

# **REPORT OF THE LUWERO TRAINING HELD AT WILAN MODEL FARM IN KIGUMIRA VILLAGE, KATIKAMU SUBCOUNTY, LUWERO DISTRICT.**

**FROM 9<sup>TH</sup> TO 15<sup>TH</sup> MARCH 2020.**

## **BACKGROUND:**

This training was requested by William Mwesigye of WILAN model Farm. William works with Kasana Luwero Diocese, runs many self-help groups and chairs the small-scale industry department in three districts, Luwero, Nakaseke and Nakasongola.

## **PARTNERS INVOLVED IN THIS TRAINING.**

- Discover Germany provided some finance and organized publicity.
- Vumbula-Masaka, led by Rehema Namyalo who organized the seminar programme and all teaching materials and acted as the lead trainer.
- WILAN Model Farm, led by William Mwesigye, who took care of the local organization and, together with his wife Anna, also acted as trainers.

## **TRAINER DETAILS:**

1. Namyalo Rehema of Vumbula–Masaka Training centre is an experienced trainer and practitioner in organic farming, natural medicine, environmental protection and management and income generating activities.
2. William Mwesigye is experienced in the integration of crops and livestock, small scale income generating activities, value addition and community development.
3. Anna Mwesigye is experienced in spiritual growth and evangelism. She supports and runs activities at Wilan Farm and is experienced in organic farming and natural medicine.

## **PARTICIPANTS**

Altogether we had 19 participants, 12 of who were from Luwero and others from Nakaseke, Gomba, Kampala, Entebbe, Bukedea, Katakwi and Kasese districts.

## **TOPICS COVERED**

- Organic farming principles and practices
- Value addition
- Sowing Artemisia seeds, cultivation of Artemisia annua and its use to treat malaria and other diseases.
- Production and use of tinctures
- Production of medicinal oils, ointments and herbal Vaseline
- Production of herbal bar and liquid soap
- Nutrition and hygiene practices
- Growing of beans and cassava in a modern way
- Banana establishment and management
- Healing massage and exercises
- Identification of different medicinal plants
- Production of grain amaranth pops, porridge, and production of black stones for snake bites
- Production of ORS, medicinal charcoal, scabies oils, garlic honey and garlic oil.
- Anti-diarrhoea tea, cough mixtures and syrups,

- Production of charcoal briquettes
- Local chicken rearing and
- Code of conduct
- Construction of simple technologies that contribute to health and hygiene, for example a charcoal fridge, a solar oven and a solar drier.

## **MEALS AND DRINKS**

The catering formed an integral part of the training. The food was balanced and nutritious and included many fruits and vegetables. Daily herbal teas included the following teas: artemisia, rosemary, mucuna, hibiscus, cypress, eucalyptus, osmium suave, cinnamon, Costus pictus, ginger, lemongrass.

## **NEW TOPICS LEARNT FROM PARTICIPANTS:**

1. One can produce natural, organic herbicides using the principle; “weeds of the same family control similar weeds”! For example, couch grass can be controlled by harvesting the leaves of couch grass, burning them and collecting the ash. This should be dissolved in water and then use as a spray.
2. One can fertilize the soil and control weeds on large scale farming is by planting jack beans!

## **ACHIEVEMENTS**

1. The training was very successful, we accomplished all the planned training programme plus the extra topics that participants requested.
2. All participants who had any health complaints left healed and happy.
3. The food served was healthy and nutritious, according to our slogan: “let your food be your medicine and your medicine be your food”.
4. The group was resourceful, competent, eager to learn with a lot of enthusiasm, God fearing and very appreciative.

## **WAY FORWARD:**

We formed a Discover / Vumbula\* Luwero group to continue practicing and sharing good farming and natural healing methods in this community.

\* Vumbula means Discover in the local Luganda language

## **CLOSING DAY.**

The chief guest, Chairman LC3, Katikamu Subcounty, Luwero District, Haji Umaru Kyagulanyi, came with the local chairman LC1, Mr. Mutyaaba Abdul Noor, for Gavu, which covers Bukusu and Kigumira villages in Migadde Parish. They both greatly appreciated this training and said they had never witnessed such helpful training with the knowledge of how to save lives. They promised to mobilize financial support to enable more training services to be provided to other communities, or to bring other people to be trained here at Wilan Farm. The chief guest also promised to make sure that WILAN Model farm receives electricity from the government program of rural electrification.

## **MATERIALS GIVEN OUT TO PARTICIPANTS (TRAINEES PACKAGE)**

A certificate, books which included the Discover Starter-Pack, Seminar Handbook, AIDS and Natural Medicine book, a medicinal plant poster, a poster about the danger of skin-lightening products, T-shirt, many handouts, note-book, folder and pen.

