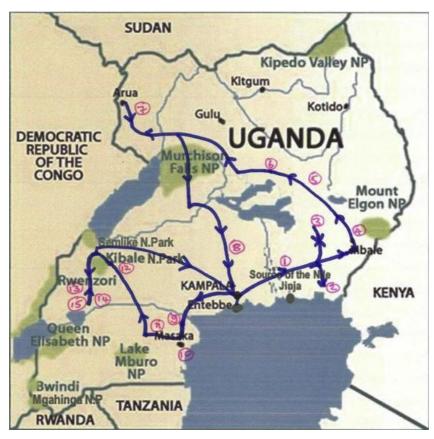
# Three Weeks in Uganda

Insights into the remarkable work of our Discover partners.

What is being achieved, thanks to your support

Impressions from Keith Lindsey



My itinerary and list of project partners visited

Partners	Project	Place
1 Judith Bakirya and Patrick Kiirya	Busaino Fruits and Herbs	Jinja
2 Mpuuga Edigar	Mayuge District Tree Planting Initiative	Mayuge
3 Kihuluka Eric	Mikwano	Kaliro District
4 Makabuli Yusuf	Mount Elgon Tree Growing Enterprise	Mount Elgon
5 Obaikol Gideon	Pioneer Primary School	Soroti
6 Joseph and Milly Grace Ogwal	Discover Northern Uganda	Lira
7 Christopher Nyakuni	Arivu Catholic Parish	Arivu
8 William and Anna Mwesigye	Wilan Development Farm	Luwero
9 Emmanuel Mugula	Private Farm	Mpigi
10 Rehema Namyalo	Vumbula Masaka	Kasasa bei Masaka
11 Judith Nambi	Grace Learning Centre and Empower the poor women initiative	Kirimya and Kasasa bei Tanzania
12 Julia Lloyd	Sunbird	Bordering the Kibale National Forest Park
13 Robert Bwambale, Kasese Network	Bumbura Maliba	Maliba / Rwenzori Mountains
14 Emmanuel Masereka Kasese Network	Mbalhamia healing forest	Kirembe / Rwenzori Mountains
15 Kenja Thomas Kasese Network	IPOA Women's and Orphans Group	Kighengi / Rwenzori Mountains

# Report on my visit to Uganda September 14 to October 5, 2023

## What was my goal during this visit?

I have known most of our Discover partners in Uganda for about 20 years. So it was a visit to see old friends! But it was much more than that. Many people in Germany and the UK, and Winnenden Town Council, have generously given money over several years to Discover, which I have passed on to our partners. Our partners have given me a lot of feedback and photographs, but that is never as good as seeing with my own eyes the environment in which they are working and the work they are doing.

I am convinced that our approach to the work is correct. We have worked with the same partners over many years, I know them to be honest, committed, competent and reliable. The initiative comes from them. They know their local situation; they see the needs and they see what they can practically achieve. We set the framework – that is that they must work to combat the harsh impacts of climate change, primarily by:

- a) reforesting degraded areas, where over many decades trees have been felled for firewood and building, with no thought of planting new trees.
- b) planting trees on farms and practicing agroforestry, so that the harvest of fruits, natural herbal medicines, vegetables and meat increases and,
- c) sensitising and training their communities, including school children, in the importance of planting and protecting trees.

I believe my visit was a good encouragement for our partners and many people in their communities. As a result, some want to be even more active! They have many ideas about how to develop their valuable work further and how they can increase their degree of self-reliance. That means, they are earnestly asking us to continue to support them!

In this report I describe some of the highlights of my visit. I will explain why I was so encouraged by the work our partners are doing. I hope that, after reading my comments, you, our valued supporters, will be willing to maintain your existing level of support. Without your support up to now, few of these wonderful developments would have taken place.

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# 1. The beauty of Uganda – in some places!



The National Parks in Uganda are very beautiful (for example, the Rwenzori Mountains National Park) and show how Uganda could be.



