

REPORT OF KABONGEZO TRAINING WHICH TOOK PLACE AT CHOSEN FARM KABONGEZO KIKANDWA, MITYANA DISTRICT, UGANDA

FROM 25TH TO 31ST MARCH 2019.

BACKGROUND.

This training came about as a result of Andrew Kyambadde's participation in the Discover / Vumbula Masaka training seminar conducted in 2016 at the Vumbula Masaka training centre by Rehema Namyalo. Andrew became very active, established a new farm and implemented all that he had learnt.

After 2 years, Rehema made a monitoring follow-up support visit to Andrew to assess progress. She quickly saw that Andrew has proved to be one of the most active farmers you could think of! Other farmers in the community were so impressed by what Andrew had achieved on his farm in a short space of time that they continually consulted him to ask how they could also access the knowledge and skill that Andrew has! Then Andrew requested for such a training to help his community to access the same skills.

Andrew's successful farming activities had made him popular in his community and the entire district. He had been entrusted with different responsibilities of leadership, for example, he was elected Chairperson of the local chicken farmers association and Chairperson of the farmers forum.

In October 2018, Rehema and Keith Lindsey and Jutta Krauss from Discover, Germany visited Andrew and his community members. The farmers said they were eager to receive this quality training themselves so that they could also transform their farms and livelihoods like Andrew had done! From there, Discover Germany mobilised funds to make this requested training a reality!

KEY PARTIES IN THIS TRAINING

- a) Namyalo Rehema of Discover/ Vumbula Masaka who organised and coordinated the entire training activities.
- b) The trainers Namyalo Rehema, Andrew Kyambadde and Evelyn Nakamatte.
- c) Andrew Kyambadde of chosen farm Kabongezo who did all the local organisation and mobilised the local community. He identified those local farmers who were ready and willing to attend, to share their knowledge and experiences and who were ready to implement the skills they learnt and to teach others in their communities.
- d) Keith Lindsey and Discover Germany who gave encouragement, ideas and support.

PARTICIPANTS

We had 13 men and 15 women, in total 28 participants, from the Districts of Mityana and Kiboga. In addition, George Zokli came from Discover Ghana as he wished to gain extra experience of training seminars and Judith Nambi came from Masaka as a trainee trainer.

On the final day, more than 200 people attended including community people, political leaders from the government at all levels, journalists and children from the community who normally attend church services with faith ministries international church led by Andrew as their pastor.

TOPICS COVERED:

- Garbage disposal
- Organic gardening including compost manures, plant teas liquid manures, soil and water conservation methods, including contour farming and stabilising the soil using citronella hedge rows as one of the multipurpose plants.
- Artemisia growing and use
- Production of Ginger and eucalyptus tinctures
- Moringa cultivation and use plus making of Moringa juice
- Production of herbal Vaseline
- Production of soya milk and feeding on soya milk.
- Production of bagiya and crisps
- Integrated pest and disease management
- Banana establishment and management
- Simple technologies including tippy tap, Ecosan compost toilet, charcoal fridge, solar drier, solar oven, SODIS, and fuel saving stoves
- Vegetable gardening including sack mound and kitchen gardens
- Medicinal plant identification, where people shared a lot of experiences and learn a lot from others using locally available plants.
- Treating malaria using Artemisia and other medicinal plants
- Treating other common diseases like diarrhoea, skin infections and joint pains.
- Making ORS solution, medicinal charcoal, diarrhoea tea, medicinal oils and ointments.
- Production of cough mixtures and syrups
- Healing massage and related exercises as part of alternative medicine
- Introduction to grain amaranth, making amaranth pops and porridge
- Family life education and interactions
- Production of washing bar soap, herbal and liquid soap.
- Production of a black stone for snake bites
- Practical use of good nutrition throughout the course
- Code of conduct

Note: All the above-mentioned topics were covered both practically and theoretically.

