

Discover Conference in Salem Guest House - Mbale

October 6 -13th, 2019

Training Report/Outcomes

Aims/goal of the Training/Conference;

1. That Discover partners in Uganda get to know each other and learn from each other's knowledge and experience.
2. That we all go home with new ideas so that we can better serve the communities in which we live.
3. That we have ideas about how we can strengthen the Discover network in Uganda.



Executive summary

Back ground:

October 2019 was a great and historical month for “DISCOVER” Uganda. Since its birth just a few years ago, “DISCOVER” members in Uganda have been operating in a small way and in their regional fragmentations.

Discover members stems from the trained members of Anamed Uganda who were formed, trained and mentored by the international coordinator of Anamed international Germany; Dr. Keith Lindsey by then.

From the time “DISCOVER” was established in Germany, many of the groups of anamed in Uganda joined, were absorbed and become adopted by “DISCOVER” Uganda just like others in other countries e.g., Kenya, Ghana etc. This new and wonderful organization has been initiated by the founder to brace, support and continue in the very good spirit of anamed which all the

members worldwide are enjoying but, with a little more openness to all humanities without discriminations of religion, culture, races and political ideologies.

From the time of its inception, members in their several regional groups have been working very hard to do need assessments, sensitize, train and implement the diverse activities generated from the aims and objectives of “DISCOVER”. Many groups have been formed especially in KASESE western region, KALIRO Eastern region, LIRA Northern region, MASAKA southern region, ARUA and PAKWACH west Nile region, KAMPALA and LWAERO Central region and many smaller pocket groups spread all over the country.

All these activities have been achieved at their limited levels by using some existing local structures in those regions: the schools, the local communities, the local churches and other institutions available for approach.

All in all, it is evident that “DISCOVER” has very high potentials for positive growth and is changing the health and the mindset of Ugandan communities.

In all the struggles the regional groups have endeavored in the past few years, the actions have been very interesting but, with communication voids, organizational structure that can link up the teams in a common national network to smoothly bridge with the foundation in Germany.

It was otherwise, a very wonderful decision from our “DISCOVER” Father Dr. KEITH LINDSEY that, a conference be held for the wonderful cause of DISCOVER members to be united for strengthening of Ugandan communities through knowledge sharing and solid network.

Statement from the founder (Dr. KEITH LINDSEY):

It is really my joy when I come to Uganda and find “DISCOVER” members very active with many knowledge. It is also my delight to see the regional groups growing with many activities on board. This is the sign that things are working up to the positive trend and also the sign that GODS’ will is being done. As things move forward in this trend, it is in my desire that “DISCOVER” groups in Uganda with their activities should gradually move in the direction of becoming independent. However, much as I may think of Uganda groups becoming independent, there is greater need to form or build up a network structure that should link DISCOVER Uganda under the umbrella of “DISCOVER” Germany. How, what it will look like and when this kind of structure is to be form is part of the mission of this conference to brainstorm in the session schedule in the time table. Many blessing for the conference.

Statement from the course leader (“DISCOVER” Uganda peoples’ voice for the days):

It was very exciting moments for representatives of “DISCOVER” members from all over Uganda to meet and share particularly their regional experiences.

Participants were of five categories:

1. Representative from “DISCOVER” Germany
2. Tele conference tutorial Representative from Scotland (*present in heart and spirit*)
3. Familiar representatives (*older and experienced regional members*)
4. Unfamiliar representatives (*newer and inexperienced slotted members*)
5. Communication / common Language deficient representatives (*Observers*)

The mixed categories representation made the conference to also adapt mixed presentations. One part was (trainings and learning) and another part was presentations of expertise and experience sharing.

All were great and necessary. Learners were very inquisitive to learn and discover, while majority of the experienced participants were very open to share whole heartedly. One of the most interesting presentation was on the physiology of the human body with respective diseases and ailments in relation to herbal remedies.

Participants had many expectations:

The new and inexperience participants had very high expectations to learn and discover and fortunately, at the end of the conference; they got them all.

While the longer serving and experienced participants were highly expecting to meet, see all their older colleagues from all the regions and talk all in their hearts for the first time as new and one “DISCOVER” flock. Unfortunately, because of limited resource from “Discover” Germany and insufficient consultations by the local organizer; things didn’t fully meet and favor the expectations of the older colleagues.

In general, a few older colleagues with rich ideas came with all the energy to vomit all but, limited time and the time table likewise suffocated more than half in the generous hearts to be opened out fully.

One of the most exciting moments that will never fade out of the minds of all the participants was the two punctuating tours organized by our older colleague Mr. Yusuf Makabuli.

1. The visit to YUSUF’S forest which is very rich with the flora containing many medicinal plants. Participants felt that it is an exemplary conservation site for families to copy and learn from.
2. The splendid tour to SIPI FALLS where participants truly enjoyed. Lessons learnt from the foot and the sides of the mountain were many and some of which are:
 - Adverse effects of floods from the water coming from the top of the mountains in which erosion is paramount.

