask for help and support along the way.

Maintain boundaries

It's natural to want to support someone you care about when they're going through a difficult time. However, while offering your support is vital, it's equally important to establish and maintain healthy boundaries for your own emotional well-being. Determine how much you can realistically and sustainably handle emotionally and practically, without sacrificing your own needs or becoming overwhelmed.

Once you've identified your limits, clearly and compassionately communicate those boundaries to the person you're supporting. This ensures that you can provide meaningful assistance without jeopardising your own mental and emotional health, fostering a more sustainable and balanced relationship in the long run.

Consider the future

If your partner is receptive to the idea, begin a conversation about the practical implications of a separation. This discussion should cover a range of essential topics, including living arrangements, finances, shared responsibilities, especially regarding children, legalities, communication, personal well-being and future plans. Remember that this conversation is a starting point, and professional guidance from mediators, therapists, or legal professionals may be beneficial in navigating these complex issues. The goal is to create a framework that minimises conflict and supports a smooth transition for everyone involved, especially children.

Stay positive

Even amidst the complexities of our current situation, let's consciously choose to focus on the positive aspects of our relationship. Remember that this conversation is a starting point, and professional guidance from mediators, therapists, or legal professionals may be beneficial in navigating these complex issues. The goal is to create a framework that minimises conflict and supports a smooth transition for everyone involved, especially children.



Stay positive

Even amidst the complexities of our current situation, let's consciously choose to focus on the positive aspects of our relationship. Remember the small, everyday moments that brought us joy – a shared laugh, a comforting touch, a simple act of kindness. These seemingly insignificant moments built a foundation of connection, and they're worth cherishing. Let's express genuine gratitude for the good times we shared, the memories we created, and the lessons we learned together. Acknowledging these positives allows us to move forward with a sense of appreciation for what was and helps us navigate the future with greater understanding and respect.



Prepare for change

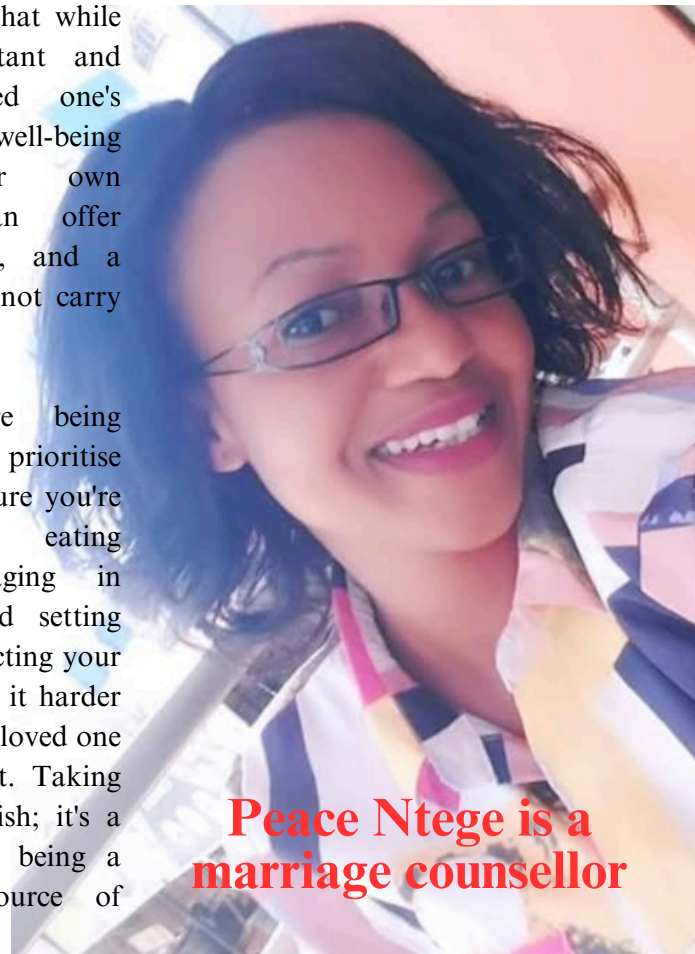
Understand that this situation will bring about changes for both of you and that these changes may be challenging. Acknowledge and validate each other's feelings and experiences. Try to approach the situation with an open mind about what the future may hold, being adaptable and willing to compromise as you navigate this new chapter together. Remember to support each other through the transitions.

