



The Catherine Bullen Foundation

Making a difference in rural Namibia

NEWSLETTER

No: 29

Winter 2016

Christmas comes early for the pupils at Eiseb Primary School Hostel

On 26 October 2016, Foundation trustees, Roger and Linda Bullen opened the kitchen and dining area at Eiseb Primary School Hostel in a remote settlement close to the Namibian-Botswana border. It was a combined ceremony with the Namibian German Special Initiative Programme (NGSIP) which built and equipped two 16 bed hostels for boys and girls, provided a toilet block and renovated two existing 40 bed dormitories adding bathrooms and showers. Their builder had pulled out all the stops so that the projects could open together. Here is Roger and Linda's report on the day.

'It was an early start from Otjimanangombe leaving at 07.00 for the journey to Eiseb. Our passengers were Steve Kavari (headmaster), the school secretary and the schools head of department. The temperature was already rising, so it was necessary to have the aircon running, something we do not usually do. Ahead of us was 100 miles of dusty gravel road through the bush which stretched far beyond the horizon. Most of the surface was good, but in places it had broken up and care was needed to negotiate these. As we got nearer Eiseb we encountered donkeys, cows, goats and horses wandering on the road to find grazing. Some of the animals were in poor condition with rib cages showing due to the ongoing drought. We made good time and arrived at the school at 08.40 and we were the first guests to arrive. Everywhere there were pupils and workmen tidying up the site. The tents that were put up the previous day for the opening ceremony without realising they could use the dining area were now being used as shade and to provide shelter for the preparation of the food.

Riaan our builder had arrived earlier with his trailer on which he had transported fifty tables from Windhoek and he had unloaded them behind the kitchen. We went to meet him and thanked him for bringing them especially after all the different plans to get them here. We then met Eric Barth the builder of our dormitory that we opened in October 2015. He was now the contractor for the NGSIP project. He had agreed to do some additional work for us and was tiling out the showers and toilets and repainting the outside walls of our dormitory. Back at the school office, we were there to greet Her Excellency, the British High Commissioner, Jo Lomas, who had just arrived and we took her on a tour of the site and then went to the dining area to await the other guests.

As soon as everyone had arrived and were seated the opening ceremony began. The master of ceremonies who was Dr Namu Musulwe from the NGSIP began the proceedings by inviting everybody to stand and sing the national anthem and the African Union anthem. Introductions and the welcoming address was given by Mr Victor Makgone, Deputy Director of Education for the Omaheke region. Then Dr Musulwe gave a speech on behalf of NGSIP outlining the longstanding relationship between them and the Foundation with a reminder that they had supplied the beds and mattresses for our dormitory.

There then followed a cultural performance by San children who at the end presented us with a decorated walking stick



The San children performing their traditional dances

It was then our turn to give our speech saying 'the new kitchen and dining area will provide a hygienic and safe environment for the preparation and consumption of meals. It will also mean that the staff will no longer have to work with open fires which are the cause of respiratory problems due to the inhalation of smoke'. He urged the pupils and community to ensure that the buildings are kept in good condition as they will be visiting every six months to carry out an inspection and hoped that everything would be working and in place.' We also made a plea on behalf of the community and the school for electricity to be brought to the area as a matter of urgency. Also during our speech, we outlined the Foundation's work in the Omaheke in Health and Education projects which represents an investment of £362,000 (N\$6,000,000) in the region.

We were followed by Her Excellency, the British High Commissioner, Mrs Jo Lomas who expressed her excitement about this joint initiative saying 'that educational standards needed to improve if increased economic growth is to be realised in Namibia. However, there are great challenges to doing that, and coming to Eiseb highlights the difficulties of catering for children in remote areas. The facilities here today, are a small contribution to that challenge in having decent surroundings, nutrition, hygiene and care essential to helping children learn. She was followed by another cultural performance by the choir who looked resplendent in the dresses that we had brought over previously that had been donated by a company in Colchester. At the close of this, the school cleaner presented us with a Hereo doll she had made in her image.



The choir performing



The cleaner presenting Linda with a Hereo doll she had made.

The keynote speech was given by Mr Ned Sibeye, Deputy Chief, National Development Advice, National Planning Commission, who emphasised the need for private/public co-operation to achieve progress in education. A further cultural performance followed by senior girls singing a traditional Hereo song. At the end of the performance, we received another present in the form of a traditional wooden pot to store sour milk. We were also given a cows horn, hollowed out to form a small bag. This was followed by an acceptance speech by Mr Pijoo Nganate, the special adviser to the Governor of the Omaheke who said some nice things about us and advised that electricity was only 50 miles away and was coming. Mr Marenga, the headmaster was then asked to address the audience which he did with a very articulate speech on looking after the buildings. A vote of thanks was given by Mr Victor Makgone, Deputy Director of Education for the region and then the national anthem and the African Union were sung again.



