

# THE EAGLE

JULY 2022

A HOLISTIC AND BALANCED APPROACH

## Insight

- Making your youth count
- There is a method in the madness of rowdy, boisterous adolescents



### INTERVIEW

Interview With  
Prof. Patrick Kyamanywa  
Vice Chancellor Uganda  
Martyrs University

### HISTORY

Boys of Power Wanted

ST MARYS

COLLEGE



KISUBI





Duc In Altum

# SMACKOBA

St Mary's College Kisubi Old Boys Association

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**UGX 100,000/=**

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# School Anthem

Lives are in the making here  
Hearts are the waking here  
Mighty undertakings here  
Up and on!

We are arming for the fight,  
Pluming wings for higher flights,  
Up and on!

## CHORUS

Up boys truest flame,  
lies in high endeavour,  
Play the game,  
keep the flame,  
burning brightly ever.

Fair before us lies the way,  
Time for work and time for play,  
Fill the measure while we may,  
Up and on!

Life and time will not delay,  
Time is running fast away,  
Life is now today, today,  
Up and on!

Foes in plenty we shall meet,  
Hears Courageous scorn defeat,  
Up and on!  
Ever upwards to God and right,  
Ever true to God and right,  
Up and on!

True to her we wish to be,  
All is ours; her grief and glee,  
Up and on!  
Our life here will wane away,  
Without fear we gauge the way,  
Always we will sing the lay,  
Up and on!  
Of St. Mary's boys are we,

On the shining wall of fame,  
Gold and blue and dashed with flame,  
Is engraved St. Mary's name,  
Up and on!  
We'll not let our College down,

# Foreword



**Alex Munobe**

Mugwanya House

## **Dear Readers and Well-wishers,**

it's a pleasure to welcome you once again to another e-edition of the Eagle magazine.

This publication contains well written articles about everyday scenarios and events we all meet in the real world.

We thank those Old Boys and Guest Writers who take time off to write about Topics that are both interesting and relevant to all of us, keeping in touch with our Alma Mater and the World at large.

Willing Writers are encouraged to contact SMACKOBA Publicity on 0772429352 / 0702429352 or email: [mlexis00@gmail.com](mailto:mlexis00@gmail.com).

A Big thank you to Investment Review Publication Ltd on 0788 577499 for helping put this e-magazine together in a more professional way.

Big Ups to Professor Edrin Patrick Kyamanywa for spicing up the content of this publication with an all-round interview and writing us such a Knowledge – filled piece. All is appreciated Sir.

As a reminder to all Readers, this E-magazine is a viable avenue for all Ads for businesses, work places and companies. Please reach out coz our rates are very friendly.

We have Smack branded items like Polo T-shirts, Mugs, Caps, Ties and more Souvenirs for sale.

Reach out to the SMACKOBA Administrator Jennifer and Publicity Team to place orders for delivery.

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The SMACKOBA Administrator Jennifer on 0705 676767 receives and receipts SMACKOBA Subscriptions, Thank you all for your attention.

## **DUC IN ALTUM**

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Maids to the Middle East? Let's export  
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The graduation party is back

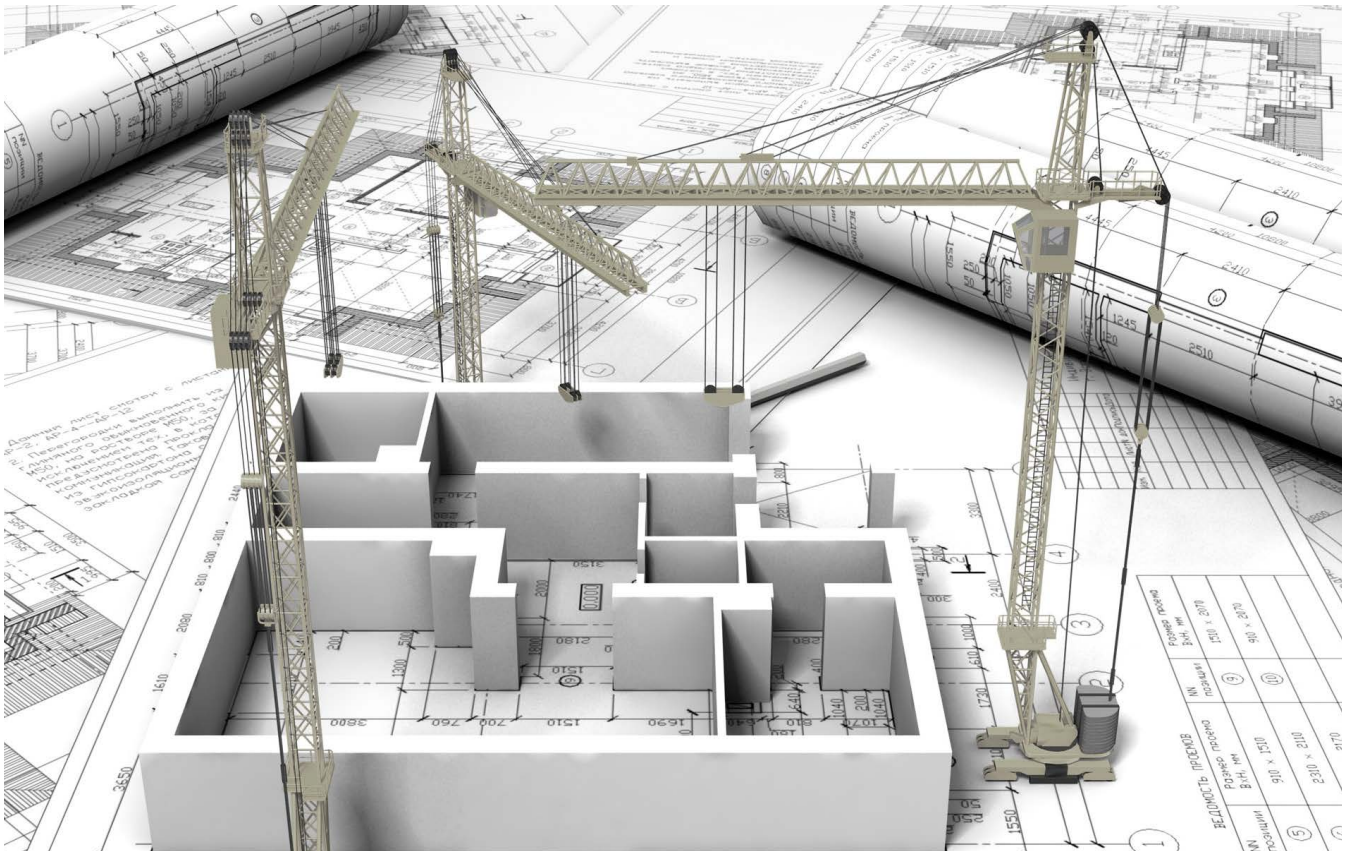
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## Golooba Edward Kayiso

Mugwanya House 1986 – 1992

# Architecture in Uganda at a glance



## The Changing Role of The Architect within the Built Environment:

The nature of the Education and Practice of the profession of Architecture has undergone tremendous changes throughout the centuries, more so in the last 40 years with the advancement of technology and the Digital Age.

Unlike earlier times, when an Architect as Team Leader might oversee the entire process of building from its inception to its completion, the Architect nowadays is rarely ever responsible for more than a segment of this process. Increasingly, the role of the architect seems to be reduced to that of a “shaper”, a “form-giver”, a “designer” – with very limited responsibility regarding the outcome of the entire endeavor.

We cling to “designing” as being the creative key aspect of building, but it is a mere shadow of the competencies an

architect in the 19th century would command. Today, the architect’s role as a form-giver often remains completely decoupled from the realization of the building, and even from its constructive conception. The master-builder of past times, the generalist-architect who had the competence and capacity to integrally design, construct and build an edifice, is nowadays threatened by extinction.

There are many reasons for this: The sheer size of some projects, their economic and social impact; the complexity of functional demands and of today’s building regulations; the economic constraints and time pressure; the rapid development of building technology; and the dangers of liability, of lawsuits regarding malpractice, just to name the most obvious.

This change has also been occasioned by a plethora of events and circumstances related to evolving ways of doing business, with most of these related to global trends tied to seeking more



efficient, less costly methods and practices, competition for scarce resources, global population boom, and the changing legal and socio-political environment.

The most recent trend may best be characterized by specialization whereby tasks along the project value chain from Project Inception, Feasibility, Design and Specification, Construction, and Operation have seen a splitting of roles and allocation of risk and responsibilities to emerging disciplines like project management, construction management, procurement and disposal, environmental engineering, risk assessment, as well as splitting the Architectural input into various associated specialties like interior and landscape design.

In a quest for more efficient, equitable ways of planning, setting up, operationalizing, and maintenance of infrastructural undertakings, various new models of financing and implementation have emerged and are taking firm root, for example, Public-Private Partnership (PPP) models and Build, Operate, Transfer (BOT) models, and the Financing, Operational and Maintenance models.

In many ways, Schools of Architecture lag behind these developments. Still clinging to trade, but may be outdated concepts of the profession, they offer an education which may not be up to current nor future requirements. Education is of course always a bit “behind the curve”, because it relies on the teachers’ experience, established knowledge, and methods. It has never been the responsibility of the schools to prepare their students for everything that is waiting “outside”, in the real world.

Still, there is the question of whether the Architecture Schools must anticipate – even precipitate – such development by encouraging specialization, by increasingly fragmentizing the education of the architect. Or whether schools should rather make a stand against this by sticking to the concept of the Architect as a practitioner, as a generalist – as “practitioner-generalist”.

***The Green City Concept will bring forth advancement in construction materials and methods, design techniques and infrastructure set-up.***

With these two poles in mind, we need to reinvent ourselves and the way we train and practice as we work towards snugly fitting into the New Global Reality.

