

THE MWEBAZA FOUNDATION, Inc.

December 2010

Issue: 2

Improving Lives - Here and in Africa

In this, the second edition of our newsletter, you will learn about ways that ordinary American kids, parents, teachers, and citizens are working together to make life better for the children of three African schools. There are feature articles on a principal who used a personal victory to help and inspire others, a student who turned a common event into an uncommon blessing, and foundations and private companies collaborating to develop sustainable food programs. We hope these articles will inspire you to want to join in the work we are doing! To find out how you can help, please take a look at the light blue section at the bottom of this newsletter.

With gratitude,
Dale Peterson, President

A Mapampi School child shares his joy.

A letter from a Ugandan partner school teacher

Dearest Students, Friends, Teachers, and Parents,

Oooooooooo! Hoorooray! Ha ha ha ha! Sooooooooo crazy! All those are signs of happiness and honour to our lovely friends!

Wow! If asked me what I am doing as I am typing this e-mail, I am having a bottle of Mirinda Soda, besides me is a plate of fried grasshoppers (ensenene)! In this lovely, crazy Ugandan weather, I am sitting in the newly-constructed classroom block at Mwebaza School, thinking of the great friendship we are enjoying!

Our students here are so excited here to receive letters that they talk about for days and wants to share them with every one that walks into their classrooms!

My Godliness! From the poor grass-thatched buildings with poor floors where jiggers and fleas were a problem, barefooted students, unsweetened porridge, little school compound, unbalanced meals, not having enough uniforms, lack of transport to our teachers and living a life of stress! My dear ones, who would ever dream of having these wonderful complex projects that we are having at both schools in Uganda as for now!

When we look at the motorcycles at both schools that fetches in some income, the wonderful renovated classes, new school buildings, sweetened porridge, t-shirts, scholastic materials, Crocs Shoes, uniforms, and many, many more I can not describe as for now! It makes us run crazy!

Eh! Now there are new "land blocks" at both schools purchased for further expansion! Wow! Again the projects of egg layers, keyhole gardens and a school van!

Dear ones, you are angels to us. You are too kind to us and you have really improved our daily life at both schools and living a life that is less stressful!

The students will carry on this special friendship with them. And I cannot stop thanking you all for the fundraisers, donations and every single gift that you send us! We always raises you up in our daily morning assembly prayers! Amen.

We are so honoured to have you dear ones. We have learned that your hearts are so genuine and kind! We have learned that our cultures are so diverse yet still based on the same concept of love, knowledge and dedicated to a life of happiness regardless of environment. We are truly much blessed for this friendship.

Take care of yourselves and a BIG "How are you?" to every one.

Namatovu Catherine, Headmistress
Mwebaza Infant Primary School, Kyengera, Uganda

Students march for the Mwebaza Foundation in the Niwot Nostalgia Days parade.

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Please feel free to forward this newsletter to anyone you think would be interested in our organization and its work in Colorado and Africa. There is a link to do so at the bottom of this newsletter. And if this newsletter has been forwarded to you and you would like to join our mailing list, click on the button below.

About the Mwebaza Foundation

The *Mwebaza Foundation* was started by Colorado educators desiring to help their students develop an understanding of the world outside their own, insulated communities, and to inspire them to make a positive global difference by collectively working to assist select African partner schools in meeting the needs of their underprivileged students. Education and service-based relationships have been started between three U.S. schools and three African schools including Mwebaza Infant Primary School and St. Paul Infant Primary School in Uganda, and Mapampi School in Zambia.

www.mwebaza.org

launched in
September

The Mwebaza Foundation has a new website! We are so pleased with the work that

Working Together for Sustainable Solutions

Children help build chicken coops at Mwebaza School.

By Dale Peterson
Mwebaza Foundation President

Over the past year, the *Mwebaza Foundation* has partnered with the *Heaven's Hope Foundation* in Boulder, Colorado to bring sustainable food and water programs to our Ugandan partner schools.

Egg-layer Program

One egg per child, each day. This is the goal of the egg-layer program started at the *Mwebaza Foundation's* two Ugandan partner schools. At these schools, children may get their only meal of the day at school, and this consists of a cup of thin, millet porridge. Without a quality source of protein each day, these children will grow up with a wide range of health problems. Vitamin-rich eggs are a practical, sustainable solution. With the generous help of the *Heaven's Hope Foundation*, chicken coops were constructed at each school, and a "starter set" of egg-laying chicks were purchased. When the chicks have grown and more are added, there will be enough eggs produced each day to meet the goal of one egg per child, each day. With protein in their diet, children will be able to better concentrate at school and will miss less school due to health-related reasons.