The senior girls in their Hereo dresses singing a traditional song

We then all gathered around the kitchen door and the ribbon was cut by Mr Ned Sibeye and then protocol was observed with us passing the keys to Mr Nganate who passed them to Mr Makgone who passed them to the headmaster, Mr Marenga. With the kitchen door open, it was time for the grand tour of ours and the NGSIP's facilities. Then everybody reconvened in the dining area to have lunch which was served from the kitchen consisting of chicken, goat, beef, maize and rice.



After the cutting of the ribbon and the handing over of the keys, Mr Ned Sibeye shakes hands with Linda.



Lunch is served. The first meals to be served from the new kitchen.

At the end of lunch, the NGSIP guests and the British High Commissioner left and everybody else stayed for the prize giving. We presented some of the prizes and one of the San girls achieved 100% in maths and high marks in other subjects and was the best pupil in the school. She got around £30 from the

guests as a well done. later we found out she would spend the money on shoes which she had none and a uniform and clothes which she very little.



The San girl who achieved 100% in Maths with her certificates that she received from Linda. She also performed in the cultural dance, hence the paint on her face.

Pre-Primary school children with their certificates, 'graduating' to the next class.



Once the prize giving was finished, we cleared the area and put out the tables at which 300 children would eat. It was good to see everything in place. It was an emotional moment to see the smiles on the faces of the children and staff, and made us realise what a difference the Foundation had made. None of this would have been possible without the support of the people at home. With that task completed, we said our farewells and drove back the 100 miles to Otjimanangombe where Linda returned to volunteering in the clinic for the rest of our stay.

Photo album of the new Kitchen/dining area



Left: View of the rear of the kitchen with the water tank to harvest the rainwater from the roof. Right: Aluminium cooking pots on the two gas ranges. A big thank you to Kondjeni architects for donating the gas installation including the cylinders, piping and ranges.



Two views showing the interior of the kitchen.



The dining area with the chairs and tables in place to accommodate 300 children. Our grateful thanks to the Omaheke Regional Ministry of Education for donating the three hundred chairs.

The Catherine Bullen Primary Healthcare Clinic, Oshivelo

At the end of October 2016, we said our goodbyes to everyone in Otjimanangombe and made the long journey to Oshivelo in the north to the clinic. We spent three weeks there, with Linda nursing and I doing my best in reception calling in the patients with my Norfolk accent and mispronouncing their names causing great hilarity. The clinic is very busy and working well and there were a number of births while we were there and Linda was very pleased to be able to assist in the delivery suite.



Left: Linda holding the baby that she helped deliver with the aid of Sister Cecilia. The proud mother, now fully recovered and ready to go home.

Right: Placing a 9 yr old girl in the clinic ambulance. She was knocked down by a car on the main road through Oshivelo and suffered a broken leg and cuts and bruises. She was immediately brought to the clinic and stabilised and was transferred to the hospital at Tsumeb.

While we were there, the Ministry of Health ran a campaign to give children from 6 months to five years old, vitamin A and worming tablets. This lasted for a week and the clinic became even busier especially as some of the nurses went on an 'outreach' to various locations to administer the tablets, leaving the clinic with less staff.



Left: Parents and children queuing at the clinic during the campaign. *Right:* The children from the local kindergarten after having been given their tablets.

We also visited Ondera Resettlement Farm which is home to the San who used to live in squatter camps around Oshivelo. Here we distributed knitted items produced by ladies in West Mersea and Colchester and also gave out some t-shirts and tops donated by the West Mersea Regatta Committee. While we were there we were asked if we would help their soccer team, the 'Ondera Super Stars' who are quite successful and are looking for kit, goal nets and balls. We would be unable to transport these items to Namibia, so we are looking for funding to purchase these items there. If you know of any football clubs who would like help this team by raising funds, please let us know.



The San children at the Ondera Resettlement Farm receiving the knitted items and the Regatta tops.

The Foundation's next project

In January, we will be holding our trustees AGM where we will be nominating our next project. We have a number of options to discuss but the one chosen will be in line with the Foundation's aims of improving either health or education facilities and relieving poverty in rural Namibia and specifically in the Omaheke region.