Several parks provide habitat for animals, but, because of poverty, these are sadly seldom visited by Ugandan people.



Karuma Falls on the River Nile as seen from the main road between Kampala and Arua.

## 2. Challenges faced by the people of Uganda

# a) Transport and roads



A busy street in Kampala. All the streets are busy. There seem to be more motorcycles than people.



This car was probably also full of passengers. It is always possible to find place for luggage.



Whenever a public taxi or bus stops, people rush to the vehicle hoping to sell their goods, for example bananas, grilled maize, grilled meat or groundnuts.





Another example of privately run public transport, powered by a motorbike engine., this vehicle is designed for carrying freight.

Animals must also suffer cramped conditions, and why not take passengers, too? Many of these vehicles produce an awful black smoke from their exhausts.



Many roads are simply gravel, or murram which is quarried from the hillsides. Some are sometimes graded, others like this in West Nile, which leads to several communities far from the main road, are neglected. The road is even used by heavy lorries collecting river sand. Discover partner Christopher Nyakuni stands by a recently broken culvert; nobody takes responsibility to repair it.

This hill has been bought by the Chinese for quarrying murram for repairing their roads. This is very urgent, because after only about 4 years they already develop potholes. Very many heavy lorries pass through Uganda on their way from Mombasa on the coast in Kenya to Sudan and Congo.



#### b) Deforestation and the climate emergency



Charcoal is sold for quick profit at the side of the road.

The hill in the picture left is almost devoid of trees. During a 200-kilometre drive I saw countless hills like this one. Trees have been felled for building, making charcoal or for firewood, but new trees have seldom been planted.

There are plantations, but usually of eucalyptus or pine, both of which are exotic and under which very little else grows and which also impoverish the soil. One could almost think that eucalyptus was the national tree of Uganda, there are so many.



It is reported that "Uganda has lost 41.6% of its forest cover in the last 100 years (1921-2021). In 1900, Uganda's forest cover stood at 54% and by 2017, it stood at a miserable 12.4%". In 2022 Uganda lost 64,000 hectares of tree cover<sup>2</sup>. If tree cover loss continues at this rate, then the entire country will suffer.

On top of the global climate crisis, deforestation in Uganda makes the situation even worse. It is no surprise that the country suffers massively from changed weather patterns, longer periods of drought followed by torrential rains – both of which lead to farmers losing their crops, and therefore hunger in the population.



One of the rivers coming from the Rwenzori Mountains flooded and swept the bridge away one week after I left for home. Four years ago, the Kilembe Mines hospital was completely destroyed by another river in flood coming from the Rwenzori Mountains

#### c) Population growth



Everywhere, wherever I went and whatever I did, many young children appeared, as here in Maliba.

Even when visiting this family (below) high on the slopes of the Rwenzori Mountains there was clear evidence of many children!

What will this mean for this small country? Such an increase will inevitably lead to more deforestation, more poverty and more conflicts over land.

At independence in 1962 the population was about 8 million. In 2023 the population stands at 48.5 million and is currently increasing at the rate of 2.8% per year.<sup>3</sup> If the population increase continues at this rate, in 25 years the population will have doubled to almost 100 million.



<sup>&</sup>lt;sup>1</sup> https://illuminem.com/illuminemvoices/deforestation-in-uganda-causes-and-recommendations

<sup>&</sup>lt;sup>2</sup> https://www.globalforestwatch.org/dashboards/country/UGA/

<sup>&</sup>lt;sup>3</sup> https://www.macrotrends.net/countries/UGA/uganda/population-growth-rate



I took this picture to show the plantation of teak trees. My host, Christopher Nyakuni, said to me, "did you notice the three teenage mothers walking along the track?" During the COVID pandemic when schools were closed, the number of teenage pregnancies increased dramatically. Most of these girls are now single parents.

#### d) In summary:

The need for family planning, education for all children, schooling for all children and young people, protection of the remaining forests and new tree planting is enormous.