- Crops at the foot of the mountain are affected by flood.
- Some of the evidence of forest destructions with relative remedy of re-forestation projects.

Major echoes from the conference:

As stated earlier, the conference was very palatable and complete to the newer and inexperienced participants while, the content of the program and time was insufficient for the older and experienced participants.

Hence, to accommodate the views of all; the following are a few stand points from the voices of the experienced that can assist in the future planning of such a wonderful, highly esteemed and uniting conference.

- ✓ Regional conference facilities be planned for, acquired and established so as to host cheaper alternatives of future conferences; with some of the could be locally available utilities and consumables for standard conference.
- ✓ Conference venues be rotated to balance the regional geographical conveniences and opportunities for all.
- ✓ Conference organizing opportunities should also be rotated and conferred to the abundantly available and capable regional “DISCOVER “human resource assets. This will otherwise encourage them to gain experience in the services and to provide opportunities to practice the essence of trust, proper accountability and confidence building; to avoid monopoly and suspicions on other petty interest issues.
- ✓ The appetite of regional exchange tours is still burning in the hearts of participants in order to learn more on the diversity of existence of different faunas and flora, with respective differences in availability of medicinal plants which can be translocated and shared effectively.
- ✓ Regional transport acquisition is another very important necessity to solve the problems of physical networking and practical learning (*Seeing is believing*).
- ✓ Communication aids e.g.: Smart phones, high resolution cameras, PowerPoint presentation equipment and Wi-Fi internet connectivity are also the other very important necessities for the regional headquarters’ smooth running.
- ✓ With availability of the two above: transport and learning aids equipment’s; there is greater need for extensive outreach and trainings to the rural communities to achieve the GOAL.
- ✓ For regional members’ sustainability, there is also that need for quality production and value addition on certain products, to capture attentions of some beneficiaries. Hence, branding, eye catching labels and registrations with the responsible authorities is necessary.
- ✓ To avoid invasive and from local market expulsion threats, there is need to form a strong cluster team and register officially; so as to back up our real and ideal knowledge authenticity.

Special thanks

- i. In a special way, a big “thank you”, goes to the Discover Germany organization for the remarkable and tremendous considerations in allowing and accepting, facilitating (funding and all round support) and organizing such conference for the Uganda Discover family members
- ii. Dr. Keith Lindsey was another pillar in the success of the program for coordinating and also attending in person. Many appreciations are awarded to him.
- iii. The trainers (Rehema and team), service providers before, during and after the training (these among others were; Salem institution, transporters etc).
- iv. All participants from the respective regional and local organizations for attending.

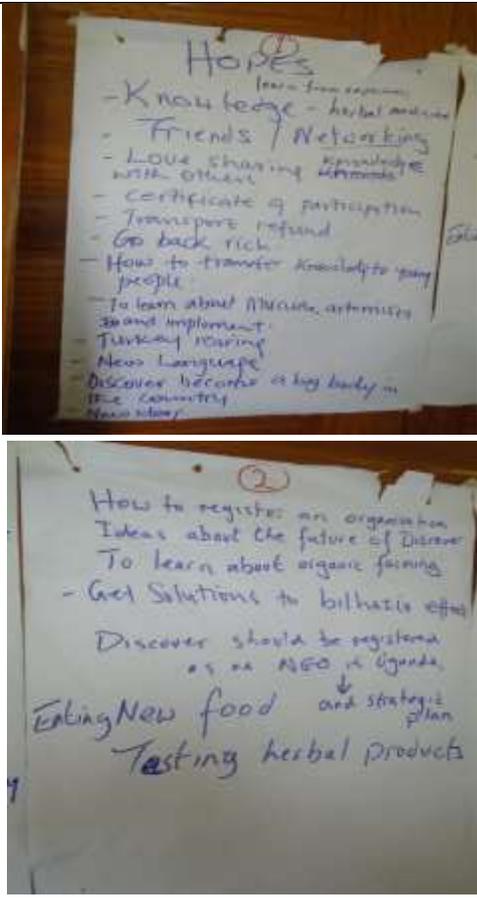
The bulk of information of the conference are presented below with visible support photos of events in a summarized format as earlier arranged in the program timetable;

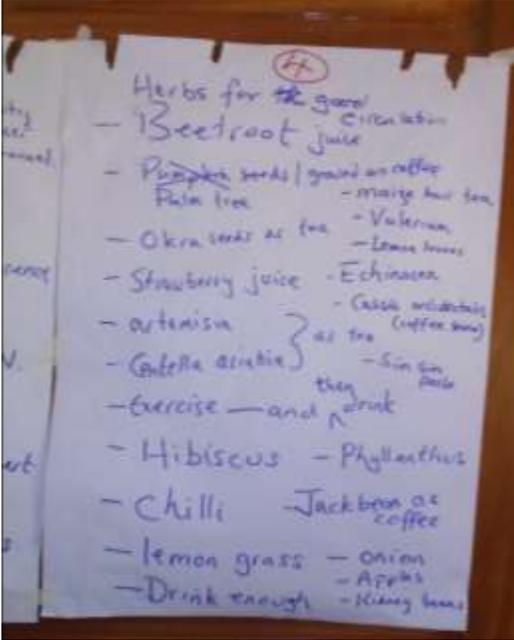
Joseph Ogwal

Course leader

Summary of the training report (pictorial) as in accordance to the time table.

