

### Angelina Campbell (contd. From page 1)

Angelina's own life had often been fraught with both ill health and tragedy. Some years back she had a mastectomy which resulted in her being in almost continual pain. Other illnesses were constant companions. Two of her sons, the eldest and the youngest both died in difficult circumstances. She is survived by three of her five children and her twelve grandchildren.

Her family meant everything to her. They met up every Sunday in her flat. In the weeks before her death she had taken all her grandchildren to the local pantomime. She was godmother to a child in Uganda, counted as one of the family. They are all devastated by her death as are her students and others she had touched in Uganda by her dedication, her sense of fun and the respect and care for all she met.

Our Manager, Ssagala David wrote:

*"We will miss our Angelina. She worked so hard to help the needy communities here in Uganda. Her light will shine forever."*



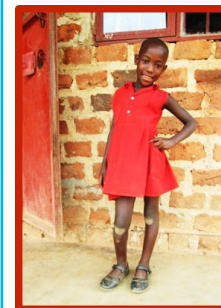
**"ANGELINA'S KNITTING PROJECT"** will continue.

Those wishing to donate please send cheques to:

'The Treasurer' Bega kwa Bega, 2 Kingfisher, Watermead, Bucks HP19 0FR, made out to 'Uganda Orphans Bega kwa Bega'

Text Giving: BKBU22 £5 to: 70070

### News of Nanyanzi Angel



I am so happy and excited that now I am in primary one. I am fourth in my class. We do a lot of reading in my class and I love that. I am getting a new uniform and stockings and I am happy that I won't have to wear the short one that I have had for the years I have been in nursery. I am with my grandmother. She is my guardian. I didn't go to visit any relatives because my grandmother will have no one at home to help her. I played a lot with my friends and enjoyed it a lot because the holiday was very long. On Christmas day I woke up very early to prepare food and after we went to church for prayers. I wore my best dress because every child goes to church on that day in their best dresses. We had visitors that day and the food was a lot. We ate rice, matooke, sweet potatoes and chicken plus soda. I ate and my stomach was too full so I went to bed early.



### BkB Mobile Health Clinic—Extract from report by Edward Mugume, dispenser.

Medical care in Uganda has largely been left to the private sector. The government either does not have sufficient capacity to provide basic medical care or does not have the will. This can be seen in referral hospitals where even the very basic first line treatment is many times absent, saying nothing of the false hope of free medical health care.

The BkB Mobile Health Clinic (MHC) provides free medical care for those who can't afford medical expenses and also those that live far from traditional health care facilities. The primary goal of the Mobile Health Clinic (MHC) is to contribute to the welfare of the affected communities by improving overall health outcomes in these communities. The MHC makes routine weekly and on demand visits to designated affected communities in Kakiri Sub-county.

The MHC also provides health literacy aimed at arming communities with knowledge aspects purposely aligned to changing their mind sets and also empowering them with preventive abilities and disease identification skills.

The clinic works with 3 nurses and one dispenser/driver; a staff of 4. BKB has been running MHC since 2003 and has treated approximately 70,000 patients to date.



### Vibrant Village Foundation Grant

Bega kwa Bega recently received fantastic news about yet another grant. The Vibrant Village Foundation in Oregon, recently agreed to fund major BkB projects over a two year period, with an agreed funding of up to \$107,918!

The award period is from August 1, 2015 to July 31, 2017, 2 years.

The purpose of the grant is to allow Bega kwa Bega to drill 4 deep boreholes for domestic and agricultural use; establish 4 community demo gardens, provide training in organic farming techniques, soil conservation, water management, diversified diets and nutrition. In addition, training in business management skills; provide basic healthcare service via Bega Kwa Bega's mobile clinic; and provide business inputs and materials to 40 small business owners in Wagaba, Namagera, Kamuli, and Kabagezi villages.

### Cheques—our Bank Details

If you write out a cheque for Bega kwa Bega, please make it out to

**Uganda Orphans Bega kwa Bega**

Many thanks!

## Issue No. 5: Autumn 2015

**BegakwaBega**  
Shoulder to Shoulder for  
**UGANDA ORPHANS**

### Laing Family Trust sponsor BkB Mobile Health Clinic (MHC)

In November 2014, BkB founder Conche McGarr gave a stirring talk at the Immaculate Heart of Mary, Great Missenden. Her passion impressed Peter Harper, Chairman of the Laing Family Trust so much that he asked BkB to submit a formal request for funding for the Mobile Health Clinic.

The outcome was that in February 2015, the Laing Family Trust agreed to sponsor a total of £10,500, for one MHC visit per week, for 52 weeks! (See article about the MHC on page 4)

### Sponsored London Half Marathon

Many thanks are due to Humphrey Price who took part in the North London half marathon on 15th March 2015. His goal was to reach £1,000.