Sadly, my overall impression was that the country is in environmental decline and is faced with many problems, which are not being adequately faced. Visiting our Discover partners was a different experience altogether. Their dedication, energy, competence and hard work was an inspiration.

When so many people at the grassroots work in this way, what, for goodness' sake, goes wrong at the government level?

#### 3. All Discover partners are planting trees!

I was delighted to see how enthusiastic our partners are about planting trees.



For example Rehema Namyalo and Judith Nambi.



And even Sisters Angelica, Letitia and Evelyne of the Missionary Congregation of Evangelising Sisters of Mary, under the guidance of Anna and William Mwesigye in Luwero. The sisters have an enormous farm and have already planted 1000 trees.





Even I lent a hand!

Above with the IPOA Women's and Orphan's Group in Kighengi Village

To the left with Emmanuel Mugulu in Mpigi.

## a) Land restoration by planting trees

Trees are planted to rejuvenate soils, to prevent soil erosion and landslides, and to prevent flooding by strengthening the riverbanks.



Judith Nambi plans to reforest this large area of neglected land with farmers in Kasasa. Right: Judith, standing by a 2 year old musizi tree, is already planting trees in a wet area.





Trees are being planted high on the slopes of the Rwenzori Mountains, here by Robert Bwambale (left) and Kule Yusuf (on his right). They prevent soil erosion and the landslips and at the same time provide firewood, timber, shade for their vegetables and fruits for home consumption.



Trees have been planted here where a landslip occurred.



Emmanuel Masereka and colleagues are also planting trees high on the more southern slopes of the Rwenzori Mountains in West Uganda.



And by Makabuli Yusuf on the slopes of the Elgon Mountains in East Uganda.



Kenja Thomas and colleagues planted bamboo along the riverbank of the Nyamwamba River to prevent further destruction of the fields and villages. This is one of many rivers flowing from the Rwenzori Mountains that floods and causes destruction.



Emmanuel Masereka showed me a dry small riverbed on the edge of his forest of native trees. He told me that when the rains are heavy, there is a torrent of water which erodes the riverbank. Now Emmanuel has protected the bank with logs cut from a living markhamia tree which he buried 4 feet deep. In the picture one sees that the buried log has already sprouted.

## b) Seed collection and nurseries.



Makabuli Yusuf (right) with Kharambo Stephen, who collects a big range of seeds, and very many as can be seen in the sacks in the picture. They are cleaned and prepared and then distributed to many community nurseries on the slopes of the Elgon Mountains.



One of the many nurseries where the seeds are germinated.



Mother and son collect calliandra seedings from the Mafudu nursery, also under the Elgon Mountains



Several other groups have also established a nursery. This nursery was established by Kihuluka Eric of the Mikwano project and is now organised and run by the Bulumba Conservation and tree growing group.

#### c) Land restoration by Natural Regeneration.

Reforestation is also possible through "natural regeneration". This refers to allowing trees to grow without human intervention. I saw a very impressive example of this next to the Kibale National Forest Park near Fort Portal.



The Kibale National Forest Park is a very beautiful forest of 766 square kilometres. 18 years ago, an Englishwoman, Julia Lloyd, establish a nature project which she named Sunbird because of the many beautiful such birds in her garden. She bought 17 hectares of farmland on the southern border of the forest. Today those 17 hectares are just like the Kibale Forest itself. Seeds were brought by wild animals, notably elephant and chimpanzees, and birds. Some trees may have grown from roots already present in the ground. In the tropical climate most trees grow very rapidly.



Julia Lloyd stands with three young men who acted as guides as I walked through the forest, from left to right first, third and last, Nic, Robert and Innocent. The man in the white shirt, Richard, was my very safe driver and constant companion throughout my 3-week trip. The group stands in front of the naturally regenerated forest.

I had had occasional contact with Julia over many years, and years ago she sponsored a couple of people to attend a training seminar with Rehema Namyalo. Julia is not in the Discover network, but I was delighted to have the chance to visit Sunbird to see what she has developed. I went to have a day's relaxation in the middle of my hectic programme, but it was also a rich learning experience.