Day One		
Session	Content	Photos
SESSION 1 Devotion (Thomas Kenja)	The training started with a Devotion led by Mr. Thomas Kenja according to the guiding time table of the Conference. Gave the following; <ul style="list-style-type: none"> - An Opening prayer, - Word of God (How to become a good neighbor and that; - Do not go the same way you cam, go back when you are different. 	

<p>Session 2</p> <p>Welcome remarks (Dr. Keith Lindsey)</p>	<p>Welcoming remarks; that was led by Dr. Keith Lindsey who is at the same time the Discover International Program Coordinator and the Chairman Discover Germany.</p>	
<p>Session 3</p> <p>Introduction (Rehema and all members)</p>	<p>Introduction</p> <p>During the introduction sessions, all members were asked to introduce themselves by the nearby neighbor introducing each other in twos'.</p> <p>Members stated their; Names, addresses (where they come from), group names, titles and their expectations</p>	
<p>Session 4</p> <p>Expectations of the participants (Keith and Rehema)</p>	<p>All members were asked to give their respective/individual hopes to achieve at the end of the training/conference and the following were among others;</p> <ul style="list-style-type: none"> - Learning New knowledge - New skills about natural medicine and medicinal herbs - Love sharing with others - Friends/Getting to know people/new people - Certificate of attendance - Transport refund - Go back rich - How to transfer knowledge to young people - To learn about mucuna, Artemisia and implements - Turkey rearing - New languages - Discover becoming a big body in the country - The future of Discover Uganda - How to register the organization - To learn about organic farming - Get solution to Bilharzia - Tasting the new herbs and natural medicines - Strategic plans for Discover - New foods, vegetables 	

<p>Session 5; Training Leaders (Rehema)</p>	<p>The training leaders were suggested to help in the welfare, monitoring and general evaluation of the training to ensure that results or objective of the training is/are achieved. These were;</p> <ol style="list-style-type: none"> 1. Joseph Ogwal Team/course leader 2. Isaac Mbusa Secretary 3. Welfare Evelyn 4. Time keeper Judith 5. Energizer Robert and assisted by Eric 6. Devotion leader Thomas 7. Photographer Eric 	
<p>Session 5 Blood Circulatory System (video) (Pamela Spenser)</p>	<p>The members were taken through the video about the human body systems – The blood circulatory system And later suggested the herbs that boost or help the blood circulatory system as below;</p> <ol style="list-style-type: none"> 1. Beet root juice 2. Okra 3. Exercise and drinking enough water 4. Hibiscus 5. Centella astatic (tea) 6. Artemisia (tea) 7. Straw berry (red) (juice) 8. Palm tree (oil) for natural fats 9. Pumpkin seeds 10. Lemon grass 11. Jack beans (coffee) 12. Phyllanthus (gain strength) 13. Echinacea 14. Chili 15. Lemon citrus 16. White radish (tea) 17. Turmeric (reduce clots) 18. Lemon balm (Melisa) 19. Rosemary (tea) 20. Red plants and fruits (blood fixing) 	
<p>Session 6 Kasese Network (Emmanuel)</p>	<p>Activities of the network, coordination, successes and challenges Showing the groups in the network as (3); Bumbura Maliba, in Malliba Sub county IPOA womens and Orphaned Group in Kighenge Bio gardens in Kiremmba</p>	