He exceeded this by some way – in the end £1,489.93. Fantastic! Many orphans will be helped to a better life.

### Remembering Angelina Campbell

Since 2002 Angelina travelled to Uganda on ten different occasions, her purpose being to help village women earn their own living by the use of a knitting machine. These visits have now come to an end. Sadly, Angelina died on the 3rd January 2015.

Over the past twelve years Angelina set up groups of knitters in 13 locations, some having more than one group. She herself came from Wishaw, Scotland, where many women knitted from home in order to supplement their meagre incomes. When cheap garments came in to the country these machines became redundant and were relegated to the attic. With hard work and determination Angelina sought out these machines, well over 250, taking on cleaning jobs and selling bits and pieces in order to make money to buy yarn and send over to Africa both herself and the machines.

Many Ugandan women have found security through Angelina's efforts. One woman dying of AIDS, told her she would now die in peace knowing her daughter was able to earn enough to look after her younger siblings. Two women found jobs in a College of Further Education teaching others what they had learned from Angelina. Angelina herself admitted that many of the women knitted better than she did herself, and were able to invent new shapes and patterns. She had also trained the women to maintain and mend the machines. (Contd. on Page 4)



### Gogolo Play & Learning Centre

This is BkB's first step towards becoming self-sufficient. The centre opened in October 2014 with its main objective being to generate revenue for BkB which comes from the gate fees, restaurant, snack bar and charges for children's parties. It is a children's sanctuary and many leave in tears wishing to spend more time at the centre. Families tell us that they like bringing their children to play in this green, safe, clean and stimulating environment. Groups of primary and nursery school children visit Gogolo on their field trips. Already the play centre is meeting most daily expenses: maintenance and overheads.

### Nursery School:

In response to numerous requests from families, a nursery school has been established at Gogolo. The school will utilize the centre during school terms and will generate additional revenue.

### Challenges

- Operation is seasonal. During term time there are fewer visitors than during school holidays.
- When it rains nobody comes to play.
- More funds are needed in order for the centre to meet additional requirements.

### Future plans

- Install solar panels for security lights.
- Build a patio off the parking lot for adult diners and expand the menu.
- Develop a water feature for use especially during the hot, dry seasons.



### UK fund-raising events

- **Friday 6th November** will be the **Annual Quiz, 7:30pm at Our Lady of Grace, High Wycombe, HP12 4RY**; supper included.
- On **Saturday 28th November 7:30pm**, BkB is again being supported by **AVDC Theatre in the Villages**, with elegant biographical, comedic entertainment, **'Bette Davis on the Edge'**. The event is in **St Anne's Hall, Wendover, HP22 6JG**.
- **Monday evening 21st December 8 pm - Carols & Wine evening at St Anne's Wendover HP22 6JG**, supporting a number of charities including BkB
- On **Saturday 12th March 2016**, BkB will hold a **Ceillidh at the Wendover Memorial Hall**.
- **BkB AGM—7:30pm Tuesday 17th May 2016**, at the **Wendover Christian Centre HP22 6JG**.
- **1st July 2016** BkB will host a talk from **Tony Eaton on Glen Miller**, at **St Anne's Hall, Wendover HP22 6JG**.
- Also at **St Anne's Hall**, on **Friday 14 October 2016**, **Bill Hamilton** will speak on his experiences as a **BBC Foreign Correspondent**. Bill's career in Journalism and Broadcasting spans five decades.





## News in brief of our Organic Demonstration Farm, from Gerard Kamoga, our Farm Manager

One of the major functions of BkB is training visitors in farming and nutrition related needs.

- Over 500 students, 8 farmer groups and 53 individual farmers have visited
- We trained orphans from Kitovu for one week
- We received two tutors from Europe who trained teachers



One trainer remarked: *"You have said that you work with Bega kwa Bega. Do you mean begging? Oh NO. This means shoulder to shoulder (helping those in need)*

- Amia from USA learnt with us as a researcher in nutrition
- In November 2014 we received a generator
- Henry, our new boar, started serving female pigs in November 2014
- In December our breeding pigs farrowed. We now have 10 mature pigs and 12 piglets,
- and in February 2014 Junior Ordry calved. She now produces 14 litres of milk a day
- In October 2014 our boar died and November our nanny goat died
- We produce two trays of eggs per day
- We have harvested 3 liters of honey
- Many tomatoes have been harvested from the green house
- Several vegetables are being harvested all year around such as leaf cabbage, amaranths, carrots, beans, potatoes, maize, okra, soya, leek, and onions among others

On seeing our growth of Bambala nuts one of our visitors remarked: "I have taken many years without seeing this Bambala nut". When I asked her why, she told me that in her village people one day

invaded a garden of Bambala nuts belonging to one farmer and destroyed it all. She added that these people believed that these nuts never allowed rainfall and were associated to drought!! Such traditional beliefs have greatly contributed to food insecurity in many communities.