We all believe in the necessity of educating Architects not just for their role in the building industry but in society in general – as shapers of not just private but invariably also public space,

as even private buildings also inform the public realm. They should be armed with the skillsets that take cognizance of emerging issues like environmental protection and sustainability, new technology, advanced construction methods, building services, maintenance modules, etc., hence morphing into critical change agents in shaping a new global agenda towards creating sustainable and resilient developments.

As responsibilities of our Schools of Architecture and our Practices, we have to be as well-prepared as possible for the things to come. Our curricula and our ways of doing things have to be questioned constantly – and may be adapted, too –, and new skills and tools of the trade may have to be taught. The key drivers for the changes happening – and those looming behind the horizon – have to be known: Which identity of the Architect is embedded in the “DNA” of our schools? How can – and must – our Schools of Architecture and Practices influence this identity?

We regularly undertake professional engagements like Symposia, Continuous Professional Development (CPD) Seminars, and ensuing engagements so as to interrogate circumstances and forge, shape, and extract answers to the above questions more-so tailored to suit our local challenges, aspirations, and circumstances in Africa, in the East African Region, and in our individual countries and local communities.

#### **A case in point:**

#### **“THE GREEN CITY as a key solution towards a better Built Environment”**

A Blueprint for a Green City:

- Eco-City
- Sustainable City

A Green City Development encompasses a holistic design, construction and maintenance approach that endeavors to put resources of time, money, space, knowledge and technology to optimum use so that current occupants obtain maximum utility value and posterity also enjoys the benefits.

The Green City is ecologically friendly (thus called the Eco-City) and is designed with consideration for sustainable social, economic, technological and environmental impacts without compromising the ability of future generations to experience, live in and utilize the same.

This snugly fits in with the wide concept of the Government of Uganda’s Vision 2040, the National Development Plan II and the Sustainable Development Goals. In addition to this, the concept of a Green City takes into account the realities of the current age, thus two key, outstanding aspects come to the fore;

#### **Population Growth and Environmental Degradation in Urban Settings:**

Uganda’s population has grown from about 12 million in 1986 to about 40 million currently. This points to the genesis of a

scramble for scarce resources to sustain the huge population hence causing the need to refocus on how efficiently public services, public accommodation / housing / cityscape are laid out or delivered, financed and maintained

In addition, Rural to Urban Migration as people seek opportunities for jobs, education, etc. has caused urban populations to bulge beyond imaginable proportions. The city of Kampala now has a day population of about 4 million people yet it was initially designed for about 500,000 residents.

The changes in the global environment are not helping much as they also continue to stress the global ecosystem through global warming, depletion of green cover by human habitation, exploitation of natural resources, infrastructure set-up, agriculture, other economic activities, etc.

## ***The Green City will be more efficient, cleaner, healthier, greener, easier to govern and easier to grow unlike the urban sprawl we see today***

The Green City seeks to minimise and reverse damage while enhancing the way we live, the way we build and the way we work. The overall idea is to go high-rise so as to free up ground space that can be utilised to set up green areas that can be used for leisure, shade, a better carbon and rain cycle, agriculture, environmental fortification, waste management, etc. The Green City Concept also seeks to ensure that Buildings and the overall Built Environment and Infrastructure are also designed and set-up along the lines of maximum environmental protection in the short-term, mid-term and long-term. Building Services, Construction materials, Maintenance Plans/ programmes are all structured in such a way that tenets of environmentally friendly practices constitute the backbone of the thematic around which they all revolve and evolve. This in the long-run is anticipated to create a universal net positive impact on the global environmental situation and the human footprint while reducing overall project set-up and maintenance costs and creating a healthier environment to live in.

### **The New Reality for Kampala:**

The Capital City of Uganda, Kampala, for a long time was the only urban settlement with City-status in Uganda and what happens there is being mirrored in other urban centres across the country and the region. Other Cities have recently been gazette like Masaka, Jinja, Mbarara, Soroti, Lira, Gulu, Arua and Fort Portal. Kampala Capital City Authority (KCCA) is set to grow and morph into The Greater Kampala Metropolitan Area (GKMA) which will incorporate surrounding urban centres, urban settlements and areas upto a radius of about 40km including Mpigi, Entebbe, Wakiso, Mukono, Mattuga, etc.

It was very pertinent that the Uganda Society of Architects

(USA) actually chose this theme at one of its recent symposia so as to generate discourse, discussion, research, problem assessment and provision of solutions to the emerging issues, challenges and opportunities.

The Green City will be more efficient, cleaner, healthier, greener, easier to govern and easier to grow unlike the urban sprawl we see today that has fomented urban inefficiencies like poor transport (traffic jams and lack of public transport), lack of public services (schools, hospitals, etc) and portends greater risk (disease, fire outbreaks, insecurity, slow emergency responses, etc.). The Green City Concept will bring forth advancement in construction materials and methods, design techniques and infrastructure set-up, financing and maintenance over the mid- and long-term.

The Government of Uganda has put into action the Building Control Act which is going to further streamline the design, set-up and usage of the built environment. The East African Community has been revived and in addition to the three original members of Uganda, Kenya, Tanzania, expanded to include Rwanda, Burundi and South Sudan along with the recent addition of The Democratic Republic of Congo (DRC). It seeks to oversee and implement the infrastructure set-up to ensure efficient urban settlements through various legal, technical and political protocols with efforts and involvement from the relevant Ministries and Government Bodies as well as Professional Associations.

We pray the blueprint of a Green City acts as their overall concept to ensure efficiency, beauty and sustainability in the set-up of the Built Environment across the region. This will be overseen by the East African Institute of Architects in addition to the various Architectural fraternities in the member countries.

It is hoped that this will act as a springboard to and orchestrate further engagements, discussions, improvements, set-ups and research platforms in a bid to achieve the dream of Green Cities and urban settlements, across Uganda, East Africa, Africa and the entire globe.

May God continue to Bless Us and Guide All Our Endeavours as we seek to contribute to the betterment of Humanity and work towards making the world a better place for us and for posterity!!

God bless you all! For God and My Country!!

**Arch. Golooba Edward Kayiso**

**SMACK OB 1986 – 1992,**

**House Prefect Mugwanya House, 1990 – 1991**

**President, Uganda Society of Architects, 2017 - 2019**

**Member, Architects Registration Board, 2017 - 2019**

**Chairman, Disciplinary Committee, Architects**

**Registration Board, 2017 - 2018**

**President, East African Institute of Architects, 2019 - 2020**

**Fellow, Uganda Society of Architects**





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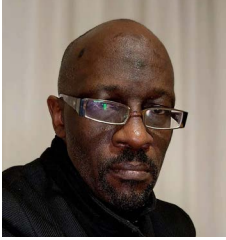
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**Andrew D Kiberu**

## The Big 5-0



### The old dentist

I was sitting in the waiting room for my first appointment with a new dentist. I noticed his DDS diploma, which showed his full name.

Suddenly, I remembered a tall, handsome, dark-haired boy with the same name who had been in my high school class some 40-odd years ago. Could this be the same guy that I had a secret crush on, way back then?

Upon seeing him, however, I quickly discarded any such thought. This balding, gray-haired man with a deeply lined face was way too old to have been my classmate.

After he examined my teeth, I asked him if he had attended Morgan Park High School.

“Yes. Yes, I did. I’m a Mustang,” he beamed with pride.

“When did you graduate?” I asked.

He answered, “In 1959. Why do you ask?”

“You were in my class!” I exclaimed.

He looked at me closely. Then, that ugly, old, bald wrinkled, fat, gray, decrepit son-of-a-gun asked, “What did you teach?”

(Credit for this joke goes to surfersam.com)

This is an old story that’s been around the internet for a few years. It is all so funny, until you wake up one day, and find out that this story is not an abstract story — that this story is actually about you! You see, there is one thing that we would all like to have control over but we all have no control over and that’s the time!

The year was 1987, a whole lifetime ago and we were in high school at SMACK. Brother headmaster used to give us a treat every month or so, movie night! During a movie night, usually on a Friday, we all congregated in the main hall in front of what today would be considered a very small TV screen today,



probably no more than 30 inches, to watch a movie!

I know that it is not kosher among certain circles these days to talk about Bill Cosby — but Bill was a big thing when we were growing up! In those days there was no cancellation culture and we didn't know about the allegations against him so he was cool — and very funny! Certainly, the topic he handled, in that one-hour session, nearing the big 5-0 and how that age affects men, their wives, and children, was something we found hilarious for we were too young to identify with all of the things he was saying! this year, the youngest member of my high school cohort at Kisubi, turned fifty — which kind of makes all of this appropriate!

In Bill Cosby's 49 , he said, "This life is very, very funny, to me, now. It's the only way that I can look at it because, if I become deadly serious about it, I would have to reconstruct myself! I am 49 years old, it's a reality!"

"Forty-nine, I am jogging, jogging, out on the street, running, — and a little pain went into the knee — and —looked like a knife and I saw wow, what's that! When I was younger, something like that happened, I just said huh — (shook my leg)! I do that now — you can't do that at 49!"

"I am angry — am angry, because I used to be an athlete!"

Bill went on to describe the changes in his body, the changes in his bodily functions, the realities of turning into his own father at the same age and realizing that his father had the same body, the fact that many things that he always took for granted about his body, just did not work the same anymore — or at all!

He mourned the loss of his fitness, his eyesight, his strength, his continence, his virility! That his body, previously under his supreme control just would not obey him anymore and seemed to have a life of its own! if he shook his leg today — at age 49, he said, he would probably end up in hospital with a dislocation!

Like the lady above in the story of the dentist, he could no longer recognize himself in the mirror! He mused that this thing, time and aging kind of creeps up on us, slowly and we wake up one morning to find that we are trapped in an alien body that's turned decrepit on us!

