



WOTO GO THUNDER

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ECTOPIC PREGNANCY: A TICKING TIME BOMB

By Martin L. Mikaya, M.D.



An ectopic pregnancy, commonly known as a tubal pregnancy, is pregnancy that develops abnormally outside the uterine cavity. Most of these pregnancies develop in the fallopian tubes although the abdomen, cervix, ovary and peritoneal surface are other possible sites. As the embryo grows, it becomes too big for the small fallopian tube which, without any intervention, inevitably ruptures usually in the second or third month of pregnancy. A ruptured fallopian tube is a catastrophic event because it leads to severe internal bleeding, shock and death. A ruptured fallopian tube is a true surgical emergency.

The key to preventing death due to an ectopic pregnancy is early diagnosis. Unfortunately, even today the diagnosis is missed about 30% of the time at first hospital emergency department visit. Since the most common symptom of an ectopic pregnancy is abdominal pain (missed menstrual periods and abnormal vaginal bleeding can occur), it is wise for doctors, nurses, paramedics and patients alike to assume that any female within the reproductive age group who complains of abdominal pain, has an ectopic pregnancy until proven otherwise. The importance of this assumption is that it will remind the doctor to think about and obligate him/her to rule out an ectopic pregnancy by obtaining additional gynecological history, a pregnancy test or ultrasound.

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An ectopic pregnancy is a potentially fatal condition, but death can be avoided in every single case if health care professionals and educated patients collaborate to make an early diagnosis and intervene in a timely manner.

Yei Community United Against Hunger

By Robert Simbe

In January 2009, we the Yei Community especially the Kakwa people are encouraged by one of your own Dr. Martin L. Mikaya to rethink the ways how we can rid our selves from hunger and not to depend on humanitarian aid or resort to unfriendly ways of destroying our environment by cutting down trees and burning them for charcoals - a quick way of making money. His encouragement did not come out of the blue. It is because a small groups of farmers in Yei County supported by YEDA are already on board with the idea. It was in August 2008 that YEDA launched its agriculture projects and started funding two agricultural programs. One is a poultry for women in Yei town and the others are vegetable nurseries. The poultry is half way through and the only thing remaining is the fence and other few things before it can be operational. The vegetable nurseries are already operational in several villages. There are 23 farmers groups that are being supported by YEDA. For more photos of the two projects, please visit YEDA's website and treat your self to the PowerPoint presentation. The link to the presentation is <http://www.yeda.org/yap.pps>. Also, Dr. Martin's initial article is reproduced in this issue.



Onions being harvested – Lutaya Village

Yei Community United Against Hunger

By Martin L. Mikaya, M.D.

We, the Kakwa people both at home and in the Diaspora, acknowledge that the good Lord has blessed us with a fertile land, abundant rains and a bright sunshine. We further affirm and accept our responsibility to be good stewards of our land. This responsibility includes making the land productive and conserving it for future generations. We recognize that we have fallen short of our obligation to be good stewards of our land in the past few years. Therefore, in an extraordinary consensus, we have declared 2009 the year in which we begin to take action to reclaim our land, work on it and stamp out hunger. This will be the first phase of a long term goal of restoring food self - sufficiency, economic prosperity and dignity to our people. We, specifically, as individuals, families and groups will undertake the following steps to achieve our common goal:

1. We have agreed to bust the myth that farming is demeaning work which educated people and others must avoid. Nothing can be further from the truth. If we want to be free, proud and responsible for our own destiny, we better produce our own food.
2. Our people need to be educated about the importance of agriculture. Those who have access to radio need to use it. Church leaders can have great influence in this effort. Let us recall the example and honour the memory of our great Evangelist Jakaria Undu'bu who proudly carried both his Bible and hoe. Our educated people, government officials and businessmen need to lead by example. They can own farms or do some work on a farm. Remember that President Museveni owns a farm and is not ashamed to put on his boots and take care of his cows. We can follow that wise man's example. Our musicians can compose and sing songs in praise of agriculture. During the Anya Nya war there was a song that praised both the



Transplanted Eggplants—Yang Konye Village

soldiers and farmers. It went, in part, like this, " Na kodo yema ko Anya Nya ma na peki londe Na kodo yema ko civilian ma na kuku-ruki." Finally, word of mouth can spread this important idea.