The most important innovation last year was the establishment of "Family Gardens". The picture shows 'peer trainers' after a 3 day intensive training at our Organic Demonstration Farm receiving their certificates. When work starts in their villages, initially they will help the staff and carry on when the staff are not there.



The table details the enrolment of participants in the initial training.

### A young girl's story from Naddangila:

While I was wondering about the poor turn up of men, a young girl told me this:

Category	Males	Females	Total
Local leaders involved	06	13	19
Pioneer farmers	04	10	14
Farmer trainees at Ssentema	05	29	34
Farmer trainees at Katiiti	18	06	24
Farmers at Naggulu	06	43	49
Farmers at Naddangila	00	19	19
Total participants	39	120	159

"Musomesa (teacher) most people want to go for short gains. That is why they prefer politicians who give some token even when it is less than 1 dollar. It is women who are more patient but men are crazy! I hope this explains why there are no men attending FDG at Naddangila.

### Clarke's Generator Arrives in the dark.

After many weeks kept back in Kampala the Generator finally arrived. Great excitement in unpacking all the gifts surrounding the generator itself, but the excitement was mostly for the 1 ton, incredibly generous gift from Clarke. We now have the funds to sink a borehole on the farm so the generator will then come into its own, helping for instance to increase the amount of



animal feed which the farm mixes and which local farmers are keen to come and buy. We are also looking to sell electricity.



### Stuart and Leigh Curzon Sponsor Solar Lighting

Kerosene lamps are at present the only means of lighting in many villages in Uganda. These are dangerous, toxic and a continual expense. Stuart and Leigh Curzon have donated £500 towards buying solar lighting to replace the kerosene lamps. The donation will provide lighting to households consisting entirely of orphaned children with no adult living with them. It will then encourage other households to purchase these lamps from a villager who will have been trained and provided with lamps for sale. The grant will therefore also provide small businesses for local people.

## News from our Nutritionist, Marea Musubiku

The first demonstration 'Family Gardens' was started in two villages: Katiti and Sentema. Marea concentrated her teaching on first hygiene, then on producing nutritious foods. She writes: 'at the demonstration place, there was no kitchen but it is now under construction in addition to the facilities that we constructed at the beginning which included: dish rack, rubbish pit, pit latrine cover, bathroom, and tip-tap.'

**Preparation of mixed fruit juice.** Marea continues: 'This juice was made from paw paws, oranges, passion fruits and lemon. The participants first made syrup which was used to make the juice instead of using plain water. The women were so grateful. They had never seen or made syrup yet it is made from locally available materials (bay leaves, lemon rind, sugar & water. Pineapple peels can also be used). Most of the participants never knew that juice can be made out of paw paws. They all did not know how to hygienically make the juice. They were used to making it with the juice dripping from the hands or squeezing directly using hands yet they have the sieve but they have now learnt the hygienic way. They can now make juice without the juice getting in contact with hands.'

### **Porridge from amaranth flour.**

(Amaranth is the common name for more than 60 different species of amaranthus. It isn't a true cereal grain in the sense that oats, wheat, sorghum, and most other grains are. It belongs to a different plant species.

*Amaranth contains more than three times the average amount of calcium in true*

*cereals and is also high in iron, magnesium, phosphorus, and potassium. It's also the only grain documented to contain Vitamin C. Ed)*

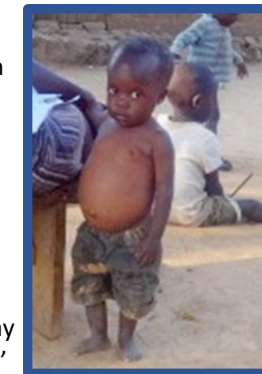


'The participants who are taking the amaranth porridge reported that they now feel energetic. It satisfies them and hence can work / dig for longer hours than before without feeling hungry.

The most pleasing and evident results were found in those children who had been badly malnourished and who had been put on the feeding programme. They are now able to play with their peers, laugh and walk with support.'

### **Summary of the results of the nutrition teaching:**

'The clients who were undernourished have improved hence reducing the level of malnutrition.



**Before taking Amaranth porridge**



**After taking Amaranth porridge for one month**

Those who used to have one meal at home now have at least three meals a day while maintaining the balanced diet and conserving nutrients plus maintain good hygiene & sanitation. They now ensure that they consume vegetables and fruits each and every day together with other foods. They now know and do proper child feeding. Participants can now make nutritious income generating food items; for instance one participant made a maize cake for the school's day of her child's school. They can also make potato fritters, cassava balls, cassava biscuits etc.'

## Our teams

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Deputy-Chair: **Dave Russell**  
Secretary: **Clive Gallagher**  
Treasurer/UK Donations: **Ray Thear**  
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