

# CONTESA NEWSLETTER

Supporting AIDS orphans in Zambia

Giving Sanctuary and Hope with Love Compassion and Respect

July — September 2007

## Margaret opens Kabwe Mission Dining/Kitchen Block

The CONTESA dining hall at Kabwe Church Family Mission is open and in use.

Margaret McDermott ((CONTESA trustee) cut the ribbons, with Bishop Charles Nkole and a guard of honour of the Girls and Boys Brigades, on June 2<sup>nd</sup> to officially open the doors. It has taken nearly 2 years of fundraising by CONTESA supporters, many local volunteer man- and woman-hours making concrete blocks and building the walls and expert help for roofing and finishing – truly a co-operative effort – so that now the growing number of orphaned and vulnerable children attending the CFM feeding centre and school (now 290 in grades 1-7) are served their daily meal under cover, which they will really appreciate when the rainy season starts again in November. The volunteer cooks (many of them grandmother-carers) will also be able to prepare, cook and serve in the dry, food can be bought more economically after harvest time and stored in the secure storeroom and



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## 2nd CONTESA Charity Ball raises over £5,000

The 2nd CONTESA Charity Ball was held on 14th April 2007 at the Carrington House Hotel, Eastcliff, Bournemouth and was a great success. Our thanks to Ball Organiser Mrs. Rose Kaye, who worked tirelessly to make the event a success and of course our thanks to Chris, her husband, for his patience and understanding!

The Ball was attended by 110 guests including the Zambian High Commissioner to the UK, Hon. Anderson Chibwa, Flavia Mbazima, Miss Zambia UK, Emma Chishimba, Miss Commonwealth and Deputy Bournemouth Mayor Ted Taylor and Deputy Mayoress and CONTESA trustee Linda Bailey with live music from well known musician Tom Toomey (see page 5 ). Everyone had a thoroughly enjoyable evening led by the excellent Master of Ceremonies Steve Worth.

Rose, Esnat and the Trustees would like to sincerely thank all our guests, supporters and helpers. In particular our thanks to Noel Rowan-White the official photographer for the evening. All the Ball photos in this newsletter and on the website were taken by Noel.

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Ball Organiser Mrs. Rose Kaye (left), Hon. Anderson Chibwa Zambia High Commissioner to the UK and Mrs Esnat Avon, Chair of CONTESA trustees



## CONTESA in PARIS, Esnat, Chair of CONTESA Trustees flew to Paris

at the invitation of the African Fellowship of the American Church in Paris to make a presentation to a group of 150 people on 3rd June 2007.

See page 3 for Esnat's account and photos of her visit.

# Beth McDermott gives a young persons view on Zambia and her visits to CONTESA projects

## Me in Zambia

Hello, my name is Beth McDermott. I am eleven years old. I went to Zambia with my Granny (Margaret McDermott, a trusty of CONTESA) and Susan I' Anson and her two daughters Charlotte and Angela I' Anson.



We went to Kabwe first. I enjoyed the Girls Brigade parade, since I'm in the Girls Brigade at home.

Me and Charlotte especially liked playing with the children, who were very excited that we were there. It was nice meeting the

school teachers and children.

They sang songs, performed poems and told us what they want to be when they're older. Also some of them took us to their homes, which was very fascinating. We also got our hair braided as well.

Then we stayed at Esnat's brother's house (Matt and Dauti). While we were there we had a look at a clinic and a school that wanted CONTESA's support. The clinic was the best because it had a good plan and although it may take a long time you could tell they had put thought into it. After that we went to Chaidna which was interesting.

Then we went to Livingstone where we went to Victoria Falls, Chobe (a safari park, which is in Botswana) and then went to Zimbabwe to ride an elephant. After that we went to Matt and Dauti's again. Then we came home. We stayed in Zambia for two weeks. Altogether it was a life time experience for me.



## CONTESA and ESNAT in PARIS

Out of the blue I found myself on a brief Spring trip to Paris. I was invited to make a presentation about the work of CONTESA by the African Fellowship of the American Church in Paris on the 3<sup>rd</sup> June 2007.

The American Church in Paris is celebrating its 150<sup>th</sup> year in Paris. It was the first American church established abroad. The church has welcomed the expatriate American community, as well as a wide variety of English-speaking people from different countries and denominational backgrounds, who find a spiritual home and resources that enhance their experience of living and working in France. In addition to regular Sunday worship, a church school and bible study groups provide Christian education for the large Anglophile community in Paris.



The African Fellowship comprises of over 200 members from all parts of Africa including Zambia and Zimbabwe. They meet once a month after the Sunday worship. They worship together and share spiritually and have a meal to end the fellowship. I was introduced to Mrs. Kate Nguini, a member of the African Fellowship who is from Cameroon, by Mrs. Ada Preware, wife of the Nigerian High Commissioner in France, a long time friend whom I have known for almost 20 years and has attended Verwood Church when she was staying with me. Mrs. Kate Nguini had previously personally donated money to CONTESA as a thanksgiving after she recovered from a very serious and nearly fatal illness. She said she had donated money knowing that 100% of all donations to CONTESA support approved projects.



