



Samantha's well



Well before protection

Samantha's Well:

It is located along the ever busy Kampala- Masaka Road. The newly protected Samantha's well, serves over 300 people in Nkonge-Maziba village, plus the Kampala-Masaka road users. Nkonge village is under Mpigi town council in Mpigi district. The local leaders informed us that many new families are currently settling in Nkonge village and their major problem has been lack of a clean water source. The nearest source of clean water is far from this village and since it is not for free most of the locals can't access it.

The locals couldn't stop thanking BKB for the gift of a new water source.

Joanna's Well:

Joanna's Well is found in Bozza village, Bumbozi parish, Mpigi town council, Mpigi District. It serves over 500 people in Bozza village and the neighbouring villages i.e. Bugayi and Kimbugu villages respectively. It has a very good yield and for that reason we installed two water collection points for the community.

The new well serves the three villages most especially during the dry seasons when the other water sources are dry. The first beneficiaries of the newly constructed Joanna's well are the poor in this community who can't afford to or have no access to other clean water sources which again are a distance away from them and the water from these sources have to be paid for before having access to it.

Tabula Aziz, the local chief, informed me that the newly protected spring is always busy with many children fetching water in the morning just before they go to school, and, again later in the evening after coming back from school. "Now they bring home clean water from the new well. Thanks to your charity." He said.



Joanna's Well

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Mary Ann's Well:

Mary Ann's well is located in Kamunye village, Mako parish, Kassanje Sub-County, Wakiso District. It serves over 200 people.

The locals are mainly small-scale farmers with no access to piped water, electricity etc...

The beneficiaries used to walk long distances in order to access clean water. This wasn't ideal for the children mainly the young girls who are often raped or kidnapped while on their way to and from the far away water sources.



Well before protection



The newly protected Mary Ann's well has a very good yield and the locals are already fetching water from it. According to them, they are already saving plenty of time with no worries about the safety of their children.

The locals are very grateful for the donation of a new water source.



Why we set up our Organic Demonstration Farm

This article is gleaned from a study by the World Health Organisation.

The study shows that poor early years feeding - whether through not enough food or, more often, a monotonous, vitamin-poor diet - has reduced national income by 5.6%. Some of the most commonly eaten foods in Uganda such as matoke (made from plantains) and posho (made from maize flour), are poor in vitamins.

Badly fed or undernourished babies are sickly and vulnerable to diseases such as malaria. Treating diseases like these incurs a cost to families (parents take time off work) and the health system (the cost of nurses' time and drugs). The cost of treating these diseases in Uganda is calculated at \$254m (£160m) each year.

Education is the next thing to suffer. Children who have low height-for-age are described by doctors as "stunted" which can affect physical and mental health. Students who were stunted before the age of five are more likely to underperform in school. An estimated 133,000 stunted Ugandan children have to repeat academic years because they fail their exams. This generates a cost in school uniforms and exercise books (for parents) and a cost in extra teachers and classrooms (for the government). The total annual bill is estimated to be \$9.5m

But the impact of poor nutrition on work productivity is the biggest drag on national income. The researchers isolated two groups. The first group, farmers and other manual workers, had reduced physical development as a result of stunting. The reduced activity here cost the economy \$201m. The second group of office or shop workers, were people who had not reached their potential. This cost the economy \$116m.

When all these figures are added together they represent the equivalent of 5.6% of national income lost due to poor nutrition. Clearly the cost of feeding babies properly is considerably less than the price of not doing so.

Forthcoming UK fund-raising events

On **Saturday 26th October** will be an evening of songs and stories to stir the soul and captivate the heart, at **Cat Weatherill's Heartsong, 8.00pm at St Mary's Church, Wendover HP22 6DU**. A bar will be available.

Friday 8th November will be the **Annual Quiz** plus a **mini Auction, 7:30pm at Our Lady of Grace, High Wycombe, HP12 4RY**; supper included.