Judith Bakirya and Patrick Kiirya have developed and environmental paradise, Wanyange Hill Gardens, near to Jinja in South Uganda. They have many varieties of trees, including many different fruit trees, and many herbs and vegetables. The picture shows an area under mature trees where the seeds fall and germinate. But here the seedlings are not left to form a forest, but transplanted to where they are wanted. Hence the name "temporal nursery".

#### 4. Agroforestry

Agroforestry combines trees, vegetables and animal-keeping. The trees provide shade and nutrients to the soil. The trees, vegetables and animals all provide food and income.

#### a) Meet some very enthusiastic farmers!



Kabugho Deborah is a resident of Maliba 1 village and chairperson of Bumbura Maliba Savings Group. Deborah is proud that she can send her 4 children to school and that the family can enjoy a wonderful diet of fruits and vegetables. She told me that in her agroforestry garden she has banana, coffee, mango, avocado, vanilla, jackfruit, okra, beans, cassava and maize. Maybe she even forgot some plants! She certainly has papaya.





William and Anna Mwesigye have a variety of agroforestry plots. They keep pigs and rabbits. They also grow mushrooms, make briquettes from waste organic material, have a fishpond and a biogas unit. They have several beehives and produce honey, and propolis and bee venom, which they use to help people with COVID or HIV. They would like to be able to buy a 2-acre plot adjacent to their own farm where they would establish a model agroforestry farm and demonstrate and teach both agroforestry and also the important projects for nutrition, clean fuel and income-generation that they are already practising.





Bwambale Barnabus and his family have a plot in Karujumba Village, under the Rwenzori Mountains. They showed me their garden with great enthusiasm. In a short interview they described their trees, vegetables and beehives and explained how, by practising agroforestry, their entire family (which, as you can see, is not small) has benefitted.



Bwambale Barnabus and his family is one of many families to which that our partner Kenja Thomas (see Thomas in this picture with a beehive) has introduced the practice of agroforestry. When I complemented him on the success of this family, he said, "I am glad I have managed to inspire my community for a great and permanent change"!

I was very impressed by the number of farmers who spoke with great enthusiasm about their agroforestry plots. Mr Peter, standing with Robert Bwambale, had already planted 320 trees, including many fruit trees, and was growing bananas, coffee and beans, with much greater success than he had ever achieved before.





Beans growing under mature trees and recently planted musizi trees on another farm in Maliba.

#### b) Animal keeping as an integral part of agroforestry.





Several partners keep animals as an integral part of the agroforestry farm. The Farm provides fodder for the animals, and the animals produce manure for the trees and vegetables. The animals themselves provide food and income.

#### The following animals are kept:

- Pigs: Judith Nambi, Eric Kihuluka, Robert Bwambale, William Mwesigye.
- Rabbits: William Mwesigye, Joseph and Milly Grace Ogwal. They call rabbit meat "white meat", and say it is particularly healthy – there is very little fat (therefore low in cholesterol), it is rich in protein omega 3 fatty acids, vitamin B12 and minerals.
- Cows: Judith Nambi, William Mwesigye
- Goats: Eric Kihuluka, Rehema Namyalo
- Goats: Eric Kihuluka, Rehema Namyalo
- Chickens: almost everyone!



Eric Kihuluka and Mpuuga Edigar stand in front of Eric's goathouse.



Judith Nambi feeds her cow with grass from the agroforestry farm.



Eric has developed expertise in animal feed preparation. The Ministry of Agriculture recognised his contribution to improving agriculture in Kaliro District through his Farmer Field School by providing some equipment for grinding and mixing the various components.

He needs 8 million Uganda Shillings (about £1750) to connect the animal feed preparation unit to the electricity supply.