Lean on support

Remember to lean on your support network during this time. Reach out to friends and family members, or consider joining a support group – sharing your experiences and feelings with others who understand can provide invaluable perspective and relief.

It's crucial to remember that while your support is important and appreciated, your loved one's happiness and long-term well-being are ultimately their own responsibility. You can offer guidance, encouragement, and a listening ear, but you cannot carry their burdens for them.

Therefore, while you're being supportive, it is essential to prioritise your own well-being. Ensure you're getting enough rest, eating nourishing food, engaging in activities you enjoy, and setting healthy boundaries. Neglecting your own needs will only make it harder to effectively support your loved one and may lead to burnout. Taking care of yourself isn't selfish; it's a necessary foundation for being a strong and resilient source of support.



Peace Ntege is a marriage counsellor

THE WAIT IS ON

All eyes on the 8th edition of the Busoga Masaza Cup 2025

By: MUSA KIKUUNO

Photos: COURTESY/INTERNET

The countdown has officially begun for the much-anticipated 8th edition of the Busoga Masaza Cup 2025 — the crown jewel of football in Busoga Kingdom. Set to kick off later this year (on a yet to be announced date), the prestigious tournament promises drama, passion, and community pride as 14 teams representing 11 chiefdoms prepare to clash for glory and tradition.

First revived in 2016 by His Royal Highness William Wilberforce Kadumbula Gabula Nadiope IV, the Kyabazinga of Busoga, the Masaza Cup has grown in both scale and significance. Organized annually by the Ministry of Sports under the Busoga Kingdom, the tournament not only unites communities but also serves as a platform to scout and nurture local football talent.

History at a Glance

Since its revival, the tournament has showcased thrilling finals and unforgettable rivalries:

2016: Bukooli North beat Bunha 3-1

2017: Butembe beat Bunha 4-3 on penalties.

2018: Kigulu beat Butembe 5-4 on penalties

2019: Kigulu triumphed 1-0 over Bunha
2022:



The Kyabazinga handing over the trophy to last year's winners Butembe County at Bugembe Stadium in Jinja City.

Bukooli Namayingo beat Kigulu 1-0
2023: Busiki outclassed Butembe 1-0
2024: Butembe returned to the top, beating Bukono 1-0

The final matches, especially those played at the Kyabazinga Stadium in Bugembe, have attracted massive crowds, including the Kyabazinga himself and national football dignitaries such as FUFA President Eng. Moses Hashim Magogo.

The Race for History

Kigulu and Butembe currently lead the all-time winners' list with two titles each, while Busiki, Bukooli North, and Bukooli Namayingo have each lifted the trophy once.

However, the story of Bunha is one of near-misses. Despite appearing in three finals — 2016, 2017, and 2019 — the team has never won the title, earning them the unfortunate distinction of most finals without a trophy.

With the intensity of the competition growing year after year, underdog chiefdoms like Luuka, Bugweri, Bulamogi, Buzaaya, Busiki, and Bukono are ramping up efforts to change the narrative.

2025: A Bigger, Better Edition Expected

This year's edition is expected to be the most competitive yet. Teams are



Butembe county players celebrating winning last year's champion against Bukono.

Teams are already eyeing reinforcements with new signings and technical appointments in a bid to secure the bragging rights and royal favor.

The electrifying atmosphere, community mobilization, and growing media coverage have made the Masaza Cup an annual spectacle. From chants and drumming to decorated buses and packed stands, the Busoga Masaza Cup is more than football — it's culture in motion.

What's at Stake

Beyond the glitter of medals and trophies, the Masaza Cup continues to play a vital role in:

Talent development: A number of players from previous editions have gone on to feature in national leagues.

Unity and cultural pride: It brings together diverse communities from across Busoga, strengthening the bond of brotherhood.

Economic impact: Local vendors, transporters, and artisans all benefit from the increased activity and tourism around the tournament.