Keyhole Gardens

The diet of the poor in Southern Uganda is very high in starch. Starchy foods like corn, cassava, and potatoes can fill up empty stomachs, but do not provide a full-range of vitamins and minerals needed for good health. To supplement the diet of the children at the Ugandan partner schools, the *Mwebaza Foundation* and the *Heaven's Hope Foundation* enlisted the help of *Send a Cow*, a British non-profit, to build keyhole gardens at the two Ugandan partner schools. Keyhole gardens take up little space, are cleverly designed for efficient composting, and can produce three- to four-times as many vegetables as a standard garden of comparable size. Staff and students at the schools are being instructed in how to build the gardens using easily-accessible materials, and then, will be required to build more gardens on their property so that each child at the school will receive a serving of nutritious vegetables each day, along with an egg from the egg-layer program.

Clean Water

Picture having to hike several miles each day to carry back all the water needed to meet the needs of the students at your school. Now, imagine that this water that you are working so hard to transport may actually be making your students sick. Water from the sky is pouring off your roof onto the ground, but you have no means to capture this water and clean it for use by your students. So off you go to the water source again. Doesn't make sense? We didn't think so either. With the help of the *Heaven's Hope Foundation*, rainwater will be collected from the roof of Mwebaza School in Uganda and stored in 5000-liter tanks. The TankPro Corporation of Australia (www.tankpro.com.au) generously donated water sterilization systems to make the collected rainwater safe for human consumption. Trips to the water hole may no longer be necessary once the rainwater system is in place.

Coyote Ridge Student and Others Making Celebrations More Meaningful Through Giving

by *Christa Keppler, Mwebaza Foundation Board Member*

Jade Martin, a 5th grade student at Coyote Ridge Elementary, is unlike any student I have ever met. When the pen pal partnership between St. Paul and Coyote Ridge began in 2008, Jade took a keen interest in her African pen pal and the students at St. Paul. She felt compelled to do something for her Ugandan friends. While most children invest energy into keeping a running birthday "wish list," Jade spent time planning how to help make wishes come true for schoolchildren in Uganda. For her birthday party, Jade asked her friends to forego buying presents for her, and instead, dip into their penny jars and make a donation to benefit the students at St. Paul.

The birthday party was hosted at a local country club that donated its facilities to support the cause. Jade shared a video from the Mwebaza Foundation, made available information about St. Paul, and displayed photos of Ugandan pen pals. As a result, Jade was able to raise over \$800 for St. Paul.

As the holidays approach, what alternatives to gift giving might you consider? There are endless options, from a simple donation to hosting a holiday benefit party.

website designer and Niwot Elementary parent, Holly Barrett, has done to feature our organization online, and we know you will be too. And, the hours and hours she spent putting the website together were graciously donated. Thanks to Holly for sharing her gifts and talents, and for helping us to communicate our vision to others!

At our website, www.mwebaza.org, you can learn about what is happening at our Colorado and African partner schools, view a powerful video about the work that has been done and the work left to do, become aware of volunteer opportunities, and see written and photographic examples of how the cross-cultural exchange between schools is impacting young people here and on the other side of the Atlantic. You can also join in the work we are doing by donating to the Mwebaza Foundation on the website.

A Growing Friendship

By Amy Dumler
Mwebaza Foundation Board Member
Fifth Grade Teacher, Eagle Crest Elementary

Mapampi students receive t-shirts from their Eagle Crest pen pals

The friendship between Eagle Crest Elementary students and Mapampi Primary School students has strengthened over the past year. We began this endeavor hoping to heighten the awareness of Eagle Crest students of other cultures and communities. It didn't take long for students to become passionate about their new friends on the other side of the globe! They immediately wanted to learn more about Mapampi students. Students here truly consider their African pen pals close friends.

During the past year, Eagle Crest students have raised \$500.00 through a coffeehouse. That amount was subsequently doubled through a matching grant. The \$1000.00 was then used for the purchase of desks and benches for Mapampi School. Eagle Crest students were elated to see the pictures of their friends' new desks in the barren schoolhouse.

Besides desks and benches, Eagle Crest students collected school supplies, teacher resources, and much more to send to Mapampi School. The most recent gift was from money raised through a "Root Beer Float Sale" during Eagle Crest's Science Fair. Consequently, another \$200.00

Last year, three benefit parties were hosted to support the Mwebaza Foundation. Together they raised an estimated \$2,500 to assist African partner schools.

What does it take to host a birthday or holiday benefit party?

- A desire to make a difference in the lives of African school children
- Tax deductible donation slips from the Mwebaza Foundation
- The Mwebaza promotional video that can be accessed through www.mwebaza.org or acquired through the Mwebaza Foundation

May Jade Martin be a source of inspiration to us all, as we consider how we teach our children about giving and receiving. If you are interested in hosting a holiday benefit party, please contact the Mwebaza Foundation.

May your holiday season be blessed.

St. Paul student receives a school uniform purchased with funds raised by Jade Martin.

Principal Races to Make a Difference

Mwebaza students gather in front of their new school building, built with funds raised by Niwot Elementary families and the Mwebaza Foundation.