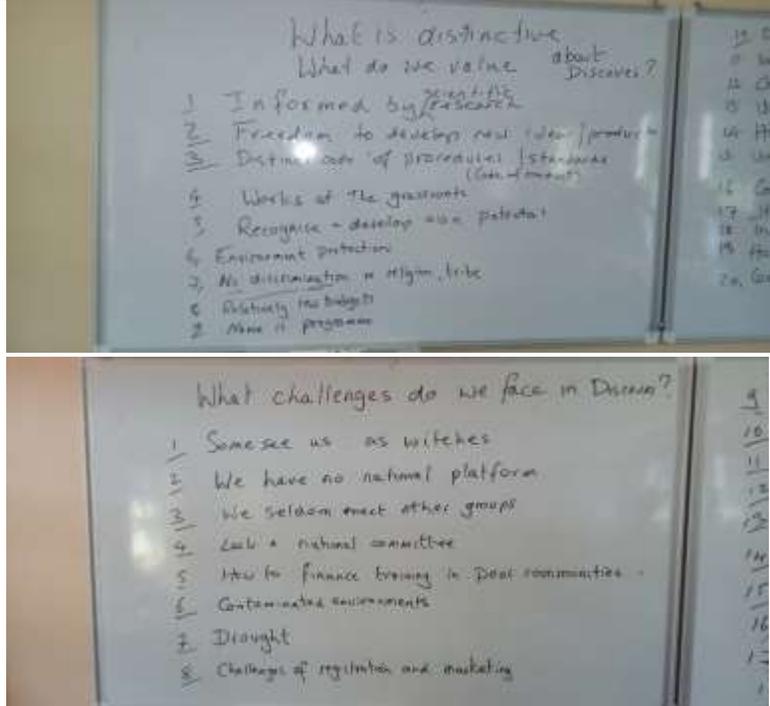
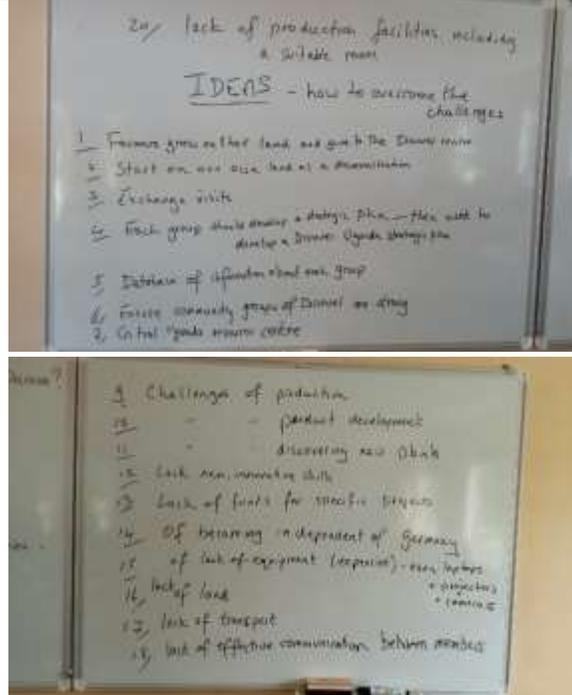
<p>Session 7 Making of the Moringa Oil (Mikwano)</p>	<p>The Moring oil, Neem oil and Avocado oil</p> <p>Procedure included the following;</p> <ol style="list-style-type: none"> 1. Dry seeds under hot sunshine or use a solar (the best with solar) 2. Remove the coats/covers (peel them off) 3. Pound the seeds to get the powder 4. Mix the powder with warm water 5. Begin to squeeze the mixture and then oil will start to come out <p>For Neem Oil;</p> <ol style="list-style-type: none"> 6. The same steps as for those of the Moringa oil 7. For avocado oil, cut the fruit to remove the seed, dry the avocado flesh and dry them. Then they are dry, make powder and squeeze to make the oil as those of the moringa steps <p>Uses of the above oils</p> <ul style="list-style-type: none"> - Mix the avocado oil with palm oil - For skin smoothening - Mix lemon to bath - And helps in hair maintenance 	
<p>Day two</p>		
<p>Session 1 Devotion (Judith)</p>	<p>Be a blessing, not a stumbling block in someone's life</p> <p>Added that "be different and set good examples"</p> <p>Readings; (Romans 12:2), (Zachariah 4:10).</p> <p>Evelyn (Mama SP) was asked to lead the previous day evaluations to show what happened in the first day.</p>	
<p>Session 2 Physiology; The Respiratory system – video show (Pamela)</p>	<p>The respiratory system and the herbs/natural medicine assisting the good functionality of this system</p> <ul style="list-style-type: none"> - Artemisia - Onions (for babies) - Lavender (tea) - Datura stramonium - Sunflower flowers - Warbugia - Garlic - Rosemary - Euphorbia hirtia - Myrica - Cyprus - Peringo - Basil (Ocimum) - Bottle brush (Tea) - Pawpaw - Lemon grass - Caster oil - Guava/Mango (oil) 	