I was warmly welcomed by a very enthusiastic group of about 150 members. After the speech and presentation the members spoke encouragingly of their support in the future and gave a donation to CONTESA to support the projects I had shown during my presentation. We sang hymns and enjoyed a very nutritious lunch.



I came back not only enriched by my experiences and my new friends but also with cash donations totalling £680 and with promises of making CONTESA one of their supported charities.

Esnat Avon

A copy of Esnat's full speech and presentation to the American Church in Paris is available on the website.

# CONTESA CHARITY BALL



Esnat with Miss Zambia UK Flavia and



MC Steve Worth with Miss Commonwealth 2007 Emma Chishima and Tom Toomey.



Lillian and Nina get into the swing, joining in the welcome Zambian dance

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In addition to the funds raised the Miss Zambia UK pageant has pledged a monthly donation of ten 50kg bags of mealie meal for a period of six months.

## JOIN THE BALL ORGANISING COMMITTEE, PLEASE!

Rose and the Trustees are looking for 4 or 5 energetic supporters who would be willing to join the Ball Organising Committee for the 2008 CONTESA Charity Ball.

Rose has done a wonderful job over the past two years in organising the Ball and raising over £13,000 but it is a huge job and each year the workload and commitment increases so CONTESA is looking for 4 or 5 outgoing supporters who can join Rose on the organising committee and help spread the workload.

If you are interested or would be willing please give Rose or Esnat a call (contact details are on page 8).



Rose with 2007 Ball MC Steve Worth

## ESNAT LEADS AUGUST 2007 TRUSTEE ACCOMPANIED VISIT

Esnat will lead a group of five friends and supporters on the next Trustee accompanied visit to Zambia and to CONTESA projects. Esnat will also be accompanied by Miss Zambia UK 2007, Flavia Mbazima and Ms Justina Mutale, founder of the Miss Zambia UK pageant. Flavia has adopted CONTESA as her charity of choice for her year as Miss Zambia UK. Esnat and her group will leave the UK on 13th August, her 4 companions will return after 2 weeks whilst Esnat will spend 3 weeks visiting the rural areas in the east of the country, bordering Malawi, where the situation is even more dire than in the urban shanties.

Esnat's daughter Lillian, who is the founder of the Bournemouth Literary Festival, will also be going to Zambia after a break of 25 years. Lillian will be visiting the Lusaka based projects, Chainda and Chawama as well as looking at the literary scene in Zambia.

## MONTHLY PLEDGES

With our monthly commitments for the feeding, outreach and school projects now running at over £600 and likely to rise to £1,000 with the support of the feeding programme at Chawama Clinic we would like to appeal for all supporters to try and bring in more monthly pledges, every £1 counts and helps a lot.

# OPENING OF DINING/KITCHEN BLOCK

(continued from page 1)

bulk supplies of meat, fish and chicken stored in the freezers so that more can be done for less. The children's meals are now served on individual plates and waste is minimal, but until tables and benches can be provided they are sitting on the concrete floor.

The school has requested that part of the space be partitioned off to make temporary classrooms until a donor is found for a classroom block. At present Grades 6 & 7 are in 2 small rooms, previously the Bishop's office and a storeroom, while the other 5 grades are all in the church –a real problem with noise and concentration as classes finish at different times. There is plenty of room, and as well as the feeding programme the hall can now be hired out for weddings and conferences at weekends, so generating some income to support the feeding programme and to fund new projects (never a shortage of good ideas at Kabwe!).

Off the kitchen, as well as the storeroom, there is a room which has been simply furnished as the CONTESA projects office. With the increased number of projects, people and ideas it has become important to have a dedicated space to keep track of funding and activity. Patrick Sichilima, one of the school teachers, has been administrator for 9 months and is now being joined by Rahabe Phiri, who has just retired. Both work as volunteers.



New Dining Block in the background behind the Church



Feeding time at Kabwe



Cleaning up after feeding!

Why not join Tom Toomey at the **2007 MUSIC FOR AFRICA FESTIVAL** which is being held at Montacute House, Nr Yeovil, Somerset

## Friday 13th July – Roots, Rock and Reggae

WHOLE LOTTA LED BARRAKA

PA BOBO JOBARTEH PLANETMAN and the Winners of the Yeovil College 'Battle of the Bands' competition

## Saturday 14th July Boogie Woogie Blues

THE BEN WATERS BAND THE BADDEST BLUES BAND EVER featuring ROB KORAL & ZOE SCHWARZ.