NEW TOPICS LEARNT IN THIS SEMINAR:

1. How to make Moringa juice. or Moringa drink

Ingredients: Moringa leaves fresh or dry leaf powder, pineapple, ginger, hibiscus, sugar and any other spice like cloves or aniseed (5 star)

Procedure:

Clean the pineapple, peel it and squeeze the juice.

Add hibiscus and ginger

Add water and put on fire to boil.

Remove from the fire and squeeze moringa leaves into the mixture,

Filter (to remove all the residues)

Add sugar to sweeten

Leave to cool and serve.

2. How to treat heart pains

Take the male part of the banana flower, put it in the pot, add water and boil.

Filter and drink the tea at intervals until the pain stops.

TRAINING PROGRAMME FOR KABONGEZO MITYANA COMMUNITY GROUP

FROM 25TH TO 31TH MARCH 2019 AT CHOSEN FARM
(KIKANDWA SUBCOUNTY BUSUNJU)

TIME	MON 25/03/2019	TUE 26/3/2019	WED 27/3/2019	THU 28/3/2019	TRI 29/3/2019	SAT 30/3/2019	SUN 31/3/2019
8:30am	D	E	V	O	T	I	ON
8:40am to 10:30am	Opening prayers, Introduction, Expectations -garbage disposal -seminar leaders introduction to organic gardening (Rehema)	Evaluation Production of herbal Vaseline (Rehema)	Evaluation Soil and water conservation methods for controlling soil erosion, -integrated pest and disease management (Rehema)	Evaluation Use of Artemisia to treat other diseases -treating malaria with other medicinal plants (Rehema) Healing Massage Rehema.	Evaluation treatments of common diseases like diarrhoea, making ORS, and medicinal charcoal (Rehema)	Evaluation production of medicinal oils and ointments (Rehema)	Evaluation Important vitamins and minerals, Nutrition in general (Evelyn)
10:30 to 11:am	BREAK HERBAL TEAS						
11:am to 1:00 pm	Compost manure and liquid manures theory and practical's (Andrew)	Production of SOYA milk (Andrew)	-Banana establishment and management. (Rehema) - simple technologies like SODIS, tippy-tap, and fuel saving stoves (Andrew)	Identification of other medicinal plants from the field and discussions (Evelyn)	Production of scabies oil, garlic oil and garlic honey (Evelyn)	Production of soap Both washing and herbal. (Andrew)	Code of conduct (Rehema)
1:00pm 2:00pm	LUNCH						
2:pm to 5 pm	Sowing of Artemisia seeds Production of ginger and eucalyptus tinctures. (Evelyn)	Production of bagiya, crisps, daddies, and half cakes (Evelyn)	Introduction to natural medicine, Cultivation of Artemisia and use to treat malaria. (Evelyn)	Introduction to grain amaranth, making pops, porridge and tea grain amaranth (Andrew)	Vumbula diarrhoea tea and cough syrup (Rehema)	Production of liquid soap and Blackstone for snake bites (Evelyn)	Issue of certificates by the District Chairman of Mityana. Departure.

