

# Discover News-sheet for colleagues in Africa November 2015



## Visit to Uganda October - November

It was a real joy to travel around Uganda and to visit many Discover colleagues. My friend and colleague, Jutta Kraus, travelled with me. We were very encouraged by the energy and enthusiasm of all we met.

## The “Kasese Network”

Three active community groups on the foothills of the Rwenzori Mountains held a joint training which particularly featured the construction of fuel efficient stoves and soap making. Each community is delighted with the results. Instead of having to collect wood three times a week, the women collect wood only once. This is a saving for them, and a blessing for the environment.

The Rwenzori Mountains desperately need a tree planting programme!

Here, we were also encouraged to see many organic kitchen gardens with fruits, vegetables and medicinal plants, many of which were grown on raised beds.

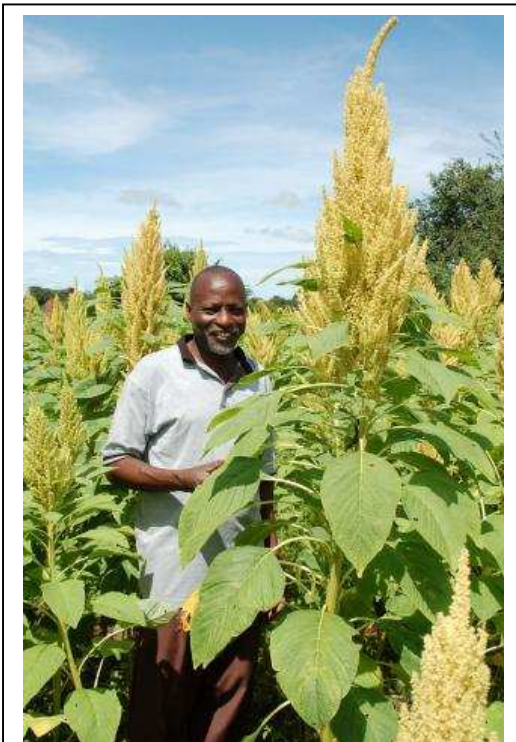
The enthusiasm of each group was an inspiration. Under the leadership of Masereka Emmanuel, Bwambale Robert and Kenja Thomas, the groups are enjoying better health and slowly but surely climbing out of poverty. By working and training together, these leaders and their groups are benefitting greatly from the active exchange of ideas and experiences.

## Grain amaranth

Based in Iganga Rev Samuel Waiswa has trained over 50 farmers to grow grain amaranth. These farmers have benefitted so much that they have been able to build brick houses and can now pay the school fees for their children. Samuel takes the harvested grains, pounds them and mixes the resultant flour with maize and sorghum to make a very nutritious porridge. This he sells at a very low price, and actually gives it free of charge to the mothers of undernourished children.



A woman in Kighenge village in the Rwenzori Mountains is delighted with her fuel efficient stoves.



Samuel Waiswa in a field of very healthy grain amaranth.

Samuel took us to Jinja Referral Hospital which treats undernourished children. We were impressed to see that the hospital has its own garden, in which the mothers of the patients are shown how to cultivate and use nutritious vegetables and fruits. When children are discharged, the hospital refers families who would benefit from follow-up to Samuel. He shows the mothers how to make the porridge and he or his colleague continue to visit and support the family once a month.

## New plants, new treatments

*Centella asiatica* or gotu kola: Rehema Namyalo in Kirimya near Masaka uses this plant as a “brain booster”. It is well known for its properties of increasing energy and vitality and improving the memory. She also uses it to treat Parkinson’s disease. Joseph Ogwal and his colleagues in Lira use the plant, together with *Artemisia annua*, to treat hepatitis B. With the next newsletter I will send a paper which will state in detail how to prepare and dose medicine, based on centella.



This is making us think about producing our own “Discover” publication.

## Discover!

The name Discover is a hit! Many said, “yes, we are discovering new things, and we want to discover more!”. I am delighted – even the name seems to give energy. So in Masaka the group will be called “Vumbula”, which is Discover in Luganda, and in Kasese, “Eribumbura”, which is Discover in Lukonzo.



The earth in these raised beds includes a lot of well-rotted manure. Compost is added in the central section. Access is via the “keyhole” where the children are standing.

## Raised beds in Karamoja

In Karamoja, where it is rather hot and dry, many homesteads have a raised bed immediately outside the front door.

Like many others, Caesar Logiel, to the left in the picture, maintains a tree nursery, protects endangered trees such as *Warburgia ugandensis* and treats many patients.

## We were encouraged by many more too!

I am sorry that it is not possible to mention everyone we met. We met and were inspired by so many people, in Luweeru, Mbarara, Msindi, Pakwach, Arua, Soroti,

Karamoja, Mbale and Kaliro. Thank you all. You are all in our thoughts and prayers. We pray for God’s blessing on your communities and the work that you do.

## The Discover prayer

Attached. You may like to copy this for all your members and to say this prayer when you begin your meetings.

Many blessings!

Keith