We find it easier to see this decline and deterioration in our bodies when we catch up with old high school friends after decades apart. In this global world where some of us moved away from home and have lived half our lives away from the continent, its not uncommon for us to have lost contact with childhood friends for decades. The internet and in particular social media has put an end to all of that — but it has created a new problem of its own! Like when you turn up to get together

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<sup>1</sup>The author is a physician specialising in the medical treatment of young and older adults, the rehabilitation of older adults as well as the medical treatment of cancer in young and older adults

<sup>2</sup><https://youtu.be/IUsY8gOSPA4>

or swap photos of old previously insanely fit and active friends from your childhood and find that they are now significantly more generously endowed and certainly aren't poster children for health and fitness! The real problem is when you realize that these balding overweight unfit decrepit looking men and women are actually your age and that you too, must look like they do!

In high school, we thought nothing of jogging to Nabinonya and back and then doing a round through Kawuku for good measure, yet still, go to class and study till midnight, not to mention play soccer, all in one day!! In our day, some boys even jogged to the lake, swam across to Ads beach resort, partied and danced all night, then swam back and jogged back to school before dawn! At university, we run, went to the gym, and literally partied from Wednesday to Monday, and still found time to study! Today, most of these men do not look like they ever run in their lives!

Today it is said that forty or even fifty, is the new twenty! Having left high school 3 decades ago, and has been the senior to a certain general who has been celebrating his 48th birthday, you can guess that I have already been where Bill was in 1987 when he produced 49! I can therefore tell you for a fact that it is not funny!

So what exactly happens as we get older and approach that big 5-0? Like an old car, our bodies quite literally begin to disintegrate around us! They may continue to house the same spirit, but the reality is that for the most part, we are unable to do many of the things we once took for granted. As for our waistlines and six-packs — what six-packs?

Our joints get stiffer, and start to hurt! Our muscles shrink and atrophy and we lose muscle bulk. We accumulate fat around our middle and it quite literally strangles our internal organs. our blood vessels get stiffer and develop chronic diseases like high blood pressure, heart disease, and brain diseases such as strokes and impaired memory! Our lungs are not as fit as they were and walking a flight of stairs or even across the room may be a chore in itself! Our bowels get a life of their own and visits to the toilet to become less frequent while the waterworks may become more active, particularly at night or not at all. We certainly cannot be pissing games where we aim to shoot for the roof and tend to dribble around our feet — and have to give it an extra shake else we may return to a meeting with wee dribbling down our fronts. Our metabolism slows down and we put on weight literally just by smelling food!

Sleep changes too! We would much rather go to bed than stay out partying! Long gone are the days when we would hop all over the city all night and all week looking for where it is happening!

The one that gets most men is when they would much rather stay at home and play with their kids and grandchildren than 'chase the birds', the favorite pastime of young men! Like old dogs that can't be bothered running after every cat that passes by, the urge to run and chase cats into trees dies when the big 5-0 comes around! I am sure many of you will find this hard to believe but you will have to take it from me!

So after all of the gloom and doom above, one has to ask, what can we do to protect our bodies from the inevitable ravages of time? First, we have to accept that time and aging are inevitable! second, that the fountain of youth, sought by man since time immemorial really does not exist! third is that healthy aging is also possible and that there are some things we can do to preserve our health and fitness well into the second and third stages of our lives.

It's easier to have money to spend in retirement if you actually saved some while you were working. So put some money in the bank! Maintaining an active life and fitness ensures that you start off from a high baseline. The problem with a majority of us is that we grew up! Like my father who never run except when the bullets were flying, another story from our childhood, many of us grew up and stopped exercising! In order to maintain fitness into middle and old age, one has got to develop fitness and exercise as a lifestyle and integrate it into their daily life.



As we approach the big 5-0, we are also more likely to afford food. So we indulge ourselves and eat all of the things we were deprived of in our childhood! Nyama Choma, chicken, sabuleny, imported junk, etc. all go straight to the middle! this is the genesis of joint diseases, diabetes, high blood pressure, and high cholesterol, and their consequences, heart attacks, strokes, and diabetes! Being overweight is from a health perspective the single worst thing you could ever do to yourself if you wish to have healthy aging!

The habits that we pick up in teenage and early adulthood grow

with us! The 50-year-old smoker or regular drinker will have been smoking and drinking for the better part of 3 decades, more than half their lives. Heart disease, strokes, kidney disease, and all manner of cancers led by lung and upper gastrointestinal and head and neck cancers are the result!

Stress and mood problems are a consequence of our stressed and hurried modern lives. Mindfulness may benefit our social and psychological lives. Surrounding ourselves with friends and family significantly adds to our quality of life and even our longevity and physical health!

As you approach the big 5-0, it's a good idea to get a regular doctor if you do not have one. It's also the time to talk about all of the above problems as well as do the wee tests, poo tests and have the big finger test! Be sure to choose a doctor with small fingers though as, well, big fingers up your backside aren't comfortable they could save your life!

The minimum exercise prescription is 20 to 30 minutes of aerobic exercise, enough to raise one's heart rate, while maintaining a conversational pace. A brisk walk is all that one needs and pounding the pavement on rickety aging knees may not really do you any favors!

Many people stress about their knees and the risk of osteoarthritis and joint damage. It is true that exercise and in particular running does exert stress on the joints. The data however demonstrates that sedentary overweight people are more likely to have arthritis when compared to more active people including runners.

As we get older, the risk of memory impairment increases. Smoking, alcohol, a sedentary lifestyle, and a lack of mental stimulation are all risk factors that may accelerate our mental and cognitive decline. Exercise is protective and so is active reading. Having rich social and family connections is also protective!

It's never too late to stop smoking or drinking. Problem drinking is a lot more common than most people believe. The reality is that if you are a compulsive daily drinker, chances are that you have a problem. Unfortunately, we aren't often granted insight into our own problems and we may be the last to know that we have a problem often after hitting rock bottom!

The holy grail of course is to regain our youthful selves including the fitness and the six-packs! It is possible to have and maintain a fit body at fifty! Maintaining a normal BMI, exercising regularly, eating healthy, and incorporating both cardiovascular and weight training into one's schedule and lifestyle do have the potential to reverse some of the ravages of time as well as slow down the inevitable slide into decrepitude!

At the end of the day, incorporating healthy habits into one's lifestyle is the key to success. Make it your lifestyle and you will not have to look like your high school mates!

Put some money in the bank today if you wish to have some money to spend later! If you abuse your body today, it will let you down later!





# Uganda Martyrs University



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## Patrick Oyulu

Lourdell House, Circa 1982 - 1986

# Boys Wanted: A reminder & a Confession



Fortunately for me, I know old boys from St. Mary's College Kisubi who are adventurers without being reckless, confident without being arrogant, and driven without being narrow minded. It is a trait that current students at the school hopefully learn from.

We who passed through SMACK, know or have sung the song "Boys Wanted." This song emanated from a poem on public speaking from 1900. Beat that. While it was written for young boys, it is just as applicable to young men. The song is a call to action that suggests that hard-work, dedication, and resiliency are all qualities successful folks need, and that we, as SMACKISTS or Old Boys of SMACK should try to develop in our sons and in ourselves.

Not the weak and whining drones, who all troubles magnify; not the watchword of "I can't," But the nobler one, "I'll try."

Powerful words. In the workshop, on the farm, at the desk, wherever you be, from your future efforts, boys, comes a nation's destiny. And old boys from SMACK have risen to shape their nations destiny, wherever they come from, and the school must be proud of that.

Life is a converging crisis yet a daily exercise in self-improvement. I think back to my days in SMACK in the early to mid 'eighties. I have no idea about everything that may have happened, but I know this. At St. Mary's College Kisubi, there was a semblance of purpose, in academics, sports, social life, and even in our private lives. Heck, even when it meant escaping to Nabinonya Beach, swimming across the lake to Ads Beach, or on a Kikesa run to Bugonga Girls, we had to do it right, par excellence.

Off course as we also struggled with what we wanted to become later in life, boy, did not we work hard for it. The sleepless nights





we put in to read, yield impressive results. One of my friends Eng. Dr Paul Kalungi could say “Pauli’s Principle” won. To bring you up to speed, Kalungi coined the term “The sum of partial sleeps equals Total Sleep.’ Reacting to the effects of a boring Mathematics class one drear day being taught by a certain Mr. Okumu, Kalungi who was sleepy was asked why he felt that way. Without skipping a beat, his reply was what became known as Pauli’s principle. Truth be told, Paul was one of those students who would burn the midnight oil, which could have a toll on you. A very bright student, today he is a clean water modelling technical specialist in water supply engineering with experience and based in the UK. He has a PhD in Environmental Civil Engineering. His principle worked.

And there are examples of Old Boys, like Eng. Kalungi who

*At St. Mary’s College Kisubi, there was a semblance of purpose, in academics, sports, social life, and even in our private lives.*

have lived up to the calling of boys of muscle, brain, and power. Prof. Peter Lwigale, a SMACK OB, Kiwanukan, and a Ugandan scientist based in the U.S, was awarded a US grant for groundbreaking research on eye infections. I remember Peter for always wearing a smile, being friendly and confident. Ignatius Kadoma was one of the best dancers I have ever seen in SMACK. And academically brilliant too. Today, Ignatius, is an advanced manufacturing products specialist based in the US, and holds patents in the US for invention of Bio-based, Bio-

degradable synthetic fibers.

In my head today, we had the best cohort. No really, we did. And that is the confession right there. Former Literature maestro cum teacher Mr. Kiguli would call them ‘Heavy Weights.’ Especially if he got to see them today. I have, and I am impressed.

Moreover, as a member of the chapel choir (yes, I can sing), we had a bird’s eye-view of all the chapel congregants every Sunday. From up there, I could see who was praying, who was struggling to stand, who was sleepy Lol, yap. Like drones we scanned everyone. Yet the choir I was in, has produced OBs like Fabian Kasi, CEO of Centenary Bank Uganda, Dr. Simon Peter Eyoku a Kidney Specialist at Mulago Hospital, Dr. Andrew Kiberu, an Australian based Medical Oncologist, Eng. Henry Ntale (the Organist), and Timothy Gaburungyi, our Choir Conductor, who today, is Vice President, Technology Solutions at Javits Center, a Cultural & Informational Centers company based in New York City. Eng. Dr. Paul Kalungi who I earlier referred to, was also a member/conductor in the Chapel choir. These are just a small percentage of SMACK OBs who are making us proud each day. Who knows, we may soon have an OB for President of Uganda. We recently had one as Vice President.

