

Statement from the coordinator of “DISCOVER” of Lira Northern Uganda.

Flush back to the 1960s’ concerning the unforgettable memories of the early days, the treasure environment of Northern Uganda had been a wonderful place to live in. The land was covered with cool looking and heart tranquilizing canopies of beautiful indigenous trees identified by their local names: ITEK, OWAK, OMENG OLAM, ODURU, OKUTU ITIR, OKUTU ADURU, OWELO, KWORO, OGALI, ITUBA, OKUTU LANGO, IBULE, OPOK, ODWONG, AKWALAKWALA, OKANGO, IWILAKOT, ODUGU, OPOBO, ORWECO, YAGO, OLWEDO, OTERKA, IBUU, OBWOLO AMALERO etc.

The presence of above trees by then made life very easy and enjoyable. The big trees made up very beautiful natural forests especially all along the streams and “Torrent Rivers”. Up streams were naturally composed of shrubs with short acacia trees, organic short grazing grass with many wild fruits and climbing plants which were also producing sweet and delicious fruits. The big hardwood trees use to host very beautiful big and small birds species. In the forest there were big animals like the antelopes, dukers, a few leopards, many monkeys, baboons and many more species before they were confined into the game reserves and parks. In other words, our land was in the real sense ecological very stable. It was stable because the human inhabitants of our time were not bored like today.

Our mothers who are now great grandmothers use to cook for us only once in a day, especially late lunch. We never use to go hungry because there were many free things to eat, in most cases raw and fresh.

- Tea and coffee were very rare in villages. But, whenever we wanted it, the alternatives were a few meters from home. Just in the nearby bushes; wild fruits with fresh natural tastes were available as juices.
- Changing diet was not a problem when we were tired of beans and common grains. We use to make catapults and clay bullets, carry a little salt and pick up a few natural capsules of wild chili as we set off to the bush for birds hunting. Guinea falls, partridges and wild doves were the common edible types which were vulnerable to our hunting spree. On successful kills of the birds, traditional bush barbecue was the hobby of the time.
- When in need of fish, we use to buy fishing hooks, nets and go to streams and rivers where there were many species of local but very delicious fish lots available.
- When the family needed jungle meat diet, we use to pick up traditional spears, hunting nets, traps and dogs to look for the common bush animals: the dukers, antelopes, and squirrels etc which were readily available.
- Occasional fishing in the dry season when the swamps, streams and river water reduces was another hobby to admire. Meeting together for communal mud fish hunting was very exciting. In the next page is one photo taken in the year 2008 when such a memorable early days type activities took place at OKOLE swamp.



This was an exhibition of seasonal fish hunting point which is a yearly practice. (It is a very interesting occasion where people from all the surrounding villages meet to create jokes and laughter's; when some people during the exercise, accidentally catch real fish, others meet monitor lizards, frogs, pythons, tortoise, even dangerous cobras).

In general, life was simple, easy to live, free from health complications and most importantly, everything was natural and comfortable.

Roughly fifty years from the beautiful life of those days, things have drastically changed and more changes are soon becoming horrible.

- The beauty of the vegetative canopies of hardwood trees is disappearing.

- The wild fruits are disappearing while teas and coffee with sugar is becoming the common order of life to live now in the villages.
- High protein diet which use to be from wild animals; whose meat was natural with less cholesterols and free from contamination, is now being replaced with common domestic animals meat which are frequently being over treated with antibiotics with consequential effects in their red meat.
- Life has become so difficult to live that, many people are asking as many questions as their corresponding causes. The biggest question today is, “What happened within the past recent five decades that has caused all these changes”?

The answers to these questions are from many corners and from many people who are concerned about ecological catastrophes a head of us.

As from me, for the communities of Northern Uganda; I have got tentative answer in 2011 when my group hosted training on natural medicine by anamed. Anamed was effectively introduced in Northern Uganda by the then co- coordinator Dr. Keith Lindsey. Since then, the spirit or the drawing force which is opening the gate of the answers to these ecological disasters is growing. It is growing because strong groups have developed and many more are still developing. The development is continuing because the master mind behind (Dr. Keith Lindsey) is also making a follow up with concern. It is therefore a blessing because he has created diversity for continuity and expansion from anamed idea to **“DISCOVER”** without suppressing the aims and objectives for the common causes.

To brace up the effort for propagation, of this great message to the communities, the leadership of the component in Northern Uganda is also serious and determined to keep the lights on and the actions lively.