## 5. Training and Community Development

## a) Work with schools



Kenja Thomas (in the middle) introduced tree planting and school gardens to St Francis Primary School in Karujumba Village, under the Rwenzori Mountains. These children are members of the 50 strong environment club which is organised by teacher Masereka Selestine. They planted this forest of markhamia trees 4 years ago.



Each member of the environment club planted a tree seedling in the banana plantation. Each child is responsible for removing weeds from around the seedling and giving it water morning and evening.



Kihuluka Eric in Kaliro District has supported 200 schools in Kaliro District to establish a school garden and to plant trees. These soursop trees (in the bottom picture on the last page) were planted at Kasokwe Primary School 4 years ago.

Over many years Eric has developed an amazingly good rapport with almost everyone in the district, from teachers and parents to farmers, and from clan leaders to officials in the various local government departments. Eric says that the key to this success is to understand what these people want to achieve, and to approach them respectfully with a practical solution. For example, Eric told me that when the tree planting programme first began, parents were sometimes rather sceptical. To overcome their doubt, he did not say we are planting trees, but "We are planting food for your children".

When I visited this school 4 years ago, the pupils very enthusiastically showed me vegetables from the school garden. On this visit, I was told that because of the recent drought, there was not enough water available and the teachers asked us for fresh seeds.





Four years ago school lunches were cooked using the traditional three stone method (left). In the meantime, the school constructed this fuel-efficient stove that uses much less firewood and produces much less smoke. This is a big step forward!



Eric introduced me to Manintha Simon Peter, the Headteacher of St Buchini Secondary School, a school with more than 2000 pupils. Simon Peter expressed deep appreciation for the support he receives from Eric. He mentioned especially the natural herbal medicine that Eric had provided during the COVID crisis (based on *Warburgia ugandensis*). This medicine had enabled the school to come through the crisis without needing to close, as almost all other schools did. I was then shown their school gardens, chickens and pigs.



Mpuuga Edigar (centre) at Wandendeya Primary School in Mayuge District takes advice from Patrick Kiirya (right) on tree planting and agroforestry. Mpuuga coordinates such a programme in three primary schools.



In Soroti Obaikol Gideon has supported 10 schools to establish, or develop further, their school gardens and to plant trees. I failed to meet Gideon, but teacher Albert at the Pioneer Primary School showed me the flourishing school garden in which he, together with the pupils, have planted young tree seedlings. Given the challenging climate in Soroti, this is no mean achievement.





Children at the Grace Learning Centre in Kirimya, where Judith Nambi is the headteacher.

#### b) Women's and Youth Groups

Maliba, under the Rwenzori Mountains

Community development occurs through promoting tree planting and agroforestry in the local community. An excellent example of this is in Maliba where Robert Bwambale coordinates Bumbura Maliba with its 65 members. Robert knows everyone in the community. As a result of their activities, he can say with conviction that every farmer in Maliba has planted trees on his or her land, every farmer would like to have more seedlings, and that since the agroforestry programme started no child suffers from malnutrition. This is a wonderful achievement!





In Maliba there are 37 widows. The husbands have died or simply abandoned their wives and families. To provide some income for the widows, Robert and the church community raised money to erect this building, install a casava milling machine, and connect it to the electricity grid. To complete the work, 5 million Ugandan Shillings, or £1130, were required. Villagers will come with their cassava and pay a small fee to have it milled into flour.

Since the rate of interest on loans is very high, Discover made the money available at zero interest, on the understanding that as the money is paid back it will be used for tree planting.



Kasemire village, under the Rwenzori Mountains

The village women's group, with support from Kenja Thomas, prepare to plant a range of seedlings, which include albizia, soursop, pawpaw, lemon, guava, jackfruit, markhamia, grevillea, bottle brush, mango, mahogany and macadamia. The aim of the group is that every family will have one macadamia tree – for nutrition and income.



Kighengi Village under the Rwenzori Mountains

Over many years Kenja Thomas has worked with the residents of Kighengi Village, where Discover has supported many training activities. Through kitchen gardens, fuel efficient stoves, rainwater collection tanks, and more recently tree planting, the environment, the levels of nutrition and the well-being of the community have all improved. The beautiful woven bowls shown in the picture area are a more recent activity.