SMACK OBs at their magnificent best. Their stories cannot be summed up in a space like this. Fortunately for me, I lived in their spaces, young school kids going on about life, charting that pathway to greater heights, yearning for that opportunity to be the best. it is a privilege that should not be taken lightly.

Regrets? They may have few later in life, but in all, they showed vitality, grit and resolve to be the best when it mattered.

They lived up to the Mantra, Boys Wanted!



**Prof. Patrick Edrin Kyamanywa**

Lourdell House 1985 - 1991

## Making your youth count



I would like to thank the Editor of the SMACKOBA newsletter for the invitation and opportunity to contribute to this issue. Although the SMACKOBA newsletter has a wide readership, it is my assumption that the readership is mostly comprised by the youth. I have worked in institutions of higher learning for the last twenty years, dealing with youth on a daily basis. This has given me the opportunity to observe, interact and learn a great deal about the challenges faced by our youth. Many youth are disoriented and unable to make good use of this very productive phase in their life. It is against this background that I chose to use this space kindly offered by the SMACKOBA newsletter to share a few tips on how to make one's youth count and minimize regrets later in life.

Life happens in stages and there are key milestones expected to be achieved at every stage. During every stage we prepare for the next and life being what it is, it gives you no chance to rewind the clock after you have moved on. Therefore it is

important that we make every stage count while we are still at it to avoid the dreaded statement, "if only I had known".

Although there is no standard definition of a youth, the UN defines the youth as those persons of between 15 and 24 years of age. In Uganda, the Constitution defines the youth as those people aged between 18 and 30 years while the National Youth Policy of 2001 defines the youth as persons aged between 12 and 30 years. For the purposes of this article and to capture a wider bracket, the definition with the lowest and highest limits will be used and the youth shall mean those persons aged between 12 and 30 years.

Being a youth is a critical formative stage in one's life. It is a period often characterized by rapid physical and mental growth, self-discovery, taking on more chores from parents or caregivers and the beginning of semi-independent and independent living. This is also when many young people are attending high school and university education. It is a time when we are interacting on



a much wider scale with peers and the rest of the world, and a period of passage from childhood to adulthood.

Uganda has the world's youngest population with about 75% of the population below the age of 30. Further still, the age bracket 12 to 30 years accounts for close to 40% of Uganda's population. Therefore, being the largest proportion of the population, it is important that the youths are able to live meaningful lives so as to be able to positively impact on self, national and global development and transformation.

Living life and making your life count are two different things. It is easy to go through life as an existence, being able to accomplish the basic functions of a living thing such as eating, sleeping, playing and if fortunate going to school; and yet not be useful to yourself, those around you and the world at large. In fact those able to attend school and are under the care of their parents are more likely to be protected from many other responsibilities and exposure until much later in their youth when they finally graduate from university usually at about 21 years old and find themselves unable to cope with the pressures of independent living and the open world. The epidemic of drug and substance abuse we are witnessing today is partly a manifestation of this frustration and feeling of failure. However according to the theory of existentialism, we are expected to have meaningful, purposeful and responsible lives. This requires intentioned action.

*I have realized that it takes more than a university degree to build a successful life and most of this must happen during our youth*

The French novelist John Paul Sartre, said that, "Man is condemned to be free; because once thrown into the world, he is responsible for everything he does." There is a big elephant in the room that we seem not willing to address. For a number of known and unknown reasons, many parents, teachers, benefactors and those supposed to guide the youth through the delicate stage of youth life are finding it difficult and failing to play their mentorship and role model responsibilities. The youth are missing out on the opportunity of guidance to prepare for adulthood by making their youth count while they can. In this short piece I intend to scratch the surface of the subject – making your youth count, by sharing a few key considerations one has to be aware of during their youth.

### 1. Choices

Life is an orchestra of choices and their consequences. Every choice we make has a consequence and this could be in the short, medium or long term; may be to our good or disadvantage; may be reversible or nearly permanent. Making good choices

requires of us a culture of discipline characterized by disciplined thoughts, disciplined decisions and disciplined actions. As youths our choices are often less informed by experience and hence the need for mentors. However the excitement and exploratory desire of being a youth, the peer pressure and desire to belong, often drive us to poor choices. Of course it is good to take some risks in life and these sometimes open out new horizons and discoveries for us. Nevertheless, one needs someone they can account to, a mentor or role model; a trusted friend to help us develop this culture discipline and to guide the choices we make and risks we take.

### 2. Role Models and Mentors

The great philosopher Socrates is quoted to have said, "An unexamined life is not worth living." We also know that a ship that sails without a compass will get lost at sea! During our youth we often tend to be foolhardy and think we know all what we want in life. The peer pressure further compounds this as the group dynamics come into play to reinforce our beliefs. Unfortunately this is often a delusion that we only get to realize much later in life.

A role model (a person whose behavior or life we look up to emulate) or mentor (a trusted and experienced friend) is important in our youth. These people help provide us with the much needed compass of life as we journey through that exciting period and often even beyond. Their wisdom is informed by life's experiences and learning that they would help us avoid some of the common dangerous pitfalls in our youth. Of course as we grow and our dreams evolve and we may pick on more role models and mentors. It is therefore worth taking a moment to examine oneself and ask who your role models or mentors are and whether these actually fit into and inform your life's goals.

Related to role models and mentors is the need to build our networks. The friends we make during our youth often turn out to be the people we spend the rest of our lives with, work with, reach out to for assistance such as in growing our investments, securing opportunities for our children etc. Therefore we need to be open, loving and respectful to other people and keep the relationships we make. In doing so however, we must be alert to and selective about the people we choose as friends. Our friends should be people with good values and showing a purposeful life. Seeking to associate only with celebrities and socialites can have its down side especially that their life is sometimes reckless and unsustainable.

### 3. Dream and Passion

We are created for a purpose and with the potential to achieve anything we put our minds and efforts to. Our role is to discover our purpose and define what we want in life – our dream, and be able to pursue it with unwavering focus, desire and determination – passion. Knowing one's dream helps define a kind of destination in one's life and this helps us to identify the right opportunities, make relevant choices, pick role models and mentors, and focus our energies. However, having a dream is

only one part of the side of the pie. Achieving a life's dream takes more than desire and requires great effort, focus, belief and sacrifice. One must develop the discipline and persistence to pursue the same thing every day for a long time and the humility to learn the lessons along the way without jumping ship. Often our mentors and role models play a great role in this process by offering guidance, encouragement and sign posting along the way. Defining one's dream early in life, in our youthful phase of life, gives us the opportunity to develop the needed skills while we are still flexible and teachable; and have a better chance to change our minds. This also helps us discover who we are and to develop our talents.

#### 4. Your body

Our bodies are at their most optimum performance level during our youth. The phases of growth and development peak, our adult features are manifested and the aging process kicks in. Aging is both a temporal and physical phenomenon. Temporal because we tell age by time in terms of years lived; and physical because we tell age by what our bodies and minds are capable of and look like. Much as we may not alter much of the temporal process, we have some reasonable control over the physical process of aging. Jim Rohn, an American motivational

we do during this time in a way impact on what our bodies will give us back during adulthood. Therefore it is important to be intentional on how we treat our bodies. This has a lot to do with our habits. As we explore and discover ourselves we sometimes do so in dangerous ways, such as abusing drugs and alcohol, sexual adventures, binge eating, too much TV or social media and the associated sedentary life etc.

We ought however to invest in more physical activity to boost not only our full growth, fitness, endurance and health but also our mental alertness. Studies are full of evidence that physical activity in our youth is a great investment for a longer useful adult life. An hour of physical activity that breaks a sweat everyday will certainly get you on the right path to a long healthy life.

Eating right and resting enough (6 to 8 hours of continuous sleep a day) protects our bodies and enables them to serve us for much longer. Being overweight and sleep deprived at the most active phase of one's life exposes the body to too much stress, strain and wear and tear that only manifests later in life with several chronic ailments such as anxiety and depression, high blood pressure, diabetes, joint and back pains among others.



speaker and entrepreneur tells us to, "Take care of your body. It is the only place you have to live." Indeed our bodies are the only sure address we have. As earlier said, our youth is a very dynamic phase of our lives. The choices we make and things

#### 5. Skills and Competencies

It is said that it is difficult to teach an old dog new tricks. This holds true in many ways. As we grow older learning certain skills



tends to become difficult and yet the more the things we are skilled at, the better the chances for a successful adult life. We are expected to learn something new as often as we can and this does not have to be in the school classroom. The world is a big classroom itself and we have to choose which classes we have to sign up to.

As youth we should try to develop as many skills as possible. These include both physical and intellectual skills and competencies. For example we live in a fast growing digital world that makes having good IT skills of a great advantage. The world is moving to a fully automated artificial intelligence environment that the wealthiest people in the next few years will be those able to solve problems, offer service or manipulate stuff with IT. Entrepreneurial and business skills are no longer a preserve of the adults or university graduates. Today many multimillion dollar companies were started and are owned by people in their youth!

***We are expected to learn something new as often as we can and this does not have to be in the school classroom***

The simple skills of being able to prepare a few dishes, fix things around the house, operating several machines, playing several games and sports, music instruments, driving and fixing simple car problems are assumed obvious but it surprises you that many adults are unable to do many of these simple tasks. A reading culture has not yet developed in our setting. However, we should read as many books as we can during our youth. Reading at the least one book every month and of different genre, including the current affairs, will grow our knowledge, expand our imagination and creativity, increase our IQ and expand our chances for making an impact in the world around us.