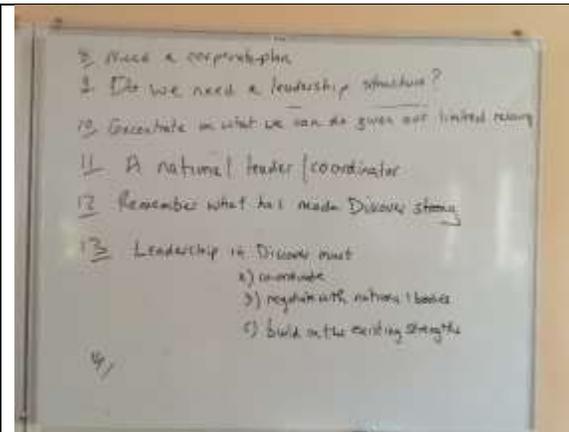
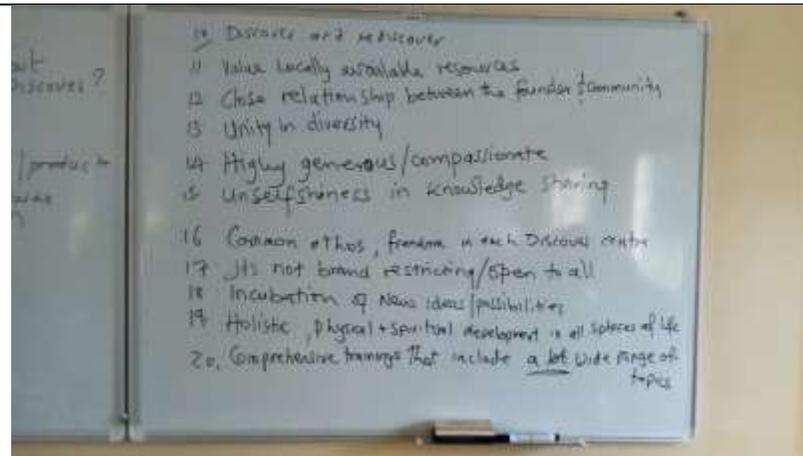
	<ul style="list-style-type: none"> - Ginger - Albizia - Nastritrum - Pine tree gum/sap - Valerian - Sinamon 	
<p>Session 3 Elements of a good training</p>	<p>Planning for/Qualities of a successful training (how to have successful training) (Consider the following);</p> <ol style="list-style-type: none"> 1. The objective/aim or purpose of the training 2. Budget 3. Training venue/space/rooms 4. Topics and training concepts 5. Participants/trainees 6. Time frame 7. Trainers/facilitators 8. Training materials 9. Informing the authority/permission 10. Security <p>Also, consider the following;</p> <ul style="list-style-type: none"> - The team (implementing team) - Trainers and Beneficiaries 	
<p>Session 4 Typhoid infection Isaac</p>	<p>Typhoid infection presentation – Bumbura Maliba</p> <p>The efforts of Bumbura Maliba, Kasese Activities, experiences and challenges</p> <p>The typhoid as associated with poor hygiene and sanitation, poor or contaminated foods and water in communities. Caused by a salmonella typhi and colonized in small intestines</p>	
<p>Session 5 WILAN Group of Luwero Anah Mwesigye William Mwesigye</p>	<p>Juice making and processing – WILAN, Luwero</p> <ul style="list-style-type: none"> - Making juice and processing using herbs - Still strangling with UNBS and UNDA for registration and branding - Sensitizing the community to change and use natural medicines 	
<p>Session 6; “DISCOVER” Lira Northern Uganda &</p>	<p>Discover Lira Northern Uganda (YENY – NGEC) with “JOMIGO” medicinal and Wine products.</p> <ul style="list-style-type: none"> - Working with CBOs that have registered and partnered with us 	

<p>“JOMIGO” medicinal Products, Wine making, processing, Packaging and branding.</p> <p>Joseph Ogwal & Milly Grace Ogwal</p>	<ul style="list-style-type: none"> - Involving the Catholic Dioceses, cooperative and other community in Lira that makes up the Discover network - Sensitized trained and established 2 Discover groups: “DISCOVERER” Lira Northern Uganda and “DISCOVER” Lira Diocese, 2 cooperatives: Jopit United Peasants of Anyomorem JUPÖA and APIT-PE-WANY cooperative and 1 family based business enterprises: “JOMIGO”. - Majorly processing medicinal wine (JOMIGO) that was branded in the names of the proprietors (Joseph and Milly Grace) - Use Artemisia and other plants to make medicinal products. 	 
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Day 3

<p>Session 1 Devotion Milly</p>	<p>ENDURENCE AND PERSEVERANCE (Luke 11:13) That lets all learn to persevere and endure situations</p>	
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<p>Session 2 The future of Discover Keith</p>		
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Session 3