3. Members of the Diaspora community need to send \$100.00 or more per person before March 2009 to their respective families back home. The money is to be used strictly for food production.
4. The selection of crops to be grown will include non - traditional crops such as rice, white potatoes, plantains and onions.
5. We will work to improve efficiency on our farms by using simple, but better tools such as rakes and by planting crops in rows.
6. We must achieve self - sufficiency in meat production by raising our own chickens, goats, sheep and pigs.
7. Local fabrication of farm tools will be initiated and encouraged. Everett Minga will lead this effort. This may lay the foundation for our own manufacturing capacity.
8. Idleness must be discouraged. As the French say, "L'oisivete est la mere de toutes les vices." Idleness is the mother of all the vices.



Back view of the Poultry Building

9. A workshop should be conducted on the ground before the beginning of the rainy season. The workshop will focus on changing attitudes towards farming and urging action.
10. All our young people (both boys and girls) are urged to form small groups that take turns in working on each other's individual farms in every village. This would be similar to our old, but important tradition called "Molo".

Our vision is clear and our goal achievable. GO FOR IT!

Thanks to all our community members who contributed ideas and suggestions to this presentation.

DEFINITIONS OF SOME INSURANCE TERMS

BY MARTIN L. MIKAYA, M.D.

Since insurance is an important part of our life in the modern world, it is important that we understand some of the basic terms used in the industry so that we can be knowledgeable buyers of auto, home, health or other insurance. Being knowledgeable means we can buy the coverage we need without being exploited.

COVERAGE: A promise to pay a certain type of claim if it occurs, for example, theft coverage.

DEDUCTIBLE: The amount of loss that you pay out of your pocket before insurance kicks in.

LIABILITY: Your financial obligation to another person for injuries or property damage you cause.

LIABILITY COVERAGE: A promise in an insurance policy to defend you in court and pay what you owe another person for injuries or property damage you cause.

PERIL: A cause of a loss, for example, flood peril.

POLICY: The legal contract between you and an insurance company in which the company agrees to pay covered claims when you have them in exchange for a periodic payment from you. Any policy may contain many coverages.

PREMIUM: The price you pay for the insurance policy covering a defined time period.

Whether you are planning to purchase insurance or something else, do your home work and be a wise consumer.



Recognizing the 2009 Kakwa Graduates

Nixon Andu, B.A.	Political Science	Stockholm University, Sweden
Moses H. W. Losukwa, MS	Multicultural and International Education	Oslo University College, Norway
John Mawa Santos, B.S.	Mechanical Engineering	Gjøvik University College, Norway
Clement Yata, Diploma	Engineering Technology	Northern Alberta Institute of Technology, Edmonton, AB, Canada
Aski Ayume, B.S.	Mechanical engineering	Saint Martins University, Olympia, WA, USA
Ronald Ayume, B.S.	Electrical and Electronics Engineering	Central Washington University, Seattle, WA, USA

List of Kakwa Foods, Calender and Rain Seasons

By : Raymond Lagos Santo With Support from Santina Kiden Paulino

Types of oil [Weleta]

S/N	Name	Extracted from	Remarks
1-	Wele na konyu	Konyu	Nyonyoyi [Edible]
2-	Wele na wande	Wande	Nyonyoyi [Edible]
3-	Wele na mbira	Mbira	Nyonyoyi (kega parik ku Derani gbundu ku toyiko)
4-	Wele na kumuri	Kumuri	Nyonyoyi and treatment
5-	Wele na liku-liku	likuliku	Not edible for treatment
6-	Wele na dulu	Dulu	Nyonyoyi and treatment
7	Wele na sodowori	Sodowori [Awir]	Nyonyoyi and treatment