As the world continues to become a global village, trade and travel become much easier, one ought to learn as many languages as possible, both local and international. All these skills are a lot easier to learn and develop during our youth. In addition to a great college/high school grade or university degree, what makes one have an edge over the competition is the extra skills set they are able to bring to the table. These are often not taught in school but learned along the way and require one to be intentional about learning them.

Our skills make it easier for us to build relationships with other people and to live as productive and useful members of our communities. Today we see adults who are unable to fix a bulb, fix a meal for themselves, or even iron a shirt and have to hire other people to help them live! This makes one very dependent on others for basic living and can be very expensive and debilitating in the long run.

Professor Senteza Kajubi a long serving educationists and academician in Uganda, summarized this into what he termed as the “4 Cs” one should work at continuously for a successful and meaningful life. I have become one of his disciples in spreading this gospel. The 4 Cs are; Character, Competence, Confidence and Creativity. Investment in developing these ‘Cs’ should be our daily occupation. Old habits are had to break and so building a strong character early in life is of great importance. A strong character and a good set of skills and competences, will give one the confidence to take charge and lead in the world.

## **6. Know your God**

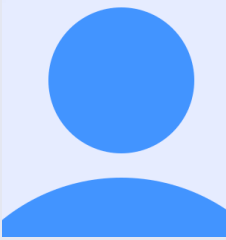
I do not intend to preach here and so I will keep this very short. Every human being has a conscience – the moral sense of right and wrong, defined by the Cambridge Dictionary as, “the part of you that judges how moral your own actions are and makes you feel guilty about bad things that you have done or things you feel responsible to,” and guides one’s behavior.

In the Bible, when asked what the greatest commandment is, Jesus said, “You shall love the Lord your God with all your heart and with all your soul and with all your mind... and the second is like it; “You shall love your neighbor as yourself.” Matthew 22:37-39

This is the essence of knowing our God. Regardless of one’s religion or faith, we all acknowledge the presence of a superior power – God, and doing good and loving your neighbor is the manifestation of knowing and loving our God. The ability to self-examine and to keep our conscience alive is important in everything we do in life. Indeed love of neighbor is the foundation of everything and every choice we make as social beings. In a recent interview Christine Lagarde the president of the European Union Bank put it best by saying that, “Give as much love as you can...You need to cultivate that, nurture it, and share it as much as you can. And then you can make all the decisions in the world and you will follow your path...”

In conclusion, this is no way a recipe for living as a youth but an attempt to share what I have managed to discern from the experiences during the last 20 years of my interaction with the youth especially in the education setting. I have realized that it takes more than a university degree to build a successful life and most of this must happen during our youth.

**Vice Chancellor Uganda Martyr’s University Nkozi**



## Doctor

Mount St. Mary's Namagunga, 1985 - 1991

# The graduation party is back

**For better or worse, graduation hedonism is back.**

The weeks past have seen a renaissance of graduation parties, with pomp and circumstance at a level not seen since the '90s. Last week, a random group of mid-aged Ugandans - a greying port-bellied banker, a trendy female academic, a slender businessman with a checked blazer and a mildly obese ex-politician - found themselves as tablemates at one such party, ruminating on the evolution of graduation festivities. The consensus was satisfying - that this year's graduation parties are reminiscent of the party scene of the 1980s and 'nineties.

You see in those years, chances are that you were the first graduate if not in your district, then in your subcounty, village, clan or family. It was easy to claim a 'first', as proudly and passionately testified by Mr. Banker. University degrees were treasured passports to financial and career prosperity. Unless of course you were female, as hastily pointed out by Ms. Academia. Because then, buxom semi-anxious aunties loudly exhorted girl graduates to believe that degrees do not replace marriage.

Parties were colorful all-village affairs, complete with thanksgiving mass or service, followed inevitably by feasting, freely flowing alcohol, traditional dancers and ending in guests melting away singly or otherwise into the darkness, if Mr. Politician's fond memories are to go by.

Potential and current suitors conspicuously tried to look inconspicuous. Invited friends and classmates, proudly donned their gowns and caps. Graduates proudly lambasted deadbeat dads and tearfully appreciated self-sacrificing mums. Mothers publicly heaped praise on smirking spouses and in-laws for real or imagined contributions to the young achiever's dream.

What changed?

Somewhere in the 2000's, the flashy graduation party morphed into a humble, less pretentious affair. Blame it on economic hardship following the structural adjustment programs of the late 'nineties. Or on the despair that inevitably met graduates looking for job prospects after graduation. The party became a half-hearted celebration for celebration's sake. Graduates and their parents or guardians became content to



repair to a photo studio after the convocation, and thereafter convene with a handful of close friends and relatives in a modest restaurant. Speeches were given, but oratory skills were not critical. Dress code was not a thing.

Enter COVID, and the death of all parties in general. Extended periods of lockdown. Students struggling to attend online classes from remote areas with dodgy internet. Virtual graduation ceremonies, imagine! The collective need to exhale after two years of confrontation with mortality. The lifting of curfew. Ingredients that combine to produce a perfect recipe





for festivities.

The graduation party is back.

This year, gone are the awkward family lunches in poorly lit restaurants, with the favorite Aunt yawning tiredly by 6pm. Glowing, overconfident graduates in strappy heels and buttoned-down suits are back. Proudly beaming parents are visible again jostling for prominence at high tables. Sanctioned

***Celebrate moderately but do not be too moderate about your achievements, especially for master's and PhDs***

discombobulation is thing again. Party venues and cake vendors are making a killing, happily recouping lockdown losses. Full-blown celebrations with friends, relatives and in-laws are here again.

It is right and just.

There are improvements, of course, as would be expected with the passage of time. The sharply dressed bagole sporting long flowing hair and slim-fitting three-piece suits are a far cry from the modest graduates of yester year in ill-fitting outfits completed the previous night by tailors for whom deadline is just a word. Impeccable floral décor is a much-needed improvement from the erstwhile tinsel and toilet paper ribbons. The soothing hired saxophonist. Clearly not the '90s party.

Contemporary trends are here.

The omnipresent photobooth is impossible to miss. Then there is a gown-exchange ritual. You may have seen it; young graduates sheepishly dressing parents in their graduation robes. When did this emerge and what is its significance? Perhaps to allow the parents to share in the weight of a degree that will likely remain unused? In any case, several of these parents are graduates themselves, with more than one degree. We also noted with relief, the absence of the video camera. Thank you, cellphones.

Going forward, a return to the meek family dinners will not be unexpected, as economic reality sinks in. Until then, here are three suggestions for enjoying the party.

1. Gossip with abandon. Because as we all know, gossip is currency. If you do not know the gossip, chances are the gossip is about you.
2. Let your hair down but keep your head. After all, life after graduation will be character-developing. Gainful occupation after university requires one's head to remain firmly screwed on.
3. To quote Oscar Wilde, "Everything in moderation, including moderation." Celebrate moderately but do not be too moderate about your achievements, especially for master's and PhDs.

Congratulations to all the graduates and their parents.

# Interview With Prof. Patrick Kyamanywa Vice Chancellor Uganda Martyrs University



Prof. Patrick Kyamanywa is an Old Boy of St Mary's College Kisubi (SMACK). He is a medical doctor and Professor of Surgery. He was appointed Vice-Chancellor of Uganda Martyrs University in 2021 after holding a string of high-profile positions in academia including at the University Rwanda and Kampala International University. The Eagle Magazine caught up with this distinguished Old Boy and here are the excerpts.

## **When did you join St. Mary's College Kisubi?**

I joined St. Mary's College Kisubi in February 1985. Coming from Kabojja Preparatory School and St. Savio Junior School, all run by the Brothers of Christian Instruction. At that time, not progressing to St. Mary's College was a very unfortunate occurrence.

## **Which house did you reside in at St. Mary's College, Kisubi?**

I was one of the few lucky ones to reside in two houses.

I resided in Kiwanuka and Lourdel. This was because of the cousins I had in the SMACK who were ahead of me. On arrival one of them secured a bed for me in Kiwanuka house where I resided until the end of the war in 1986. After the war, in senior two, I moved to Lourdel house where I rightfully belonged.

## **Did you vie for any leadership positions while at St. Mary's College Kisubi?**

At the time I joined SMACK I was still a little timid boy and a stammerer at that. In fact I have some pictures of my little self in those days wearing a pair of 'zico' jeans that was a trendy label in the 80s.

Although I had been a class prefect in Primary 6 and Primary 7 at Savio Junior School it was not until senior three that I was a class prefect again



and in Higher School (A-level) I was a leader in Cube D 'Dyno'.

### **What sports were you involved in at SMACK?**

At SMACK we were in an exploratory time in our lives, so one grabbed at everything that offered an opportunity to discover their talents. I tried basketball, been exposed to the game while at Savio Junior School where it was popular.

I later tried football, table tennis, and lawn tennis but finally, my regular sport at SMACK was football. Although I was not among the outstanding footballers in the School, by the end of Higher School (HSC) I had joined the second or third eleven of the school. This was thanks to the group I joined in my study cubicle "Cube D" who were all footballers. The likes of Orwotho Norbert, Michael Mukasa, Ziwa Martin, Kamoga Nelson, Lukwago John and the late Kyegombe Paul. The highlight is that atleast I got myself a FUFU Identity card that allowed me free entry to Nakivubo Stadium. So I counted myself as a footballer and indeed at some point, I played for SMACK even on the Nakivubo grounds.

### **What co-curricular activities were you involved in at SMACK?**

Other than the sports, I belonged to the French club and I participated in a couple of the drama sets.

I did not really do much else outside the sports and drama.

*When I left SMACK I felt really confident and not easily shaken by anyone because I knew I was coming from a school of repute*

### **What are your fondest memories of SMACK?**

The escapades to Nabinoonya beach were quite exciting. We would head out with our small towels and jerrycans. Then there were the socials and debates. These were very climactic events at SMACK. We looked forward to them, prepared for days and even borrowed special clothes and shoes for these events. We had socials and debates with Trinity College Nabbingo, Nabisunsa girls, Mt. St Mary's Namagunga, Nsambya Girls, and others.

