

Saamia of Uganda:

The Saamia-Bungwe people are an agricultural group living around Lake Victoria in both Kenya and Uganda. They also extend to the rocky hills of Tororo where water is drawn mainly from the bore-holes and a few erratic streams which often dry up. The main crops are Cassava, millet, maize, sweet potatoes, and beans. Fruits like mangoes, citrus etc. grow wild.

In addition, people keep poultry, sheep and goats, although in small numbers due to the prevalence of tsetse flies. In the past, the area had a sleeping sickness problem but that is now under control. Among the Saamia, land ownership is communal. When a man marries, he inherits a portion of the land owned by his father. The size depends on the available quantity.

Marriage ceremonies have both traditional and Christian dimensions. Partners discover each other because arranged marriages are rare today. The bride price is paid in monetary terms or in kind as cattle. No special clothes are worn for a traditional marriage. However, for a Christian marriage, the English wedding gowns and other bridal fittings are used. The man dresses in a suit or a traditional "Kanzu".

For the marriage to succeed, children are a must. The average family size is seven per couple, but, polygamy is common. Despite reduced death rates, resistance to family planning is still high. Those that are Christians have a strong faith and are considering their futures.

Source: <http://www.joshuaproject.net/peopctry.php?rog3=KE&rop3=105913>

Cultural life :

Hospitality is a cultural issue in many societies. In Africa, for example in Uganda, there are many proverbs and stories that have been composed in relation to hospitality. Ugandans believe that for any relationship to be strong food must be served. Leaving someone's home without eating is very painful. Among the Samia of Uganda there is a proverb that *olwiho luba munda*, which is literally translated "Relationship is in the stomach."

In Luganda, a tribe in central Uganda, the proverb is *olugenda enjala teruda*, which means, "If a visitor lives your home hungry, he or she will never come back." This suggests that eating is a very integral part of hospitality in Uganda. Because of the importance of hospitality, emphasis is put to make sure things are done as culture demands. The process of hospitality however, is directed towards meeting the needs of the guest.

Martha can be likened to a true and understanding Ugandan woman. She greets and immediately disappears in a grass-thatched kitchen where the smoke becomes too much for the guest to follow and engage in a conversation. All children will be called and each of them assigned responsibility just to make sure the meal gets ready faster. The visitor has to sit and wait until the meal is ready.

Source: <http://www.pwm-web.org.uk/features/documents/2006MarthaandMary.doc>