Types of paste [Koyimoto]

S/N	Name	Extracted from	Remarks
1 -	Koyimo na konyu	Konye ti Konyu	Edible
2-	Koyimo na Wande	Konye ti Wande	Edible
3-	Koyimo na Kinu	Konye ti Kinu	Edible
4-	Koyimo na kongga [Koyikote derani Tu'deta]	Kongga loson se lo jiyo	Edible
5-	Koyimo na monduru	Monduru	Edible
6-	Koyimo na poso	Konye ti Poso	Edible
7-	Koyimo na kele	Konyi ti kele	Edible and treatment

Types of flour [Bolot]

01] Bolo ti gbada [cassava]
02] Bolo ti leyo [millet]
03] Bolo ti jeri go'do [sorghum]
04] Bolo ti gbaya [Maize].

Types of Fungi [mushrooms] {Ku'bulu}

Name	The month or Season	Remarks
Lomuluku'di	March to May	Edible
Kelekem	July to August	Edible
Nyunyuri	March to May . Nyoyi ku kong'a	Edible
Kalago	August to September	Edible
Karikari	September to until the end of October	Edible
Agute	September to until the end of October	Edible
Li'du	September to until the end of October	Edible
Mamalawu	September to until the end of October	Edible
Baba yaku	September to until the end of October	Edible
Miridi	September to until the end of October	Edible
Gbogbo'di lo juo	June to July	Edible
Maro	May to November	Edible
Sikirimindi	October . On dry trees	Edible
Suywe lo miji	September . On dry Trees losote	Edible
Patopato.	April to the end of haverst, Kodingi lo ku teso maize	Edible

Types of rain [Kudujingo]

S/N	Name	Remarks
01	Rundu , To'bu [Dikudiku]	Morning ending late
02	Palanga , very abrupt always .	At round 2:00-3:00 pm
03	Kokoro 'Bulusi ,[unexpected rain]	At round 2:00- 3:00 pm
04	Tome lu yunge l purugu [jiye ku kolo]	Raining with sun shine
05	Gbong Piru [Kudu lo rotoni koropo]	Once a year Nov. or Dec.
06	Kudu lo wewiye ti nyomok	May to Sept.in morning hours
07	Lilima (may continue for some times)	Small drizzles
08	Kudu lo Lalayini kwilinyi	The rain that washes out ashes

Yapaji ti Kinga

Yapa to geleng lungu a Kilongore	January	Yapa to buryio lungu a Yobuwata	July
Yapa to mure lungu a Pudo	February	Yapa to budok lungu a Ja'be	August
Yapa to musala lungu a Kulumi	Marh	Yapa to bungan lungu a Ayija	September
Yapa to ingwani lungu a Pongu	April	Yapa to pwok lungu a Piruk	October
Yapa to mukanat lungu a Kuduse	May	Yapa to pwok wot geleng lungu a Rarawu	November
Yapa to buker lungu a Kuma	June	Yapa to pwok wot mure lung a Rigile	December