#### Kasasa near the border with Tanzania





This women's group in Kasasa with the name "Empower the poor - women initiative" is supported by Judith Nambi. They sing, dance and plant trees. Judith works with 100 farmers in this community. Judith set up a "Send a pig programme", Judith started with her own pigs. She gave a female piglet first to one woman. The piglet grew into a sow and itself produced a litter. She then sold 2 of the piglets to pay for feed and then gave one to another woman. And so the project continues.

#### Youth Group in Wanyangi, Jinja



This group came together at an hour's notice to play their traditional instruments and dance. The group is convened by Judith Bakirya and Patrick Kiirya who lead them in many discussions regarding the environment and how they can adapt to climate change.

#### c) Conflict prevention and conflict resolution

There are frequent disputes about where one person's land ends and the next person's land begins. But, when farmers agree where the boundary of their land lies with their neighbour, and then plants trees along the boundary line, disputes over land are significantly reduced.



This picture shows a line of mature musizi trees in a garden below the Elgon Mountains, and to the right newly planted calliandra seedlings. Calliandra improves the soil fertility, provides a lot of animal fodder and the flowers provide pollen for bees. At the same time, the trees mark the boundary.



Grevillea trees planted along this path near Kirembe below the Rwenzori Mountains demarcate the land boundary very clearly.



Successful agroforestry farms like this contribute greatly to the reduction of stress in the family home, and therefore to a reduction of domestic violence. Why? Because firewood is available from trimming the side branches of the trees. The women and children do not have to walk long distances to collect firewood, which they must then carry home on their heads. In some districts women and girls run the risk of being sexually molested while collecting firewood. Secondly, the increased harvest of fruit and vegetables and even fodder for the animals, leads to all members of the household being well fed. Thus, hunger and other challenges are significantly reduced and the entire household is considerably more content.



Christopher Nyakuni lives in Nyirivu, West Nile, and is catechist in Nyara Village. In the district, conflicts often become violent very quickly. Disagreements over land often occur, and jealousy and superstition often play a role. Christopher is often called to mediate in such situations.



In March this year, because of his experience and skills in conflict resolution, Christopher was appointed catechist in Nyara. The Nyara community had had serious conflict with the neighbouring village over a long period of time. Christopher brought representatives of the two communities together, and after a long discussion the two parties shook hands with each other.

To cement the reconciliation, Christopher initiated some activities in which members of the two communities would work and play together. To this end, with support from Discover, Christopher presented the Nyara community with a netball and a football, and tree seedlings have been bought and planted to develop a joint agroforestry project.

#### d) Demonstration Farms and Training Facilities

Rehema Namyalo lives in Kasasa, near to Masaka in south Uganda. She is making great progress in developing her training centre, demonstration agroforestry site and nursery, see the pictures below. She owns the land but needs to finish the construction of the building and equip it with chairs and other furniture and equipment.

Rehema's week-long training seminars are comprehensive and popular. She, together with colleagues, teaches tree planting and agroforestry, natural herbal medicine, organic agriculture and income generating activities.





Kihuluka Eric has acquired a 4-hectare site (see below) on which he is developing a newer and bigger Farmer Field School. This will be a agroforestry demonstration site which will be visited by school classes and farmers groups. His animal feed preparation unit, pigs and goats are all nearby. He still needs to complete the purchase of the land from the very sympathetic landowner for which he still needs about £5000, but the farm is already producing income to contribute to this sum. The site already has an irrigation system which draws water from a neighbouring wetland.