BUFRUITS, Jinja
 Judith

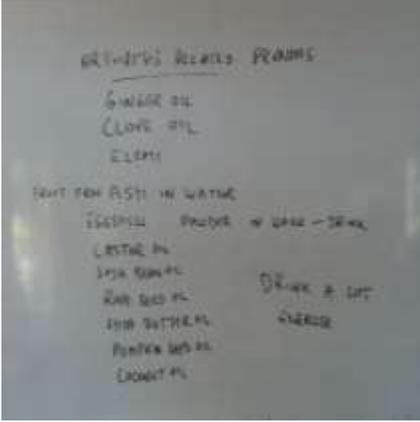
BUSIANO FRUITS AND HERBS

- Busiano means Delicious/sweet
- Showed a brief on the stages of CBO growth**
- Birth/born, infants, adolescents, maturity, 11reaker/dissolution
- They are living things (die and reproduce)
- Innovative ways to make a successful social business**
- Use indigenous knowledge
- Carry out environmentally friendly farming (organic) and permaculture
- Practice a social entrepreneurship
- About Busiano fruits and herbs**
- Award winning farm/group 2014 and 2017
- Listed on the BBC 100 women 2019 defining the female future for using social entrepreneurial permaculture and environmental friendly farming activities
- (Proposal) Putting the focus of herbs on sexual and reproductive health
- Have been named as “Namazzi Organic Care, Mama Senga”
- Challenges**
- Rain fed (depending on only rains)
- Theft in the area



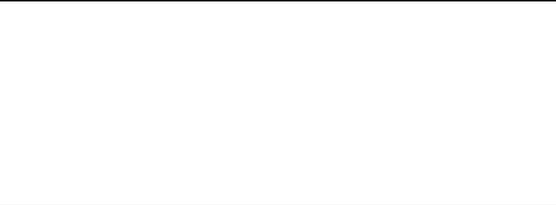
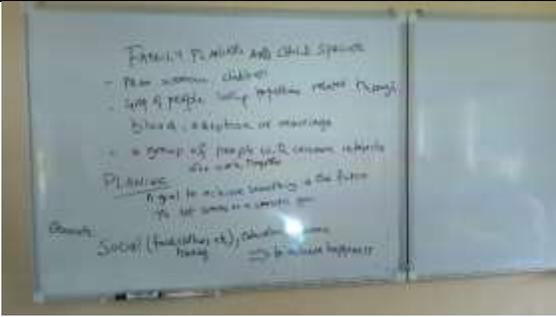
<p>Session 4 Visit to the forest and nursery bed Yusuf</p>	<p>Visited the forest to see the medicinal trees/plants and herbs And the nursery bed around and, in Salem respectively.</p> <ul style="list-style-type: none"> - Saw the new plants (African Mahogany), - 	 
<p>Day 4</p>		
<p>Session 1 Devotion Led by Felly & Judith</p>	<p>Stewardship and faithfulness (Corinthians 4:1-2)</p> <ul style="list-style-type: none"> - Be a steward and be faithful - Be faithful to the environment and other things - Be a good steward and truthful 	
<p>Session 2 Trip to Elgon and surroundings (Falls) Yusuf</p>	<p>Visit to Mountain Elgon (Sipi falls) to see the flood flats and reforestation programs in communities around the national park</p>	
<p>Session 3</p>	<p>Digestive system (Video)</p>	

<p>Physiology Pamela</p>	<ul style="list-style-type: none"> - This was after the trip to - Herbs that assist in the digestive system - Pawpaw (Carrica papyra) treat amoebic issues, dysentery, and as a prophylactic for warms and amoebas - Ginger (Zingibar officinalis) stops nausea and support the digestive system - Costipation; drink a lot of water, sweet patatoes contain the fibres, and eat vegetables - Eat less startchy foods during late times, - Gallstones; eat lemon and ginger many days - Haemorrhoids: artemisia, (tea and ointments) <p>Eric's combination</p> <ul style="list-style-type: none"> - Grains, maize, rice, sorghum, grain amaranth, soyabeans, oats, chunoa/chia - For piles; - lemon grass, A3, Warbugia, sit bath. 	
<p>Session 4 Nutrition And Hygiene Felly</p>	<p>Nutrition and Hygiene in Communities</p> <ul style="list-style-type: none"> - Dealing with families to improve their sanitation and hygiene, we have started with the BROOM. - Using soap and water (tiptap) system). <p>Dealing with hernia and related issues</p> <ul style="list-style-type: none"> - 	
Day 5		
<p>Session 1 Devotion (Andrew)</p>	<p>Self-Realization Genesis 11 : 6 Mr. Andrew asked members to let God help them to realize who they are for the good of the communities</p>	