Margo does it!

You may recall in our last newsletter, that we reported that Margo Bishop, Marketing Manager for ATI Holidays based in Namibia's capital Windhoek, got in touch with the Foundation to tell them that she was running a half marathon to raise funds for their projects.

Well, on 1 October she did it. The 'Lucky Star' half marathon started at Walvis Bay on the Atlantic coast and followed the shoreline to Swakopmund which was the half way point and then returned to Walvis Bay to complete the distance. With the desert on one side of her and the ocean on the other, it was quite a challenge, but Margo ran it in 1:59:42 and so far has managed to raise £1,595.50 towards the Foundation's latest project which was the construction of a kitchen and covered dining area at Eiseb Primary School Hostel. Margo has left her sponsor page open and would welcome further donations,

please go to <http://uk.virginmoneygiving.com/MargoBishop>. We recently met Margo in Windhoek and thanked her in person.

Diamonds are the Foundation's best friend!

Namdeb has successfully ensured that the country's most inaccessible diamond resources are turned into wealth that touches the lives of all Namibians. The Namdeb Foundation was established in 2010 as the Corporate Social Investment vehicle of Namdeb. This initiative has led to the consolidation of more than ten different Namdeb funds and/or schemes which are aimed at contributing towards socio-economic development in Namibia.

Since its inception in 2010, the Namdeb Foundation has enjoyed a long and proud tradition of supporting communities throughout Namibia, thereby demonstrating the virtue of goodwill towards the plight of the needy and disadvantaged communities through financial and material donations.

Some years ago, one of our past trustees, Celia Strange wrote to the De Beers Group in London for support. They were sympathetic to our cause and put us in touch with the manager of Namdeb the Namibian arm of the Group. We met in Windhoek' and at the time the Group were going through a restructuring process and they were unable to help us. However, throughout the years we kept in touch. Finally, this year the Debmarine Namdeb Foundation was able to help us with a donation of N\$150,000 (£8,600) towards the construction of the kitchen and dining area at Eiseb Primary School Hostel for which we are very grateful.

Fund raising

Shop Collections

We arrived back from Namibia on 8 October and were back in the 'deep end' with a shop collection at West Mersea Co-op, ably assisted by Nicky, Mike, Sandra and Shirley. The amount raised was £330.08, a record for this store. The final collection for this year is at West Mersea Tesco. A list of shop collections for next year can be found at the end of this newsletter and if you can help in any way, please get in touch.

Colchester County High School for Girls

This was Catherine's former school and it continues to support the Foundation. We were pleased to receive £70 from Mrs June Boote who donated her staff leaving gift.

West Mersea Free Church – Tuesday Fellowship

We are very grateful to the Tuesday Fellowship who donated £100, raised on their sales stall. Also for the knitted items produced by their ladies.

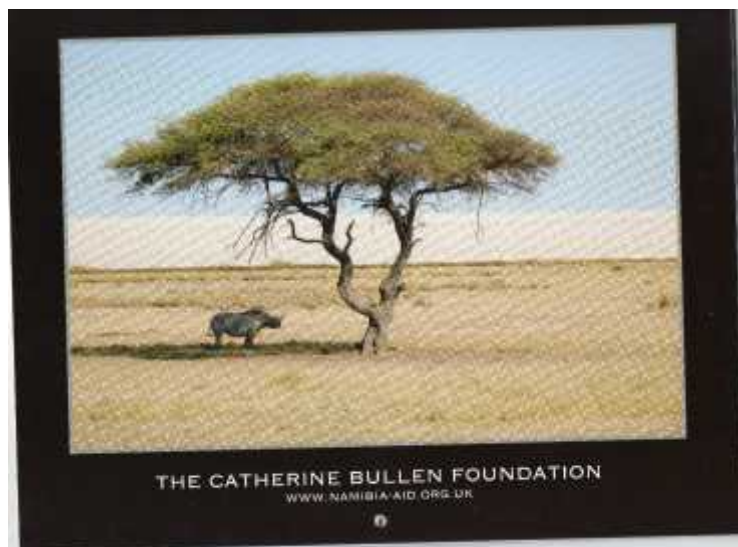
Barclays Bank – West Mersea branch coffee morning

This was held on Monday 19 December and teas, coffees and cakes were supplied to the customers for a donation. There was also a sales stall selling the Foundation's 2017 calendar and the San Jewellery. The total raised was £276.48 which is usually matched by the Bank. Thanks to all those that baked cakes and to Rita of Barclays who came in to help us on her day off.