FULL DAY MEAL PLAN

DAY	Breakfast	Break Tea	Lunch	Evening herbal tea and supper.
Mon	Milk ginger, mucuna, brown bread boiled eggs Pawpaw.	Artemisia tea, lemongrass tea, brown bread and Banana	Matooke, rice, pumpkin, meat, beans, nakati* Pineapple, water and fruit juice	Artemisia tea, matooke, rice, millet, meat, beans, watermelon, amaranth, water.
Tues	Cinnamon tea, mucuna bread, fried eggs, and pawpaw	Hibiscus tea, ginger tea, boiled cassava and bananas	Matooke, posho, pumpkin, peas, cabbages, watermelon, water and fruit juice	Artemisia tea, matooke, posho, pumpkin, groundnuts, nakati and watermelon
wed	Soya milk, lemon grass, mucuna, chapatti, pawpaw	Artemisia tea, rosemary tea, roasted g/nuts, and bananas	Matooke, taro/yam/millet pumpkin, green beans, bugga*/dodo*, pawpaw, fruit juice	Rosemary tea, mucuna, matooke, Irish potatoes, cowpeas, nakati, pineapples, water.
Thurs	Ginger tea, bread, boiled eggs pawpaw	Cinnamon tea, boiled cassava, bananas	Matooke, rice boil, dry fish, Irish potatoes, eggplants/bitter berries, pineapples water/ fruit juice	Lemon grass tea, matooke, millet, sweet potatoes, fresh beans, dodo, water melon, water
Friday	Soya milk, cinnamon, bread, fried eggs, pawpaw	Amaranth porridge lemongrass tea, g/nuts and bananas	Matooke, cassava, chicken, fresh beans, nakati, water melon water/ fruit juice.	Artemisia tea, matooke, pumpkin, posho, white beans, cabbages water, bananas
Sat	Lemongrass/ ocimum*, bread, boiled eggs pawpaw	Ginger tea, lemongrass tea, popcorns, bananas	Matooke, posho, sweet potatoes, avocados, green beans, cabbages/ dodo, water / fruit juice	Rosemary tea, mucuna, matooke, millet, rice, cowpeas, nakati, water melon water
Sun	Soya milk, ginger, bread honey, fried eggs, pawpaw	Artemisia tea, ocimum tea, boiled cassava Bananas	Matooke, rice, cassava, meat, beans, red amaranth/dodo, pawpaw, water / fruit juice.	Hibiscus tea, matooke, Irish potatoes, posho, white beans nakati/ dodo, pineapple water.

* nakati is black nightshade

* dodo is amaranth leaves

* bugga is red amaranth

* ocimum is basil

THE TRAINEES TAKE-HOME PACKAGE INCLUDED THE FOLLOWING:

1. A certificate
2. A plant poster, 2 posters indicating the dangers of skin-lightening products (Luganda and English), a named seminar handbook, a named AIDS book, Discover starter pack.
3. Many handouts, including artemisia cultivation, moringa, amaranth, aloe vera, mucuna, rosemary, phyllanthus, centella, Bidens Pilosa, oil pulling, lemon garlic elixir, soap production, what causes disease, recording form.
4. Seed package including artemisia, moringa, mucuna, hibiscus, Cassia alata, grain amaranth.
5. T-shirt
6. Seedlings: artemisia, rosemary, lavender, Aloe vera, hibiscus, Cassia alata, citronella, and lemongrass.
7. A package of products from all the practicals we conducted, including cough syrup, rheumatism and skin-care ointments, liquid soap, herbal and washing bar soap, blackstone, medicinal charcoal, herbal Vaseline and ginger and eucalyptus tinctures.
8. Note books, pens and folders
9. Other products made like: bayiga, crisps, amaranth pops and porridge, soya milk and moringa drink.

ACHIEVEMENTS.

1. We held a successful training which benefited many people and, as a result, many communities are going to be transformed.
2. The participants were well equipped with the knowledge and skills in organic gardening, natural medicine, nutrition and hygiene, small scale income generating activities and family life education. The participants were motivated socially, spiritually, economically, nutritionally and in all spheres of life.
3. The Discover/ Vumbula Kabongezo training centre has been established and built or supported with the following assets:
 - a) A 100 seater tent
 - b) 30 plastic chairs
 - c) seeds and seedlings of medicinal plants for demonstration gardens
 - d) Technologies like solar drier, solar oven, charcoal fridge, tippy-tap, SODIS, Water filter and Ecosan toilet.
 - e) Solar panel which can charge telephone batteries and provide lights to 5 bulbs,
 - f) a Tumpline for drying and processing medicinesNB: That is already huge input to enable the training centre to be a very effective resource!
4. Special team work by the competent trainers, who always sit together, discuss, evaluate, plan and decide for the success of the whole training event!
5. Excellent cooperation by all involved, including trainers, participants, and cooks. This enabled the whole training event to be a wonderful success.
6. Discover/ Vumbula Kabongezo was given publicity by the CBS Radio news reporter who, on the last day, captured all the training information for the whole week reported it on the radio program. As a result, many people heard about it and my voice was clearly captured while I was teaching about the use of simple technologies.