<p>Session 2</p> <p>Physiology</p> <p>The Musculo – Skeletal System</p>	<ul style="list-style-type: none"> - Ginger oil - Clove oil - Fruit tree ash in water - Egg shell powder in water and drink - Castrol oil - Soya bean oil - Cheer butter oil - Pumpkin seed oil - Coconut oil - Drink a lot and do exercises 	 <p>Handwritten notes on a whiteboard listing various oils and their uses:</p> <ul style="list-style-type: none"> GINGER OIL CLOVE OIL EGG SHELL POWDER CASTROL OIL SOYA BEAN OIL CHEER BUTTER OIL PUMPKIN SEED OIL COCONUT OIL <p>Text for use in water</p> <p>EGG SHELL POWDER IN WATER - DRINK <p>DRINK & GET ENERGY</p> </p>
<p>Session 3</p> <p>JAFORD</p> <p>Mildad</p>	<p>Joint Action for Rural Development (JAFORD)</p> <p>Activities;</p> <ul style="list-style-type: none"> - Sensitizing the people on hygiene and sanitation - Sensitizing people on food security (encouraging people to keep food and conflict resolution managements sensitizations - Training people on natural medicine making (Artemisia) <p>Challenges;</p> <ul style="list-style-type: none"> - Distance, illiteracy levels, land conflicts, early marriages, financial, members refusing to join etc. <p>Successes;</p> <ul style="list-style-type: none"> - Soil is fertile, group establishment, 	 <p>A group of people sitting at tables in a classroom setting, engaged in a discussion or training session.</p>
<p>Session 4</p> <p>Working with schools</p> <p>Judith, Evelyn, Robert</p>	<p>Working with schools (Grace learning center)</p> <ul style="list-style-type: none"> - Vaseline for treating skin infections and malaria, grain amaranth mixed with millet flour to make porridge, - Velvet beans and Moring, after meals, it is served to children. <p>Working with schools (.....)</p> <ul style="list-style-type: none"> - Engaging parents and children to plant natural medicine to treat cough which is a major problem in communities. <p>Kasese network;</p> <p>-Shared on the relationship with schools, making clubs and also training them.</p>	 <p>A woman standing at the front of a classroom, presenting to a group of people seated at tables.</p>

<p>Session 5 Challenges of extreme poverty Enid</p>	<p>Challenges of working within the extreme poverty cities Bumbura Kalerwe</p> <ul style="list-style-type: none"> - Training members on Soap making - Medicinal charcoal - Counselling and empowering women and teaching on hygiene by cleaning the communities. - Making liquid soap in schools - Herbal jerry in schools and we'll be joining them to be part and make more products; herbal jerry 	
<p>Session 6 Eco-sand toilet system (Andrew)</p>	<p>An Eco-san toilet system, Mikwano by Andrew.</p> <ul style="list-style-type: none"> - Introduced to Discover when buying a hibiscus product by Rehema. - A closed and convenient system that do not need water. Especially it is needed in areas of low water and high water level. Eg. In rocky areas and desert places. - It enables the recovery of nutrients and wastes to help in the agricultural activities. - "Eco and sand" meaning Ecology and Sanitation (Eco-san toilets) meaning an Ecological Sanitation. Started in Ethiopia in 1996. 	
<p>Session 7</p>	<p>Ambazu Savings group , Jesca Introduced by Christopher (absent) and the group has chairs for hire</p> <ul style="list-style-type: none"> - Eradicate poverty - Go give loans to members - Save every Sunday - Support to members in ceremonies and other thanks of joy - Have a social fund that is taken and paid back by members. - Fees for children, small scale business by members <p>Challenges</p> <ul style="list-style-type: none"> - Poor saving culture - Low income rates - Office for properties - Far distances 	

	<ul style="list-style-type: none"> - Weather issues and mono cropping <p>Future plans</p> <ul style="list-style-type: none"> Training on savings Hiring equipments Rearing animals (like goats to increase income) 	
<p>Session 8; Scope foundation Daniel</p>	<p>Salvage Children of Prisoners in Emergency (SCOPE) Working with prisoners' families and schools</p> <ul style="list-style-type: none"> - Ensure that all children of the prisoners are included and have equal opportunities with others - We deal with schools in reducing early pregnancies <p>Activities;</p> <ul style="list-style-type: none"> - Nutritional gardens - Sensitize teachers to help out troubled children - And other sensitization programs - Encourage people to plant grain amaranths and Artemisia 	
<p>Session 9 BACORUDO, Kasese Uganda Eugene Bwambale</p>	<p>How Bacorudo started;</p> <ul style="list-style-type: none"> - At midnight, wake up and thought to myself, community around me and said to do something to change myself and the community I live in. I engaged 13 members and they all accept. - I thought od how to fight domestic violence - Work with interested people - VSLA (Village Savings and Loaning Activities) - Agriculture (trained people in Masaka). Helped children to find food at school and a one friend donated boxes of good. Have kitchen gardens <p>Future plans</p> <ul style="list-style-type: none"> - Establish a skills training center - To help children in schools improve on their studies 	