The sports outings, when I was able to land a place on the school's reserve football team bench were so memorable.

My time in Cube D 'Dyno' during my later days in Higher School were memorable. We were a closely knit family that focused on excelling in academics. I remember my cube mates Dr. John Lukwago, Paul Kyegombe (RIP), Dr. Nelson Kamoga, Dr. Kenneth Kintu, Dr. Zziwa Martin and our Senior 5 cube mate Anthony Makumbi. We all made it to University for our first choice courses, and for the majority that was medicine

Paul Kyegombe was probably the brightest person I have ever met. He set academic records at SMACK and nationally. He went on to become a world-class architect trained in the UK and worked in the US until his demise in April 2020. May his soul rest in eternal peace!

The great trek to Kings's College Budo in January 1986 cannot be forgotten. That was the time we had to leave SMACK and walk to King's College Budo as NRA guerillas took power from the Tito Okello government.

### **What were those not so good memories?**

Being broke was always a sad time. Coming from very humble backgrounds, two to three weeks from beginning was all it took to be broke. That would make one feel disadvantaged especially when you had dorm mates who were well-to-do. That drives me, to this day, to ensure that my children do not feel disadvantaged.

Then there was the death of our colleague, Kakande who tragically drowned at Nabinoonya beach during one of those outings to the lake. That was very tragic.

Shortly after the 1986 war, Semugooma a Senior 5 student at the time was killed when an unexploded device blew up in the S5 dorm.

### **What were your subject choices?**

In O'Level we had eight (8) compulsory subjects to which I added commerce, fine art and French. However, I was forced to drop French during the senior 4 registration yet I was a top French student. To this day I still love French. I also studied German and I later picked these up after SMACK. I am grateful that I kept some competencies to this day.

Making subject choices for HSC, was a trying moment for me because I had scored credit 3 in all the eight subjects. Choosing between arts and sciences was a bit tricky. My bias was still in sciences so I ended up with PCB (Physics, Chemistry and Biology).

### **How has St. Mary's College Kisubi shaped the person you have become?**

That's a difficult question to answer because we have gone through many environments. The six years I spent at SMACK gave me a few things that have contributed to the person I am today. First and foremost, are the Christian values. My catholic values were founded and formed by the Brothers of Christian Instruction at SMACK and the other institutions I attended. That comes with a given value chain.

Self-esteem. When I left SMACK I felt really confident and not easily shaken by anyone because you knew you were coming from a school of repute where many wished to be but had not.

SMACK gave me that ambition to excel. At SMACK you always aspired to excel. SMACK also taught me to value friendships. We relied on each other in many ways.

Ofcourse I also got exposure to a good education. Probably if I



was at another school I would not be a doctor.

**What advice would you share with students and OBs about life after SMACK?**

First and foremost, keep the friends you make at SMACK. You have formed strong bonds and experienced many good and bad things together. These are your brothers that you can always call on.

Look out for one another. If there are opportunities think about your SMACK friends first. Also be mindful that you are an OB of SMACK and as such there are values to uphold.

**Talk to us about your professional journey that led you to the position of Vice Chancellor Uganda Martyrs University?**

It started with me enduring the six years of medical school and internship at Makerere University.

I started work straight out of Makerere University, as medical superintendent of St Francis Mission Hospital Nkokonjeru in Mukono District. At the time there were automatic Government

jobs.

I was at Nkokonjeru for two years and then came back to Makerere University to specialize in surgery. It was after specialization that I joined the academia at Mbarara University as a surgeon to teach at the University. I was able to oversee five cohorts of Doctors go through Mbarara University Medical School during my six years there. These have gone on to be some of the best doctors in their fields.

After Mbarara University I got an opportunity to work at the medical school in Rwanda. While there, I became the Dean of the Medical School, a Professor, and later acting Principal of the College of Medicine, before returning to Uganda in 2015. At the time Rwanda had only one Medical School so it was quite prestigious to be the Dean of the Medical School.

It also opened for me lots of opportunities with different Universities all over the world. It was commonplace for me to exchange emails with the Dean of the Medical School of Harvard or Yale University. This was the period of the most rapid growth in my career. Those eight years I was in Rwanda



were quite significant for me.

When I returned I was asked to join Kampala International University KIU Medical School where I became the Deputy Vice Chancellor and in charge of the western campus. This helped me grow professionally because I was able to get into the circles that regulate medical training and health in the country. I was engaging with the Ministry of Health, Ministry of Education, the professional bodies like the medical council, nursing council, Allied health professionals' council, Pharmaceutical society etc.

It was when I had left KIU, that the opportunity to come to Uganda Martyrs University came in. The Catholic Bishops asked me to take on this role, which I have so far held for six months. It's a five year contract and I hope I can help the Institution meet its objectives and that it can also help me grow further.

Speak to us about Uganda Martyrs University as one of the leading Universities in Uganda.

Uganda Martyrs University is a Christian university of catholic founding. It was founded by the episcopal conference of catholic Bishops of Uganda in 1993. However the idea of Uganda Martyrs University was first mooted in 1982.

What makes the Uganda Martyrs University stand out is that it had a very good foundation. The founding Vice Chancellor Prof. Michel Lejeune having been a missionary in Uganda since 1967, knew Uganda very well and having kept his linkages with his home country of Belgium, had lots of friends, networks and experience. He had the best of both worlds. He knew the landscape in Uganda and the standards in Europe. So he was able to draw on these and give this university a very good foundation. He set the standards high, those who could not measure up were not tolerated. The systems he set in place have sustained the Institution long after his departure in 2010.

The quality of programmes speaks for itself. Our alumni have high ethical standards and work in financial institutions and other sectors. The early programmes were in business and finance, ICT and later health. These were early flagship programmes that made the University get a firm rooting in the country. And that is what we are here to maintain and grow.

I have to grow the reach of the University beyond the borders of Uganda. In the early years the university had a lot of students from Rwanda and Burundi. Because the then Vice Chancellor was from Belgium, a French speaking country, the university tolerated a bi-lingual environment.

It was the only university in Uganda where French was also regularly used as a language of instruction.

Today, we are trying to expand the niche, deepen the established programmes, shall soon introduce medicine. We already have a post graduate medical school in Nsambya. Our Agricultural faculty is now hosting a World bank-funded centre of excellence in Agri-ecology (which looks at more sustainable methods of agricultural practice). We shall be opening an engineering faculty by the close of this year in Fort Portal. Uganda Martyrs

University has campuses in Lira, Mbale, Fort Portal, Kabale in addition to Rubaga and Nsambya in Kampala. Each of these campuses is strong in certain fields. For instance, the Fort Portal campus is strong in engineering, Ngetta campus in Lira is strong in Agriculture, Mbale in Education, Kabale is yet to identify its niche.

Going forward, we want to explode our research output to position ourselves as a research university trying to shift from a teaching university, to embrace research and community engagement. This is where I would like to see the University by the end of my five year term.

We should have an increased enrollment. From eighty-four(84) students in 1993 we now have 5000 students. I believe we can grow that by one or two thousand in the next five years.

This can be achieved largely by drawing on the strong IT infrastructure we are investing in, so we can deliver more online and long distance courses. It will also give us a global reach.

**As a SMACKOBA member, a worldwide fraternity, what advice would you like to share with the association? What changes or improvements would you want to see in SMACKOBA?**

What stands out for me comes from the example of Eton College in Berkshire England. Eton has most of the characteristics of SMACK as a boys' boarding school. Of course it's much older, having been founded in the 15th century. It is the largest boys only boarding school in England, very much like SMACK.

It has produced twenty (20) British Prime Ministers including the current one. That is not by accident. Some things have been done intentionally. Like, mentorship of students, following up one another and developing each other's skills after college. Instead of competing among ourselves we should be competing with the rest. We can prime ourselves to be the best competitors in certain fields like banking, medicine etc. Get the best of these professionals to go back and mentor students and give them career guidance so that we can maintain that pedigree.

We need to have a think-tank, beyond just the Executive of SMACKOBA, that looks at how best we can position SMACK and those that have left or are still at the College, to really impact on social transformation both locally and internationally. We need to be able to draw on the rich transgenerational experience.

We should be able to maintain an archive of OBs. Right now we are scattered in our WhatsApp groups by class or year. We need a mechanism that we can use to mobilize everyone across the generations (a mailing list maybe) to come around an issue, development idea or problem.

We need to develop a critical mass of OBs with cutting edge competencies in the strategic areas like leadership, entrepreneurship, science etc.

Our imagination and solidarity are the limiting factors! Duc in Altum!



## Agaba Julius Alfred

Mugwanya House 1985 - 1991

# Mindset change is a huge matter



While listening to a talk show on a local radio station some years back, a caller dialed into the station which was hosting a Government official talking about the Buy Uganda Build Uganda (BUBU) policy. The discussion was around the need to get Ugandans to support their own locally manufactured goods or services.

This seemingly very knowledgeable caller asked the guest in the studio how the Ugandans would support goods Made in Uganda with their poor quality. The guest who I will call Sarah, for our purposes here, asked him what substandard Ugandan made good he had bought lately. The caller was like, well I have heard people saying things. He continued, 'you can buy a shoe today and tomorrow the sole falls off'. So Sarah brilliantly asked him, 'have you ever bought such a shoe? Mr caller says, 'no but I hear'. Then Sarah asked him, 'who told you? Give me the name of the person who bought shoes and the sole fell off the next

day'. You could have heard a pin drop. 'Okay, she continued, where did he buy the shoes? Still nothing. So where did this caller get this story? Probably he also heard it somewhere and the person he heard it from also heard it somewhere. Maybe somewhere along the way, someone fabricated the story. But why? No reason. This is how mindsets form and are then reinforced until they become the accepted norm.

