

# Discover News-sheet for active trainers in Africa



**June 2015**

## **Probiotic health tincture.**

This [link](#) describes the recipe for a great health booster. Many thanks to the late Peter Kuria from Murang'a, Kenya for this. He taught a group from Ruguta in Kenya how to prepare it, and they have had great success. They say people are queuing up for it!

To be honest, in step number 3 of the method, Peter recommends that the mixture should stand not for 2 days but for 2 weeks, to allow the properties from the fruit peel to enter the liquid. I am being cautious – I fear that more harmful bacteria might develop over such a long period of time. But I could be mistaken.

Try it out and give us feedback!

## **Training tip**

Songs. When you train people, enjoy yourselves as well as working hard. And sing. Together with your group, make up new songs about some important aspect of your teaching. You can use a familiar tune or even compose a new one! The song could even have actions. This is fun. But also, because it is fun to do, people remember the song and it stays in their minds once they have gone home again. Maybe it comes into their heads quite spontaneously as they work in their garden, do jobs in the house or even whilst falling asleep – and so they remember the teaching.

If you write a really good new song, share it with me and I will include it in a future newsletter.

## **Discover / Re-discover your traditions – and sayings!**

What are the sayings, songs, poems and stories that you remember from childhood?

They are important! Many of them indicate values that, in today's "modern" world, are being lost.

Reviving traditions such as traditional dances and story-telling is a good way of bringing the community together again and helping people to "rediscover" some treasures that have been lost. Such treasures include the knowledge of medicinal and nutritional plants, and the fact that the streams used to run clear and that the hills used to be covered with forest.

I believe that reviving these traditions will enable you to become proud of your past, your tribe, your country and Africa!

Discover is collecting sayings, songs, poems and stories from Africa – and we hope to publish them one day! So please share them with us.

Here are three examples:

In Ewe (Ghana): “Nunya adidoe asime su ne o”. In English: “One person cannot know everything any more than one person can embrace a baobab tree.”

In Chichewa (Malawi): “Tsamba likagwa manyazi agwire mtengo”. In English: “When a leaf falls to the ground it brings shame on the tree”. This means, shame on you if you do not recognise the value or skills of one of your group members, and let him or her go.

In Lugbara (Uganda): “Vele vele mvu eji”. In English: “The one who comes late will drink poor wine”. This means that if you come late to a party or a meeting, then you miss the best part.

### **Income generating activities**

In my next newsletter I want to share some ideas about how self-help groups can make a little money to cover their running expenses and even to pay for training events. Please share your ideas with me so that I can include them too.

I look forward to hearing from you!

Very best wishes,

Keith

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