As preparations heat up, the big question remains — who will rise, and who will fall in the 2025 edition? Will Bunha finally break their finals curse?

Can Butembe or Kigulu etch their names in history with a third title? Or will a new champion emerge from the shadows?

One thing is certain: Busoga is ready, and the Masaza Cup fever is back.

The prestigious tournament promises drama, passion, and community pride as the 14 teams representing 11 chiefdoms prepare to clash.

Mafubira's **Sylvia Kabene** on path to football greatness

By: MUSA KIKUONO

Photos: COURTESY/INTERNET

In a country where football passion runs deep, one name is quickly becoming synonymous with magic on the pitch — Sylvia Kabene, a native of Mafubira, Jinja district. At just a tender age and still a student at St. Noah Girls School, Kabene is not only showing maturity beyond her years but also rewriting the narrative of what it means to be a striker in Uganda's growing women's football scene. The young forward delivered a stunning hat trick, leading St. Noah Girls FC to a thrilling 3-2 victory over Kampala Queens in the quarterfinals of the FUFA Women's Cup. Kabene's fearless performance was a clear statement: the future of Ugandan football has arrived.

This wasn't the first time Kabene had proven her mettle. Just weeks earlier, she scored the decisive goal in St. Noah's 1-0 victory over Asubo Ladies to secure the Elite League title. That triumph didn't just earn them silverware — it also guaranteed their promotion to the FUFA Women Super League next season. Kabene's goal in the final was another shining moment in what has already become a season of personal and team success.

"She hides the ball in the net like it belongs there," joked one fan after the match against Kampala Queens. But behind the humor is a growing recognition of her instinct, vision, and unmatched composure in front of goal.

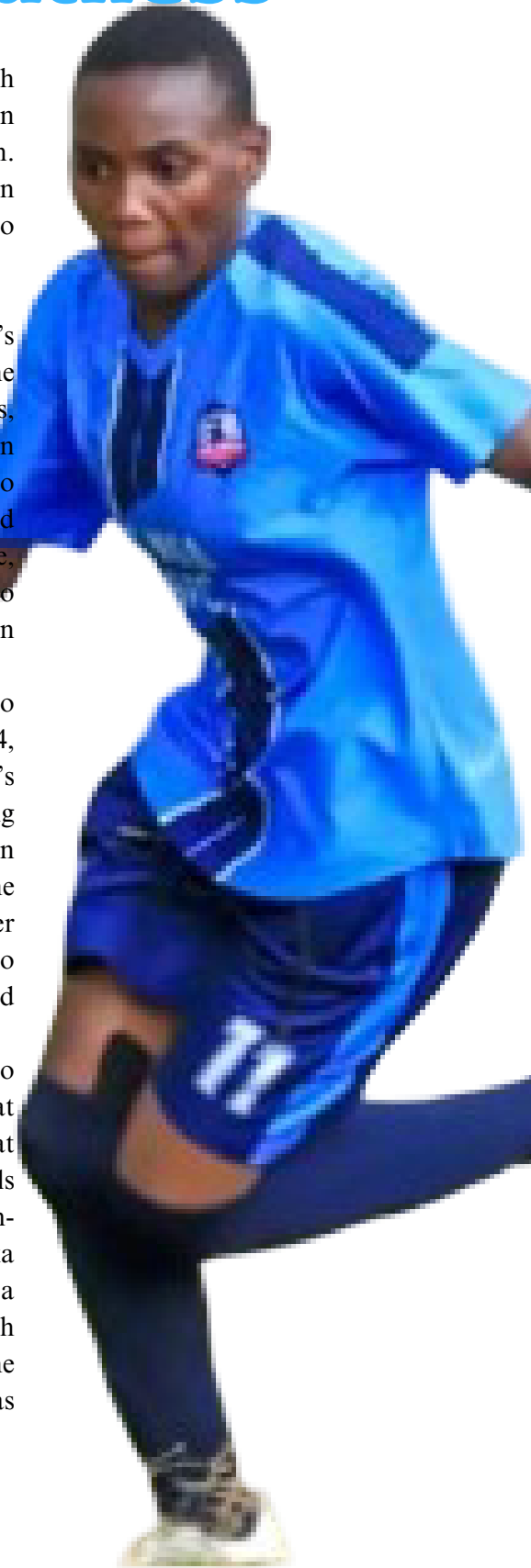
St. Noah Girls FC, under coach Jimmy Kintu, remains unbeaten in all competitions this season. Kabene's contributions — often game-winning — have been vital to this extraordinary run.