TOM TOOMEY & JINGO SANTANA ANDY MORTON special guest opera singer

Winners of Yeovil College 'Battle of the Bands' competition and the Desert Divas

Gates open at 5:00pm Music from 6:00 to 11:30pm Full Bar, Skinners Real Ale Italian and Vegetarian FoodHog Roast, Bouncy Castle Desert Divas (Belly Dancers) Huge Raffle Prizes, Bed and Breakfast, Camping and Caravanning facilities available at The Masons Arms, Odcombe. **FOR TICKETS PHONE 01935 845946** Available from Yeovil Tourist Information Centre Adults £16, £18, £21 Children half price, Under 7's Free

## DON'T WE LOOK SMART!



Although primary school education is now free in Zambia (part of the G8 Debt Cancellation deal), children have to buy uniforms, shoes and books to attend, which is why many orphaned children are unable to do so and why the Family Futures Community School at the Church Family Mission was started. The recent visiting group of supporters took with them surplus school uniform stock from St. Anthony's School in Chichester (navy and red sweatshirts and white T and polo shirts) after they had had a change in school uniform.

They were greeted with delight by Family Futures School and over 200 children were kitted out with an item of uniform, which makes them feel as though they are now equal with other children, and which they will wear once a week on School Assembly Day. We ran out when it got to the tinies in Grade 1 but were able to buy 50 small red polo shirts (don't show the dirt as easily as white!) in Lusaka with money donated by Verwood Netball Club and Cranborne Middle School, raised by Sue, Angela and Charlotte l'Anson, who were part of the supporters visiting group, and we hope that the children are now wearing them.

## ALWAYS MORE TO BE DONE

The number of AIDS-orphaned and other vulnerable children in Zambia is so great that there is always more that could be done. On their recent visit, Margaret and the group visited a very deprived area called Chawama on the outskirts of Lusaka where 2 requests for help with funding for projects had been submitted. One was for a local charitable group who were already supporting a considerable number of orphans in the community and wanted to extend their daily feeding of the school-aged children they were supporting, and the other was by the Chawama Health Clinic for a feeding programme for the most severely malnourished 1-5 year olds who are currently caught in the spiral of malnutrition, illness, worsening malnutrition, and repeated illness. A simple and relatively cheap programme, with plans to become self-sustaining with some small capital injection of funds, could help the 50 most vulnerable children each month. The CONTESA Trustees will be discussing this project shortly and the proposals are outlined in more detail on page 8.

# CONTESA wishes to THANK All the CHARITY BALL Supporters

In the last newsletter CONTESA thanked all those wonderful and generous sponsors who had helped upfront with the Ball. In this newsletter we would like to thank all those who helped on the night and/or with generous donations.



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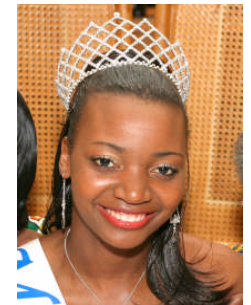


**MUSIC FOR AFRICA**

FEEDING THE SPIRIT

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★ JUSTINA MUTALE  
★ FOUNDER OF  
★ PERRYFIELD  
★ PROMOTIONS,  
★ FLAVIA MBAZIMA,  
★ MISS ZAMBIA UK  
★ 2007



★ AND EMMA  
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Avonova Ltd sponsors of CONTESA's administrative expenses in the UK & Zambia

## PROPOSED FEEDING PROJECT AT CHAWAMA CLINIC

Chawama Clinic is situated in the heart of one of the largest shanty compounds on the outskirts of Zambia's capital city, Lusaka. The majority of the Chawama community are extremely low income earners and as with all shanty compounds the inhabitants suffer from a wide range of serious health problems and in Chawama the children are particularly badly affected with illnesses often brought on or worsened by malnutrition. A health and nutrition clinic in Chawama has registered 374 severely malnourished children who were admitted between January 2006 to April 2007. Some of the children are usually discharged upon reaching the discharge criteria but unfortunately due to poverty they frequently relapse. The CONTESA project hopes to prevent this.

The proposed CONTESA nutrition feeding centre will continue to support the centre by feeding the children with locally available food to improve the health of the eligible children and to help control malnutrition in the under fives who are the most malnourished children in the entire community. CONTESA will also support income generating programmes in order to sustain the nutrition activities. CONTESA proposes to develop the programme in 4 phases:

1. One off cost cooking utensils and plates and dishes - £55
2. Recurring monthly cost feeding and consumables - £350 per month
3. Weather proofing –one off –moveable tent - £156
4. One-off grant for self financing sustainability:
  - a) Gardening - hoes, fertiliser seed and insecticide - £30
  - b) Hammer mill for grinding maize (community benefit+ income) - £1,500

The Feeding and Sustainability Project at Chawama will be called **The CONTESA Feeding Centre.**

### CONTESA Contact Details

#### Supporting AIDS orphans in Zambia

##### Trustees

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**Linda Bailey 01202 768537**

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**If you would like to receive your regular newsletter by email please let us know at the above address. You can also see on the CONTESA website further articles, previous newsletters and many more photos taken during the Zambia visits to CONTESA supported projects and the living conditions of the orphans.**