**Seed pack**, which included Artemisia, grain amaranth, hibiscus, mucuna, moringa and Cassia alata seeds.

**Seedlings**, which included Artemisia, rosemary, Cassia alata, citronella, Costus pictus, Aloe vera and cassava stems.

**Products made during the training**, which included liquid soap, skincare ointments, rheumatism ointment, herbal soap, washing bar soap, Vaseline, cough syrup, tinctures, black stones, medicinal charcoal and amaranth pops.

**TRAINING PROGRAMME FOR KIGUMIRA COMMUNITY FROM 8<sup>TH</sup> TO 15<sup>TH</sup> MARCH 2020 AT WILAN MODEL**

**FARM IN BUKUSU LC1, MIGADDE PARISH, KATIKAMU SUBCOUNY, LUWERO DISTRICT.**

TIME	MON 09/3/2020	TUE 10/3/2020	WED 11/3/2020	THU 12/3/2020	TRI 13/3/2020	SAT 14/3/2020	SUN 15/3/2020
8:30am	D	E	V	O	T	I	ON
8:40am To 10:30am	OFFICIAL Opening By Chairman LC1  Introduction, Expectations -garbage disposal  -seminar leaders introduction to organic gardening (Rehema)	Evaluation Production of herbal Vaseline And value addition  (William)	Evaluation -soil and water conservation methods for controlling soil erosion, -integrated pest and disease management (Rehema)	Evaluation -use of Artemisia to treat other diseases AND -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)	DEPARTU RE
10:30 to 11:am	B	R	E	A	K	HERBAL TEAS	
11:am to 1:00 pm	Compost manure and liquid manures theory and practical's  (ANNA)	PRODUCTION OF SOAP BOTH WASHING BAR AND HERBAL  (REHEMA)	-Banana establishment and management. (REHEMA) - simple technologies like SODIS, tippy-tap, fuel saving stove and charcoal fridge (ANNA)	Identification of other medicinal plants from the field and discussions (WILLIAM)	Production of scabies oil, garlic oil and garlic honey (ANNA)	LOCAL CHIKEN REARING. (ANNA)	DEPARTU RE
1:00pm 2:00pm	L	U	N	C	H		
2:pm to 4:30 pm	-Sowing of Artemisia seeds Production of ginger and eucalyptus tinctures. (REHEMA)	GROWING OF BEANS AND CASSAVA IN MORDERN WAY (WILLIAM) NUTRITION ON IN GENERAL (ANNA)	Introduction to natural medicine, Cultivation of Artemisia and use to treat malaria. (ANNA)	Introduction to grain amaranth, making pops AND porridge BLACK STONES FOR SKAKE BITES  (REHEMA)	Vumbula diarrhoea tea and cough syrup  (Rehema)	Code of conduct (Rehema) Issue of Certificates by C/M LC3 KATIKAMU SUBCOUNTY	Departur e.

This report was written by Rehema Namyalo, The lead trainer,

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## Comments of a local participants,

### 1. Anna Kemigisha

#### PERSONAL BENEFITS:

I gained a lot of knowledge in many things especially how to use plants in the environment to make most of the medicines that I've been spending money on, e.g.:

- honey ointment & other ointments
- lemon garlic elixir
- as of now I'm my house I manage simple wounds, burns, cuts using my own made natural medicine
- it is very exciting to heal someone using the common plants that never had a meaning before.

#### COMMUNITY:

All my neighbours that have health complications have received some of the seedling that I was given at the seminar especially aloe, artemisia plants. I make sure that they water them and look after them for their own use.

I have learnt how to utilize the weather profitably, e.g.

- in the wet season I'm busy in my own organic farming and no spraying using chemicals anymore.
- In the dry season I process powders from different plants. I have 20 year old neem and moringa trees in my compound which were meant to be just for shade. I now know what it means to a serious FARMER.

### 2. Mr. Kasozi Living Stone, aged 65 years, LC 1.

I participated in above Seminar and I was blessed with so many things e.g.:

1. The daily devotion / morning prayer.
2. Principles and practices of organic farming, building soil fertility, composting methods and how to make liquid manure.
3. Soil and water conservation, mulching.
4. Production and value addition.
5. How to grow and use natural medicine as food in my family.
6. How to grow cassava, beans and bananas in a modern way.
7. How to keep local chickens and to make liquid soap, herbal soap and jellies.

After the Seminar I made a medicinal garden at my home. I have planted artemisia, rosemary, Aloe vera, moringa, amaranth and lemon grass.

Now I make my own tea leaves for the family from different plants.

Photo gallery



Even break teas were with healthy foods and a variety of healthy herbal teas



In all seminars participants learn how to make a tippy-tap – today we know the importance of handwashing



One special feature of this seminar was training in how to make fuel briquettes from waste materials



Chili ointment is always popular – because many people suffer aches and pains



Anna Mwesigye teaching the lively group in a lively way.



This is the elected committee of the newly formed "Vumbula Luwero" Group



Some of the many items participants were able to proudly take home to their families



Each participant received a certificate of attendance, a T-shirt and posters which were presented by the lead trainer Rehema Namyalo and the Chairman LC3