On **Saturday morning 30th November** BKB will be at the **Christmas Fayre at the Immaculate Heart of Mary, Great Missenden HP16 9AA**, and during the evening, there will be a show about **Edith Piaf, called Love Conquers All**, with songs by **Laurene Hope**. The show is at **7pm at St Anne's Hall in Wendover HP22 6LL**. See overleaf for more information on this show.

On **Wednesday 4th December** BKB will have a stand at the **Christmas Lights in Wendover**.

On **Saturday 8th March 2014** a **family Ceilidh** will be taking place at **St Mary's Church in Aylesbury HP20 2JJ**; this is always good fun so we hope to see you all there!

Also please look out for the **Annual Supper in May 2014 at 7:30pm** at the **Christian Centre, by St Anne's Church in Wendover HP22 6LL**.

Finally, we are arranging a concert with the **Damon Singers in Spring 2014** which will take place at **St Mary's church in Chesham**.

Update from Janice Shaw at Beverley—Generator for the Demonstration Farm

Recently I went to Clarke UK in Coatbridge to thank them for their generosity in building and delivering a generator for the BKB Demonstration Farm. This will provide a 240 Volt AC supply for lighting and power for the Demonstration Farm. The generator set will also power a submersible water pump to pump irrigation water from the river to the farm.

The group photo is the management team at Clarke UK in Coatbridge who are kindly building and delivering the generator to the farm.



From top left: Karen Mitchelson, Me(!), Sheena Morrow, Brian Lowe, John Blackwood (MD), and David Mundell (who instigated the whole project).

The other photo is of our generator in all its glory before it was shipped.



The guy in the red boiler suit is Gerry Brady who is the engineer who assembled it and with him is Ross Livingston from Sales and Marketing. Clarke UK asked what colour BKB wanted the generator to be—the answer was red, so that the Uganda earth wouldn't show—so the finished generator is virtually the colour of Gerry's boiler suit!

As you know I went to Coatbridge armed with PowerPoint and my ability to talk the hind legs off a donkey. They are the nicest people and made me very welcome and listened with interest at my oration. I have to say that some of them were very moved at the work BKB is doing, and they seem genuinely interested in supporting us.

Janice Shaw, Beverley

Bega Kwa Bega needs YOU – to CHANGE LIVES!

Volunteer Publicity Officer – Part time

Have you ever wanted to change things? The UK fund-raising team is looking for someone who is passionate about using their skills to take positive action towards a better world.

You will be promoting and managing the publicity of this growing charity and have excellent communication and organisational skills. Raising awareness is key to this role and a creative approach essential. You will be working closely with our fundraising co-ordinators.

Bega kwa Bega runs 6 linked projects in 9 districts in Uganda, working with the orphans, disadvantaged children and their guardians. Our aim is to give them the skills and confidence to become self-sufficient.

This is an exciting opportunity to work with a fantastic charity. If you feel you have the above skills then we would like to hear from you. We welcome all applications, no matter what your previous job experience. Apply by email to clare.bysouth@gmail.com. Alternatively you can phone 01296 696776 for more information.

Administration of donations:

As you may be aware, our fund-raising teams have never spent a single penny of the money donated to BkB on UK administration.

All monies are sent to Uganda, apart from the fee we pay the bank for transfers of funds.

We are however, going to have to pay for a new UK website. The Committee have decided to put aside the money the Government returns to us via your Gift Aid declarations. We will fully account for how this money is spent and will give you the details in the Newsletters and Annual Accounts.

My name is Nyanzi Angel. I am 6. I am in middle class at Shammah Junior School.

My parents died. I was very young so my grandmother told me how they died when I am older. My mother died first. I was 7 months old and my father died when I was 2 years. I am alone. My parents died of AIDS and never had more children.

I stay with my grandparents who take care of my other 6 cousins. We stay in Buwanika village in Kakiri. My favorite subject is reading. I enjoy playing hide and seek and singing. At home I do help my grandmother by fetching water. I share a bed with my grandparents as there is little room for all of us. I pray that I will be able to have my own beddings, clothes, shoes and food I enjoy one day.

We plan to follow this small orphaned girl through her schooling, giving you updates in this magazine.