It is about five years since 2011 when the great light was switched on; and as leaders who are in pursuit of knowledge for our vulnerable communities, we have struggled to keep things rolling and are ready to maintain it to success.

For the purpose of local, regional, national and international sharing; in this document, the leadership of Northern Uganda group has decided to make a presentation which is meant to portray the following to the public readers and audience:

1. To formally and officially introduce “DISCOVER” of Lira Northern Uganda groups to all the stakeholders, the other regional “Discover groups that make up the national group, International groups, support donors, and the served community beneficiaries.
2. To build up a sound profile of “DISCOVER” of Lira Northern Uganda group from the knowledge disseminated by compiling and keeping the records of past activities which have been successfully accomplished.
3. To inspire others by a show of dynamics and potentials in the attire and authentic natural medicinal products which are performing wonder natural healings.

For members motivation

4. To activate the memories of past experience, support the current program and most importantly, the plan for the future activities.

A complete presentation of the reports of the trainings in the past years; 2011, 2012, 2015, the recent training of 2016 and the tentative work plan for the next three years up to 2020 are in the attachments.

Wish you an exciting exploration,



Joseph Ogwal (*Tutorial coordinator: "DISCOVER" of Lira Northern Uganda group*)

Description:

“DISCOVER” of Lira Northern Uganda is a regional group which is determined to carry out and implement activities which are compatible to the aims and objectives of “DISCOVER “International Germany.

The gross objective is to mobilize, sensitize, train, and heal naturally the communities of Northern Uganda by using the available natural resources around them.

The main purpose of this training is to conserve their environment to be the suitable source of materials for local production of their own herbal medicine, nutritional supplements, other life sustaining and income generating activities for general welfare for peace and security.

Target communities.

Northern Uganda communities under the program coverage of “DISCOVER” of Northern Uganda comprises of four great ethnic groups that share a common language “**LUO**”. Although they speak the same language, yet the accent and style differ slightly. They are the LANGI, The ACHOLI, and the KUMAM. ALUR in: Pakwach, Nebi , Paida and Jombo districts in part of west Nile which shall also be included. Hence, Lango sub-region, Acholi sub-region, Kumam sub region and Alur sub-region will be very proud to enjoy the fruit of things that shall prevail.

Vission

An enlightened community, naturally healthy, economically sustaining with ecologically clean and stable environment.

Mission

To mobilize, sensitize, unite, train, and engage the common man in local production of natural medicine for healing both the common man and the so called uplifted lot, so as to bring peace among the people and the environment.

Aims and objectives

“Discover” runs seminars, develops projects and distribute handouts and materials that enable people in the Tropics to become self-reliant with regards to their health and social and economic well-being.

1. To improve the health provision in developing countries by:

- a) Establishing gardens of healing plants for demonstration, and fields for cultivation.
- b) Developing recipes for making natural medicines from locally available healing plants.
- c) Supporting the establishments of pharmacies, both in hospitals and community, that specializes in locally produced natural medicines that are inexpensive and easy to use.

- d) Encouraging existing pharmacies to stock and promote natural medicines.
- e) Undertake research into alternative treatments for malaria e.g. by promoting the cultivation and use of *Artemisia annua*.
- f) The publication and distribution of posters, books and seeds.

2. To support local people in developing self-confidence and increasing their knowledge by:

- a) Recognizing and building on the strength of the already existing network of traditional healers.
- b) Conducting week-long seminars in natural medicine for formally trained health workers, e.g. doctors and nurses, together with traditional healers, pastors, community workers etc.
- c) Enabling health workers and traditional healers to agree on an “Ethical Code of Conduct” and on the means of whereby they can collaborate for the common good of the region.
- d) Questioning and opposing dangerous practices, even if they are a part of the local tradition e.g. female circumcision and unnecessary and wicked TATOOS.

3. To support in becoming more active in the care of the environment by:

- a) Giving instruction in the appropriate disposal of waste.
- b) Promoting the cultivation and the consumption of organic foods.
- c) Proposing alternatives to the use of herbicides and pesticides.
- d) Fighting climate change by producing medicines locally, so reducing the need for transporting and also by using solar energy, thus reducing the production carbon dioxide.
- e) Vigorously promoting the planting of indigenous and leguminous trees and medicinal plants.
- f) Encouraging the use of simple technologies for cooking, drying, water purification, hygiene etc.