‘Dotilo ti Kakwa ti jur

S/N	Type	Occasion	Remarks
01	Royo-Royo general	Special elders	Nyoyi ku Ngutu temejik
02	Royo-royo na koloro	Normal & General	But in some areas not lad
03	Royo-royo na konga	Normal & General	Nyoyi ku Ngutu temejik
04	Konga	Normal & General	In other areas the most wanted food
05	Jugba	Normal & General	Nyoyi ku Ngutu temejik
06	Pirinda [burukusu]	For Lo'biki	Birht of a child
07	Kuwena Mari [Jirara ti kobu]	Special elders	Edible by all classes
08	Ba'do-ba'do Undundu	Normal & General	Nyoyi ku Ngutu temejik
09	Bo'yokati	Special elders	Edible by all classes
10	Wele-wele	Lo'bi	Jota na ngiro
11	Liliu loputu	Normal & General	Nyoyi ku Ngutu temejik
12	Kinu	For Elders	Edible by all classes
13	Kagbo,do	Normal & General	Edible at hard time
14	Gbuondu	Normal & General	During the rain season only
15	Basoso	Normal & General	During the rain season only
16	Udu'bele , Je-molulu	For Elders	Edible by all classes
17	Guli	For Elders	Edible by all classes
18	Gbokosiro , Kobido	Normal & General	During the rain season only
19	Gbangu	Normal & General	During the rain season only
20	Lu'butere	For Elders	Edible by all classes
21	Poso	Normal & General	Through out the year
22	Tegiri , nyagba	Normal & General	During the rain season only
23	Ngete	Normal & General	During the rain season only
24	Regilla	Normal & General	During the rain season only
25	Monduru	Normal & General	Edible by all classes
26	Maragi [Toyiko]	For Visitors	During the rain season only
27	Gbangu ti doru	Normal & General	At hard time
28	Nyagilo	Normal & General	At hard time
29	Tire mioti	Normal & General	At hard time
30	Koyi-koyi	Normal & General	At hard time

Meats [Lokorio]

S/N	Type of meat	Remarks
01	Lo kore na Kido'bo	Edible by elders always
02	Lokore na miji	Edible by children
03	Lokore na jolobe	Edible by all classes
04	Lokore na uba-uba	Edible by all classes
05	Lokore na yaro somot kinyosi	Edible by all class
06	Lokore na ligito	Edible by all classes
07	Lokore na meteng	Edible by all classes
08	Lokore na rianga	Edible by all classes
09	Lokore na nyuri	Standard meat and wanted by all
10	Lokore na wuri	Standard meat and wanted by all
11	Lokore na yigga	Standard meat and wanted by all
12	Lokore na wujugute	Standard meat and wanted by all
13	Lokore na ka'bo	Edible by all classes
14	Lokore na kubi	Edible by all classes
15	Lokre na nyamata	Edible by all classes
16	Lokore na aburi	Edible by all classes
17	Lokore na tinso	Edible by all classes
18	Lokore na lo'ba	Edible by all classes
19	Lokore na 'bo'bu	Edible by all classes
20	Lokore na mokor	Edible by all classes
21	Lokore na tome	Edible but in some areas men not
22	Lokore na kine [Tame]	Edible but some areas women not
23	Lokore na bagara [Tame]	Edible by all classes
24	Lokore na Yinga	Edible by all classes
25	Lokore na babanya	Edible by all classes
26	Lokore na Amuyekeke	Edible by all classes
27	Lokore na iborolo [Arababa]	Edible by some people
28	Lokore na gbagwe	Edible by men and elders but not girls
29	Lokore na lokunyuri	Edible by all classes
30	Lokore na sombiri	Edible by all classes

Meats [Lokorio]

31	Lokore na gbaragbiri	Edible by all classes
32	Lokore na wujita (teleme)	Mostly eaten by men
33	Lokore na londe (teleme)	Special elders
34	Lokore na yejeke (teleme)	Edible by all classes
35	Andol'dole (teleme)	Special elders
36	Lokore gbokota (teleme)	Edible by all classes
37	Lokore na ki'dong (teleme)	Edible by all classes
38	Lokore na arukua (teleme)	Edible by all classes
39	Lokore na kingili	Edible by all classes
40	Lokore na dikara	Edible by all classes
41	Lokore na londe	Edible by all classes of elders
42	Lokore na momiru	Wild animal
43	Lokore na ngowu	Wild animal not edible
44	Lokore na koka	Wild animal not edible
45	Lokore na gboro	Wild animal not edible
46	Lokore na jolobe	Rube not eatable
47	Lokore na lunyopu;do	Rube not eatable
48	Lokre na wulu	Rube not eatable

Cabbage ready for transplant – Lasu Village



Eggplants nursery bed – Giru Village



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