AGM 2014

**Date 25 March 2014
7:30pm St Anne's, Wendover
PLEASE MAKE A NOTE
IN YOUR DIARIES.**

The AGM 2014 for the UK fund-raising team will give you all an opportunity to hear about the activities in Uganda. The evening will include an **update on the Demonstration Farm**, which as you can see from the article in this newsletter, is making significant progress with new approaches in farming.

We desperately need additional volunteers to help with the on-going fund-raising work, so please come along to hear how you could help, **either as a committee member, or as an occasional helper at events.**

We are also looking to expand our operations to other regions, so if you know of any other organisation that would like to help raise funds for BkB, please let us know, either through the contact details below, or on the night at the AGM.

"Love Conquers All" By Roger Peace; Edith Piaf songs by Laurene Hope

This show is contributing to our UK fund-raising; it is about Edith Piaf, one of the greatest singers of our time.

The show profiles Edith Piaf as a sensitive artist, who despite a very hard upbringing and lots of pain and unhappiness, managed to get on the stage and carry on until her death at the age of 47.

Some of the beautiful songs which will be sung in the show by Laurene Hope are "La Vie En Rose" "Milord" and "Je ne regret rien"

Roger Peace has created a fascinating script of the songstress's life story with the songs sung in English and French too. The venues booked and confirmed include **Wendover St Anne's Hall supporting Bega Kwa Bega at 7pm on 30 November.**

For more information please check out the details on this site:
<http://movingontheatre.moonfruit.com/>

Chris Peterson, our Peace Corps worker at the Demonstration Farm writes:

We are currently in the middle of the mid-year dry season, so although the rest of the farm is producing (with daily irrigation), I'm waiting for the rains to return to try a new round of trial crops. My previous trial (started in February) had mixed results. The mung beans, okra, millet, and sorghum were successes; the okra was impressive, as the farm workers enjoyed them but they produced so much we all got sick of it and started feeding it to the cows!

While attending training in the middle of June, I met some people from an outfit called D-Labs from MIT University in the US. They are doing all sorts of simple labour-saving devices. Three things that really impressed me were a grain mill powered by bicycle pedals, a charcoal dust press that makes briquettes of the otherwise worthless dust in the bottom of the charcoal bags, and a seed sorter that looks like a tiny chest of drawers with holes in the bottom of the shelves to sieve the seeds into different sizes. I'm hoping to build several of these to have on display at the farm.

I also brought some seeds from Tanzania. First is sisal. Although it's not a very economically important plant anymore due to synthetic fibres, it makes an excellent living fence. I also brought back pigeon peas, which are excellent for the dry season. In the Karatu highlands, they plant maize, sunflower and pigeon peas all together at the same time. The maize and sunflower finishes at about the same time, and the pigeon peas continue for another few months and provide nitrogen to the soil. The possible downfall is that the length of time pigeon peas require to mature might not coincide with the rain/wet cycle here. But all we can do is try it and see.

World Malaria Day

BKB was excited to host a Malaria Open House on World Malaria Day, April 25th. A Peace Corps grant allowed us to purchase 345 double-size mosquito nets for resale at one-third the price to us. We decided to sell the nets rather than give them away because studies show that people are more likely to care for and use correctly any item they paid money for, but the full price is beyond the people who need the nets the most.

Chris Peterson, our Peace Corps Volunteer, coordinated the event by drawing posters illustrating malaria facts, prevention, bed net repair, and bed net care. The posters were entirely pictorial, therefore a non-English speaker or someone who could not read would understand as each poster was described in either English or Luganda.



In total, we sold 160 of the bed nets, 90 going to a medical school in Mukono and the rest being sold to the local community. We will continue to sell the remaining nets at the BKB farm as well as through the mobile medical clinics in the villages.



Staff from our Mobile Medical Clinic were on hand to facilitate the event, which brought in 45 people from the community, including 15 children. Educating children is important as if they see malaria awareness and the use of bed nets as a normal part of life they will continue not only to keep themselves safe, but also they will pass the knowledge and practices on to their own children when the time comes.



Our teams

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