Mindset by definition means a mental attitude or inclination. A set of established attitudes held by someone. This is huge. This goes right into issues to do with upbringing, education, social beliefs, and strongholds some of which have been held for generations and passed on. I am no psychologist by the way, but I believe these long-held attitudes are responsible for such thinking like for instance, that people who live abroad are superior to those who live in Uganda in some way. That those who wear imported apparel are better than those who wear



locally tailored attire. Recently, the President advised Ugandans who are finding the cost of bread too high to go back to eating our cassava for breakfast. People's eyes and veins popped out. Notwithstanding the health benefits therein. It's the same mindset of looking down upon what is ours that sent us into an uproar. It's so bad, we are at a point where being called local in Uganda is an 'abuse'.

This is huge. Look at our music industry for instance. These predominantly youthful people in the music industry have made it big. The music industry in Uganda has been wholly embraced by the Ugandan public. Shows of local musicians like Sheeba, Chameleone, Bebe Cool are complete sellouts. Even for the newer ones like John Blaq, Fik Fameica or Zex Bilangilangi. Our musicians are celebrity stuff in Uganda and even beyond like Eddy Kenzo. Some FM radio stations only play local Ugandan music and have huge audiences. Musicians and others in entertainment are some of the richest people in the country. They have gotten so much success many have even gone into politics and are succeeding there also.

The music and entertainment industry in Uganda is supported by Ugandans and their success is there for all to see. Every month a new star comes onto the scene. Imagine if this support or this mindset for what is Ugandan, could be replicated in textiles and apparel, leather, electronics, packaging etc

Local musician Chameleon likes to boast that he is the one who kicked out Congolese music from Uganda. That's interesting. We should get Ugandan apparel designers talking the same about kicking out Gucci, DKNY, Valentino, Pierre Cardin et al.

I am not advocating for import substitution but rather rooting for export promotion. Export promotion cannot be achieved if the local market does not embrace locally made goods and services. Before a product is accepted in foreign markets it needs to have a base in the local market. It's the story of multi-national products and services. They all have a home market that provides some form of rear base.

How did it happen in the music industry? And why can we not replicate it in other sectors? The answer lies partly in quality. The productions we see in the music industry are on an international level. There are some music videos I have watched that would

very well pass off as productions right out of Hollywood or Nollywood. The music and entertainment industry has not benefitted from any Government policy interventions. On the contrary a lot of the demands they have made on Government to protect them from piracy, taxation etc have largely been ignored. So maybe the absence of Government interventions is a plus. Who knows?

What is clear is that people will settle for nothing less than quality, period. The music and entertainment industry has demonstrated that.

There are some sectors like milk and dairy products, iron and steel, coffee, tea, beer and liquor, cosmetics and toiletries and packaging that are beginning to get embraced by the Ugandan consumer. Quality is still the major factor behind the acceptability of some of these products.



Promotion is another factor. The music and entertainment industry by its very nature espouses promotion because it engages masses of people through live audiences, television, radio and the new kid on the block, social media.

Government can deliberately give a hand up to different sectors of the economy with promotion. It is already doing a commendable job on quality through

the Uganda National Bureau of Standards (UNBS). The UNBS is trying to reduce the space for substandard goods and counterfeits. This has somewhat convinced some people that quality is being taken seriously and hence mindsets are beginning to change but more still must be done.

Government should also prominently support Ugandan investors with promotion both locally and internationally. The Dubai Expo and others are a good thing but locally almost nothing is going on. There are some private sector-led activities like the UMA International Trade Fair and the Buy Uganda Build Uganda (BUBU) EXPO which could go so much further in promoting Ugandan brands and changing the mindsets of the Ugandan public if they were fully backed by the Government. This can be huge.

**The writer is a Director of Investment Review Publications Ltd. The official organizers of the annual Buy Uganda Build Uganda (BUBU) EXPO**



## James Wire Lunghabo

Lourdel House, 1987 – 1990

# Boys of Power Wanted



It's decades since some of us were students at SMACK but what was imparted was permanently etched into our minds. Many of us went through the school without any display of pomp and then, apart from the academic excellence it seemed to guarantee, we did not see anything special.

It is after leaving the school, when I took time to relate with many in the wider world called Uganda that I started realizing the respect given to the school. To-date, when I interact with those living at the bottom of the pyramid, I try to avoid mention of having been to that school. Many times, they lose sight of what I am trying to deliver and become star struck and that is not how you want to be before some of these people.

The chorus of our school anthem kicks off strongly as follows;

Up boys truest flame,  
lies in high endeavour,  
Play the game,  
keep the flame,  
burning brightly ever.

Indeed we have scaled great heights. There is nearly no corridor you will not find the foot print of a SMACK alumni either past,

present or deceased. I pride in the value system that we were introduced to. One thing I know is that most of the OBs are averse to resource misuse and wastage, manipulation, bribery among many other illegalities. We abhor these acts day in day out and very eloquently chart out proposals on how to make things better.

***When one talks of Power in Uganda, most people default to the presidency but they forget that power lies at various levels and takes on many forms.***

We have been and continue to be very strong critics of the status-quo that has embraced normalized deviation which means a situation whereby the normal becomes abnormal and the abnormal becomes normal.

We live in a country where the more honest you are on your job the more ridicule you get for being sleepy, a fala, or having been





bewitched. A bosom OB buddy of mine now based in South Africa once narrated for me a story where while working at the Ministry of Finance in Uganda. They used to hire the services of a renowned hotel for workshops and conferences and he was in charge of arranging that. One day, the hotel manager sends an emissary to him with an envelope and upon opening it, dime flew out. Yes, crisp new bank notes fell on his table. He asked the emissary what the money was for and the emissary insisted that he call the manager.

Upon calling the manager, he was told, “We are appreciating your choice to use our services and hope that the relationship can stay on much longer.”

He told the manager, “Sir, thank you for the gesture. However, I request that you give the ministry a commensurate discount in line with what you are offering me the next time we come over. The money is being returned to you.”

I know some of you reading are already calling him a &^%\$^\*( \*&%^\$ but hey, the world still has very many good people. There is an illusion that no one is straight in Uganda but it is because the good people have been cowed into silence by the crooks.

This is where I come to the gist of the matter. We have achieved so much as a network of Old students professionally in terms of accolades, studies, job opportunities attained and many others that I may not be able to make mention of.

There is a lot we see and find wrong in our midst and spend more time rumbling about it as opposed to addressing the problem. We turn towards the government and chastise it for not wanting to make things better. True, in many instances the government has to play a leadership role but where it is failing, it calls for us to take leadership. We have to cease merely being Boys of Muscle and Brain and extend to Power.

When one talks of Power in Uganda, most people default to the presidency but they forget that power lies at various levels and takes on many forms. With all the knowledge and exposure we have, I do believe that if each of us took just 5% of their

knowledge and used it to transform the society around him, the overall impact on this country will reverberate like an earthquake.

True we have complaints especially as regards governance but what are we doing about it? Of course some will say they belong to Rotary and the like but, what of the rest of us who are not in such groupings? Should we remain inert? No!!!! Will people listen to us? Yes, if you eat humble pie and start familiarizing yourself with them.

How many times have you stopped your car at that boda boda stage in your neighborhood and chatted up the boda guys? How many times have you sat in a garage as they repair your car and held a discussion with the mechanics that is non car related? How many times have you gone to your village with your family and lived in the challenging conditions without making a fuss about it? While in the village, have you ever sat in a trading centre, taken tea with the locals and discussed issues beyond burials and rain?

The day you do that, you will come across the deceptive knowledge these people in society have and subconsciously realise that you are slowly becoming a reference feature in terms of guiding them. That there is already impact. You may be accused of wanting votes to go to parliament, do not feel guilty about it. That is the trick pedestrian thinkers that have enslaved mindsets use to ward off change makers.

This country will only experience a fundamental change if we decide to infuse change from the bottom up. Consider committing Class Suicide.

Class Suicide as espoused by Amilca Cabral, the revolutionary socialist leader that helped free the Portuguese colony of Guinea Bissau is defined as the act of dying to the privileged class for instance of one’s birth, social ranking, exposure, professional accomplishment by taking a step with no return and thus sacrificing one’s own privileged position and power in favor of full identification with the oppressed/downtrodden/poor.

Have I scared you?

# SMACK Jargon /Lingua over the years

Air force one - The SMACK bus	Michelin - A rather fat chic
Chariot - Nabisunsa bus	SMS - Mail that comes without an envelope
Coffin - Namilyango bus	Golf Slashing as a punishment
Fumblers - Ngonians	Tsunamis - Form 1s
Residue - Former SMACKists in Ngo	Gentlemen 2nite (Elders) - Form 6s
SMACKplex - The SMACK movie-viewing area	Alqs/Lable - Form 4s
Humanitarian - A guy who gives consolation to not so appealing chics	Scrum - Bout at the canteen
Foundation - Chic with a large Rear / Behind	Horse - A not-so-beautiful girl
Ice - Instant rejection from a chic	Horse riding - Being seen with a Horse
Smack - A chic who feels wanted	Future - A young girl with prospect via beauty
C.M.B - A financially stable guy	Rockafella - A guy with a high libido
Benjis (Benjamins) - Money	KKL - Vibing a chic in a lower class
Timon and Pumba - A tiny chic in company of a fat one	Champion's league - Vibing a chic in a higher class
Hustler - A guy who gets away with crimes	General happiness - Unconstructive conversation with a chic
Sandwich - Dirty dancing involving two chics with one guy	Super sport - Survival rugby on pitch
Weak - An ugly chic	Sanctuary - Girl schools constantly rejected for the senior prom



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**Mark Ssali**

Lourdel House 1990 - 1992

## Maidens to the Middle East? Let's export sport instead!



**L**end me an ear on matters sport, and I will reward you with an earful.

The passion I have had over the years, born long before I joined SMACK, bred at the great college, has only grown exponentially in the thirty (30) years since I left.

You and I share that passion, and I am certain you have been baffled at how the powers that be had not been bitten by this same bug all these years. Well, they too are finally being well and truly stung.