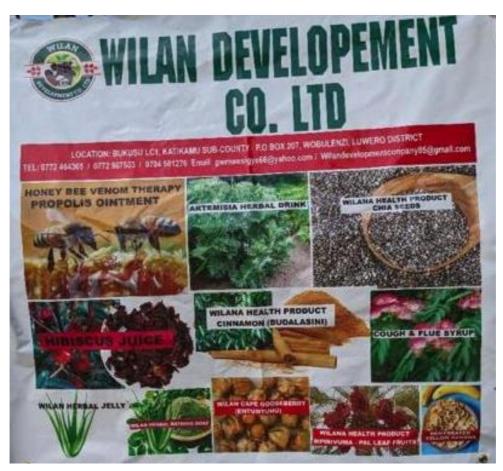
Rehema and Eric are establishing training facilities. As already mentioned, Anna and William Mwesigye would like to do the same. All our partners are actively involved in training, sometimes in groups, sometimes individually when they make field visits to farmers, and sometimes when they organise a visit for farmers to an established agroforestry farm. Some are very active with children and teachers in schools. In this way, their knowledge is passed on to the younger generation, especially as children inform their parents what they have been doing at school.

#### 6. Income Generation, Added Value and Marketing

An important goal of our partners is to become financially independent and to be able to generate their own income.

Anna and William Mwesigye have developed several herbal products which they have registered with the National Drug Authority.

They use their herbal medicines to treat many diseases and other health complaints, for example malaria (with artemisia) and covid (with bee venom, which William says is also helpful with HIV).





Having registered their artemisia tea with the National Drug Authority, they are able to sell this product throughout the country. Other products include dried banana slices sweetened with honey, artemisia tea, bee venom and propolis, chia seeds and dried mushrooms.

William and Anna have several projects that are both for training and income generation: These include fish farming and mushroom growing (see pictures below), briquette production from waste, substitute coffee from palm tree seeds, biogas using animal slurry.







Judith Bakirya (3rd from the left) of Busaino Fruits and Herbs, and Jospeh Ogwal (extreme right) of Discover northern Uganda based in Lira, were two of ten Ugandan business people who were selected from over 200 applicants to take part in the "Anuga Trade Fair" in Cologne, Germany in early October this year. Judith has already established the export of jackfruit products to the Netherlands, and Joseph and his wife Milly Grace produce and sell medicinal wines.

#### 7. In conclusion

What of the future?

Our partners are aware that in March 2026 we will cease operating as Discover and there will be no more funding.

But until then, as detailed in this report, many partners have a clear vision as to what they would like to achieve. And they have many ideas. They are all good and for the benefit of their communities.





Some partners are preparing already. Eric Kihuluka aims by 2026 to raise 2 million Uganda shillings (about £435) a month from his pigs to pay his co-workers. One well-fed pig can yield one million shillings in a month.



When I met with Joseph Ogwal (left in the picture) and his Discover Northern Uganda group in Lira, he told me that his group was working sustainably. The production of medicinal wines had been taken on by one group member and the production of many other herbal medicines by another. I said to him, "you have done better than I, I have found no-one to take over the coordination of all Discover activities from me!" Joseph immediately replied, "Nonsense – we are continuing the work of Discover".

I was delighted to hear this! I believe this will be true for all our partners.

#### 8. Appreciation

I am grateful to all our partners who spent time to show me the work they are doing and to take me to meet many of the farmers and groups with which they work. Some even accommodated me and my driver in their homes, others organised a guesthouse and one partner even paid the bill.



For the organisation of my transport, I am very grateful to Emmanuel Mugula (right in the picture). Emmanuel had promised to be my driver, but then he had a problem with his car, and he was offered work which he hoped would lead to a permanent job. So he was, after all, unavailable.

Immediately he arranged for another car, and arranged for a friend of his, Richard Mukasa (centre in the picture) to be my driver. Richard was very good company, and a very safe driver. We travelled 3500 kilometres, occasionally at night, and sometimes on roads that were more like footpaths. I am very grateful to him also.

Emmanuel also showed us his farm in Mpigi, where he is also practising agroforestry. He insisted I assist him by planting a tree!

My heartfelt thanks also go to all friends and supporters of Discover who make it possible for our partners in Uganda to carry out all this very valuable work.

Please continue to support our projects!