*By Dale Peterson
Mwebaza Foundation President*

Just how far could you push yourself physically? Where exactly is "the limit?" And if you pushed yourself to that limit, what would it mean to you? What would it mean to the world?

The assistant principal from Mwebaza Foundation partner school, Coyote Ridge Elementary, recently explored those boundaries, and pondered these questions. On August 21 and 22, Donald Beuke took on a challenge that many top athletes in the world would not dare undertake. He ran the extremely grueling "Leadville 100" race.

Participants race 100 miles over some of the highest mountain trails in the United States, with the lowest point on the race being 9,200 feet above sea level, and the highest point being a staggering 12,600 feet above sea level. Runners must complete the race in 30 hours.

Naturally many who start the race never finish. One must be in peak physical condition, and have the indomitable will to keep moving when one's body is yelling "STOP!"

Around 800 athletes from all over the world take on this challenge. All are out to prove something to themselves or others. But few would even think to do what Donald Beuke did. Donald decided that if he was going to take on such a challenge as the Leadville 100, he wanted his hours of training and the physical beating his body would take in the race to accomplish more than the fulfillment of a personal goal. Donald wanted his efforts to help others. Thus, he determined early on to use his participation in the Leadville 100 to bring both attention and funding to the cause of Coyote Ridge's sister school through the Mwebaza Foundation, St. Paul Infant Primary School in Nkokonjeru Uganda. "I told myself, 'If I am going to do this, I want to do something that is beneficial for Coyote Ridge... for kids.'" Donald asserted.

Donald initiated a "Penny a Mile" campaign, asking Coyote Ridge families and his own family and friends to serve as "sponsors" of his participation in the race. But the funds raised would not go towards his training, but rather, would be donated to the Mwebaza Foundation to help St. Paul School. Sponsorship donations would be used by St. Paul School to complete the purchase of land needed to eventually build a new school to replace the crumbling, overcrowded outbuildings that currently serve as the school.

Donald did successfully complete the race, although not without some dark moments where he had to face injury, pain, and extreme fatigue. He crossed the finish line an impressive 27 hours and 45 minutes after beginning the race. And Donald's efforts successfully brought in \$2000 - enough that St. Paul School was able to purchase the land for their future school building. Donald's race is benefiting over 100 impoverished schoolchildren in a remote Ugandan rainforest!

Donald accomplished a Herculean feat of which he should rightfully be proud. However, he can also be proud that he has served as an example to hundreds of Coyote Ridge children and their families. He has shown them that personal victories can be sweeter and have a lasting impact if they are used to help others.

was used to purchase soccer balls, volleyballs and pumps.

Eagle Crest is continuing to cultivate this friendship. This year we conducted a joint Children's Book Sale with Niwot Elementary. With the funds raised, we hope to further assist with the needs of the underprivileged Mapampi students. Some long-term goals include providing electricity and computers for Mapampi School, and reconstructing the floor of the school building. Eagle Crest feels honored to be a part of this amazing cross-cultural exchange.

Mwebaza Foundation Board Welcomes Amy Dumler

*By Nicole Tembrock
Mwebaza Board Member*

Amy Dumler

Amy Dumler has been a Mwebaza Foundation supporter from the start. Her daughter Ava was a student in Mwebaza Foundation Founder, Dale Peterson's, 1st grade class several years ago, and she shared her excitement about Uganda, and her new pen pal friend with her family. As parents do, Amy asked questions and found ways to support her daughter's interest. While doing so, she found herself wanting to play a larger role in the Mwebaza Foundation.

Amy is an elementary teacher at Eagle Crest Elementary in Longmont, Colorado. The Mwebaza Foundation was looking for a Colorado school to partner with Mapampi School in Silembe, Zambia. Amy agreed to coordinate a partner school relationship between her school and Mapampi School.

Last school year (2009-2010), Amy and her 5th grade class initiated the cross cultural exchange between the schools. In addition, she encouraged all teachers and students in the school to participate in some meaningful way in the exchange. Their fund raising efforts brought in money for the school to obtain desks, benches, school supplies and sports equipment.

Over the next several years, Amy would like to recruit volunteers to work with younger students and engage the larger community at Eagle Crest Elementary even more. She is also investigating the possibility of assisting Mapampi Primary School in obtaining solar powered computers through a collaborating organization, as the school has no electricity.

the school has no electricity.

Amy Dumler has shared her passion and expertise as a mom, teacher, fundraiser, and school leader with the Mwebaza Foundation. Now, we are delighted to welcome her as a board member. Special thanks to Ava for getting her mom started in this effort!

How You Can Help the Mwebaza Foundation

The Mwebaza Foundation is administered by a volunteer Board of Directors and run with the generous help of dozens of adult and student volunteers. If you would like to join in the work of the Mwebaza Foundation by making a donation or volunteering, please visit our website, www.mwebaza.org. Thank you for your support!

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