7. Discover/ Vumbula Kabongezo group has been formed with the following committee leaders:
 - i. Chairperson: Waliggo George William 0782143799
 - ii. vice chairperson: Elijah Ahumuza 0785680643
 - iii. Secretary: Yunusu Kiseegerwa 0783557063
 - iv. Treasurer: Allen Nsekanabo 0780117706
 - v. Publicity Sec: Kisuze Patric 0772634081
 - vi. Overseer: Kyambadde Andrew 0772668889
8. A detailed farm plan has been drawn up which indicates where the Discover Kabongezo Training Centre will be, with display room, training room, demonstration gardens, parking yard, and paths by Rehema and Andrew and Irene Kyambadde.

WAY FORWARD.

We wish to:

1. erect a proper Discover Kabongezo centre. The building posts are already in place.
2. establish proper demonstration gardens where all the important medicinal plants and vegetables can be seen.
3. train more people from Kikandwa Sub-County and Mityana district with the help of political leaders who promised to work together and support the Vumbula Kabongezo group in their community sensitisation and training activities.

APPRECIATIONS

I extend my sincere thanks to

1. Keith Lindsey and his team of Discover Germany for their personal support.
2. The state of Baden Württemberg in Germany and the “Stiftung Entwicklung Zusammenarbeit” for their financial support.
3. The team work of my fellow trainers (Kyambadde Andrew, Evelyn Nakamatte, supported by Judith Nambi from Masaka and George Zokli from Ghana) for the joyful training services you have provided which motivated everyone and led to a very rich training in knowledge, experiences and information. Please keep up the good spirit!
4. Naluwooza Mastuula and her team for the wonderful nutritious foods provided and the well-timed catering services which made our learning easier.
5. the participants who were obedient, disciplined, hardworking and with great willingness to learn each and everything! That enabled us to complete our extensive programme and even to learn more new other things such as moringa juice and many others.
6. everyone for the interactions between participants and trainers which made the whole training event very lively.

RECOMMENDATIONS

I recommend:

- Discover Germany to continue supporting local training seminars like this – many people and communities benefit from them enormously.
- That I be supported to conduct follow up monitoring and support visits to the trained groups.
- the trainers to keep up the good spirit of teamwork and selfless delivery of services to others.



Group photo



Everyone is participating in making bagiya and crisps.



Andrew Kyambadde showed the District Chairman and his team around the farm and spoke about banana management and intercropping system that can be practiced with proper spacing. The District Chairman then presented certificates to the trainees.



After I taught about the values of different medicinal plants, children also gave a song about the dangers of cutting useful medicinal trees/plants.



These are the medicinal plants that were taken to Kabongezo for teaching, giving out to participants and to establish a demonstration garden for the Discover Kabongezo Centre.



Teaching participants different plants and how to raise and manage them in the nurseery.



Andrew and George are enjoying artemisia tea.



Trainees participate equally in all practical sessions, peeling Irish potatoes for crisps and bagiya.



Also demonstrating different healing exercises, (alternative medicine), including healing massage. For the first time we had a woman as a patient. She was really sick; we were not only teaching but were treating her seriously. She improved rapidly!



Discover trainers' team. Our friend and former trainee Nabende Stephen in the middle with grew hair came to visit us from Sironko just for encouragement! He attended Vumbula training in Mpugwe last year. He told us that he has planted 10 acres of warburgia trees and mucuna!

Participants happily packing cough syrup they have made and tested.



Group work in making medicinal oils and ointments.

One group made skincare ointment and another made rheumatism ointment.

Compiled by:

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Vumbula Masaka centre

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For God and my Discover!