Comparison to greats

Beyond school football, Kabene's magic was on full display during the 2024 Fresh Dairy competitions, where she set a record by netting an incredible 11 goals in just two games. Her hunger for goals, and ability to exploit defenses with ease, have earned her comparisons to some of the greatest strikers in Ugandan football history.

And her talent is not limited to school and club football. In 2024, she made her debut for Uganda's Teen Cranes national side. Coming on as a substitute, Kabene made an immediate impact by scoring the winning goal in a 2-1 victory over the Democratic Republic of Congo — a debut that will be remembered for years to come.

Earlier this year, Kabene was also part of the St. Noah squad that successfully defended their title at the USSA Wakiso Zone Girls Football Tournament. In a rain-soaked final at the historic Kabaka Kyabaggu Stadium, she played a crucial role in their 1-0 victory, with thousands in attendance — the biggest crowd the tournament has ever seen.



Sand Cranes raring to go at CECAFA Beach Soccer Championship



Technical Bench

Co-head Coaches: Arch Rica Byaruhanga, and Akabwai Geoffrey. Assistant coach – Baker Lukooya, Team Doctor: Kulika Ivan, Team Manager: Ssebagala Tonny.

Players in camp

Kikonyogo Jonathan (DF, St. Lawrence Univ – BSC), Oppuuli Sharif (DF, Kampala City BSC), Mukwata Peter (DF, Mutoola BSC), Lubega Sharif (DF, St. Lawrence Univ – BSC), Kuol Micheal (DF, London College of St. Lawrence), Edweu Godfrey (FWD, Teso College Aloet), Kigozi Ambrose (FWD, Kampala City BSC), Nyalimo Steven (FWD, Mutoola BSC), Niwesasira Sison (FWD, Standard High Zana), Nkuubi Brian (FWD, Kampala City BSC), Lubwama Joshua (FWD, Kampala City BSC), Kagezi Junior (FWD, MS-Sandlions), Turyamuhika Deus (FWD, Makerere Univ Business Sch – BSC), Lasu Thomas Lomoro (FWD, Makerere Univ Business Sch – BSC), Ssendi Joseph Kabona (FWD, Buganda Royal Inst – BSC), Wasswa Emmanuel Alex (FWD, Kampala City BSC), Kibirige Meddie (GK, Kampala City BSC), Mutebi Ronald (GK, Unattached), Kasibante Edward (GK, Buganda Royal Inst – BSC), Omedwa Rogers (GK, Kampala City BSC).

Sand Cranes players training ahead of the CECAFA tournament.

The technical team in charge of Sand Cranes, the national beach soccer team for mean, is upbeat and raring to after getting all the players they needed to prepare for the inaugural CECAFA Beach Soccer Championship scheduled to take place between 6th and 11th June 2025 in Mombasa, Kenya.

The players now in a residential camp include Brian Nkuubi (FWD, Kampala City), Kigozi Ambrose (FWD, Kampala City) and goalkeeper Ronald Mutebi who were the last arrivals. The team is conducting training at Bamboo Gardens Beach Soccer arena before they travel to Mombasa. The co-head coaches Arch Rica Byaruhanga and Akabwai Geoffrey, and assistant coach Baker Lukooya are in charge of the team.

According to reports, the coaches are impressed with all 20 players in the camp and convinced with the way they're adapting to their new strategy – that Byaruhanga termed “The Ugandan Way.”

“We have had a very good integration of the new young players with the senior players, and this was our intention in the first two days—to see that the team integrates.”

“We expect to put up a good show when we move to Mombasa.” “We want to play the Ugandan way, and the boys are doing it really well.

We want to play with energy, we want to be proactive, we want to intimidate, and we want to control the game with or without the ball.”

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