Sales Items

2017 Calendar

We once again have our limited edition calendar for sale, costing £10 plus postage if you are outside the Colchester area.



The Foundation's 2017 Calendar
Price: £10

San Jewellery

We have been selling this unique jewellery made by the San Bushman ladies for a number of years and each time we return to Namibia, we take back the wholesale cost of our sales. This time we were able to give £160 to the ladies. The bracelets and necklaces are manufactured using Ostrich shells and are not readily available elsewhere in the UK. If you wish to purchase an item please get in touch

Presentations

The Foundation is pleased to give presentations to groups and clubs on its work during the day or evenings. So if you are looking for a speaker please contact us.

Donations

We have continued to receive individual donations, both large and small, which are very much appreciated. Each donation receives an acknowledgement of thanks from the Foundation and through this newsletter we would like to thank you again for your continued support.

Regular giving

Some of our donors have made a more formal arrangement by setting up a standing order to donate a regular monthly or yearly sum. If you would like to support us in this way, please email us at rogerbullen409@btinternet.com and we will supply you with the Foundation's bank details so that you can set up a standing order.

Forthcoming Events

At the date of going to press, we have the following events planned

Saturday 24 December 2016

Shop Collection – West Mersea Tesco Supermarket

Wednesday 25 January 2017

Presentation to the Strood WI, West Mersea

Sunday 5 February 2017

Indian Lunch, Titash Indian Restaurant, High Street, West Mersea. 12.00 to 15.00

This event is currently sold out

Tuesday 7 February 2017

Presentation to the Mersea Island Rotary Club

Friday 10 February 2017

Presentation to Trefoil Club, Abotts Road, Church Hall

Saturday 29 April 2017

Shop Collection – West Mersea Co-op

Thursday 11 May 2017

Presentation to Arlesford WI

Saturday 13 May 2017

Shop Collection – Felixstowe Co-op

Sunday 21 May 2017

Clacton Car Show – China smashing stall

Saturday 27/Sunday 28 May 2017

Mersea Island Food, Drink and Leisure Festival – Homemade Cake Stall

Monday 29 May 2017

Hospital Radio Fund Day – China smashing stall – date to be confirmed

Saturday 17 June 2016

Shop Collection – Manningtree Co-op

Tuesday 4 July 2017

Presentation to the Clays Retirement Association

Saturday 15 July 2017

Shop Collection – Brightlingsea Co-op

Saturday 22 July 2017

Shop Collection – Halstead Co-op

Saturday 29 July 2017

Shop Collection – Stanway Co-op, Colchester

Sunday 6 August 2017

Five Parishes – China smashing stall

Saturday 12 August 2017

Mersea Lions Summer and Transport Show – China smashing stall

Saturday 26 August 2017

Shop Collection – Woodbridge Co-op, to be confirmed

Sunday 27 August 2017

Clacton Car Show – China smashing stall

Saturday 9 September 2017

Shop Collection – Frinton Triangle, to be confirmed

Saturday 9 December 2017

Shop Collection – West Mersea Co-op

If you would like to help at any of these or organise an event in support of the Foundation, please let us know. We will add events to our list on the website and in the next newsletter.

Make a difference!

The Catherine Bullen Foundation is working with local communities to help build and nurture a new life for the people in rural Namibia. Because we are a small charity, our overheads are small and are personally covered by the trustees, so that every single penny donated to us goes to the intended project, with spending strictly monitored by the UK trustees and their ngo partner in Namibia. All visits to Namibia are self-financed and no charitable funds are used for this purpose. Please help us make a difference by making a donation, either on line at www.namibia-aid.org.uk or sending it to the address below.

How to contact us

By Email: info@namibia-aid.org.uk

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The staff of the Catherine Bullen Primary Healthcare Clinic, the Otjimanangombe Primary Healthcare Clinic and The Catherine Bullen Foundation wish you a happy Christmas and prosperous New Year

Donation/Gift Aid Declaration

(The Catherine Bullen Foundation – Registered Charity No. 1110516)

Details of donor

Title..... Forename(s).....Surname.....

Address.....

.....

.....

Post Code.....

Signature.....

Date.....

I want the charity to treat

*the enclosed donation of £..... as a Gift Aid donation

*the donation(s) of £..... which I made on / / as (a) Gift Aid donation(s)

**delete as appropriate*

**You must pay an amount of Income and/or Capital Gains Tax at least equal to the tax that the charity reclaims on your donations in the appropriate tax year.
(currently 25p for each £1 you give).**