An Old Boy of ours with eyes on the highest office in the land seems to have put sport on top of his agenda; the current occupant of that office hosts one triumphant sporting contingent after another these days; his lifelong partner has gradually bought in, since being put in charge; sporting debates litter the floor of Parliament, and the fly on the wall suggests these increasingly important matters are popping up on the cabinet agenda every so often; the Ministry of Finance, that

most crucial of stakeholders, is bang in tow too ...

There have been declarations of the attainment of middle-income status from the Fountain of Honour but, until we are fully industrialised, it is going to be difficult for Uganda to become the economic power we have the potential to be.

What Uganda has always been endowed with is natural resources but, rather than sell them raw and continue to be ripped off by middlemen, economic hitmen and the capitalistic nations that control (read manipulate) the dynamics, eventual industrialisation is meant to see us rip big from domestic, regional and global markets when we add value to the rough gems we are extracting from the underground and the water, or nurturing on our soils.

Oil prospects are the current rage, gold and other earthly metals continue to garner interest, coffee has been thrust into the limelight again lately (ironically thanks to a middleman!), maize is on demand in this region of subsistence, refugees and the



like, other crops including but not limited to fruits, vegetables and even flowers have ready markets, so too dairy products, and there are also the fish from our vast fresh waters ...

The one natural resource we tend to overlook however, even when the evidence of its value stares us right in the face, is human resource.

And where this human resource is concerned, trust me, we would rather be exporting sportsmen and women to the insanely lucrative markets across the globe, than maids to the Middle East.

You see, while anyone from any part of the world has the ability to pick up a broom or mop, while anyone can answer the doorbell, run an errand, or turn on the cooker and washing machine with minimal training, not every country is blessed with the genetics and the environment that give our athletes a competitive advantage (high altitude, natural nutrient-rich foods, plenty of sun and fresh water, the deprivation which dictates survival for the fittest from an early age etc).

And yet, unlike our maids who we hear venture into a world of untold torture both mental and physical, the only 'beatings' our sportsmen and women are really going to get are from the ring, the pool, the court, the track and some field or other. This for a lot more money than the monthly wage a young Ugandan woman is going to be paid by some family in Saudi Arabia, Dubai, Qatar or Bahrain.

Some of the biggest sports exports we have currently include footballer Dennis Onyango at Mamelodi Sundowns in South Africa, boxer Sharif Bogere in the United States, volleyballer Daudi Okello at Suwon KEPCO in South Korea, netball duo Peace Proscovia (Surrey Storm) and Mary Nuba (Loughborough Lightning) in England, rugby player Phillip Wokorach at AS Bedarrides-Chateauneuf-du-Pape in France and the athletics quintet of Joshua Cheptegei, Jacob Kiplimo, Peruth Chemutai, Halimah Nakaayi and Winnie Nanyondo who ply the money-spinning Diamond League circuit.

I will go modest and say each one rakes in on average \$10,000 a month (I know at least four of them make more and would 'pull up' the others who might not), which is about Shs 38m and on average more than most of that elite class of CEOs, Eds and MDs, never mind the hundreds of mid-level managers and officers in gainful employment, and the millions of hustling Ugandans make.

Also coming up are others now in 'western' colleges like sprinter Tarsis Orogot and several basketball playing kids. And talking basketball, there is a whole host of young Ugandan men, born, raised and polished abroad, who have recently been lured into not only playing for but also developing bigger interest in the country of their roots, and should soon start spending some of the money they are making down here (in some cases more than that of the previously mentioned group, as with the multi-million-dollar contract one is set to sign in a year's time).

Years ago, from say Magid Musisi in the 90s to David Obua in

the noughties, there was little to no impact on our economy from money earned by such athletes due a lack of financial literacy and relevant support systems (agents, managers, advisors etc), but in recent times the likes of Ibra Sekajja, Timothy Batabaire and Andy Mwesigwa have made their mark on our real estate industry and other sectors, as have runners Moses Kipsiro and Stephen Kiprotich.

Today, imagine the impact the unencumbered money of two thousand Onyangos (the West Africans have multitudes more), and hundreds of Cheptegeis, Bogeres and Nubas etc on an economy laden with debt from the donor funds we use for infrastructure projects and the like.



And we don't have to export these young men and women raw, like we do our other natural resources. We can add value first. For a lot less than it would cost to set up, say, an oil refinery or pipeline, we can build arenas and other facilities for them across the country, embark on talent search, and support existing structures like schools, clubs and communities to ensure literacy, discipline and continuity.

I could go on and on you know!

**Mark Ssali is a veteran, award-winning journalist currently in charge of the Corporate Affairs docket at the National Council of Sports.**



**Mark Namanya**

Guest Writer

## There is a method in the madness of rowdy, boisterous adolescents



The year was 1997. I was in my O'Level. Until then I had never escaped. I was a coward. My parents always toiled to get school fees and the last thing I wanted was to be on the wrong side of the law at Namilyango College.

Yet I had a group of friends who were the complete opposite. They often escaped, usually on the weekends, to go to Kampala for varying reasons. Some left without permission to go clubbing while others sneaked out to go see their parents or relatives for money or replenishment of grub.

For students who lived in the dormitories of Doyle, McKee, Campling and Biermans, the temptation was all-year-round. There was a yawning opening on the upper side of the school fence. So for students who lived in those houses, hatching the idea to exit the school campus without authorisation was not astrophysics.

On this particular Friday, I emboldened myself and walked up to the fence with my rucksack, from where I boarded the means that took me to Seeta. Next to me in the taxi from Seeta to the city centre was a one Mr Kakonge, my chemistry teacher. I loved that gentleman and will forever do. I wonder where he is today.

Chemistry admittedly wasn't my favourite subject but irony of it all is that Mr Kakonge, our class teacher, was a personal favourite. His calm demeanour and diminutiveness were matched by an unassuming character that made him a likeable teacher among my classmates.

"The future is yours," he once advised us in his typically soft-spoken way. "The most we can do is teach you to pass but as you will discover soon, we cannot treat you the way a herdsman treats cattle. We will not command you with a stick. Just know your future is not far away."



Mr Kakonge's apathetic attitude to the behaviour of students could be viewed as good or bad depending on which side of the coin you belong. As students, we loved him.

Conversely it is unlikely that parents would have approved of such a soft, passive attitude from a teacher towards secondary school boys of our nature.

Regardless, Mr Kakonge was a man we liked. And as I sat next to him on my way to Kampala, he didn't ask for my permission chit, which I didn't have anyway. We barely spoke. He minded his business until he alighted from UCB, present-day Cham Towers.

I would leave school a couple of more times without permission thereafter and luckily was never caught.



The point is that errant behaviour is part of growing up. And that hormonal rage, dare I say it, goes a long way in making teenagers turn into responsible adults. It is a growth aspect that must be appreciated, acknowledged and handled. Not decried.

Undeniably it is also true that if left unrestrained, that period of adolescence that leave young people wandering into obscurity. That period of pre-adulthood is what shapes you into a man or woman. But that it not to say that the life of a teenager must be shackled for the fear of eventuality.

Some of the most senior and jobs positions in the country today are held by people whose behavioural ways in their teen years led to crimes that John Cochran wouldn't have taken on. But they matured into men and woman of substance and value worthy of the most sought-after offices.

St Mary's College Kisubi was in the news recently about the son of Robert Kyagulanyi, who had been accused of possessing illegal substances in his suitcase. It was not a good headline for

the school irrespective of whether the accusation was correct or false.

What actually made the story gain so much prominence was that the student involved was the son of one of the most high-profile Ugandans today. Had it been a child of a peasant in Mafubira, that issue would not have escalated to the story it turned out to be.

As a grown-up man now, who has a teenager to raise – and always attempt, and many times struggle, to put in line every now and then, I perfectly relate with the challenges of a parent in managing a child undergoing puberty. It must naturally be harder for a school considering the number of students involved, the groups they belong to, the different cultures and backgrounds coupled with the new-age trend of social media which has transcended modernity.

What is a constant, and will forever be so, is that that raucous streak is neither not normal nor an impediment to the future of a student. A teenager's future must never be adjudged on the inevitable excesses borne out of a growth process.

A good number of those well-paying jobs in the companies which pay the highest taxes in the country are occupied by people who were once deemed crooks, rogues and charlatans during a time when they battled the invisible enemy called adolescence.

### *A good number of those well-paying jobs in companies are occupied by people who were once deemed crooks, rogues and charlatans*

I have many examples of students from my time who did every wrong thing possible in the houses of Doyle, McKee, Reesinch, Biermans and Campling. Yet when you see them today, so many moons later, they are running multi-national corporations.

I have no doubt in my mind that the same story holds for Smackists of the old times who lived in Kakooza, Kiwanuka, Mugwanya and Lourdel. And generally for every other school.

As the old saying goes, you can't fight nature. You have to embrace it with its challenges and figure out a way how to co-exist. That holds true for the stage of adolescence and a teenager. That adrenaline rush is an experience everyone must go through.

In fact the mistakes made in puberty can be justified to the extent that they prepare you into the 20s, which is precisely the teething age for critical judgement and thinking. You will always get away with blunders of overzealousness because the brain is still maturing.



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We have a robust, flexible, reliable and dependable workforce.

### Mission

To provide worthy and affordable Building services to all our clients in the housing and Commercial Sector.

### Core Values

- Team work.
- Integrity and Honesty.
- Simplicity is our Strength.
- Consistency and Reliability.
- Full commitment to the job and our Customer.

### Vision Statement

We strive to deliver the highest quality of works consistently in the timelines agreed upon.

### Work Done

- St Mary's College Kisubi HsC Library
- Residential Homes
- Consultancy works & Finishings on Hera Hotel, Rubaga Road

### Services



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Construction



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Compound Design

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# SMACK Souvenirs







# **ST. MARY'S COLLEGE KISUBI**

*Duc in Altum*