4. To oppose the processes of negative development, by:

- a) Supporting people in growing and using their own plants and seeds in the face of the threat of patenting of the seeds and use of healing plants by multinational corporations.
- b) Campaigning against the manufacture and the distribution of soaps and creams that contain mercury.
- c) Opposing the dumping of unhealthy or dangerous products, e.g. toxic waste, out-dated medicines.
- d) Opposing the publicity of sugary drinks that hinder the production of natural fruit juices.
- e) Avoiding everything that maintains the economic supremacy of the Northern hemisphere over the Southern hemisphere.

5. To promote ecumenical collaboration between Christian and moslem health services, by:

- a) Reflecting together on how to reach harmony with God, ourselves, each other and the creation.
- b) Learning from the ways in which Jesus healed.
- c) Studying the importance of spiritual healing and physical healing.

6. To promote local and international cooperation and peace by:

- a) Participating in the international networks concerned with healing plants and natural medicines.
- b) Engaging with people of different professions and from different regions and faiths.
- c) Conducting seminars in refugee camps and areas of contact, and including people of different ethnic groups, nationalities and religions.

“DISCOVER” idea reached Lira northern Uganda in the year 2011 when **Engineer Joseph Ogwal** and **Milly Grace Ajoro** invited and hosted the first training in Lira through their local organization called the Technical Action Group (TAG).

A week later, the participants from Lira held a meeting and came out with a formation of the regional group with the following elected members to run the group:

“DISCOVER” regional leadership team		
S /No.	Names	Position
1	Julius Ojok Apili	Chairman
2	Sylvia Rose Okene	Vice Chair person
3	Engineer Joseph Ogwal	Coordinator
4	Milly Grace Ajoro	Treasurer
5	Cyprian Ocen	Secretary

The five elected people are now the regional board of governors. After formation since 2011; four major trainings have already been conducted from which a few talented people have been raised to brace up the regional program. So far, eight trainers local trainers have been brought up through capacity building seminars.

Management

For the purpose of future extension of this precious idea, management structure has been developed:

Regional control office		
S / No.	Names	Position
1	Julius Ojok Apili	Director of administration
2	Milly Grace Ajoro	Director of finance
3	Engineer Joseph Ogwal	Director of training and tutorial service

Sub region supervision		
S/ No.	Names	Sub -region
1	Julius Ojok Apili	ACHOLI sub-region comprising of the following seven districts: GULU : Lamwo, Amuru, Nwoya, KITGUM: Pader and Agago. (Aprximate population of (1,700,000) <u>one million seven hundred thousand people.</u>
2	Milly Grace Ajoro	LANGO sub-region comprising of the following eight districts: APAC : Oyam, Kole, Amolatar, LIRA : Dokolo, Alebtong and Otuke. (Aproximate population of (2,300,000) <u>two millon three hundred thousand people</u>
3	Engineer Joseph Ogwal	Alur sub-region comprising of: Pakwach: Nebi, Phaida and Jombo districts. Aproximate population of (1, 150,000) <u>one million one hundred fifty thousand people.</u> Kumam sub-region with one distrct: Kaberamaido Aproximate population of (575,000) <u>five hundred seventy-five thousand people.</u> <u>Note</u> : the two sub regions of Alur and Kumam have the language gap and speaking style by the distance between them which is naturally created by the Nile. While the Acholi and the Langi understands each other well. Hence, there is need for closer interpretation attention in order to achieve the goal.
	The approximate total population of the four sub regions.	(5,725, 000) <u>five millon seven hundred twenty-five thousand people.</u>

Training implementations:

There shall be at least twenty local training instructors who shall be deployed in all the respective districts in the four sub regions.

Training and instructions			
S /No.	The sub regions	Number of districts.	Number of trainers.
1	Acholi sub region	7	7
2	Lango sub region	8	8
3	Alur sub region	4	4
4	Kumam sub-region	1	1

Village extension teams

There shall be “DISCOVER” Village extension representatives that will be allocated sub-counties to operate in.