<p>Session 10 IPOA OPHANS AND Widows Association Thomas Kenja</p>	<p>Community based organization (IPOA, Thomas) Experience of fish issues (Government of Uganda bans fishing of immature fish).</p> <ul style="list-style-type: none"> - Policies put by the government do not favor local people - Salty and smoked fish being given to the people in locals. - Have started fish ponds to help locals have the fish and stop them from illegal activities. 	
<p>Day 6</p>		
<p>Session 1 Devotion By AIDA Anyango</p>	<p>The TEN (10) ladies (Brides) who waited for the Bridegroom</p> <ul style="list-style-type: none"> - Five were impatient and ran out of fuel - The other five were patient and saw Jesus. - We should be like the good and patient five girls who had enough fuel to make them see the bridegroom. 	
<p>Session 2 Drama by Richard</p>		
<p>SESSION 3 Evelyn (Mrs Kiguli) Mama SP.</p>	<p>FAMILY PLANNING and CHILD SPACING</p> <ul style="list-style-type: none"> - Man, woman and children - Group of people, living together, related through blood, marriage or adoption - Group of people with common interests and work together <p>Planning</p> <ul style="list-style-type: none"> - A goal to achieve something in the future - To set steps for a specific goal - Elements; social (food, clothes, housing etc, education, economic will contribute to achieve happiness. <p>Issues in the family</p> <ul style="list-style-type: none"> - Failure to know the language of our spouses - Share responsibility - Communication 	 
<p>Session 4 Physiology</p>	<p>FEMALE REPRODUCTIVE SYSTEM</p>	

<p>Female reproductive system (Pamela)</p>	<ul style="list-style-type: none"> - Key thing to note are that painful or heavy periods can cause anemia due to blood loss - Miscarriage, loss of unborn immature baby - Endometriosis; condition that cause severe pain during monthly periods - PCOS – Polycystic Ovarian Syndrome causes multiple cysts to grow on the ovaries and can cause pain, absent or irregular periods, acne, heavy hair growth and infertility. <p>Some of the remedies/herbs that help the female reproductive system</p> <p>(Causes) – Imbalance in hormones, excessive drugs, heavy duties/carrying.</p> <ul style="list-style-type: none"> - Moringa (Moringa olieifera) helps to solve anemia - Bitter aloe (Aloe ferox) used to reduce heavy menstrual bleeding) - Artemisia helps for painful periods - Hibiscus for painful periods) - Hoslundia opposite (for painful periods) 	
<p>Session 5 Practical technologies (Rehema)</p>	<p>Organic farming and practical technologies</p> <p>Conserving soil to maintain the soil fertility</p> <ul style="list-style-type: none"> - Fanya jju, fanya chini - Cover crops, mulches, contours, - Use NPK (Nitrogen, Phosphorus and Potassium which is locally found in the wood ash. 	
<p>Session 6 Evaluations (final) Evelyn</p>	<p>General Evaluations</p> <ul style="list-style-type: none"> - Proposed that a whatsapp group be formed to exchange/share information - Learnt a lot and seen that working alone is dangerous, work with others, working together is better for sharing - Strength of nature with experience of Sipi falls around Mount Elgon - Organic farming knowledge - Mutual understanding with love and actions (helping and supporting) (birth day) 	<ul style="list-style-type: none"> - Poor discipline during presentations - Time factor to discuss some issues in the neighbourhoods/locals/Time to visit communities - Lack or shortage of water in houses - Time for exhibitions - Food being ready that waiting and affecting other programs - Sharing rooms - No practicals/be practical centered

	<ul style="list-style-type: none"> - Improvement in product preparation compared to the last years. - We need to improve product development and sustainability - The massage exercise and experience was interesting - Open discussion - Discover works with nature - Eco-san toilets system knowledge - Making oils using the organic herbs and fruits - Be purposeful, who you are and be focused - Conducive environment - Good attendance - Presentations be printed by member groups who come to share - Communication and organization were better 	<ul style="list-style-type: none"> - Consider inviting experts on key issues that affect us to train from other organizations - Consider rotating the national meeting/conference venues to other regions of the coutry - Consider training allowances - Have light devotions and songs and dances to give more time for more important preferred topics
<p>Session 7 Teal leader</p>	<p>Concluding remarks</p> <ul style="list-style-type: none"> - Started with thanking God, organizers, service providers, participants, observers and general members all present. - Time being a bit little limited, conference being big over the program (latent energy – bigger energy to learn and share, but time). - Something wrong and other things right. But the right side was bigger than the wrong side. - Events; National and local (Independence day – 9.oct and Birthday of the member; Felix Okello) and the sad event; the loss of the relative (brother) of one of our member in the program; Ondama Millard from Arua. 	
<p>The host</p>	<ul style="list-style-type: none"> - Appreciated the acceptance and endurance to attend the long conference - The tree planting and forest walk to learn the medicines and herbs was a good experience shared by Yusuf and members in the field. - Noticed challenges of the overwhelming population growth in Uganda - The fear of the future of Discover after Keith. - 1Corinthians 1:9 (since the day we heard about you, we never stopped praying for you). 	



Thank you.

Prepared by

Secretary, and course leader – Discover Conference, Salem Mbale

Sign.

Mr. Isaac Mbusa

Secretary

Sign.

Mr. Joseph Ogwal

Course leader