Their roles shall be the following:

- Identifying ecological conservation units for example near the streams, rivers, swamps, around big rocky hills and general wetland areas as instructed by “Discover “ pre-instructed local trainers, for extensive education to protect the indigenous vegetal species.
- Liaising with the local authorities and the sub-county authorities for mutual understanding, legal undertakings and or misconceptions clearance.
- To be the local agents for distribution of some essential seeds or propagation materials for expansion as decided by “Discover” authorities.
- To help in identifying talented local people for every progressive training schedule, with help and consultation from the elders, church leaders, primary school authorities and even health center authorities.
- To help in distributing, prescribing treatments, making follow up of natural healing evaluations and collecting data and feedback from the communities. There are some natural medicine that may take time for the local people to make for example; hemorrhoid ointments for treatment of the rampant problems in the villages. Discover can make them on availability of financial resource to save the population.
- The team shall be recruited from the lot that have already receive six days “Discover” trainings as many more shall come up with the district training program.

Village extension teams		
S/No.	Sub region	Number of extensionists
1	Acholi sub region	70
2	Lango sub region	80
3	Alur sub region	40
4	Kumam subregion	10
	Proposed total	200

The current lots to start with are in these pictorial exhibitions:



Three years Discover program budget and work plan in the next page

Work plan of “DISCOVER” Lira Northern Uganda for a period of three years					
S/ No.	Activities Descriptions	Budget	2020	2021	2022
Discover training activities					
1	Establishment of a permanent greater northern Uganda regional administration office in Lira municipality.	300,000,000/=			
2	Acquisition of transport for 3 supervisors: (3 double cabin pick up vehicles).	360,000,000/=			
3	Acquisition of transport for 20 local field trainers: (Durable motorcycles).	300,000,000/=			
4	Acquisition of transport for 200 Village extension trainers (Bicycles).	60,000,000/=			
5	Training and supervision facilitation for the 3 supervisors for 3 years	216,000,000			
6	Training facilitation for the 20 field trainers for 3 years	864,000,000			
7	Fuel for logistics	580,320,000			
8	Acquisition of office equipments: 6 laptops, 1 desktop computer, 1 photocopier, 1 document binder, 1 scanner, 20 field operation digital cameras, stationeries and internet facilities.	50,000,000			
9	General administration and field mobilization.	1,500,000,000			
Subtotal for “Discover” training activities		4,230,320,000/=	\$ 1,232,250		
Demonstration and production site activities.					
Facilities for field demonstration at ANYOMOREM site by (JUPÖA) people; the model cooperative for nutritional and medicinal plants production and most importantly, establishment of natural medicine production center (Pharmaceutical) for processing and value edition.					
Infrastructures stage 1:					
10	Attached 2 section standard warehouses for JUPÖA produce collection and products storage with Agro-input shop, products show room and natural medicine clinic at the (The ground floor) ,	438,600,000			
11	A comprehensive office apartment to cater for both the board of directors and the operational executive officers at the (First floor) ,	193,800,000			
12	Multipurpose Hall for general assembly, seminars, few days' workshops and short agricultural courses at the (Second floor) ,	193,800,000			
Infrastructures stage 2:					
13	Construction of a central demonstration solar drying centre for safe processing of leafy, fruity, roots and perishable grain items to maintain the original tastes and nutrients.	150,000,000			
14	Construction of off ground cleaning, water draining and hygienic yard for leafy, fruity and root items that require water and brine for their preliminary processing. (Tiled walls & Terrazzo floors)	100,000,000			
15	Construction of the off ground packaging unit for efficient minimizing or exclusion of dirt's and contaminants that abundantly exist on the ground level. (Tiled walls & Terrazzo floors)	50,000,000			
16	Establish and construct agricultural laboratory for testing and controlling the quality of things JUPÖA may handle for consumers' safety.	100,000,000			
17	Drill a deep productive well to be pumped by solar gadgets to reservoir tanks to supply water by gravity during dry spelt.	100,000,000			
Subtotal for production site activities		1,326,200,000	\$ 386,310		
Grand total in Uganda Shillings		5,556,520,000			
Grand total in Unite States Dollars		\$1,618,560			



“DISCOVER” of Lira Northern Uganda Group



Northern Uganda Natural medicine production & training facilitators. P.O. Box 765 Lira.

Cell phone +256 777 507928, +256 772 670640 +256 776 589718. e-mail grace.ogwal@gmail.com, ogwal.joseph@gmail.com, ojokju@gmail.com

Being obedient society, “DISCOVER” has sought permission and acknowledgements for the existence of the group in Lira municipality from the following very important and worthy authorities:

Chairman Local council (LC I); Cathedral village. Name..... Date.....

Chairman Local council (LC II); Alito camp Parish. Name:..... Date.....

Chairman Local council (LC III), Ojwina Division. Name:..... Date.....